



ACRO KLOKAN CUP

2nd MARCH 2024



Dear Acrobatic Friends,

we would like to invite you for international competition in Acrobatic Gymnastics:

KLOKAN CUP 2024

Organiser: Acrobatic Gymnastics Club TJ Bohemians Prague
Date: Saturday 2nd March 2024
Venue: Sports Hall TJ Bohemians, Prague 10, Slovenská 2

Provisional programme (Saturday, 2nd March):

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)

Definitive entry: **January 31th 2024**
Entry should be sent to: info@akrobatickagymnastika.cz

Costs and payment: **200 € / 5.000 CZK** per person per competition package
18th of February 2024 – deadline for bank transfer
(Bank transfer in CZK to the account - detailed info below)
1st of March 2024 – payment in cash in Euro upon arrival

Competition package includes:

- Competition starting fee and entry
- Accommodation (2 nights)
- Meals: Friday dinner, Saturdays lunch and Saturday 's evening party
- Transport on Saturday - hotel – gym hall - hotel

- OR just starting fee **50 € / 1.250 CZK** per athlete
(no meal, no accommodation) (till 18.2. by bank transfer or 2.3. cash in Euro in gym hall)



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
www.akrogymmcr.webnode.cz
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Accommodation: Hotel Duo, Teplická 492, Praha 9
<https://www.hotelduo.cz/>

Music and Tariff sheets: deadline **February 18th**
Send to **klokancup@gmail.com**
(this email is only for collecting music and TS)

Additional information:

- Each team must bring at least one judge
 - Medals for first three places, diploma for all participants
 - Cup for the best score of the category
 - 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
-
- Payment details for paying competition package:
!Payment must be done in CZK – 5000 Czech crowns/person!

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 and 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 2022-2024



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