



Czech Republic Championships in Acrobatic Gymnastics 26th November 2022



Dear Acrobatic Friends,

We would like to invite you for international competition in Acrobatic Gymnastics
Czech Republic Championships in Acrobatic Gymnastics 2022

Organiser: Acrobatic Gymnastics Club TJ Bohemians Prague
Date: **26th November 2022**
Venue: Sports Hall TJ Bohemians, Prague 10, Slovenská 2

Programme:

Friday, 25th November arrival of delegations (no training possibility)

Saturday, 26th November provisional schedule

8:30 warm up
9:30 judges meeting
10:00 Start of the competition
10:10 Youth (combined exercise)
12:30 Youth class results announcement

12:45 - 13:45 break

13:45 Age group 1st routine (balance/tempo)
15:00 Master class – 1st exercise (balance or tempo)
16:00 Age group– 2nd exercise (balance/tempo)
17:00 Master class – 2nd exercise (combined)
18:00 Age group, Master class results announcement

Sunday, 27th November departure of delegations

CATEGORIES: Youth, Age Group 11 - 16, Master Class (all juniors and seniors together)

YOUTH:

- age limit is maximum 15 years
- one combined exercise max. duration 2'30"
- evaluation: all pairs together and all groups together



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Pairs: choose 2 balance elements from the WAGC Compulsory Elements Table 11-16, + 1 optional element from the FIG Tables of Difficulty or Appendix 4. (3 statics hold of 3" is the minimum requirement in the routine) and 2 dynamic elements from the WAGC Compulsory Elements Table 11-16, + 1 optional element from the FIG Tables of Difficulty or Appendix 4. (Optional elements can be from 11-16 difficulty tables but not the same ROWS used on the compulsory elements).

Max difficulty value given for compulsory element 0,5.

Min and max difficulty for optional element: 1-9 balance, 1-14 dynamic.

Groups: choose 1 pyramid from the Compulsory Elements Table Age Group 11-16, + 1 optional pyramid from the FIG Tables of Difficulty or Appendix 4 (only 2 statics holds of 3" are necessary in the routine) and 2 dynamic elements from the Compulsory Elements Table 11-16, + 1 optional element from the FIG Tables Of Difficulty or Appendix 4; the optional pyramid may be selected from one of the same categories used in the compulsory elements and optional elements can be from 11-16 difficulty tables but not the same ROWS used on the compulsory elements.

Max difficulty value given for compulsory element 0,5.

Min and max difficulty for optional element: 4-16 balance, 1-14 dynamic (1-10 M4).

Individuals: 3 individual elements, at least one cat. 2 (it is not compulsory to perform a somersault)

AGE GROUP 11 - 16:

- balance and tempo exercise due to the FIG WAGC Rules 11-16

MASTER CLASS:

- no age limits
- 2 routines
 - balance OR dynamic exercise and combined exercise
- FIG rules, Code of points 2022 – 2024

Additional information:

- Each delegation can bring maximum of 10 units (more units upon request)
- Each team must bring at least one judge
- Medals for first three places, diplom and present for all participants
- Tariff sheets and music should be uploaded via Dropbox till 13th November (detailed information will be sent later)
- All participants are advised to have adequate insurance coverage
- Each group pays travel expenses to Prague and back
- There are no cancelation fees and payment required before arrival

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Costs and payment:

30 € starting fee per participant
30 € per person per night, including breakfast

Accommodation:

Place will be confirmed after a provisional entry.

Meals:

Friday 25th November – no dinner

Saturday 26th November - lunch will be available at gym – 10 Eur per person

Dinner and party on Saturday evening is only for accommodated groups for free.

Payment in cash upon arrival or bank transfer upon request.

Entries: send to: info@akrobatickagymnastika.cz

Provisional entry (provisional number of units and accommodation request) should be sent via email till
September 18th 2022.

Definitive entry should be sent till the **October 25th 2022.**

Music and Tariff sheets deadline: November 13th

Looking forward to see you in Prague

Anna Malá
Competition director
TJ Bohemians Praha



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