# INTERNATIONAL TOURNAMENT STEFKA SPASOVA SLIVEN, BULGARIA 29 JUNE — 02 JULY, 2023

#### Dear ACRO Friends,

Acro Club Stefan Danchev, with the support of the Municipality of Sliven and with the help of the Bulgarian Federation of Sports Acrobatics, is pleased to invite your delegation to participate in the aforementioned International Event in memory of Stefka Spasova - the first World Champion in women's pair. Her life was spent in the gym - as a competitor and coach. She raised generations of athletes, won their love, and will never be forgotten.



## Supported by:





























#### THE COMPETITION WILL BE ORGANIZED ACCORDING TO THE FOLLOWING DIRECTIVES:

	WILL BE ORGANIZED ACCORDING TO THE FOLLOWING DIRECTIVES:
LOCAL	Acro Club Stefan Danchev – Sliven
ORGANIZING	Mladost Sports Hall
COMMITTEE	8800 Sliven, Bulgaria
	e-mail: acroclubsliven@gmail.com
LOCATION	Sliven, BULGARIA
DATE	29 June – 02 July, 2023
VENUE	Vasil Levski Sports Hall
	Sports complex
	8806 Gradski, Sliven
APPARATUS	Spieth – competition floors
SUPLIER	
RULES AND	The event will be organized under the following FIG Rules, as valid in the year of
REGULATIONS	the event, except for any deviation mentioned in these directives:
	• Statute
	• Technical Regulations
	• Core of Points (2021 – 2024)
	World Age Group Rules (latest version)
	All the official FIG Newsletters  The first state of the control of the Newsletters  The first state of the control of the Newsletters  The first state of the control of the Newsletters  The first state of the control of the Newsletters  The first state of the control of the Newsletters  The first state of the Control of the Newsletters  The first state of the Control of the Newsletters  The first state of the Control of the Newsletters  The first state of the Control of the Newsletters  The first state of the Control of the Newsletters  The first state of the Control of the Control of the Newsletters  The first state of the Control of the Newsletters  The first state of the Control of the Control of the Newsletters  The first state of the Control of the Newsletters  The first state of the Control of the Control of the Newsletters  The first state of the Control of the Cont
INVITED	The "International tournament Stefka Spasova" is organized for National, Regional
	Teams, and Club teams, as well as to individual clubs.

PROVISIONAL	28 June 2023 Arrival of Delegations
SCHEDULE	29 June 2023 Orientation Meeting /Podium Training per schedule/ Judges
(Subject to Change)	Meeting
87	30 June 2023 Competition Day
	01 July 2023 Competition Day / Farewell Party
	02 July 2023 Departure of all delegations
AGES	The competition will take place in following age groups and categories.
	• 13+ (Seniors) According to FIG Rules for Seniors
	• Age Group 11 – 19 According to FIG Rules for Age Group 13-19
	Age Group 10 – 18 According to FIG Rules for Age Group 12-18
	Age Group 09 – 16 According to FIG Rules for Age Group 11-16
	Age Group 08 – 15 According Technical Regulation Appendix 1 (p. 7,8)
	• Age Group 07 - 14 According Technical Regulation Appendix 2 (p. 9,10) and
	Appendix 3
COMPETITION	Qualifications and Finals in all 5 categories.
FORMAT	Ranking after the Qualification is determined by the sum of scores from the two
	exercises: Balance + Dynamic.
	The top 8 proceed to the Final. If there are less than 12 entries to a category, only
	6 will proceed to the Final. If 30 or more units, 10 go to the Final. Final starts from zero.
	In the Final, pairs and groups will present one Combined exercise.
	For AG 09-16 WP, MP and MG present a Dynamic exercise, MxP and WG
	present a Balance exercise.
	For AG 08-15 please see App. 1
	For AG 07-14 please see App. 2
	In case of a tie at any place the tich poline males shall be applied
DECICED ATIONS	In case of a tie at any place, the tiebreaking rules shall be applied.
REGISTRATIONS AND	Registrations can only be made by links bellow:
ENTRY FEE	Provisional Registration
ENTRIPLE	The provisional registrations must be completed by submitting the delegation's
	composition until 9 January 2023.
	To register, click here ⇒ <u>Provisional Registration</u>
	Definitive Registration
	The definitive registrations must be submitted by entering the delegation's
	composition from 10 January 2023 until 20 March 2023 at the very latest.
	To register, click here ⇒ <u>Definitive Registration</u>
	Nominative Registration The nominative registration must be submitted by entering the delegation's
	composition from 21 March 2023 until 22 May 2023 at the very latest.
	To register, click here $\Rightarrow$ Nominative Registration
	10 168.0001, Chen here - 110/himauve registration
	The non-reimbursable cost for the <b>Entry Fee is of 40,- Euro</b> per gymnast.
	At the time of definitive entry (20 March 2023) 100% of the entry fee must be payed
HID OF C	to the OC.
JUDGES	Each participating federation/club must provide minimum one judge.
	• There will be a 250,- Euro penalty if a delegation does not present a judge.

	• All judges must be available for the ENTIRE competition. Any exceptions need prior approval.
TITO	* **
VISA	Please check with the Bulgarian Embassy or Consulate in your country to see
	if you need a visa to travel to Bulgaria. If you need an official invitation to obtain
	a visa to travel to Bulgaria, please contact the OC as soon as possible, but no later
	than the deadline: 20th March, 2023. Please make sure that the information you
	enter is accurate. The OC will use this information to create the visa invitation for
	your delegation. Incorrect information will result in delays in processing.
INSURANCE	The organizer will not be held responsible for any liabilities in case of
	accidents, illness, repatriation and the like.
	All delegations are responsible for ensuring the appropriate coverage against
	accidents and illness, including Covid. The OC will verify the certificates of
	insurance of all delegation members upon arrival at accreditation.
INTERNATIONAL	The participating federations/ clubs must pay for the travel costs of their
TRANSPORTATION	delegation members. The Travel Schedule Form must be returned to the LOC by
	22 <sup>nd</sup> May, 2023.
LOCAL	Transfers to and from the Burgas airport to the official hotel will be provided to
TRANSPORTATION	all delegations included in the accommodation package on the official arrival and
	departure days.
	The LOC may provide transfer service for the Delegations that choose another
	airport for arrival. In this case please contact the LOC acroclubsliven@gmail.com
	and an additional charge will be applied.
ACCOMMODATION	The LOC is delighted to provide you with a hotel located within a 3 min. (300m.)
	walking distance from the event venue.
	Hotel Sport Palace is a 4-star hotel.

