



# CZECH ACRO OPEN

## 9<sup>TH</sup> NOVEMBER 2024



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 9<sup>th</sup> November 2024  
**Venue:** Sports Hall TJ Bohemians, Prague 10, Slovenská 2  
**Categories:** Youth (rules below in appendix)  
Age group 11 – 16 (according to FIG rules)  
Master Class (12-18, 13-19, Seniors = all together)

### 1. Provisional schedule:

**Friday 8<sup>th</sup>:** Arrival of the delegations (no training possibility)

**Saturday 9<sup>th</sup>:**

8:00 warm up  
9:00 judges meeting  
9:30 Start of the competition  
9:40 Youth (combined exercise)  
13:30 Youth - results announcement  
13:30 - 14:30 break  
14:30 Age group (balance and tempo exercise)  
and Master class (balance OR tempo and combined exercise)  
19:00 Age group, Master class results announcement  
20:00 Farewell party (banquet)

**Sunday 10<sup>th</sup>:** Departure of the delegations

### 2. Entry fee

**30 euro/per gymnast**

### 3. Maximum size of delegation

**Each delegation can bring maximum of 10 units.**

The number of participants in the competition is limited. We will apply the first-come, first-served rule based on Provisional entry.

**Each team must bring at least one judge.**



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### 4. Accommodation / Meals / Transportation

Accommodation package: **140 € / per person** (triple and quadruple rooms)  
**160 € / per person** (single and double rooms)

Accommodation package includes: **accommodation** (2 nights)  
**meals** (Saturday breakfast, Saturday lunch, Saturday farewell party, Sunday breakfast)  
**transportation** (hotel-gym hall and back)  
**VAT and local fees**

Accommodation: Hotel Don Giovanni \*\*\*\* (Vinohradská 157a, 130 20 Praha) [web](#)  
(7 minutes by car/bus, 15 minutes by public transport, 30 minutes by walk – to the gym hall)

- We offer accommodation in single, double, triple and quadruple rooms.
  - o Number of triple and quadruple rooms are limited. The principle of “first come-first served” will be used, based on the Provisional entries.
- Breakfasts and Saturday farewell dinner party will be served at the hotel, Saturday lunch will be served in the venue (in restaurant 100 m from gym hall)
- Parking at the hotel is possible for a fee of 10 euros per day. The fee is paid at the hotel.



If you haven't booked accommodation package, meals are available:

**Extra Lunch ticket** **10 € per person**

Saturday lunch will be available for athletes and judges in restaurant (100 m from gym hall).

**Extra Farewell party ticket** **35 € per person**

Farewell party will be organised in hotel Don Giovanni (Vinohradská 157a, 130 20 Praha).



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### 5. Deadlines for entries and finance obligations

Provisional entry	June 30 <sup>th</sup>	<a href="https://forms.gle/CSXVaA96SA7QmZ3b8">https://forms.gle/CSXVaA96SA7QmZ3b8</a>
No payments		
Definitive entry	September 10 <sup>th</sup>	<a href="https://forms.gle/QoQ7DtvWHATClrLy5">https://forms.gle/QoQ7DtvWHATClrLy5</a>
1 <sup>st</sup> payment 50 % of accommodation package	September 10 <sup>th</sup>	
Nominative entry	October 11 <sup>th</sup>	Form will be sent later
2 <sup>nd</sup> payment 50 % of accommodation package + starting fee (+ extra meal tickets)	October 11 <sup>th</sup>	
Music and Tariff sheets	October 27 <sup>th</sup>	Info will be sent later

### 6. Finances and payment details

The delegations are responsible for covering their travel expenses to Prague and back.

All participants are advised to have adequate insurance coverage.

The deadline for payment 50 % of the accommodation package at the time of definitive entry (September 10<sup>th</sup>), and the other 50 % of the accommodation + 100 % of the entry fee, extra farewell party ticket and extra lunch payment is at the time of nominative entry (October 11<sup>th</sup>).

