



Czech Republic Championships in Acrobatic Gymnastics 18th September 2021



Dear Acrobatic Friends,

We would like to invite you for international competition in Acrobatic Gymnastics

Czech Republic Championships in Acrobatic Gymnastics 2021

Organiser: Acrobatic Gymnastics Club TJ Bohemians Prague

Date: 18th September 2021

Venue: Sports Hall TJ Bohemians, Prague 10, Slovenská 2

Important information:

- Final program and schedule will be available upon arrival
- There are no cancellation fees and payment required before arrival

Programme:

Saturday, 18th September 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, warm up

14:00 Age group 1st routine (balance/tempo)
15:30 Age group– 2nd exercise (balance/tempo)
17:00 Age group results announcement

CATEGORIES: Youth, Age Group 11 - 16 (17)

YOUTH:

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

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.



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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.

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 (17), there are no age limits

Additional information:

- Each group of competitors will have short warm up on the competition floor
- Each team must bring at least one judge
- Medals for first three places, diplomas for all participants
- **Tariff sheets and music should be sent till 10th September** (by an email to info@akrobatickagymnastika.cz
name example: TJ Bohemians_AG_W2_B_surname_surname / Sokol_Y_W3_C_surname...
- All participants are advised to have adequate insurance coverage
- Each group pays travel expenses to Prague and back
- Accommodation – there is no organized accommodation and transport

Costs and payment: 15 € starting fee per participant, payment in cash upon arrival / bank transfer upon request

Entries:

**Definitive entry should be sent till September 5th 2021 to:
info@akrobatickagymnastika.cz**

Looking forward to see you

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