

SPORTAKROBATIK

Einführung ins Wertungssystem

RLZO Akrobatik-Turnen

RLZO
AKROBATIKTURNEN



ABLAUF

FIG, Kategorien, Übungen, Notenzusammensetzung

Artistik, Ausführung und Schwierigkeitsnote

Acro Companion



FEDERATION INTERNATIONALE
DE GYMNASTIQUE



REGLEMENTE

Acro Code of Points (CoP)

Junior and WAGC Rules

Table of Difficulty

Rules for Judges

<https://www.gymnastics.sport/site/>

Schweiz



S1D - S1N

S2D - S2N

S3D - YOUTH

International



YOUTH

11-16 Age Group

12-18 Age Group

13-19 Juniors

Seniors

15+

SCHWEIZER KATEGORIEN

S1, S2 National - Alter 7 - 15

S1, S2, S3 Découverte - Alter offen

Youth - Alter 9 - 15



FEDERATION SUISSE DE GYMNASTIQUE ACROBATIQUE / FSGA
SCHWEIZERISCHER VERBAND AKROBATIKTURNEN / SVAT
FEDERAZIONE SVIZZERA DI GINNASTICA ACROBATICA / FSGA
SWISS FEDERATION OF ACROBATIC GYMNASTICS

2022 - 2024

PTS/D - 2

**PROGRAMME TECHNIQUE SUISSE
DECOUVERTE**

PAIRES - TRIOS - QUATUORS

SDP/D - 2

**SWISS DEVELOPMENT PLAN
DISCOVERY**

PAIRS - TRIOS - FOURS

CATEGORIES SD1 - SD2 - SD3

PASSERELLES POSSIBLES AVEC D'AUTRES DISCIPLINES GYMNiques FSG

VERSION 26.06.22

- Kategorien nur in der Schweiz (Ausnahme YOUTH kann auch international geturnt werden)
- Vorbereitung auf YOUTH und 11/16
- Kombiübung mit 4-6 Elementen
- Pflichtelemente aus verschiedenen Reihen

INTERNATIONALE KATEGORIEN

(YOUTH - 9-15)

Age Group 1 - 11-16

Age Group 2 - 12-18

Juniors - 12-18

Seniors - 15+

2022 – 2024 CODE OF POINTS



Acrobatic Gymnastics

- Kategorien international
- EM: AG1, AG2, Juniors & Seniors
- WM: AG2, Juniors & Seniors
- Weltcup: Seniors
- Youth: Komiübung
- AG1: Bal & Tempo
- AG2 - Seniors: Balance, Tempo und Kombi

Disziplinen

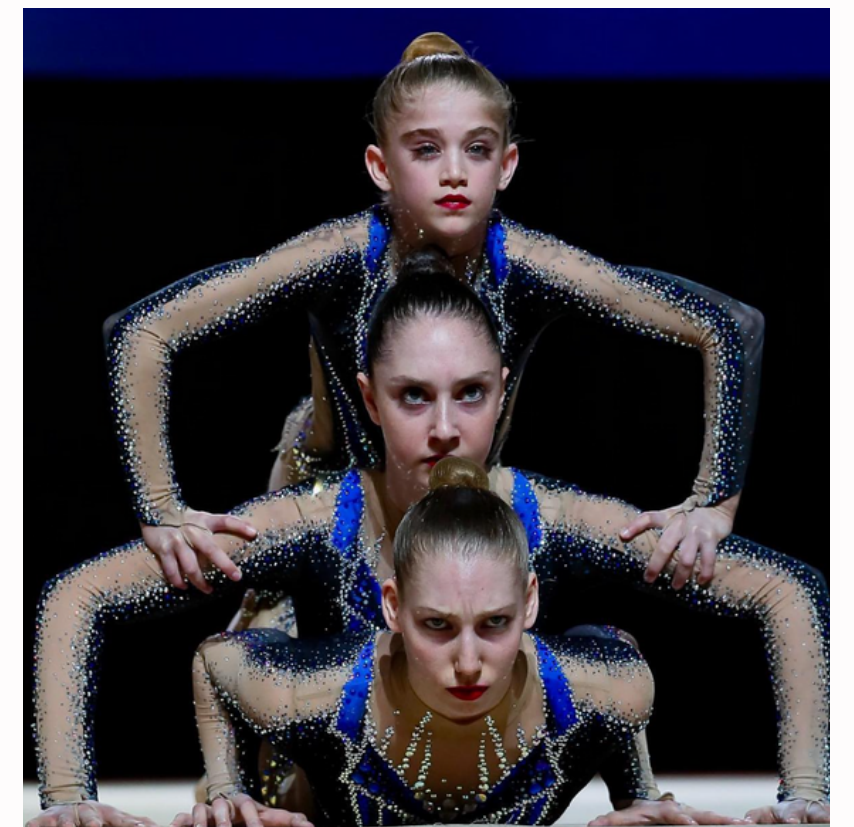
Damenpaar (WP)