#### Payment details:

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

### 7. Tariff sheets and Music

We ask you to upload the music as MP3 files and tariff sheets as PDF files to Google Disk (link will be send later)

**Deadline:** October 27<sup>th</sup>, 2024

**Please use this format to identify the tariff sheets and music:**

Category\_Discipline\_Exercise\_Name\_Name\_Namec

Y / AG / M\_W2 / M2 / Mx2 / W3 / M4\_Bal / Dyn / Com\_Name\_Name\_Name

Example:

Y\_W2\_Com\_Novakova\_Horakova

M\_W3\_Dyn\_Jagrova\_Flekova\_Cervenkova



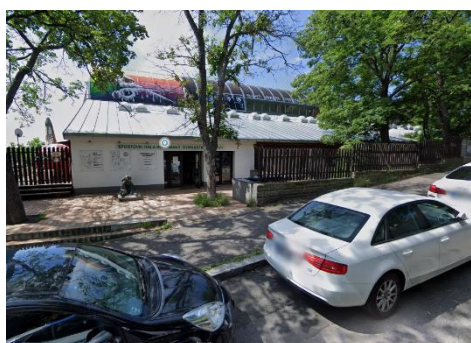
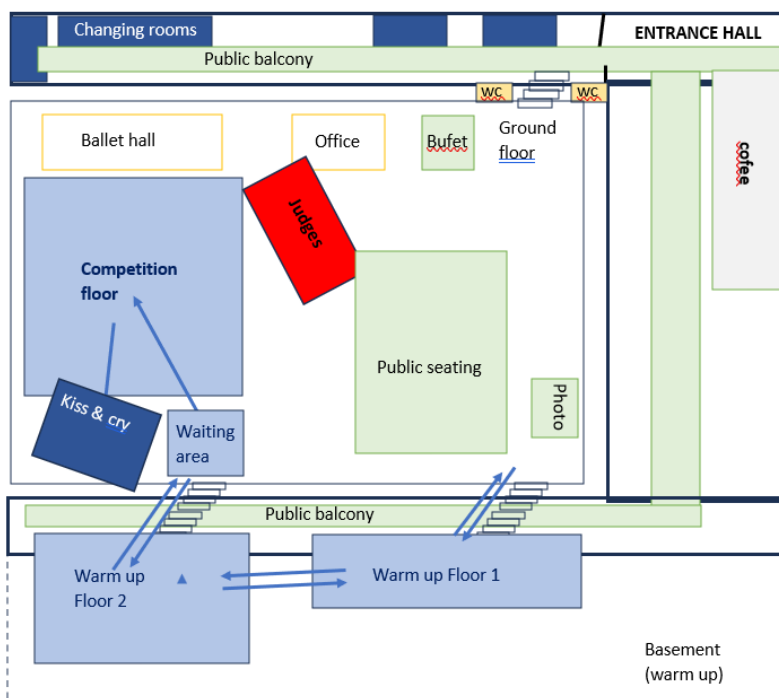
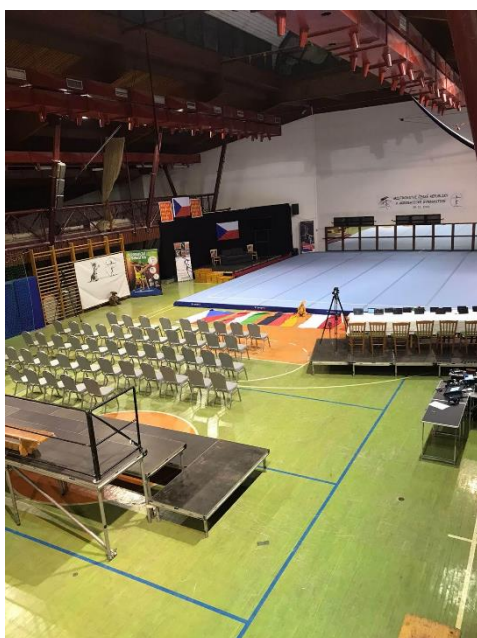
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### 8. Additional information:

- Medals for first three places – pairs category together and groups category together
  - if there will be at least 3 representatives per category W2 / M2 / Mx2, they will have separate ranking
- Diploma and present for all participants
- The entry fee and accommodation package costs are not refundable
- Final program and schedule will be available a week before the competition
- Contact to LOC: Petra Filsaková, [info@akrobatickagymnastika.cz](mailto:info@akrobatickagymnastika.cz)
- Venue:



HOPE TO SEE YOU IN PRAGUE!



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### APPENDIX: RULES AND CATEGORIES

#### YOUTH RULES:

- age limit is maximum 15 years
- one combined exercise max. duration 2'30"
- Pairs and groups special requirement: 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 must 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 must 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 (12-18, 13-19, Senior all together):

- 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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