## Hotel Sport Palace is a 4-star hotel.

The hotel is located steps from Vasil Levski Sports Hall and 0.9 miles from the city center.

Address: 2 Georgi Danchev Blvd., Sliven, Bulgaria, 8800

Web site: <a href="https://www.hotelsportpalace.eu/">https://www.hotelsportpalace.eu/</a>







All accommodation through the LOC include:

> Transport from Burgas Airport and back ➤ Accommodation ➤ Breakfast > Lunch ▶ Dinner ➤ Banquet Prices per person per night: Single room 95 Euro per person per night Double room 70 Euro per person per night Triple room 65 Euro per person per night Please note that the triple rooms have limited availability so will be allocated on a first come first taken. The Accommodation Form must be returned to the LOC by March 20th, 2023 at the very latest. The costs for the extra persons are the same as for the official delegation members. The costs for the accommodations must be paid to the LOC as follows: 30% of the Accommodation costs must be paid to the LOC by 20th March, 2023. The remaining 70% of the Accommodation costs must be paid by 22<sup>nd</sup> May, 2023. Cancellations after the 3rd March, 2020 are not refundable. Breakfast, lunch and dinner will be served at the hotel. The head of delegation will receive meal tickets upon arrival at accreditation. CLOSING PARTY All delegations that have booked their accommodation through the LOC are invited to the Final Banquet. Extra tickets will be available at the LOC office at 30€ per person. Requests for extra tickets must be made, at the very latest, by 30th June. Under-age alcohol control measures will be provided to each Head of Delegation. **CANCELATION POLICY** In case of cancellation, costs will be refunded as follows: 100 % refund By 20 March 2023: 21 March – 21 May 2023: 50% refund from 22 May 2023: no refund Only written cancelations sent by e-mail are accepted. Refund will be made only by bank transfer. All costs for the bank transfers will be at the charge of the participating federations. No refund will be made after the deadline of the Nominative registration.

Bank name: DSK Bank Sliven

Customer name: Sporten klub Akrobatika

**BANK ACCOUNT** 

INFORMATION

We hope to meet you in Sliven.

Sincerely Yours,

LOC



## **TEHNICAL REGULATION AGE GROUP 8-15**

#### **COMPETITION STRUCTURE**

Each pair and group present one Balance and one Dynamic exercise. The elements should be selected from the FIG TOD.

The total sum of Balance and Dynamic exercises determines the final ranking.

#### **COMPOSITION OF EXERCISES**

Music of all exercises (with or without lyrics) has a maximum duration of 2 minutes.

The number of element for difficulty is limited to a maximum of 8 pair/group elements in all exercises.

## SPECIAL REQUIREMENTS for PAIRS

#### Balance and Dynamic exercises

Each Balance exercises must include a minimum of 5 Balance Elements. For each missing element, there is a penalty of 1.0.

In the Balance exercise, each partner must perform 3 individual elements (balance, flexibility, agility) selected from the TOD. If this Special Requiremens is not fulfilled a penalty of 1.0 is applied.

Each Dynamic exercises must include a minimum of 6 Dynamic Elements, two of them must be catches. For each missing element or other Special Requirement, there is a penalty of 1.0.

In the Dynamic exercise, each partner must perform 3 tumbling individual elements selected from the TOD. If this Special Requiremens is not fulfilled a penalty of 1.0 is applied.

The landing of all dynamic elements and dismounts on the Tariff sheet must be supported.

#### Restriction for Pair

In Balance Exersice each element must have a minimum difficulty value of 1 and a maximum difficulty value of 9. A penalty of 1.0 shall be applied if the difficulty is exceeded.

In Dynamic Exersice each element must have a minimum difficulty value of 1 and a maximum difficulty value of 14. A penalty of 1.0 shall be applied if the difficulty is exceeded.

A total of three (3) dismount can be performed in the dynamic exercise.

The coefficient normally applied for WP /WG balance and dynamic does not apply for AG 8-15

#### SPECIAL REQUIREMENTS for GROUPS

## Balance and Dynamic Exercises

Group Balance exercise must include min two max three different pyramids. For each missing pyramid a 1.0 special requirement penalty is applied.

There must be a minimum of 3 static holds of 3 seconds each.

In the Balance exercise, each partner must perform 3 individual elements (balance, flexibility, agility) selected from the TOD. If this Special Requiremens is not fulfilled a penalty of 1.0 is applied.

Each Dynamic exercises must include a minimum of 6 Dynamic Elements, two of which must be catches. For each missing element or other Special Requirement, there is a penalty of 1.0.

In the Dynamic exercise, each partner must perform 3 tumbling individual elements selected from the TOD. If this Special Requiremens is not fulfilled a penalty of 1.0 is applied.

For each missing pyramid of other Special Requirement there is a penalty of 1.0.

## **Restriction for Groups**

A total of 6 static holds can be performed in the Balance exercise.

Two pyramids may be selected from one of the same category.

In Balance Exersice each element must have a minimum difficulty value of 1 and a maximum difficulty value of 17. A penalty of 1.0 shall be applied if the difficulty is exceeded.

In Dynamic Exersice each element must have a minimum difficulty value of 1 and a maximum difficulty value of 14 for WG and 10 for MG. A penalty of 1.0 shall be applied if the difficulty is exceeded.

#### TEHNICAL REGULATION AGE GROUP 7-14

#### **COMPETITION STRUCTURE**

Each pair and group present one Combined exercise. The pair /group elements and individual elements should be selected from the tables prepared for that age group shown below in **Appendix 3** 

There is no height penalty!

