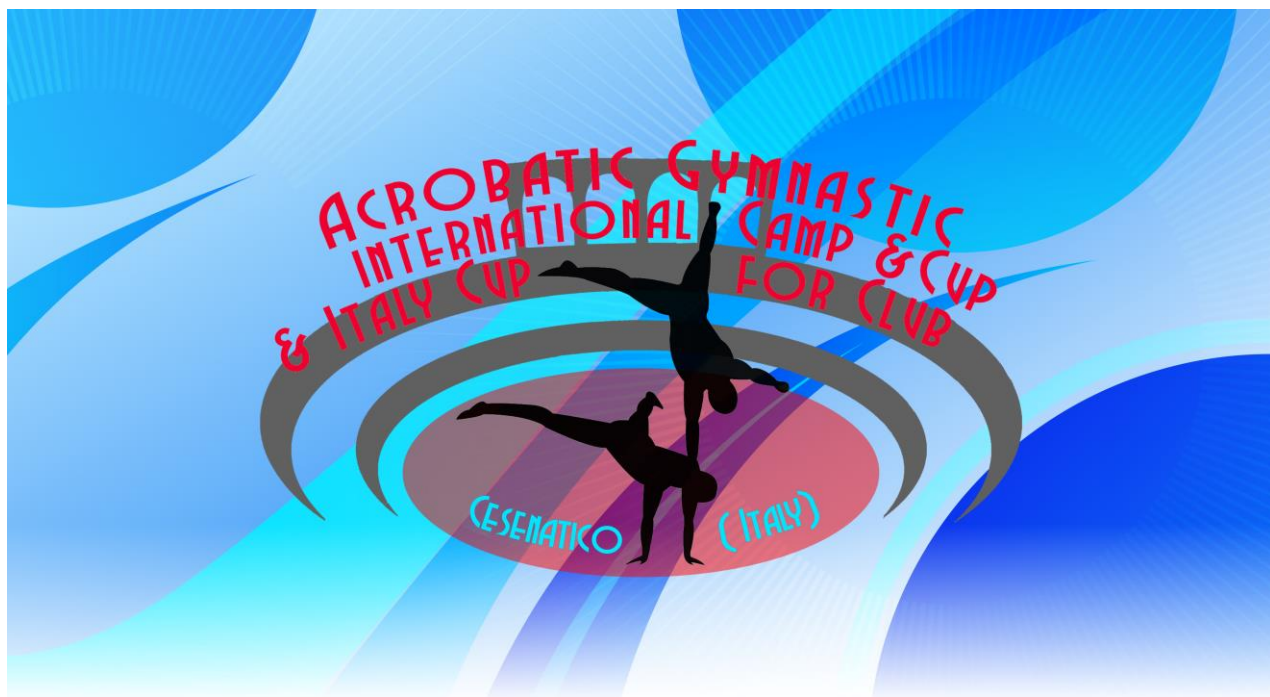


**International Training  
National Championship FISAC 2022  
7<sup>th</sup> International Acrobatic Cup for  
Clubs 2022**



**CESENATICO ITALIA  
April 2022**

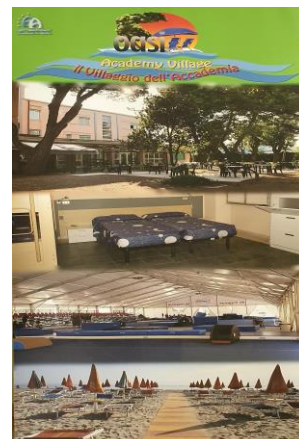
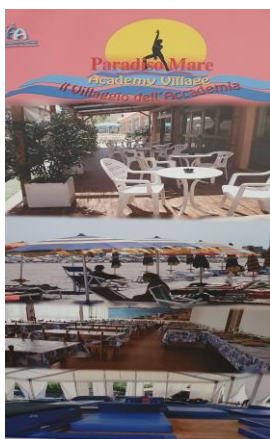
- International Training 14 - 15/04
- 7<sup>th</sup> International Championship FISAC Cup - for clubs 16 – 17 /04

**FISAC's goal for prosperity and development of Acrobatics in Italy and Europe is due to success of the International Team Gym Cup in which 15 countries now participate with well over 70 teams from different nations.**


**Over 300 Athletes** have participated from different clubs and nations such as Bulgaria, Germany, Moldova, Hungary, Portugal, United Kingdom, Ireland, Puerto Rico, Switzerland, USA, Wales, Austria, Ukraine, Israel, and Italy.

