

X "ANDALUCIAGYM CUP" ACRO-GYMNASTICS OPEN

Once again, we are pleasure to invite you to the **X ANDALUDIAGYM CUP ACRO GYMNAS-TICS OPEN**. In our next X birthday we organize the competition in the city where it is create, in Granada". In this event, the Andalusian Gymnastics Federation with Acróbatos Gymnastics Club, will continue working together to offer a great Acro-Gymnastics International Competition in Spain.

GENERAL RULES

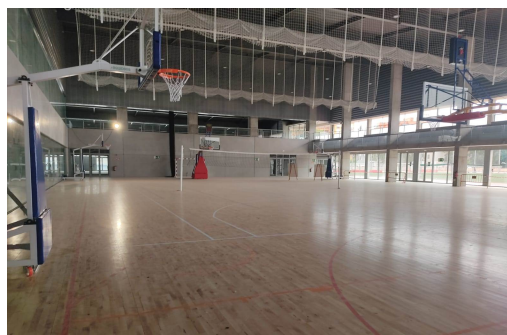
DATES.

- From 18th – 21st April 2024.

APRIL 2024						
L	M	X	J	V	S	D
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

COMPETITION VENUE.

- Estadio de la Juventud de Granada.
- Camino de Ronda, 171. CP: 18003.
- Granada - Spain



ORGANIZERS.

- Acróbatos Gymnastics Club, Andalusian Gymnastics Federation, with the collaboration of Junta de Andalusia.

CONTACTS		
INFORMATION, ACCOMMODATION AND REGISTRATION	+34 692910092 - Elena Lushnikov Lushnikova (russian, spanish)	acrogym.andaluciacup@gmail.com
	+34 645090857 - Nicolás Fresneda Valenciano (english, spanish)	

INSCRIPTION DATES.

There is a unique registration form to make this process easier. Please, send one registration form for each pair or group attending to the following dates:

- **NOMINATIVE REGISTRATION DEADLINE:** until the 18th of Mars 2024 (included). Nominative registration with names and teams. You must attach the payment receipt to complete your reservation.

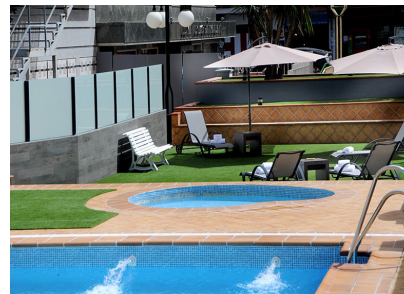
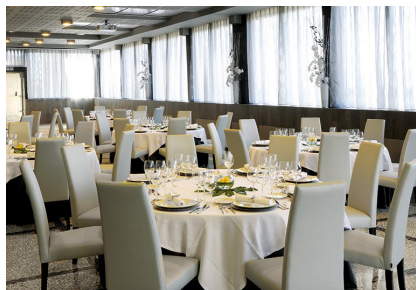
CATEGORIES	UNTIL 18 TH OF FEBRUARY	UNTIL 18 TH OF MARS
ALL CATEGORIES	30 € x gymnast	35 € x gymnast
**After the 18 th of Mars we will not accept any registration form.		

BANK DETAILS

- **BANK NAME:** BBVA (BANCO BILBAO VIZCAYA ARGENTARIA)
 - **BANK ADDRESS:** C/ Granada, 1, 2^º planta. C.P.: 41006. Sevilla
 - **ACCOUNT NUMBER:** 0182 5566 77 0201513873 **IBAN:** ES34 0182 5566 7702 0151 3873
 - **SWIFT/BIC:** BBVAESMMXXX
 - **THE TRANSFER GOES TO:** Federación Andaluza de Gimnasia. Avda. De Hytasa, 10. C.P.: 41006. Sevilla
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- ✓ To complete your registration, you must sent the **ANNEX I** together with the payment receipt to acrogym.andaluciacup@gmail.com following strictly the registration dates.
 - ✓ The Registration Fee includes: participant entrance to the competition, competition T-shirt, 3 water tickets for each participant.
 - ✓ Registration Fee is not refundable.

ACCOMMODATION.