Herrenpaar (MP)

Gemischtes Paar (MXP)

Damengruppe (WG)

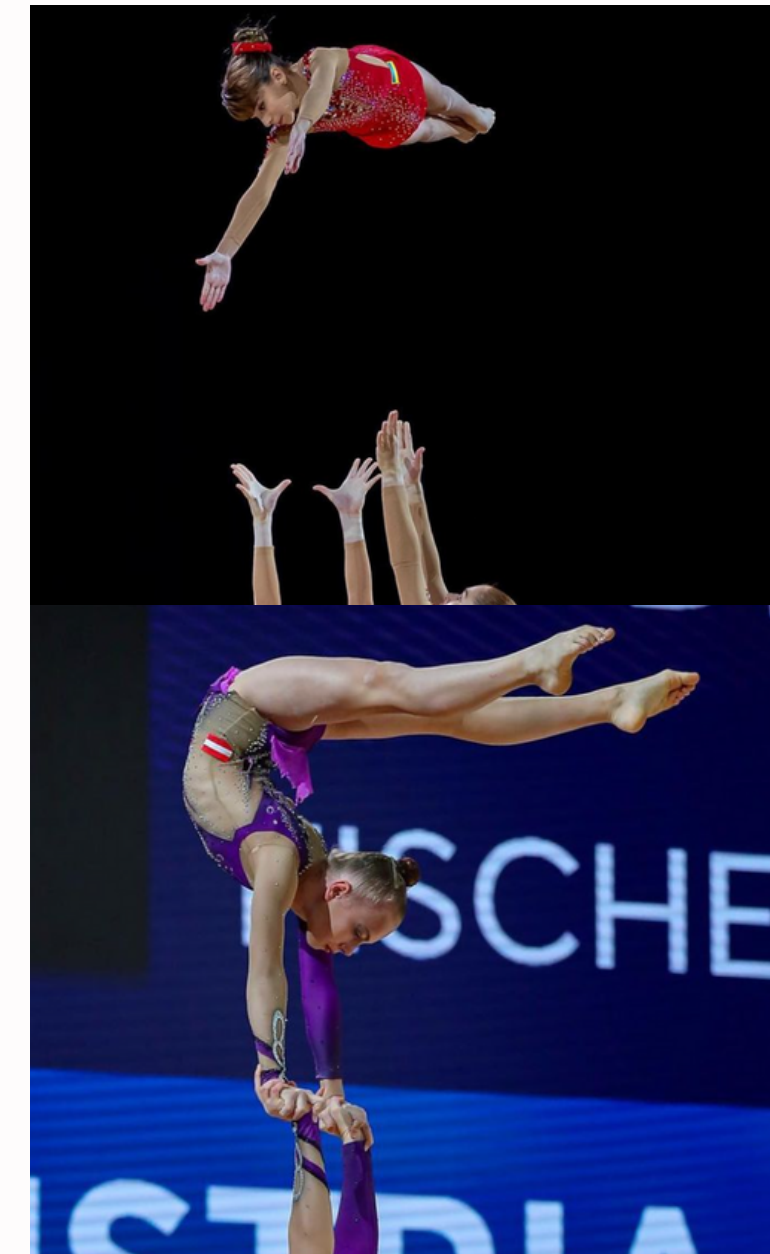
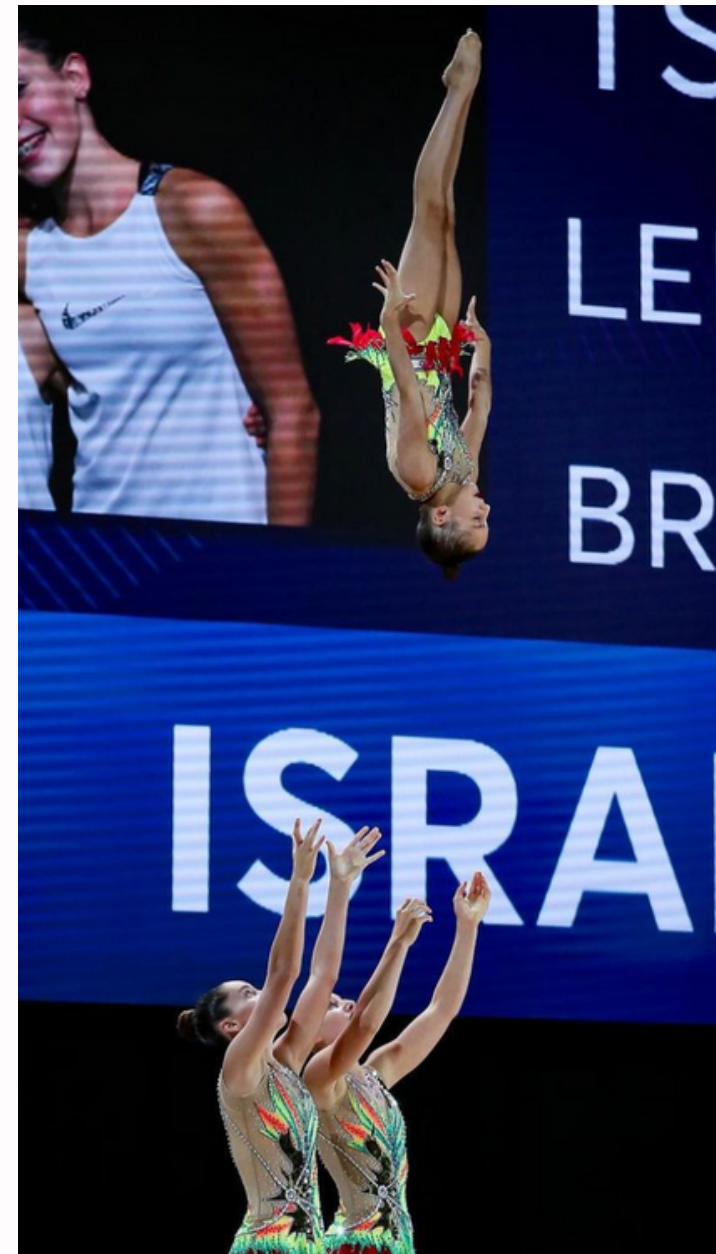
Herrengruppe (MG)