The Difficulty Score is determined by international Rules: DV divided by 100= D Score.

#### <u>Instructions for the use of the tables:</u>

- 1. Boxes 032 to 037 consist of two elements, but they will be considered as one individual element. These elements must be performed in the sequence in which they are drawn.
- 2. The motion of the base included in the relevant table may be used for additional difficulty, but the top should be in a position of difficulty. The final position must be held for 3sec.
- 3. Each box can be used only one time.

## COMPOSITION OF EXERCISES

The music of the exercise (with or without lyrics) has a maximum duration of 2 minutes.

The number of elements for difficulty is limited to 6 pair/group elements in all exercise. For each missing element, there is a penalty of 1.0

## SPECIAL REQUIREMENTS for PAIRS and GROUPS

The exercises must include a minimum of 2 Balance and 2 Dynamic Elements (The lending of all dynamic elements and dismounts must be supported).

The rest, up to 6 elements, could be as follow:

- ➤ 2 Balance elements
- ➤ 2 Dynamic elements
- 1 Balance and 1 Dynamic element

Each balance element must be a static hold of 3 sec.

In the whole exercise, each partner of a pair or a group must perform 4 individual elements, chosen from the tables for individual elements in **Appendix 3**. 2 of them must be from any Balance, Flexibility, Agility category, and 2 from the Tumbling category. No salto is required.

## **Clarification for Groups**

The exercises must include a minimum of 2 separate pyramids (separate constructions) and 2 Dynamic Elements. The rest, up to 6 elements, could be as follow:

- ➤ 2 Pyramids
- ➤ 2 Dynamic elements
- > 1 Pyramid and 1 Dynamic element

## **FINALS:**

The top 8 proceed to a Final.

If there are less than 12, only 6 proceed to the final.

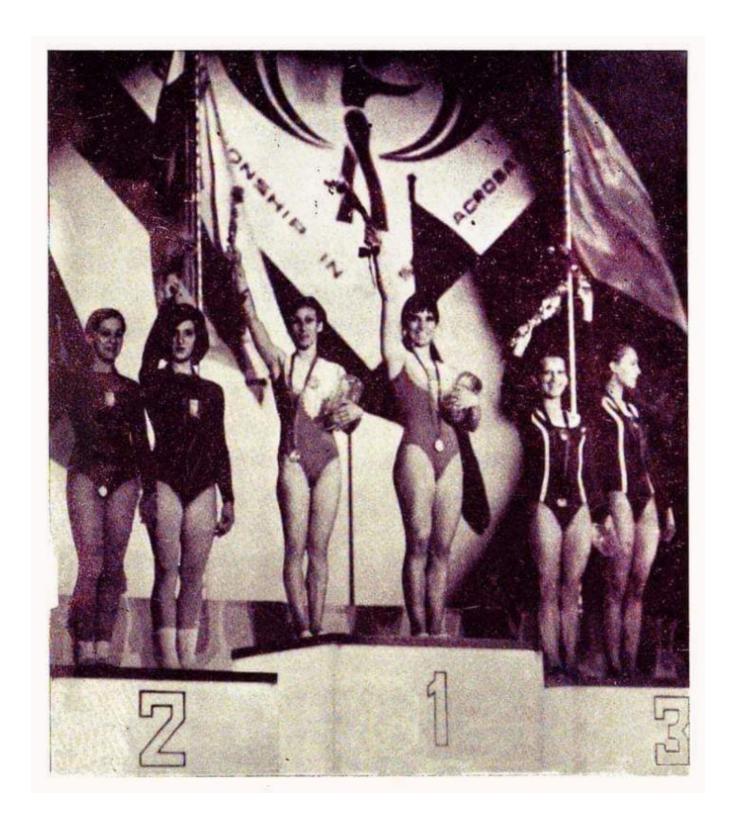
Marking start from zero.

In case of tie in points at any place, the ranking will be determined by the following criteria:

- 1) The highest E score of the exercise prevails.
- 2) The highest sum of the E and A score of the exercise prevails.

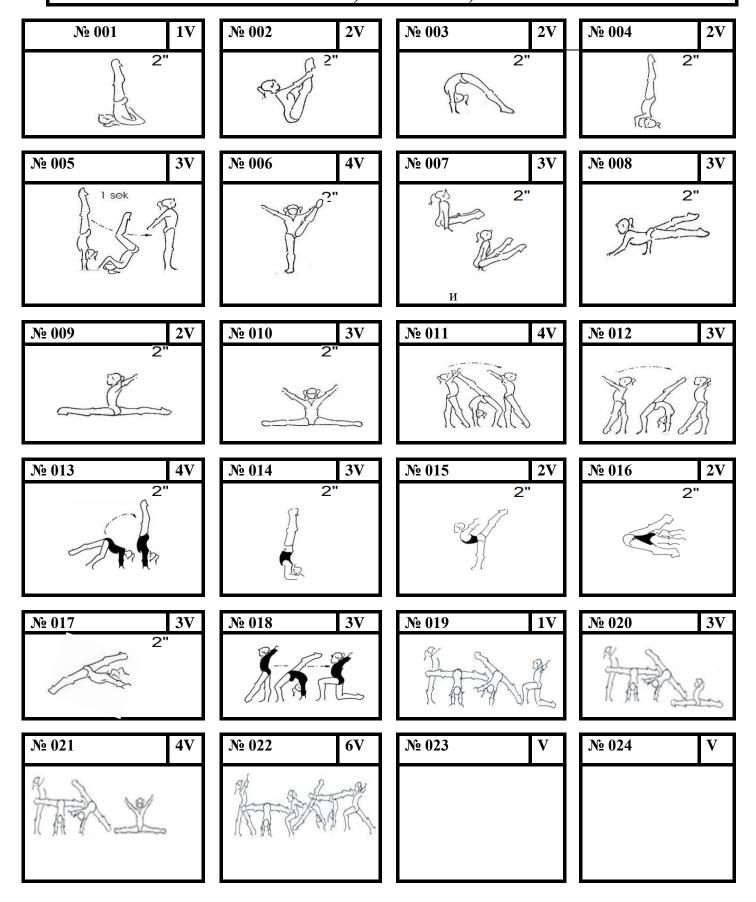
If there is still a tie, the tie will not be broken.