**With the collaboration of the Acrobatic Academy of Cesenatico, Federal National Technical Head Quartier, FISAC will offer at the participants substantial economic help to this international competition and at the NATIONAL CHAMPIONSHIPS 2022!**

**FISAC NATIONAL ACROBATIC CHAMPIONSHIPS will be open to all Clubs (Sport Clubs) and federations.**



# GENERAL INFORMATION

<p><b>COMPETITION ORGANIZERS</b></p>	<p><b>FISAC – FEDERAZIONE ITALIANA SPORT ACROBATICI E COREOGRAFICI</b>          Viale. Cristoforo Colombo 18          47042 Cesenatico  <a href="mailto:direzione@villaggioaccademia.it">direzione@villaggioaccademia.it</a> ( Accomodation Info )  <a href="mailto:cesare.yankov@fisacgym.it">cesare.yankov@fisacgym.it</a> ( Competition Info )</p>
<p><b>LOCATION</b></p>	<p><b>CESENATICO - ITALIA</b></p>
<p><b>DATES</b></p>	<p><b>From 14 APRIL to 18 APRIL 2022</b></p>
<p><b>VENUE</b></p>	

<p><b>REGISTRATION DEADLINES</b></p>	<p>The price for the stay for careers always at the quarters is <b>37 €</b> with the full pension treatment (drinks included).</p> <p>The price for the stay (full pension) at the Acrobatic academy quarters for athletes and technicians is <b>37 €</b> per day included also with transportation to and from the Station of Cesenatico</p> <p>The accommodation payment and transfer must be made within <b>12 March 2022</b> by bank transfer to the following account:</p> <p><b>CREDITO COOPERATIVO ROMAGNOLO ACCADEMIA ACROBATICA SRL IBAN: IT79P0707024000010000847348 C/C Numero: 10-000847348 BIC: ICRAITRTQO</b> Reason for Payment: (Name of the Club and number of full delegation)</p> <p><b>IMPORTANT / ACCOMODATION / TRANSFER /</b> For more organizational and logistical information you can call the following numbers: FISAC Secretary and Presidency +39 380 2982176 - 0547-84935 and ask for Franca <a href="mailto:franca.casadei@fisacgym.it">franca.casadei@fisacgym.it</a></p> <p><b>For more technical information:</b> National Technical Direction - Lachezar Cesare Yankov +39 348 3814080 <a href="mailto:cesarebg@live.it">cesarebg@live.it</a> / <a href="mailto:cesare.yankov@fisacgym.it">cesare.yankov@fisacgym.it</a></p>
<p><b>Judges</b></p>	<p>You are expected to provide at least 1 judge, however if you have more than 1 judge available their attendance would be greatly appreciated. A <b>100 €</b> fee will be charged if no judge is supplied.</p>
<p><b>ENTRY FEE Training end Competition Categories</b></p>	<p>The price of free training before or after the competition is <b>10 €</b> for athlete. (<b>Full training, use structures and tools of the Federation FISAC</b>) Entry to the competition is <b>25 €</b> for Athlete. (C1, C2, Youth) Podest – individual international discipline <b>15 €</b> for Athlete. Entry to the competition is <b>35 €</b> for Athlete. (B, Age Group, Senior)</p>
<p><b>VISA</b></p>	<p>If you need an official invitation to obtain a visa to travel to Italy, please contact us as soon as possible, no later than <b>01</b> of December <b>2021</b> (please, fill the necessary documents).</p>
<p><b>INSURANCE</b></p>	<p>The organizer is not responsible for any liability in the case of accidents. Therefore, all participants are advised to look for adequate insurance coverage.</p>