Balance

Tempo

Kombi



Individuelle Elemente



CG'23 (3) 11.02.2023 | B4-6 : 11-16 / 12-18 / 13-19 / Seniors / Cérémonie

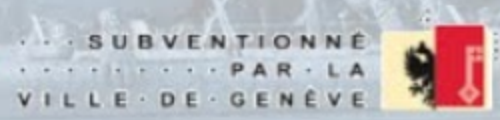


CHAMPIONNAT GENEVOIS 2023

11/02/2023



B4-B6
11-16 WP / WG
12-18 MP / WP / WG
13-19 WG
Senior WP / MXP






Vegas Acro Cup 2019 - King Edmund 13-19 WP Balance




VEGAS ACRO CUP

VAC 2019 Women's Pair Jr 13-19 Balance Exercise

GBR  1080 King Edmund Acro Club

Dove STRACHAN-WILLS Nyree WILLIAMS



Watch on  YouTube






WAGC2018 FINALS 13 19 MxP PORTUGAL CANDEIAS CAVILHAS

 Share



Watch on  YouTube



GENERELLE REGELN SUI1 - SUI2

Gruppen/Paar Elemente:

- Statische Elemente müssen 3' gehalten werden
- Partner können Rollen wechseln

Individuelle Elemente:

- statische Elemente müssen 2' gehalten werden
- Jeder Partner kann ein anderes Element aus derselben Familie turnen (Agility, Flexibility & Static Hold)
- Gleichzeitig/ Waterfall

GENERELLE REGELN YOUTH

- kombinierte Übung basierend auf dem AG1 11-16 Programm (Grundsätzliche 11-16 Regeln gelten)