# CHAMPIONS DON'T LEAVE WITHOUT A TRACE

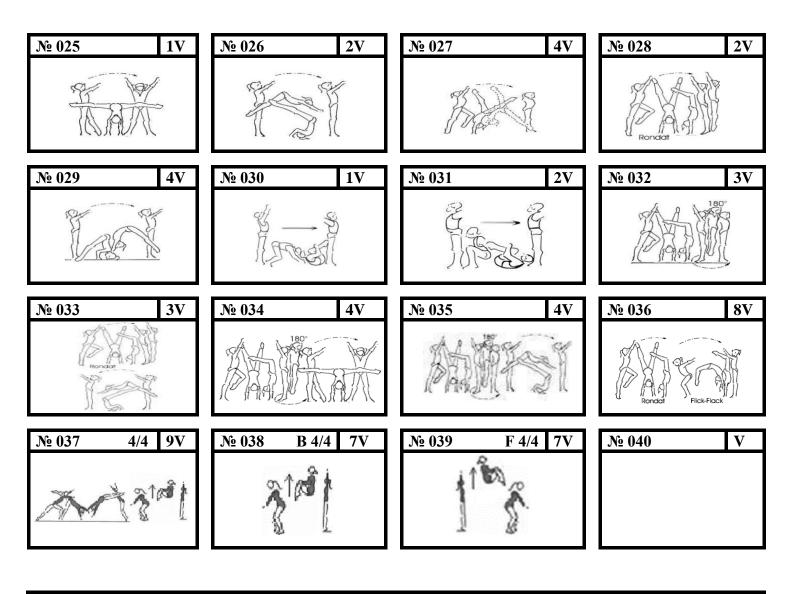


## APPENDIX 3

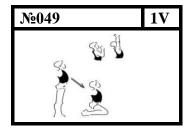
# INDIVIDUAL ELEMENTS FLEXIBILITY, BALANCE, AGILITY

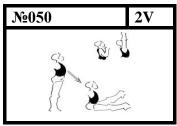


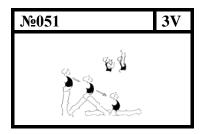
## IDIVIDUAL ELEMENTS TUMBLING



## **MOTION BASE**

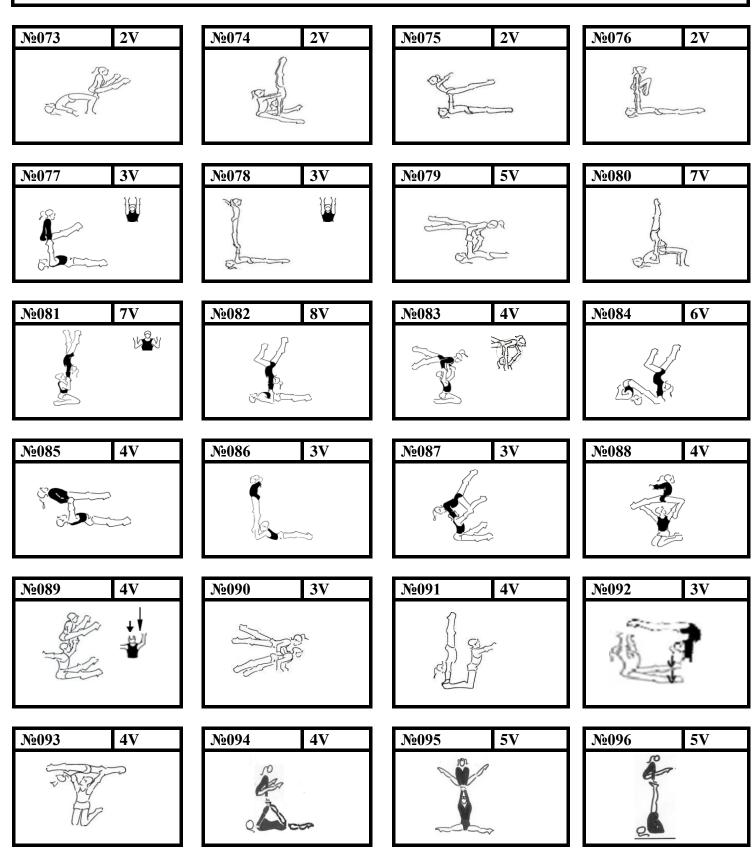




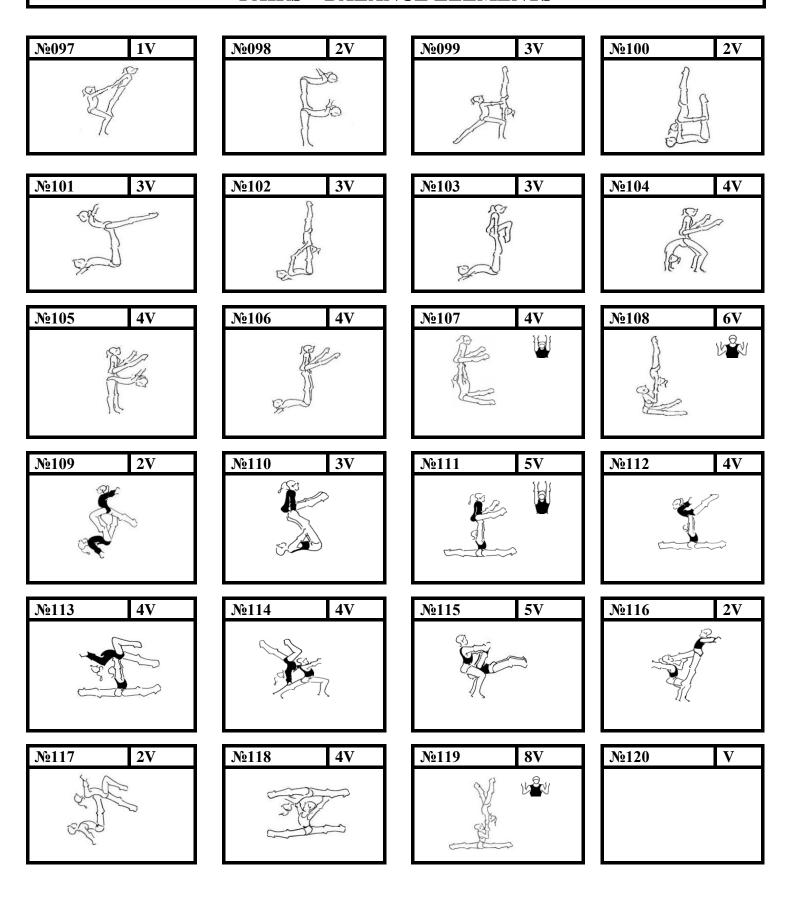




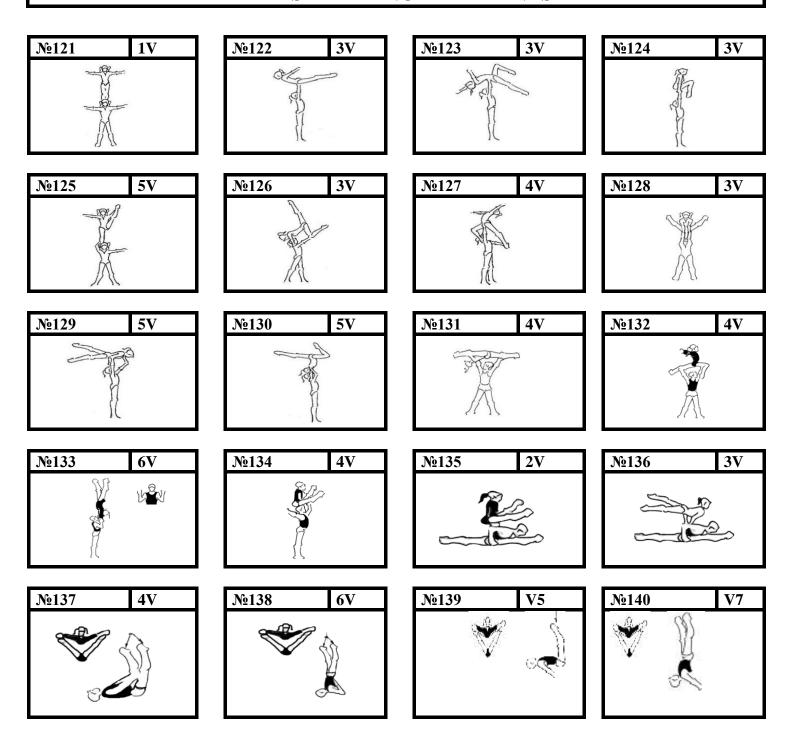
# PAIRS – BALANCE ELEMENTS



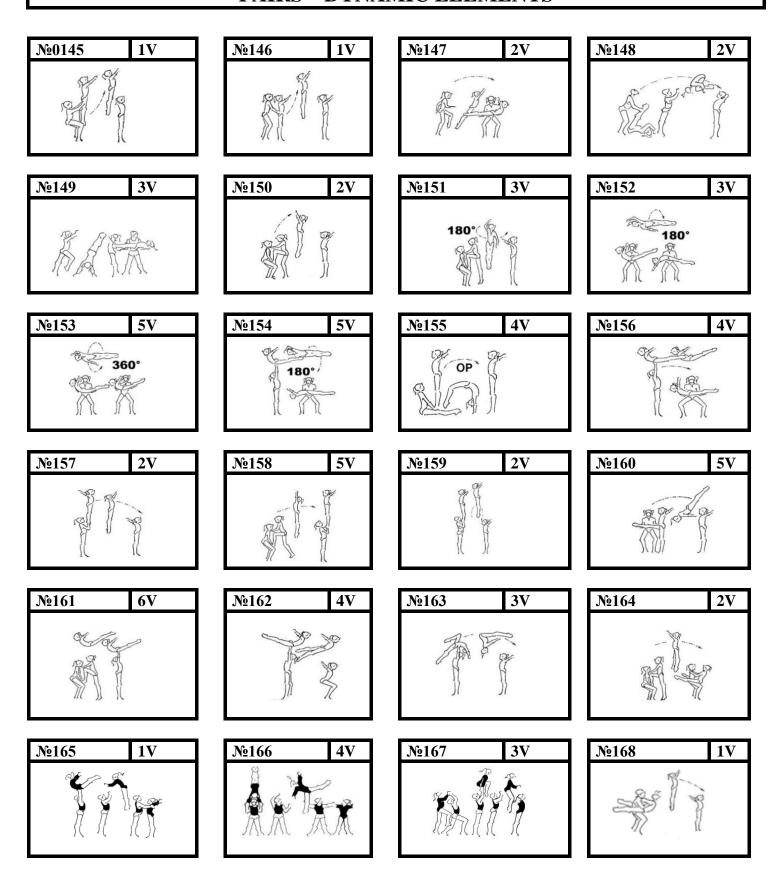
