



CZECH ACRO OPEN

11TH NOVEMBER 2023



Dear Acrobatic Friends,

we would like to invite you for international competition **CZECH ACRO OPEN** in Acrobatic Gymnastics former known as Czech Republic Championships in Acrobatic Gymnastics.

Organiser: Acrobatic Gymnastics Club TJ Bohemians Prague
Date: Saturday 11th November 2023
Venue: Sports Hall TJ Bohemians, Prague 10, Slovenská 2

Provisional programme (Saturday, 11th November):

8:30	warm up
9:30	judges meeting
10:00	Start of the competition
10:10	Youth (combined exercise)
13:45	Youth class results announcement
14:00 - 14:30 break	
14:30	Age group 1 st routine (balance/tempo)
15:15	Master class – 1 st exercise (balance or tempo)
16:30	Age group– 2 nd exercise (balance/tempo)
17:15	Master class – 2 nd exercise (combined)
18:45	Age group, Master class results announcement

Categories: **Youth** (rules below), **Age group 11 - 16**, **Master Class** (12-18, 13-19, Seniors all together)

Provisional entry: **September 8th**
via <https://forms.gle/VpiSqkNQsrQmx3nJ6>

Definitive entry: **October 14th**
form will be declared

Costs and payment: **30 €** starting fee per participant
Payment to account till **31st of October** (detailed info below)

Music and Tariff sheets: **October 31st**

Accommodation: There is no official accommodation package.

Meals: Saturday lunch will be available for athletes and judges in restaurant (100m from gym hall) for the price of **10€** (payment to account till **31st of October** (detailed info below))

Contact to LOC: info@akrobatickagymnastika.cz



Czech Gymnastics Federation
Zátopkova 100/2, P.O. BOX 40
Tel./Fax: +420 242429260
www.gymfed.cz
e: cgf@gymfed.cz

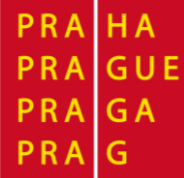


Oddíl akrobatické gymnastiky
TJ Bohemians Praha
Izraelská 6, Praha 10
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Additional information:

- There is no official accommodation package (each club will make reservation by themselves).
- Each delegation can bring maximum of 10 units
- Each team must bring at least one judge
- Medals for first three places, diploma and present for all participants
- Final program and schedule will be available a week before the competition
- All participants are advised to have adequate insurance coverage
- Each group pays travel expenses to Prague and back

- Tariff sheets and music should be uploaded via Dropbox/other online platform till 31st October (detailed information will be sent later)
- Payment details for paying starting fee and lunches:

Address:	Izraelská 6; Praha 10, 100 00
Bank:	Komerční banka a.s.
Account number:	18436101/0100
IBAN:	CZ8001000000000018436101
BIC:	KOMBCZPPXXX



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Categories nad rules

YOUTH RULES:

- age limit is maximum 15 years; one combined exercise max. duration 2'30"; evaluation: all pairs together and all groups together
- 3 individual elements (no category requirement)

Pairs:

- choose 2 balance elements from the WAGC Compulsory Elements Table 11-16, + 1 optional balance element from the FIG Tables Of Difficulty or Appendix 4. (3 statics hold of 3" is the minimum requirement in the routine)
- choose 2 dynamic elements from the WAGC Compulsory Elements Table 11-16, + 1 optional dynamic element from the FIG Tables Of Difficulty or Appendix 4. (**at least 1 element has to be a catch**)
- Optional elements may be from 11-16 difficulty tables, but different row
 - Max difficulty value given for compulsory element 0,5.
 - 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)
- choose 2 dynamic elements from the Compulsory Elements Table 11-16, + 1 optional dynamic element from the FIG Tables Of Difficulty or Appendix 4. (**at least 1 element has to be a catch**)
- optional elements may be selected from 11-16 difficulty tables, but different row
 - Max difficulty value given for compulsory element 0,5.
 - Max difficulty for optional element: 4-16 balance, 1-14 dynamic (1-10 M4).

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) according to FIG rules, Code of points 2017-2021



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See you in Prague!

TJ BOHEMIANS, SLOVENSKÁ 2, PRAHA 10

CZECH ACRO OPEN 2023

11. LISTOPAD

| START 10.00

LIVE
STREAM
GYMTV.CZ

MISTROVSTVÍ ČR AKROBATICKÁ GYMNASTIKA

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