S2N

DF - DM - DX / W2 - M2 - MX2

AGE REQUIS / AGE = 7 - 15 ANS MAXIMUM

S2D

PAIRES LIBRES / FREE PAIRS

PAS D'AGE REQUIS / NO AGE LIMIT

ELEMENTS COLLECTIFS / DYNAMIQUE
 CHOISIR 2 ELEMENTS DU TABLEAU
 COLLECTIVE ELEMENTS / DYNAMIC
 CHOOSE 2 ELEMENTS IN THE TABLE

A							
N°+V					S2_DA8_V16	S2_DA9_V18	S2_DA10_V20
B							
N°+V	S2_DB4_V8	S2_DB5_V10		S2_DB7_V14			
C							
N°+V	S2_DC4_V8	S2_DC5_V10			S2_DC8_V16		S2_DC10_V20
D							
N°+V	S2_DD4_V8	S2_DD5_V10	S2_DD6_V12	S2_DD7_V14	S2_DD8_V16		S2_DD10_V20
E							
N°+V	S2_DE4_V8		S2_DE6_V12			S2_DE9_V18	S2_DE10_V20
F							
N°+V					S2_DF8_V16	S2_DF9_V18	S2_DF10_V20

TPS 9: Weiterführende Spezifikationen SUI1 - SUI2

SUI 1:

- **4 Gruppen/Paar Elemente** – 1 aus jeder Familie (value 2 bis 14):
 - Verschiedene Positionen
 - Winkelstütze
 - Handstände
 - Tempo
- **3 individuelle Elemente** – max 1 aus jeder Familie (value 1 bis 10):
 - Stand
 - Beweglichkeit
 - Agilität / Tumbling

SUI 2:

- **5 Gruppen/Paar Elemente** – 1 aus jeder Familie (value 8 bis 20):
 - Verschiedene Positionen
 - Winkelstütze
 - Handstände
 - **2 * Tempo**
- **3 individuelle Elemente** – max 1 aus jeder Familie (value 1 bis 10):
 - Stand
 - Beweglichkeit
 - Agilität / Tumbling

TPS 9: Weiterführende Spezifikationen SUI 3 - Youth

- **Paare:**

- **Balance:**

- 2 Pyramiden aus dem Compolory Elements (Row I bis IV)
- 1 Pyramide frei wählbare Pyramide (TdD – Mit 11-16 Restriktionen) – Kein Handstand verpflichtet

- **Tempo:**

- 2 Compolory Elements (Row I bis IV)
- 1 frei wählbares Element (TdD – Mit 11-16 Restriktionen)

- **Individuelles Element:**

- 3 Elemente (TdD – Statisch, Flexibilität, Agilität) – Salto nicht verpflichtet

- **Gruppen:**

- **Balance:**

- 1 Pyramiden aus dem Compolory Elements (Row I bis III bzw. I bis II)
- 1 Pyramide frei wählbare Pyramide (TdD – Mit 11-16 Restriktionen) – Kein Handstand verpflichtet

- **Tempo:**

- 2 Compolory Elements (Row I bis IV)
- 1 frei wählbares Element (TdD – Mit 11-16 Restriktionen)

- **Individuelles Element:**

- 3 Elemente (TdD – Statisch, Flexibilität, Agilität) – Salto nicht verpflichtet

ALLGEMEINE REGLEN 11-16

DAUER: 2 MINUTEN

BALANCE:

Pairs:

- 4 Pflichtelemente aus verschiedenen Reihen
- 2 Optionale Elemente aus Tables of Difficulty
- 3 Individuals free of choice

Groups:

- 2 Pflichtelemente aus verschiedenen Reihen
- 1 Optionales Element
- keine Handstandpflicht
- 3 Individuals free of choice

Optionale Elemente dürfen nicht aus dem Pflichtelemente Katalog gewählt werden!

DAUER: 2 MINUTEN




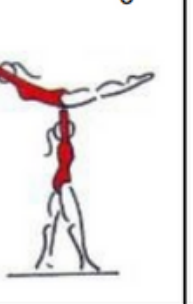

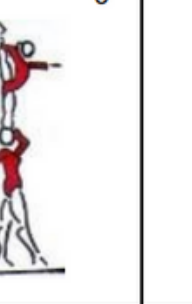
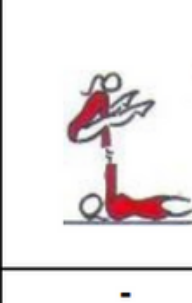