<p><b>Local Transfer</b></p> <p><b>INTERNATIONAL TRANSPORTATION</b></p>	<p>Free transport from and to the Station of Cesenatico. Bologna Airport for groups of at least <b>8</b> people is <b>20€</b> each way. <b>40€</b> in total from and to Bologna Airport.</p> <p>For groups less than 8 people price still to decide. Arrivals to other Airports still to calculate.</p>
<p><b>ACCOMODATION end Special Offers for Clubs</b></p>	<p><b>Every Club with more than 10 registered Athletes at the Championship and at the Training (both) will have a complimentary stay for 1 Technician and 1 judge for the entire period. (From 15 athletes end mor – 1 coach 50% discount)</b></p> <p>Every Club with less than 10 registered Athletes will have a complimentary stay for 1 Judge for the entire period. (Not less than 5 athletes)</p>
<p><b>FINAL BANQUET</b></p>	<p>Saturday, the <b>16</b> April 2022</p>
<p><b>PROVISIONAL SCHEDULE</b></p>	<p><b>Thursday – 14 APRIL</b> Arrival of Delegations and accommodation. Training in Academy. Technical meeting for the judges and coaches.</p> <p><b>Thursday - 14 / Friday 15 APRIL</b> Training in Academy. <i>Full training, use structures and tools of the Federation FISAC</i></p> <p><b>Saturday, 16 APRIL</b> Opening ceremony Competition Banquet – Farewell party for al.</p> <p><b>Sunday 17 April</b> Competition Gala performances (To be defined) Awards Ceremony / Departure of the delegations</p> <p><b>Monday 18 April - only National Championships C3, Appoggi – National Category</b> <b>Podest – International Category</b> - (To be defined by registration)</p>
<p><b>GALA Farewell Party</b></p>	<p>We welcome any delegation to participate in the Gala performance, which will take place before the awarding ceremony on <b>Friday 15 April</b>. Please, inform us about your gala performance in your registration.</p>
<p><b>AWARDS</b></p>	<p><b>ACRO</b> You can take part with more pairs and groups per category, but only one of them per club per category Age 11-16/12-18/13-19/Seniors will take part on the final (those who has the best score). The organizers can take part with more gymnasts from club per category, but only 2 of them can be rank.</p> <p><b>Individual all around (for each category)</b> First 3 positions will be award with medal: Gold-Silver-Bronze. CUP: Team Competition For all participating athletes in all categories - participation medal.</p> <hr/>

International Acrobatic Cup 2022 Ranking and Prices  
The Following Rules are only for the TWO competitions  
Mainz (GER) 2021 Cesenatico (IT) 2022  
Ranking

Results: In all the compositions and categories are admitted to the final classification only combinations that have participated in at least 2 steps of the International Cup and the classification will be drawn up taking into account the sum of the two best steps more the "Bonus".

Prizes: The prizes are at the discretion of the individual stages of O.C. of each step. The final classification of awards is offered by the "Village Academy" with any other prizes offered by other sponsors.

Prizes: The prizes are at the discretion of the individual stages of O.C. of each step. The final classification of awards is offered by the "Village Academy" with any other prizes offered by other sponsors.

Prizes

- 1<sup>o</sup> place, one-week stay at the A.V. (Academy Village-Cesenatico- Italy) + 1 coaches, completely free.
- At the 2nd one-week stay at the A.V. + 1 coaches, with 50% discount.
- At the 3rd, one-week stay at the A.V. + 1 coaches, with 30% discount.

\*Prizes will include 10 athletes + 1 coaches

The above conditions will be valid only if in the final rankings will be 3 or more combinations in each category.

Sponsored by:



**BANK  
ACCOUNT  
INFORMATION**

**Payments must be pay as follows:  
The accommodation payment and transfer must be made  
within 12 of Match 2022 by bank transfer to the following  
account:**