SERCOTEL GRAN HOTEL LUNA DE GRANADA **** Plaza Manuel Cano, 2. (Esquina Arabial). CP: 18004 - Granada – España

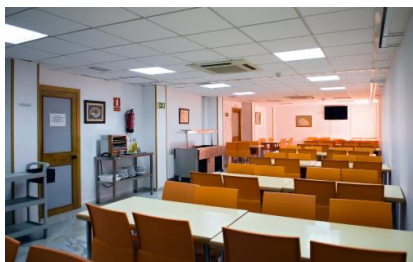


<https://www.delunahotels.com/granada/hoteles/gran-hotel-luna-de-granada>

	BED AND BREAKFAST	HALF BOARD	FULL BOARD
SINGLE ROOM	90 €/ PERSON/DAY	105 €/ PERSON/DAY	120 €/PERSON/DAY
DOUBLE ROOM	60 €/ PERSON/DAY	75 €/ PERSON/DAY	90 €/ PERSON/DAY
TRIPLE ROOM	57 €/ PERSON/DAY	72 €/ PERSON/DAY	87 €/ PERSON/DAY
QUADRUPLE ROOM	54 €/ PERSON/DAY	69 €/ PERSON/DAY	84 €/ PERSON/DAY

Located 1 km from pavilion. 10 min. walking. WIFI, GYM, SWIMMING POOL, BAR...

ALBERGUE JUVENIL GRANADA Avenida Ramon y Cajal, 2. CP: 18003 - Granada – España



<https://www.intur-joven.com/albergues/granada/albergue-inturjoven-granada>

	BED AND BREAKFAST	HALF BOARD	FULL BOARD
DOUBLE ROOM	38 € / PERSON/DAY		
TRIPLE ROOM	35 € / PERSON/DAY		
QUADRUPLE ROOM	32 € / PERSON/DAY		

Located next to the pavilion. 1 min walking. A lot of BARS for eat in the zone.
Very limited places.

BOOKING

ELENA LUSHNIKOV. +34 645 09 08 57 - (English, Spanish, Russian)

NICOLAS. +34 645 09 08 57 – (English, Spanish)

acrogym.andaluciakup@gmail.com

We have again an excellent offer of great hotels in GRANADA, located very close to the pavilion for arrived in a few minutes.

For accommodation reservations, please, complete the **ANNEX II** and send along with proof of payment to acrogym.andaluciakup@gmail.com

Hotel deadlines:

- 1st deadline: until the 18st of February of 2024. It must be paid the 50% of the total amount.
- 2nd deadline: until the 18th of Mars of 2024. It must be paid the 100% of the total amount.

Cancels only can be made by email. You must confirm that your mail has been answered confirming your cancel. The refund will be made according to the next dates:

- Until the 18th of February of 2024 will be refunded 100% of the payment.
- Between the 19nd of February to 18th of Mars be refunded 50% of the payment.
- After the 18th of Mars, there WILL NOT BE REFUNDED any payment.

Transport from Granada Airport, Granada Rail Station and Granada Bus station to the hotels is included in the registration fee.

PROVISIONAL PROGRAMME.

WEDNESDAY 17 th OF APRIL	
MORNING	AFTERNOON
RECEPTION IN HOTELS.	RECEPTION IN HOTELS.
THURSDAY 18 th OF APRIL	
MORNING	AFTERNOON
<p>RECEPTION IN HOTELS.</p> <p>ACREDITATION IN THE COMPETITION ARENA</p> <p>Acrobatic Gymnastics trainings, between 09:00h to 15.00 h.</p> <p>Training will be organized according to the arrivals of the gymnasts. We only allow one routine for time for each routine.</p>	<p>RECEPTION IN HOTELS.</p> <p>ACREDITATION IN THE COMPETITION ARENA</p> <p>Acrobatic Gymnastics trainings, between 16:00h to 21:30 h.</p> <p>Training will be organized according to the arrivals of the gymnasts. We only allow one routine for time for each routine.</p>
FRIDAY 19 th OF APRIL	
MORNING	AFTERNOON
<p>General warm-up.</p> <p>Open Ceremony.</p> <p>COMPETITION.</p> <p>Awards ceremony for finished categories.</p>	<p>General warm-up.</p> <p>Open Ceremony.</p> <p>COMPETITION.</p> <p>Awards ceremony for finished categories.</p>
SATURDAY 20 th OF APRIL	
MORNING	AFTERNOON
<p>General warm-up.</p> <p>COMPETITION.</p> <p>Awards ceremony for finished categories.</p>	<p>General warm-up.</p> <p>COMPETITION.</p> <p>Awards ceremony for finished categories.</p>
SUNDAY 21 ST OF APRIL	
MORNING	AFTERNOON