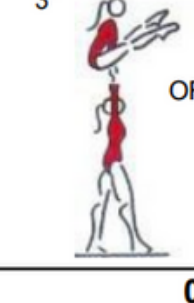



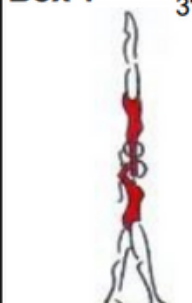


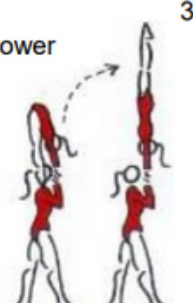

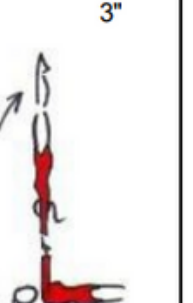
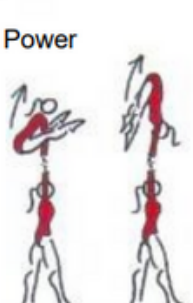
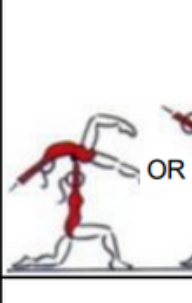



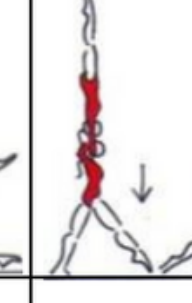

TEMPO:

Pairs:

- 4 Pflichtelemente aus verschiedenen Reihen
- 2 Optionale Elemente aus Tables of Difficulty
- 3 Individuals aus Tumbling table

Groups:

- 4 Pflichtelemente aus verschiedenen Reihen
- 2 Optionales Element
- nicht mehr als 3 horizontale Landungen
- 3 Individuals aus Tumbling table

AGE GROUP 11 - 16		BALANCE EXERCISE					WOMEN'S PAIR		
ROW I	Box 1 3" 	Box 2 3" 	Box 3 3" 	Box 4 3" 	Box 5 3" 	Box 6 3" 			2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 9
VALUE	-	0.1	0.1	0.1	0.1	0.2			
ROW II	Box 1 3" 	Box 2 3" 	Box 3 3"  OR 	Box 4 3" 	Box 5 3" 				
VALUE	-	0.1	0.1		0.2	0.2			
ROW III	Box 1 3" 	Box 2 3" 	Box 3 3" 	Box 4 3" Power 	Box 5 3" Power 	Box 6 3" Power 	Box 7 3" Power 		
VALUE	-	-	0.1	0.2	0.2	0.3	0.3		
ROW IV	Box 1 3"  OR 	Box 2 3" 	Box 3 3" 	Box 4 3" 	Box 5 3" 				
VALUE	-	0.1	0.2	0.2	0.2		0.2		

BALANCE 12-18, 13-19 & SENIORS

DAUER: MAX. 2:30

Pairs:

- 5 - 8 Elemente
- Handstandpflicht
- Jede Position darf maximal 2 * statisch und 2 * in einer Verbindung geturnt werden
- Individuelle frei wählbar (13-19 & Senioren haben keine Individuelle-Pflicht)

Groups:

- 3 Elemente (2 Pyramiden aus verschiedenen Gruppen)
- Handstandpflicht
- Individuelle frei wählbar (13-19 & Senioren haben keine Individuelle-Pflicht)

-> ES DÜRFEN HÖCHSTENS 4 ELEMENTE IN SERIE GETURNT WERDEN

TEMPO 12-18, 13-19 & SENIORS

DAUER: MAX. 2 MINUTEN

Pairs & Groups:

- 6 - 8 Elemente (Davon mind. 2 Catches)
- Individuelle frei wählbar (13-19 & Senioren haben keine Individuelle-Pflicht)

- Not more than 3 dismounts will be evaluated for difficulty (But dismounts are not compulsory).
- Not more than 3 horizontal catch positions will be evaluated for difficulty (wrap, cradle....)
Swing and cannonball start- and finish positions are NOT considered as horizontal positions
- Not more than 3 links will be evaluated in one exercise.
- Not more than 3 identical start points will be evaluated for difficulty.

