

## **Frequently Asked Questions - Acrobatic Gymnastics**

- **What are the qualifications we need to take gymnasts to an Acro competition?**

In competition, partnerships perform a routine to music, that has usually been choreographed specifically for them. The gymnasts carry out their acrobatic moves and combine them with dance, and individual elements all in time to and in keeping with the style of the music. Partnerships are judged on artistry, difficulty of skills and the execution of skills.

The Acrobatic skills and Individuals are worked on separately but each Grade has specifications as to what moves and individuals are required in the makeup of their routine which has a specified time limit for their chosen grade.

For competition coach's must submit a Tariff sheet for every routine, which details the moves and individuals to be performed in order of performance. Deductions are taken if gymnasts perform moves/individuals in the wrong order or elements not declared on the Tariff Sheet.

- **At what level can I put my gymnasts in at? What do my current qualification cover me to do?**

Competition	Minimum Qualification Required (or equivalent)
Grade 1	UKCC L2 excluding Pre-school + L1 in Acrobatics equivalent qualification
Grade 2	UKCC L2 excluding Pre-school + L1 in Acrobatics equivalent qualification
Grade 3	UKCC L2 or equivalent qualification
Grade 4	UKCC L2 or equivalent qualification
Grade 5	L3 Technical Module 2 or equivalent qualification
IDP	L3 Technical Module 2 or equivalent qualification

National Development Plan 9								
Level	Grade 1 & 2	Grade 3 & 4	Grade 5	IDP	WAG 11-16	WAG 12-18	FIG 13-19	FIG Senior
Level 1 (AC)	✓✓✓✓							
Level 2 (C)	✓✓✓	✓✓✓						
Level 3 (CC)	✓✓✓✓	✓✓✓✓	✓✓✓✓	✓(Need Bridging Module) ✓✓ Sign off Technical Modules - compulsory skills) ✓	✓(Sign off Technical Modules - compulsory skills) ✓			
Level 4 (SCC)	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	
Level 5 (HPC)	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓

Cycle 5 coaching qualification   Cycle 6 coaching qualification   UKCC coaching qualification   Cycle 7 coaching qualification

PLEASE NOTE: This matrix is a guide, coaches must only coach skills that are covered within their qualification.

Competitions are always on W/G website, for bigger events - <http://www.sportsacrobatics.info/sacalend.shtml> (featuring almost all acro comps around the world). Clubs also run their own invitational competitions.

- **I am really busy with getting gymnasts ready for artistic/tumbling/other discipline grades.....how much time will I need to dedicate to the routines?**

Artistry is important in Acrobatic Gymnastics so quite a bit of time is required for learning all of the moves and individuals that the routine needs to contain, making up the routines and then practicing the routines and the skills within them so that they fit with the music.

- **When are the competitions and where will I find information about them?**

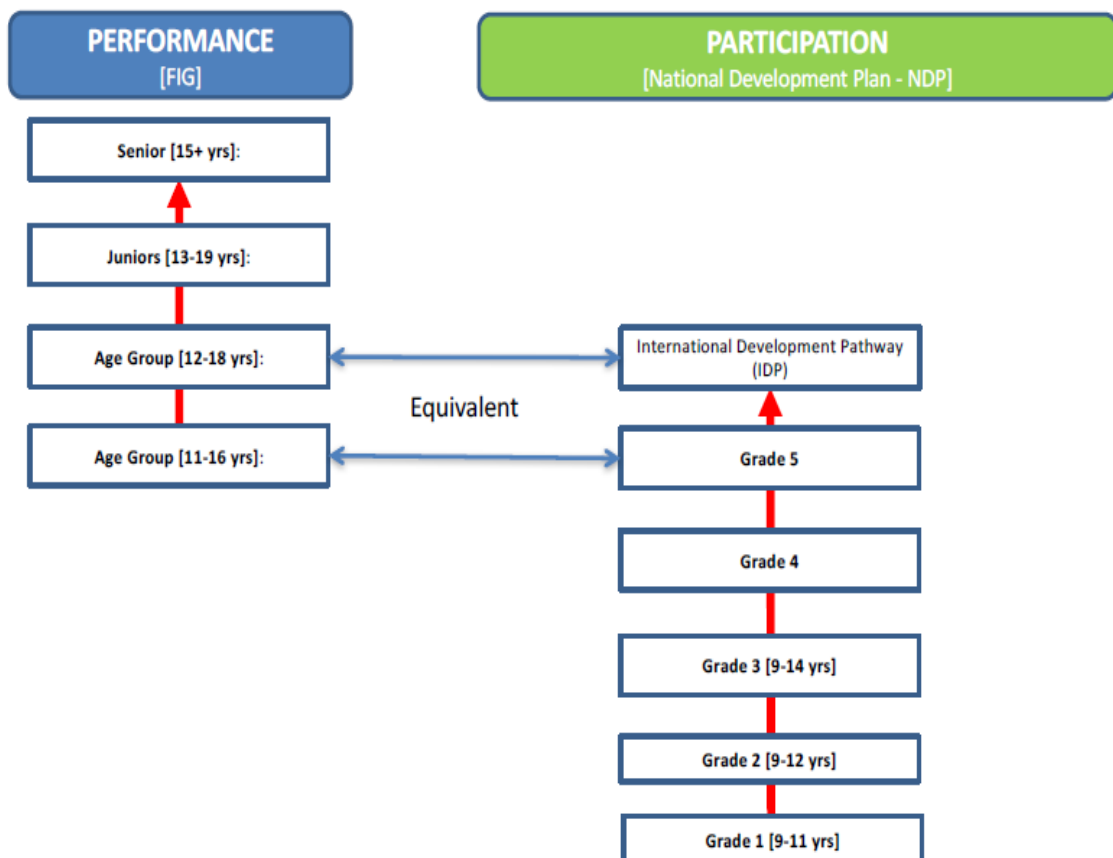
Competitions are posted on the Welsh and British Gymnastics websites

If you want to talk to someone in person then get in touch with Maria (Non-Olympic Development Officer) initially who can direct to the relevant person in your area.

- **What are the development pathways?**

Gymnasts who compete at Grade 3 and above are invited to trial every 6 months for the Junior Welsh Squad, details of which are communicated by Welsh Gymnastics.

Gymnasts who compete at Grade 5 and above or 11-16+ are invited to trial every 6 months for the Senior Welsh Squad, details of which are communicated by Welsh Gymnastics.



Lots of information can be found in the Acrobatic Gymnastics Handbook from British Gymnastics which is on the BG website.

<https://www.british-gymnastics.org/technical-information/competition-handbooks/acrobat>

- **What are the best routines to work on first?**

Gymnasts are placed into partnerships by coaches based on individual skill, size and age.

### **Age Restrictions**

The competitive age of a gymnast is defined as their age on December 31st of the current year. The minimum competitive age for entry to NDP Finals is 9 in the year of competition.

Regions/Home Nations may implement their own age policy for Regional events that do not proceed to National Finals, but for gymnasts to be eligible for National Finals they must be 9 in the year of competition in line with BG Health and Safety Policy.

In the interest of gymnastic development:

- Grades 1-5 have a restriction of no more than 7 years age difference between the oldest and youngest partner;
- IDP there is a restriction of no more than 9 years age difference between the oldest and youngest partner.

In addition the following age restrictions also apply:

- Grade 1 - Maximum age in year of competition 11 years
- Grade 2 - Maximum age in year of competition 12 years
- Grade 3 - Maximum age in year of competition 14 years