**CREDITO COOPERATIVO ROMAGNOLO  
ACCADEMIA ACROBATICA SRL**

**IBAN: IT79Po707024000010000847348**

**C/C Numero: 10-000847348**

**BIC: ICRAITRRTQO**

**Reason for Payment: (Name of the Club and number of  
persons.)**

<b>Technical Information for Championship al Category</b>	<b>Tariff Sheet – Saturday 19 March 2022</b> <a href="mailto:acrocupfisac@gmail.com">acrocupfisac@gmail.com</a>  <b>Musik – Saturday 26 March 2022</b> <a href="mailto:acromusicfisac@gmail.com">acromusicfisac@gmail.com</a>	
<b>DEADLINES SUMMARY</b>	<b>DEFINITIVE REGISTRATION</b>	Saturday 05 March 2022
	<b>VISA REQUEST FORM</b>	Tuesday 01 December 2021 - Definitive
	<b>NOMINATIVE REGISTRATION</b>	Saturday 05 February 2022 - Provisional (Declaration of interest end name of Clubs) (Names of gymnast, category, judges)
	<b>TRAVEL SCHEDULE FORM</b>	Saturday 12 March (Declaration of interest end name of Clubs) (Names of gymnast, category, judges)
	<b>ACCOMODATION FORM</b>	Saturday 12 March (Declaration of interest end name of Clubs) (Names of gymnast, category, judges)
	<b>PAYMENT OF THE ENTRY FEE</b>	Training and entry the competition, you pay in Acrobatic Academy Friday 14/04/2022
	<b>PAYMENT OF ACCOMODATION</b>	Saturday 12 March

**TECHICAL INFORMAZION  
FOR REQUIRMENTS**

**GERMAN, BULGARO, RUSSO – [g.kiryakov@gmax.net](mailto:g.kiryakov@gmax.net) /**

**ITALIANO, RUSSO, BULGARO, POLACO – [cesarebg@live.it](mailto:cesarebg@live.it)  
[cesare.yankov@fisacgym.it](mailto:cesare.yankov@fisacgym.it)**

# TECHNICAL REQUIREMENTS ACROBATIC GYMNASTICS

## For Open Group International Cup for Club Group C1 / C2 – Combined Youth Groups Group B – Static, Dynamic Podest – Individual W/M (C1, C2, B, Master) Age Group / 08-16 / 11-18 /12-19 / Seniors

<b>Group C</b> C1 / 6 – 13 anni C2 / 8 - 19 anni	<b>Requisiti Minimi:</b>	<b>Requisiti Speciali:</b>	<b>Composizione dell'esercizio</b>
<b>Combinato</b>  <b>2.30</b>  <b>È AMMESSA LA MUSICA CON LE PAROLE</b>	1 elemento Statico – categoria 1 1 elemento Statico – categoria 2 1 elemento Statico – categoria 3  3 elementi dinamici.  <b>3 elementi Individuali</b>  1 elemento Categoria 1 1 elemento Categoria 2 Il 3° elemento Libero.	<b>1 elemento di presa</b> <b>(elementi dinamici</b> <b>G)</b> <b>Maximum 2 arrivi a</b> <b>terra (Dismounts)</b> <b>dal Partner.</b> <b>Totale 5 arrivi a terra</b>  <b>Maximum 3</b> <b>posizioni di partenze</b> <b>e prese uguali.</b>  <b>Statici:</b> <b>Il top un elemento</b> <b>uguale maximum 2</b> <b>volte – Posizione</b> <b>Statica e 2 volte in</b> <b>transizione della</b> <b>base.</b>	<b>Referente codice</b> <b>FISAC.</b> Maximum 8 elementi (minimo 6 elementi) di gruppo e 3 elementi individuali. <b>Il terzo elemento individuale –</b> <b>libero - dalle categorie 1 o 2.</b> <b>Differenza tra elementi statici e</b> <b>dinamici 50%.</b> Difficoltà 60 = 0,6 Massimo + 10 Tolleranza. Coppie: La base NON può ripetere la stessa posizione Gruppo: se la Top e la Mezzana, sono nella stessa posizione si conta una sola volta (es.: due squadre valgono come una)