		Length	Max. elements	Min. elements	Max. individual elements	Handstand of the top	same position of the top	max. elements in series	Min. catches	Max. horz. catches	Max. dismounts	Max. landings	Max links	Max. iden. Start positions
Balance	Pairs	02:30	8	5	3	yes	2 hold + 2 motion of the base	4						
	Groups	02:30	8 (max. 4 pyramides)	2 pyramides of dif. Cat.+ 3 holds	3	yes	2 hold + 2 for transition	4 holds in one Pyramide ex. Cat 2 -> 3 holds						
Dynamic	Pairs	02:00	8	6	3			4	2	3	3	5	3	3
	Groups	02:00	8	6	3			4	2	3	3	5	3	3 (4 Platform)
Combined	Pairs	02:30	8	6 (3 holds + 3 dynamic elements)	3	yes	2 hold + 2 motion of the base	4	1	3	2	5	3	3
	Groups	02:30	8	6 (3 holds + 3 dynamic elements)	3	yes	2 hold + 2 for transition	4	1	3	2	5	3	3 (4 Plattform)

NOTENZUSAMMENSETZUNG



(+) 2 * Execution (10 - 0)

EJ

(+) Artistik (5 - 10)

AJ

(+) Difficulty (Value/100)

DJ

(-) Penalty

CJP

BEISPIELE

Rn	Nr.	Names	Club	NOC	exec	art	diff	pen	Score
1	102	June Rebord, Lana Balmer	AcroGym Net	SUI	17.000	7.450	0.470	0.000	24.920

Rn	Nr.	Names	Club	NOC		Balance	Dynamic	Total
1	406	Finja Brunner Svenja Baumann Sofie Stierli	RLZ Zürich - NSW Akro Team	SUI	Rn	2	1	
					exec	17.000	17.100	
					art	8.100	8.100	
					diff	0.300	0.500	
					pen	0.600	1.000	
					Score	24.800	24.700	49.500

Rank	NOC	NOC Code	Exercise	D Score	A Score	E Score	Pen	Exercise Score	Exercise Rank	Total
1	RGF	RGF	Balance	3.050	8.500	16.300	-0.60	27.250	(11)	85.840 Q
			Dynamic	2.110	8.800	17.800		28.710	(1)	
			Combined	3.030	9.050	17.800		29.880	(1)	

ARTISTIK (5-10)



Exercise: Bal / Dyn / Comb / Final

WP / MP / MXP / WG / MG

no. / ID / exercise:	←----- Poor Satisfactory Good Very Good Excellent Perfect ----->											Score
	1	1,1	1,2	1,3	1,4	1,5	1,6	1,7	1,8	1,9	2	
Partnership <i>R'ship / Connection</i>	1	1,1	1,2	1,3	1,4	1,5	1,6	1,7	1,8	1,9	2	
Expression <i>Projecting emotion, character, attitude, Feeling</i>	1	1,1	1,2	1,3	1,4	1,5	1,6	1,7	1,8	1,9	2	
Performance <i>Space, pathways, how levels used, amplitude, sync</i>	1	1,1	1,2	1,3	1,4	1,5	1,6	1,7	1,8	1,9	2	
Creativity <i>Variation, originality, imagination, inspiration</i>	1	1,1	1,2	1,3	1,4	1,5	1,6	1,7	1,8	1,9	2	
Musicality <i>Match movement to music (melody, tempo, beat, mood)</i>	1	1,1	1,2	1,3	1,4	1,5	1,6	1,7	1,8	1,9	2	
TOTAL	5,0	5,5	6,0	6,5	7,0	7,5	8,0	8,5	9,0	9,5	10,0	

<u>PARTNERSHIP</u>	NO	Moderately	YES	
Is there a clear level of maturity between all partners?	0	0.2	0.4	1.
Is there a match of technical and physical preparation between all partners?	0	0.1	0.3	
Is there a consistent connection between all partners that is visible to the audience?	0	0.1	0.3	
<u>PERFORMANCE</u>				
Is the flow continuous throughout ?	0	0.1	0.2	1.
Do all partners have great amplitude in everything?	0	0.1	0.2	
Is there synchronization between all partners throughout?	0	0.1	0.2	
Is it original Choreography?	0	0.1	0.2	
Does the partnership create a personal identity ?	0	0.1	0.2	
<u>EXPRESSION</u>				
Do all partners project the emotion of the exercise?	0	0.2	0.4	1.
Do they maintain the emotion throughout the exercise?	0	0.1	0.3	
Is there Harmony of the expression between the partners?	0	0.1	0.3	