# PAIRS – BALANCE ELEMENTS



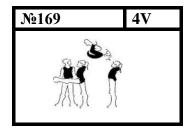
# PAIRS – BALANCE ELEMENTS

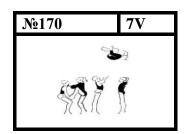


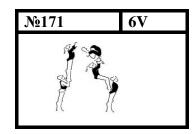
## **PAIRS – DYNAMIC ELEMENTS**

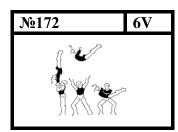


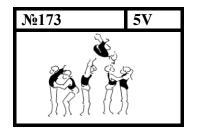
# PAIRS – DYNAMIC ELEMENTS

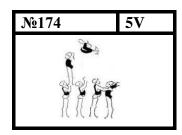


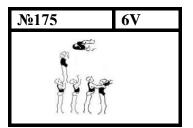


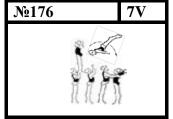


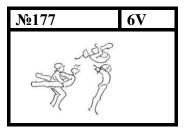


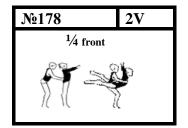


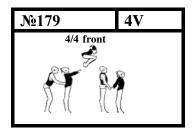


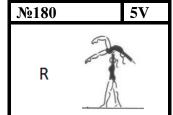


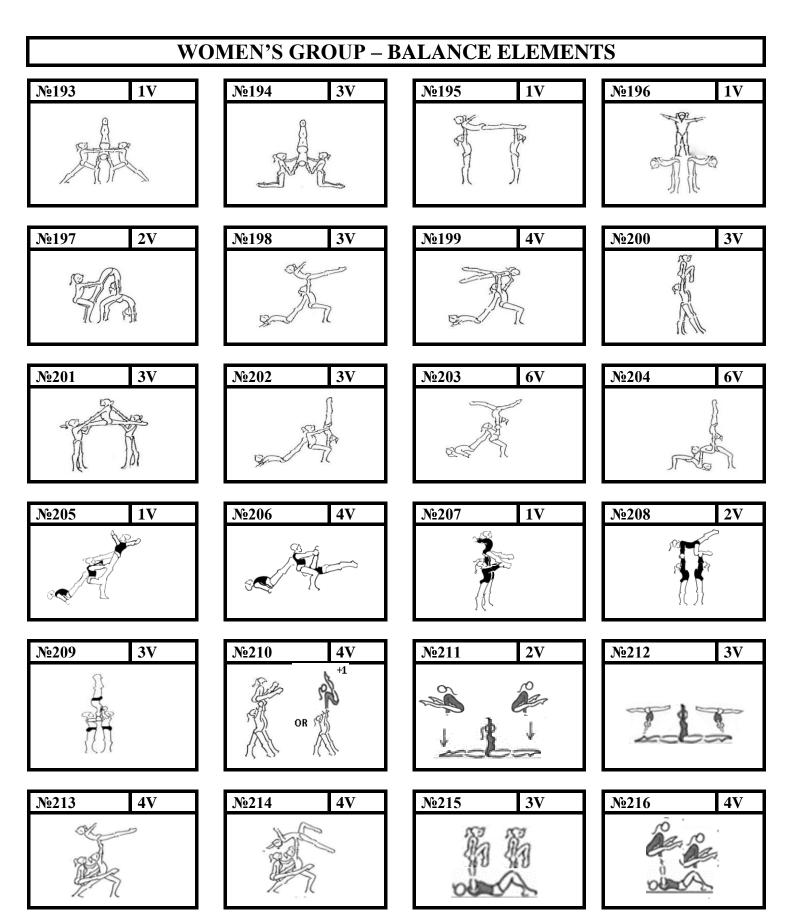




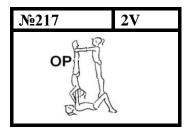


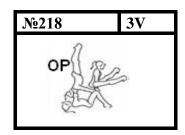


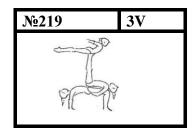


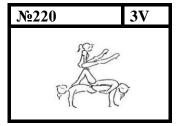


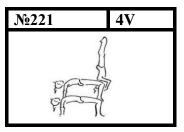
# **WOMEN'S GROUP – BALANCE ELEMENTS**

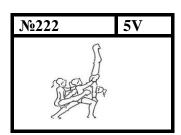


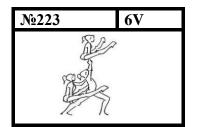


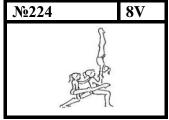