<b>CRUPPO Youth 8 – 16 anni</b>	Requisiti Minimi obbligatori	Requisiti Speciali	<b>Composizione dell'Esercizio</b>
<b>Combinato 2.30</b> Nessuna differenza di età tra partner. È AMMESSA LA MUSICA CON LE PAROLE	Coppia 3 elementi statici, 2 dalle Age Group – Junior Rules 1 dal TOD con valore 1-9 3 elementi dinamici 2 dalle Age Group – Junior Rules 1 dal TOD con valore 1-14  3 elementi Individuali Gruppo.  2 piramidi statici 1 deve essere scelta dal Age Group – Junior Rules 1 deve essere scelta dal TOD con valore 1-16 3 elementi dinamici 2 scelti dal Age Group Rules 1 deve essere scelto dal TOD con valore 1-14  3 elementi individuali	Elementi Individuali: Flexibility /Balance /Agility  *Salto NON è obbligatorio.  Elementi Opzionali:  Coppia Statico 1-9 Dinamico 1-14  Gruppo Opzionali: Statico 1-16 Dinamico 1-14	<b>Referent code. Age Group / Junior Rules</b>  Nessun limite di partenze e arrivi uguali.  <b>Difficulty max. D – Value of Compulsory Elements 0,5</b>

<b>Group B Coppie / Pairs</b>	<b>Requisiti Minimi:</b>	<b>Requisiti Speciali:</b>	<b>Pairs Balance</b>
<b>Statico 2.30</b> Max. 80V + 10 T AGE 12 - 18  <b>Senza limiti di età tra le partner. Età minima otto anni (per la top)</b>	* COPPIE  *Minimo: 5 elementi, con minimo 3 posizioni da 3”  *Tutti gli elementi devono avere difficoltà minima V1.  * Una transizione obbligatoria della Top esempio: (Squadra – cocodrillo) (In piedi – discesa in spaccata della base)  * NON è obbligatoria la verticale (per la top) e il Salto per elementi individuali per tutti.	*Maximum 8 elementi di coppia.  Una posizione statica per la top può essere ripetuta max. 4 volte. (Ad esempio: la verticale 2 volte in posizione statica e 2 volte con transizione della base).  * Maximum 3 elementi individuali per la difficoltà V categoria 1. Flessibilità, Balance, Agilità  *Valgono Tutti i Requisiti Speciali per esercizi STATICI in Vigore <b>FIG:</b>  <b>Age Group 12-18</b>	○ at least 5 partner elements with a minimum of 3 static positions with 3” stop by the top. Maximal 8 Partner elements. ○ at least 1 motion by the top or the base ○ at least 3 individually elements of category 1 <b>Special requirements:</b> • an individually somersault or back flip is not required • a handstand of the top is not required