<u>CREATIVITY</u>				
Do they show originality and inventiveness in the overall exercise?	0	0.2	0.4	1.
Do they have special/different ways to get in and out of elements?	0	0.1	0.3	
Do they show a variety of elements and rarely staged elements ?	0	0.1	0.3	
<u>MUSICALITY</u>				
Is the choreography in harmony with the music throughout?	0	0.2	0.4	1.
Is the exercise performed without any interruption between choreo and elements?	0	0.1	0.3	
Are the musical sentences, accents respected and used throughout?	0	0.1	0.3	

45.4 REFERENCE RANGE OF ARTISTIC SCORE:

- | | |
|-------------------------|--------------------------|
| ● Perfect routines | Score between 9.6 to 10 |
| ● Excellent routines | Score between 9.0 to 9.5 |
| ● Very good routines | Score between 8.0 to 8.9 |
| ● Good routines | Score between 7.0 to 7.9 |
| ● Satisfactory routines | Score between 6.0 to 6.9 |
| ● Poor routines | Score between 5.0 to 5.9 |

EXECUTION (10-0)

- Small Faults 0.1
- Significant Faults 0.2 - 0.3
- Serious Faults 0.5
- Fall 1.0

- Der Technikkampfrichter achtet auf folgende Punkte in jedem Element:
 - Allgemeine technische Fehler
 - Amplitude
 - Körperhaltung, zum Beispiel «Linien»
 - Instabilitäten
 - Rotationen
 - Nicht beenden von Elementen und Stürze

46.10 NON-COMPLETION OF ELEMENTS AND FALLS

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Non-completion of an element without a fall.			0.5
2. The partner coming to the floor and landing unintentionally or illogically, without control, from a point of balance or support, but without a fall.			0.5
3. One foot or hand slipping from point of support on partner and hands being used to prevent a fall.			0.5
4. Both feet or both hands sliding through a platform, off shoulders or other points of support on the partners' bodies when attempting to balance or in catching = FALL .			1.0
5. Fall to the floor or on (a) partner(s) from a pyramid or pair element or off a platform without a controlled or logical landing = FALL .			1.0
6. An uncontrolled landing or fall to or on the floor made on head, seat, front, back or side, hands and knees together, both hands and feet or both knees = FALL .			1.0
7. Forward or backward roll following a landing without first showing controlled position on feet. = FALL .			1.0

Element:	Carré, Doppel gehockt zur Landung
Höhe	0.1
Richtung	0.1
Hockposition	0.3
Landung	0.1
Total	0.6


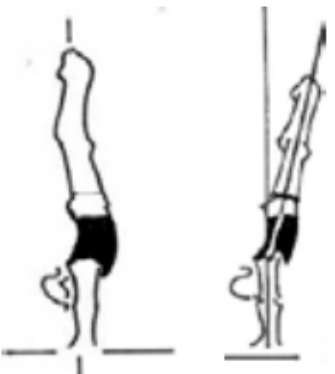


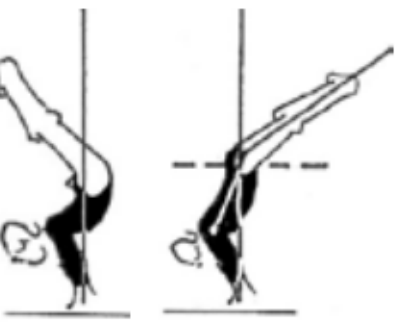
Element:	Carré, Doppel gehockt zur Landung
Höhe	0.3
Richtung	0.0
Hockposition	0.3
Landung	0.5
Total	1.1 -> 1.0






Element:	Carré, Doppel gehockt zur Landung
Höhe	0.1
Richtung	0
Hockposition	0.1
Landung	1.0
Total	1.2 -> 1.0

Element:	Salto indiv.
Partner 1	0.1
Partner 2	0.1
Partner 3	0.3
Total	0.5

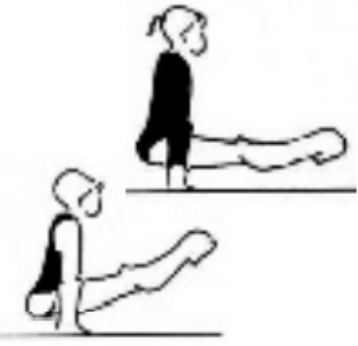


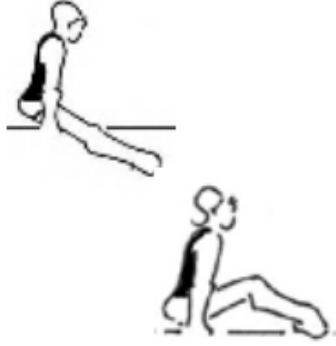
Element:	Salto indiv.
Partner 1	0.5
Partner 2	0.5
Partner 3	0.1
Total	1.1 -> 1.0