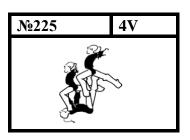


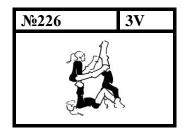


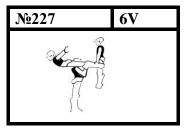


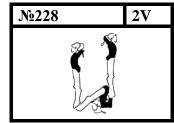


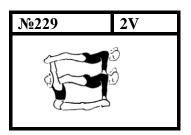


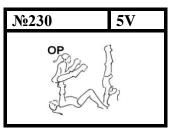


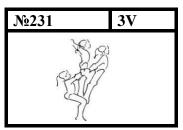


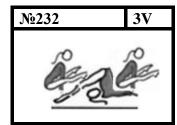


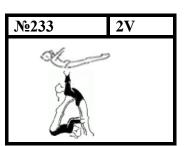


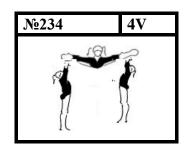


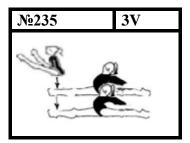


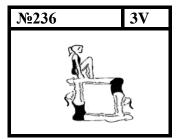


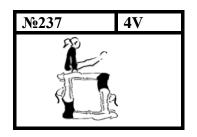


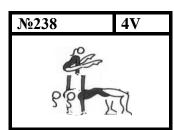


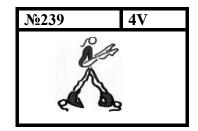






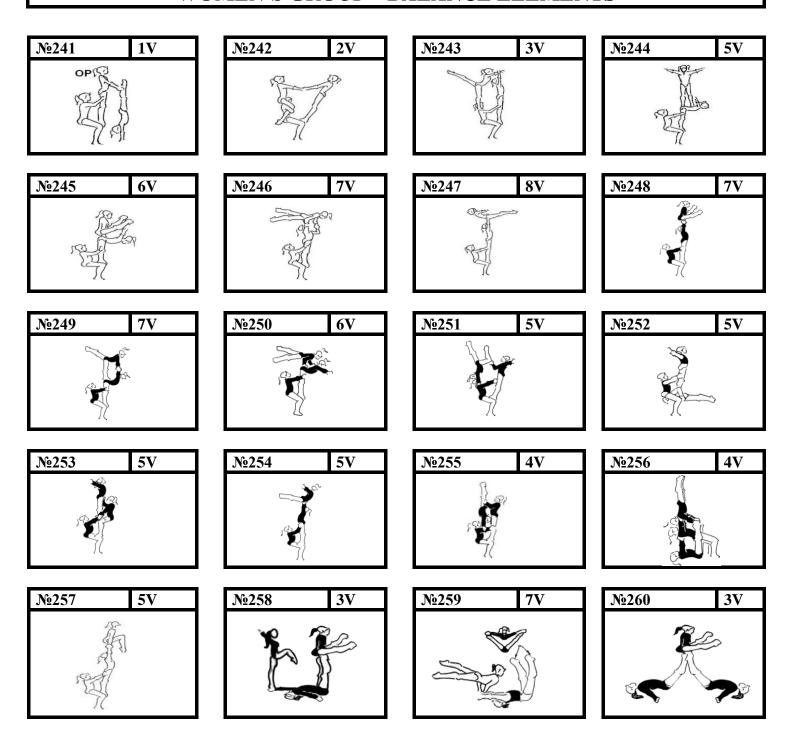


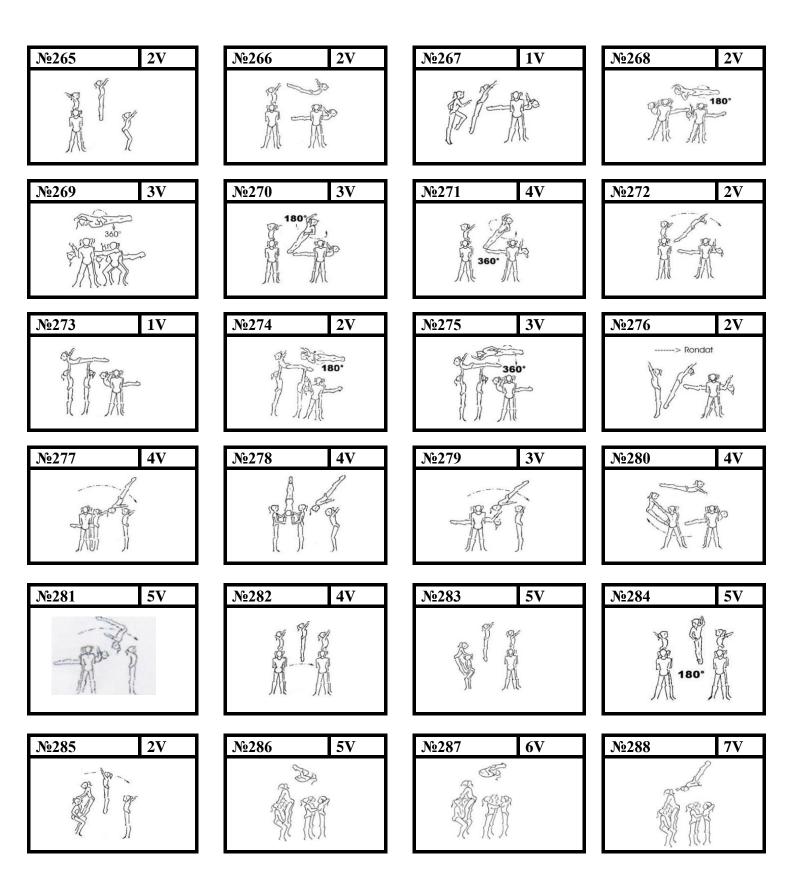




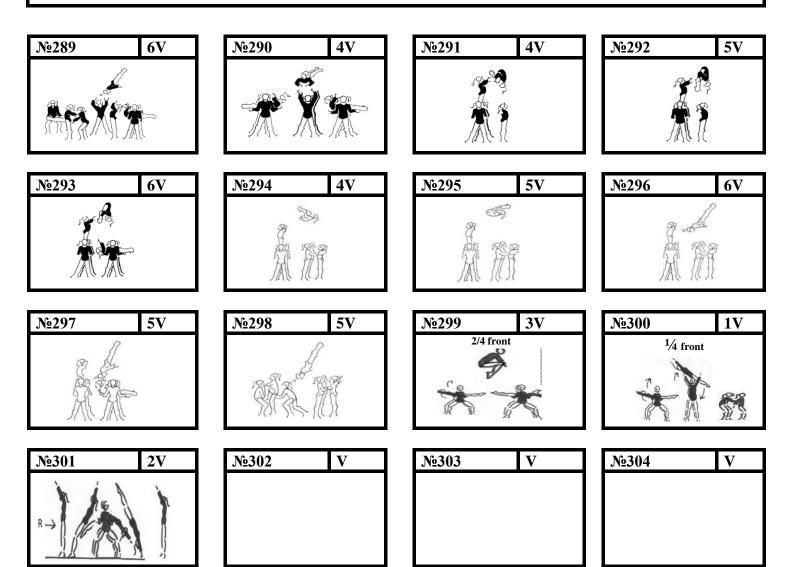


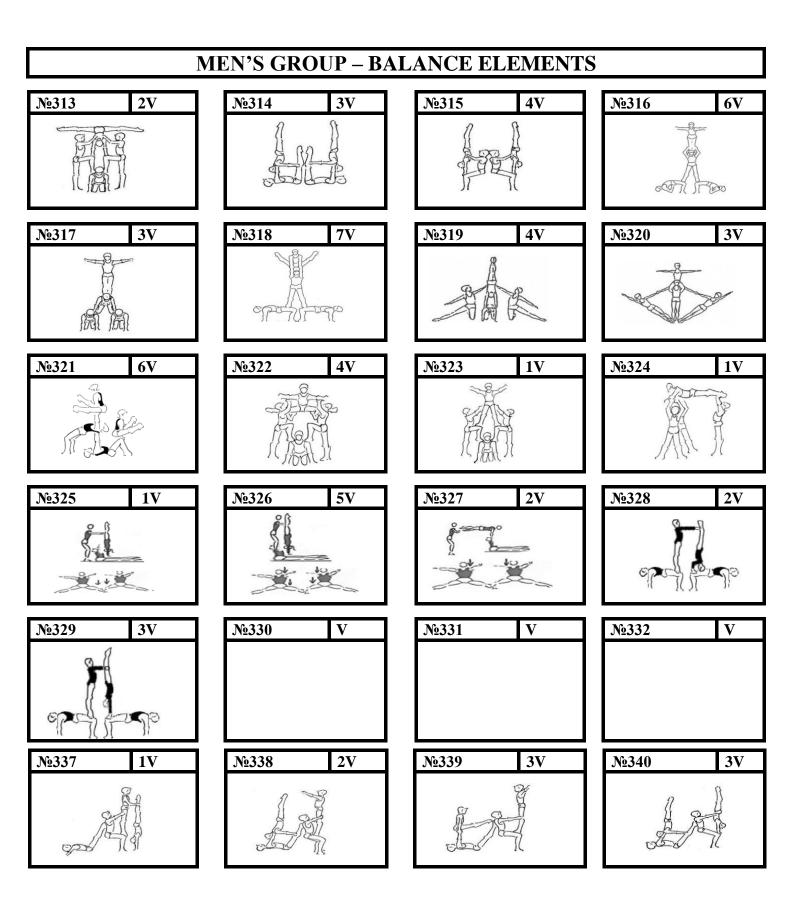
# WOMEN'S GROUP – BALANCE ELEMENTS



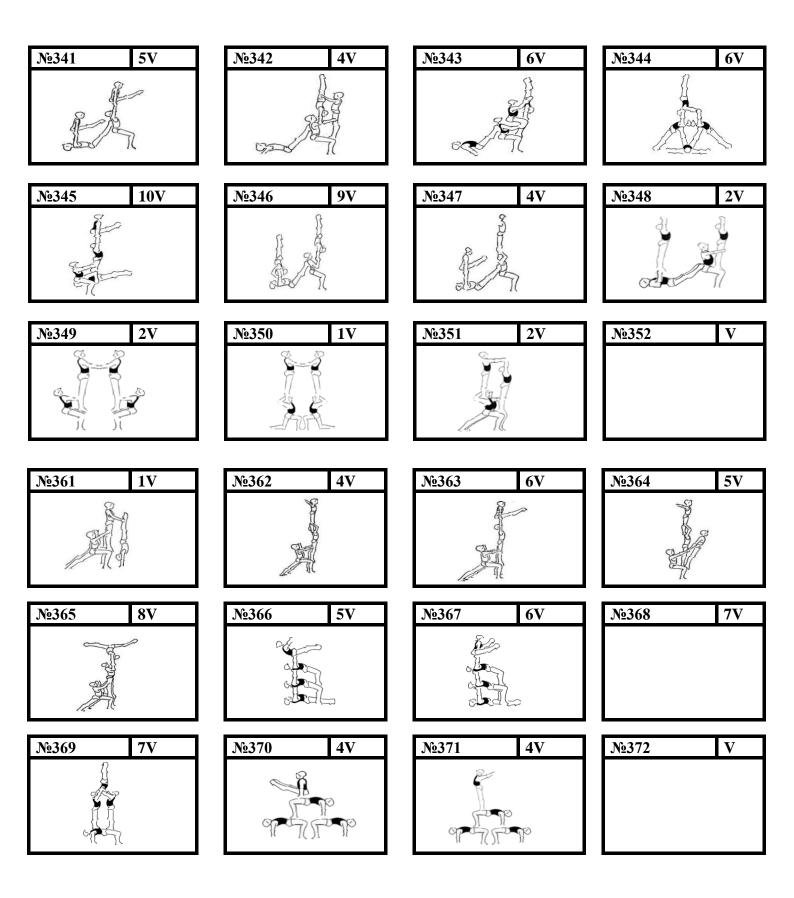


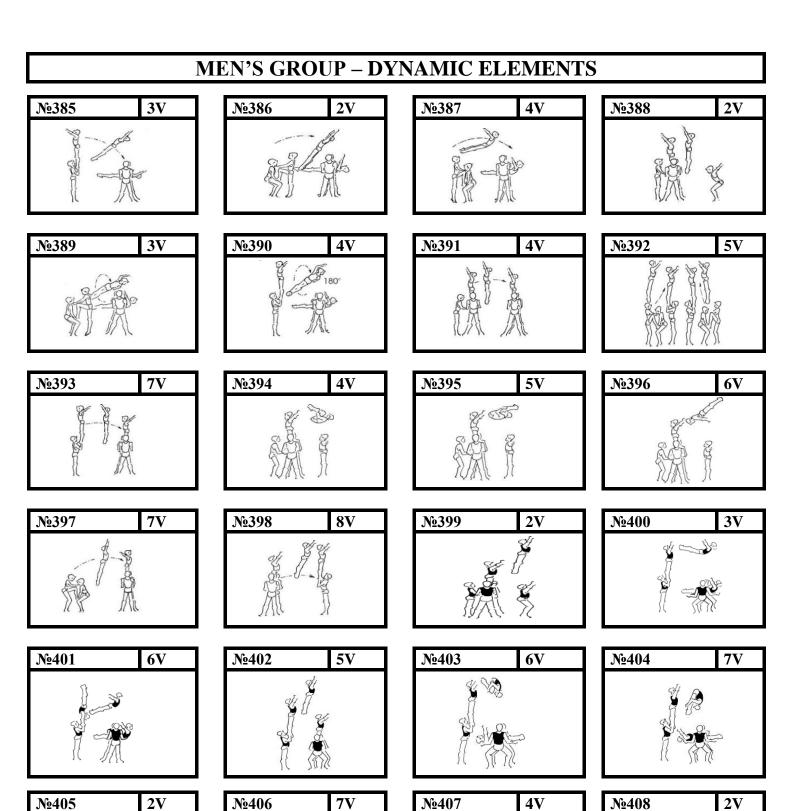
# WOMEN'S GROUP – DYNAMIC ELEMENTS





## MEN'S GROUP – BALANCE ELEMENTS





# ЧЕТВОРКА МЪЖЕ – ТЕМПОВИ ЕЛЕМЕНТИ