			<ul style="list-style-type: none"> <li>• There are all the other restrictions of the World</li> </ul>
<p><b>* la categoria B - Gruppo / Group</b></p> <p><b>Possono eseguire anche solo un esercizio a scelta tra statico o dinamico.</b></p> <p><b>Classifica separata.</b> (NON C'E' LA SOMMA DEI PUNTEGGI PER ESERCIZIO STATICO E DINAMICO)</p> <p><b>È AMMESSA LA MUSICA CON LE PAROLE (solo in un esercizio – statico o dinamico)</b></p>	<p><b>GRUPPO/GROUPS</b></p> <p>*Minimo 2 piramidi separate da diverse categorie, con 3 posizioni statiche tenute 3" ognuna.</p> <p>* Obbligatoria una Motion, Transizione (esempio: squadra, cocodrillo.)</p> <p>* <b>NON è obbligatoria la verticale (per la top sulla piramide)</b></p>	<p>*Maximum 4 piramidi separate in un esercizio di diverse categorie.</p> <p>*La difficoltà per la transizione si prende quando da una posa statica x 3" si va ad un'altra posa statica x 3"</p> <p>*La Top può ricevere la difficoltà per la stessa posizione in una combinazione: * 2 volte per la statica * 2 volte per la transizione</p> <p>*Maximum 3 elementi individuali per la difficoltà V. Categoria 1.</p> <p>Valgono Tutti i Requisiti Speciali per gli esercizi STATICI in Vigore <b>FIG</b></p> <p><b>Age Group 12-18</b></p>	<p><b>GROUPS</b></p> <ul style="list-style-type: none"> <li>○ at least 2 single pyramids of different categories with a minimum of 3 static positions with 3" stop by the top</li> <li>○ A maximum of 4 pyramids, all different categories</li> <li>○ at least 1 motion by the top</li> <li>○ at least 3 individually elements by category 1</li> </ul> <p><b>Special requirements:</b></p> <ul style="list-style-type: none"> <li>• an individually somersault or back flip is not required</li> <li>• a handstand of the top is not required</li> <li>• There are all the other restrictions of the World Age Group Competition Rules 12-18.</li> </ul>
<p><b>Dinamico 2.00</b></p>	<p><b>Requisiti Minimi:</b></p>	<p><b>Requisiti Speciali:</b></p>	<p><b>DYNAMIC 2,00" basic requirements:</b></p>
<p><b>Coppie /Gruppi</b></p> <p><b>Max. 70V + 10T AGE 12 – 18</b></p> <p><b>Senza limiti di età tra le partner. Età minima 8 anni (per la top)</b></p>	<p>*Minimo 5 elementi Dinamici con fase di Volo.</p> <p>* Due 2 dei quali con ripresa del partner.</p> <p>*Max. 3 arrivi a terra (dal partner a terra)</p> <p>*Tutti gli elementi devono avere difficoltà minima V1.</p> <p>* <b>NON è obbligatorio Salto per gli elementi di gruppo e coppie, come anche per gli elementi individuali.</b></p>	<p>*Maximum 8 elementi di gruppo per difficoltà V.</p> <p>*Minimum 2 e max. 3 elementi individuali per la difficoltà V Categoria 2.</p> <p>*Valgono Tutti i Requisiti Speciali per gli esercizi STATICI in Vigore <b>FIG</b></p> <p><b>Age Group 12-18</b></p>	<ul style="list-style-type: none"> <li>• at least 5, maximum of 8 partner elements, from that</li> <li>○ at least 2 elements to the partner and</li> <li>○ maximum 3 bounces (from partner to the floor)</li> <li>○ at least 2 individually elements of the category 2</li> </ul> <p><b>Special requirements:</b></p> <ul style="list-style-type: none"> <li>• an individually somersault or back flip is not required</li> <li>• There are all the other restrictions of the World Age Group Competition Rules 12-18.</li> </ul>

Podest 2,30	Requisiti Minimi:	Requisiti Speciali:	Composizione dell'esercizio
<p>Disciplina Individuale. W/ M</p> <p>Esercizio Combinato.</p> <p>Elementi di verticali e posizioni di equilibrio in varie forme, eseguiti su un tavolino di verticalismo. Esercizio coreografato.</p>	<p><b>Allieve: "C"</b> C1 - (6 - 13) C2 - (14 - 19)</p> <p>*Difficolta massima 50V. - (va divisa x 100 / = 0,50)</p> <p><b>Junior: "B" Classe</b> (NON limite d'età) * Difficolta massima 70 V - (va divisa x 100 / = 0,70)</p> <p><b>Master Class:</b> Nessun limite d'età ma segue il programma 12-19 FIG Combinato * Difficolta massima 80 V - (divisa x 100 / = 0,80 * Tolleranza + 20 V</p>	<p><b>Allieve e Junior</b> 3 Elementi Statici 3 Elementi Dinamici con 360°</p> <p>Individuali: Max. 3 1 categoria / uno 1 categoria / due 1 Libero Elementi da codice FISAC</p> <p><b>Junior: B</b> <b>Minimo 6 Massimo 8 Elementi Statici</b> Da diverse categorie: 1-verticale pag.5 1-squadra o cocodrillo pag.6 1-equilibrio pag.7</p> <p>Minimo 3 elementi Dinamici con giro 360°</p> <p>Individuali: Max 3 1 categoria / uno 1 categoria / due 1 Libero Elementi da Codice FIG TOD.</p> <p><b>Master Class</b> Minimo 6 Massimo 8 3 Elementi Statici di Diverse categorie</p> <p>3 Elementi Dinamici con 360° di giro</p> <p>Individuali: (max. 3) 1 categoria / uno 2 categoria / uno 1 Libero Elementi da Codice FIG TOD.</p>	<p><b>Allieve e Junior</b> *1 discesa con valore per la difficolta (NON è obbligatoria) * Elementi statici possono essere ripetuti come Dinamici con 360° * Verticale, Flick e Salto NON sono obbligatori.</p> <p><b>Junior: B</b> * Elementi statici possono essere ripetuti come Dinamici con 360° *Obbligatoria 1 discesa con Valore - pag.8 * Salto come elemento individuale NON è Obbligatorio.</p> <p><b>Master Class</b> *Obbligatori 2 verticali da 2 categorie diverse A/B/C/D/E pag.1 Podest *Maximum 4 elementi. Eseguiti in serie, statici e dinamici possono essere collegati. *Obbligatoria 1 discesa con Valore - pag.8 *Salto come elemento individuale E Obbligatorio. * Elementi statici possono essere ripetuti come Dinamici con 360°</p>