Element:	Salto indiv.
Partner 1	1.0
Partner 2	0.0
Partner 3	0.2
Total	1.2 -> 1.0

Element	Ideal	0.1	0.2	0.3	0.5
					

Element	Ideal Position	0.1	0.2	0.3	0.5	1.0
1 Tuke						

WISTAKES DURING

Element	Ideal	0.1	0.2	0.3	0.5
Straddle / Pike					

DIFFICULTY

DJ PENALTIES	Penalty
1. Time fault for each static pair/group element held less than declared amount of time.	0.3 per second short
2. Static pair/group element is not completed	0.9 time fault No difficulty value No SR credit
3. Individual static element held one second.	0.3 time fault
4. Individual static element is not completed	0.6 time fault No difficulty value
5. Any element started and not completed.	No difficulty value No SR credit
6. Each violation of Special Requirements for composition.	1.0 for each violation
7. Performance of a Forbidden element.	1.0 each time
8. Elements not performed in the order declared on the Tariff Sheet.	0.3

Anzahl Sekunden	Penalty	DV	SR
3	0.0	Ja	Ja
2	0.3	Ja	Ja
1	0.6	Ja	Ja
< 1	0.9	Nein	Nein

CJP PENALTIES	Penalty
1. Duration of music over the time limit.	0.1 per second
2. Difference in heights of partners of the next tallest partner according Appendix 3.	0.5 or 1.0
3. Poor Sportsmanship on the Field of Play.	0.5
4. Music infringements (e.g.: Inappropriate lyrics)	0.5
5. Stepping over the boundary line.	0.1 each time
6. Landing outside or falling outside the boundary.	0.5 each time
7. Starting before the music or ending before or after the music.	0.3
8. Failure to observe publicity rules. (National Identification not clearly visible on attire).	0.3
9. Adjustment of attire. Loss of accessories.	0.1 each time
10. Unless otherwise indicated in this table, all attire infringement penalties.	0.3
11. Forbidden(e.g.: loose sleeves) or Immodest attire(e.g.: neckline too low, leotard between gluteal muscles).	0.5
12. Markings, mat (exception MG Balance and Combined).	0.5
13. Indecent positions.	0.3
14. Coach present on the floor.	1.0

ACRO COMPANION

1	2	3	4	5	6	7	8	9
			4/4 BA			1/4 BA 180°		
Dynamic	Dynamic		Dynamic	Dynamic	Dynamic	Dynamic	Dynamic	Dynamic
Compulsory	Compulsory		Compulsory	Compulsory	Compulsory	Compulsory	Compulsory	Compulsory
0	0.1		2		0	1		0
row 1 - box 1	row 3 - box 1		44/5Q2		row 2 - box 1	50/46A4		row 4 - box 1
10	11	12	13	14	15	16	17	18
Dynamic	Dynamic	Dynamic	Dynamic	Dynamic	Dynamic	Dynamic	Dynamic	Dynamic
Compulsory	Compulsory	Compulsory	Compulsory	Compulsory	Compulsory	Compulsory	Compulsory	Compulsory
19	20	21	22	23	INDIVIDUAL ELEMENTS			
Dynamic	Dynamic	Dynamic	Dynamic	Dynamic				
Compulsory	Compulsory	Compulsory	Compulsory	Compulsory				
					2	4	1	1
					p126	p126	p126	



Country Switzerl... Club RLZ SG

Gymnasts
Top Base 1
Elin Fischler Mattia Sciara

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Competition
Team nr
Ostschweizer Akro Cup : 403

Exercise
Level Category Exercise
11-16 MXP Dynamic

Difficulty
D Score DV Score
0.100 0.1

Value
Balance Dynamic Individual
0.0 0.1 0

Acro sheet information
Sheet name Sheet changeable u...
MxP 11/16 EIMa D:18/11/2023



