



CZECH ACRO OPEN

8TH NOVEMBER 2025



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 8th November 2024
Venue: Sports Hall TJ Bohemians, Prague 10, Slovenská 2
Categories: **Aspire** (rules below in appendix)
Pre-youth (age group 11 – 16, according to FIG rules)
Master Class (12-18, 13-19, Seniors = all together)

1. Provisional schedule:

Friday 7th: Arrival of the delegations (no training possibility)

Saturday 8th:

8:00 warm up
8:30 judges meeting
9:00 Start of the competition
9:15 Aspire (combined exercise)
13:00 Aspire - results announcement
13:15 - 14:00 break
14:00 Pre-youth (balance and tempo exercise)
and Master class (balance OR tempo and combined exercise)
18:30 Pre-youth, Master class results announcement
20:00 Farewell party (banquet)

Sunday 9th: Departure of the delegations

2. Entry fee

30 euro/per gymnast

3. Maximum size of delegation

Each delegation can bring maximum of 10 units and maximum of 5 aspire 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.



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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4. Accommodation / Meals / Transportation

Accommodation package: **160 € / per person** (triple and quadruple rooms)
 180 € / per person (double rooms)
 200 € / per person (single room)

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 12 € 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	July 31st	https://forms.gle/SG6bmF5d7XvgEVwE6
No payments		
Definitive entry	September 14th	https://forms.gle/wHGSBF5jAbA9kq4R6
1 st payment 50 % of accommodation package	September 21 st	
Nominative entry	October 12th	https://forms.gle/JZBfwHNCvo6hjTrd8
2 nd payment 50 % of accommodation package + starting fee (+ extra meal tickets)	October 17 th	
Music and Tariff sheets	October 26 th	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 21st), 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 26th).

Payment details (new bank account):

Address: Izraelská 6; Praha 10, 100 00
Bank: Československá obchodní banka, a. s. (ČSOB)
Account number: 351416278/0300
IBAN: CZ36 0300 0000 0003 5141 6278
BIC: CEKOCZPP

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 26th, 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_Cervenкова



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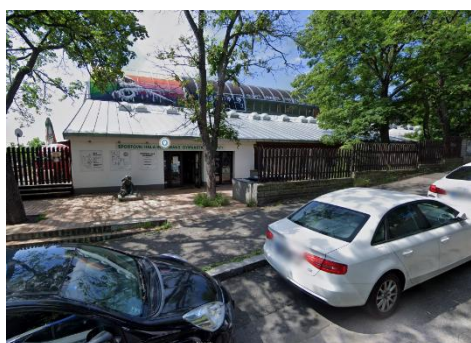
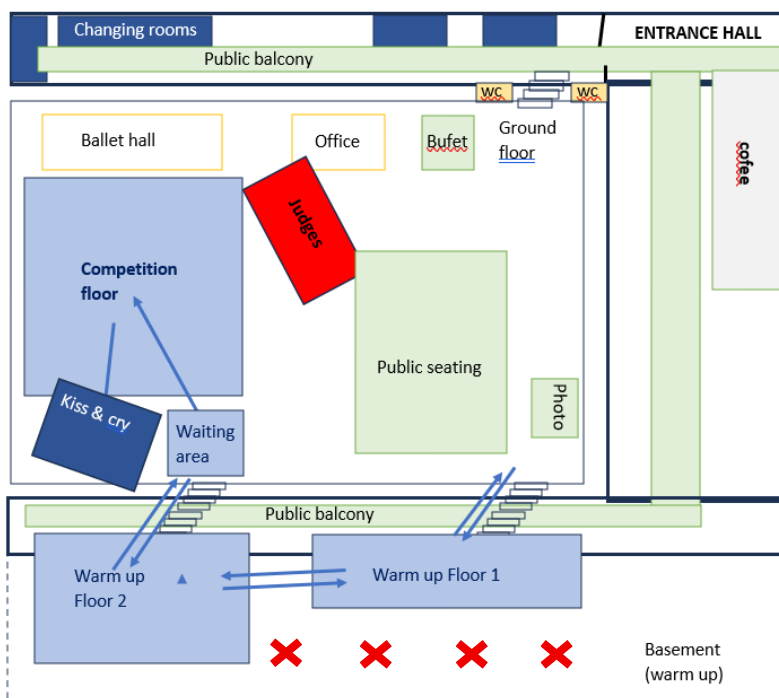
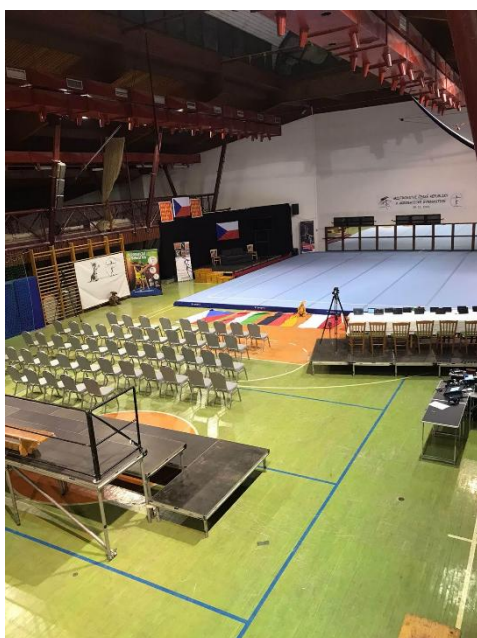
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8. Additional information:

- Medals for first three places – pairs category together and groups category together
 - if there will be at least 3 representatives per category M2 / Mx2, they will have separate ranking
- Diploma 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
- Venue:



HOPE TO SEE YOU IN PRAGUE!



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APPENDIX: RULES AND CATEGORIES

ASPIRE 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.
 - 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.
 - Difficulty for optional element: 4-16 balance, 1-14 dynamic (1-10 M4).

PRE-YOUTH 11-16:

- balance and tempo exercise due to the FIG WAGC Rules Pre-youth (AG 11-16)

MASTER CLASS (Youth 12-18, Juniors 13-19, Senior all together):

- no age limits
- **2 routines (balance OR dynamic exercise AND combined exercise)** according to FIG rules, Code of points 2025-2028



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