**TECHNICAL REQUIREMENTS  
ACROBATIC GYMNASTICS  
Age Group 08-16/11-18/12-19/ Senior  
FIG  
(Aggiornamento Newsletter - FIG)**

<b>AGE GROUPS</b>	<b>QUALIFICATIONS</b>	<b>FINALS</b>	<b>COMPOSITION OF EXERCISES</b>
<b>08-16</b>	<p>Each pair and group present one Balance and one Dynamic exercise.</p> <p>The exercise is composed of compulsory and optional elements. The performance order is set by draw.</p> <p>Ranking after the qualifications is determined by the sum of scores from the two Exercises: Balance and Dynamic.</p> <p>The top 8 proceed to a Final with not more than one from each club in each category.</p> <p>Competitors cannot participate in the Final without competing in both Balance and Dynamic qualifying events.</p>	<p>Marking starts from Zero.</p> <p>In the final, pairs and groups will present one exercise:</p> <p>Women's Pairs: Balance</p> <p>Mixed Pairs: Dynamic</p> <p>Men's Pairs: Balance</p> <p>Women's Groups: Dynamic</p> <p>Men's Groups: Balance</p> <p>The reverse standing of the sum sets the performance order in the Final from both Balance and Dynamic exercises.</p>	<p><b>According to FIG Rules for Age Group 11-16</b></p> <p>Difference of Age max. 6 years</p>
<b>11-18</b>	<p>Each pair and group present one Balance and one Dynamic exercise. The performance order is set by draw.</p> <p>Ranking after the qualifications is determined by the sum of scores from the two exercises: Balance and Dynamic.</p> <p>The top 8 proceed to a Final with not more than one from each club in each category.</p> <p>Competitors cannot participate in the Final without competing in both Balance and Dynamic qualifying events.</p>	<p>Each Pair and group perform one Combined exercise in the finals.</p> <p>Marking starts from zero.</p> <p>The performance order in the Final is set by the reverse standing of the sum from both Balance and Dynamic exercises.</p>	<p><b>According to FIG Rules for Age Group 12-18</b></p> <p>Difference of Age max. 6 years</p>

<p><b>12-19</b></p>	<p>Each pair and group present one Balance and one Dynamic exercise.</p> <p>The performance order is set by draw.</p> <p>Ranking after the qualifications is determined by the sum of scores from the two Exercises: Balance and Dynamic.</p> <p>The top 8 proceed to the Final with not more than one from each club in each category.</p> <p>Competitors cannot participate in the Final without competing in both Balance and Dynamic qualifying events.</p>	<p>Each Pair and group perform one Combined exercise in the finals.</p> <p>Marking starts from zero.</p> <p>The performance order in the Final is set by the reverse standing of the sum from both Balance and Dynamic exercises.</p>	<p><b>According to FIG Rules for Age Group 13-19</b></p> <p>Difference of Age max. 6 years</p>
<p><b>Senior + 13</b></p>	<p>Each pair and group present one Balance and one Dynamic exercise.</p> <p>The performance order is set by draw.</p> <p>Ranking after the qualifications is determined by the sum of scores from the two Exercises: Balance and Dynamic.</p> <p>The top 8 proceed to the Final with not more than one from each club in each category.</p> <p>Competitors cannot participate in the Final without competing in both Balance and Dynamic qualifying events.</p>	<p>Each Pair and group perform one Combined exercise in the finals.</p> <p>Marking starts from zero.</p> <p>The reverse standing of the sum sets the performance order in the Final from both Balance and Dynamic exercises.</p>	<p><b>According to FIG Rules for Senior</b></p>