General warm-up.	General warm-up.
FINALS	FINALS
Awards ceremony for finished categories.	Awards ceremony for finished categories.

Note. The program could be modified according to the number of participants and the development of the competition.

ACROBATICS GYMNASTICS GENERAL RULES.

- Each competitor must bring his own insurance licence. Gymnasts and coaches must be insured at his or her own expense. The organization will not allow any gymnast or coach without insurance policy. All insurance documents must be sent with the approval of your own federation/club. Deadline before 1ST of April by e-mail.
- A gymnast cannot participate in two categories and/or disciplines.
- There will be trophies for Balance, Dynamics and Combined routines. There is not team classification.
- Qualifications.
 - Infantil and Cadete categories. 1 Combined routine. If there are less than 10 teams, there will not be final.
 - Juvenil, Pre-Junior 10 - 18, Junior 11 - 19 and Senior. 1 Balance and 1 Dynamic routine.

All finals start from zero. Finals will be according to:

- 11 or more entries. Top 8.
- 18 entries or more. Top 10.
- If there is no more than 11 or more participants un 10 – 18, 11 – 19 and senior, the final will be direct and the results will be the sum of balance, dynamic and combined exercise.
- ❖ Infantil and Cadete. 1 Combined routine.
- ❖ Juvenil. 1 Balance or 1 Dynamic routine according to FIG rules 2021 – 2024.
- ❖ If more than 10 teams in 10 - 18, 11 - 19 and Senior. 1 Combined routine. Starts from 0.
- Each club will contribute with the competition with nominated judges. Judges must warrant official clothes.
 - Only one judge is required.

- If a club cannot provide 1 judge there is a penalty of 300 €, which must be deposited in advance in **BBVA 0182 5566 77 0201513837**, and attach it with the final registration until the 1st April to acrogym.andaluciakup@gmail.com
- All Tariffs Sheets must be sent 10 days before the competition starts (the 8th of April included) in PDF to the email address: acrogym.andaluciakup@gmail.com
- All Tariffs sent in other format different to PDF or out of time will be 50 € per tariff. Minor changes are possible until 1 hour before the competition starts. To make those minor changes you must provide 3 tariff sheets for routine and group to the principal judge, CPJ, with a note in the right corner of: NEW TARRIF SHEET and signed by the coach and CPJ.
- Music must be sent 10 days before the competition starts (until the 8th of April included) to the next mail: acrogym.andaluciakup@gmail.com. All the music files must be named as: DORSAL_CATEGORY_MODALITY_ROUTINE_NAMES_CLUB.
 - EXAMPLE: 043_JUNIOR_WP_BALANCE_ANA_MARIA_ACROBATOS
- Teams must provide one USB with all musics correctly identified to the organizers once they arrive to the competition.
- Competition floor and burning floor will be an Official Gymnastic Floor. (GAOFEI & GYM-NOVA)

CATEGORIES	AGE (During competition year)	RULES	INTERNATIONAL EQUIVALENT
INFANTIL	6 – 14 years old	Infantil SPAIN 2024	
CADETE	8 – 16 years old	Cadete SPAIN 2024	
JUVENIL	9 – 16 years old	Juvenil SPAIN 2024	Age Group 1 - 11 - 16
PRE-JUNIOR	10 – 18 years old	FIG	Age Group 2 - 12 - 18
JUNIOR	11 – 19 years old	FIG	Junior
SENIOR	≥ 12 years old	FIG	Senior

CATEGORIES ACROBATIC GYMNASTICS.

MODALITIES ACROBATIC GYMNASTICS.

- WOMEN PAIRS
- MEN PAIRS

- MIXED PAIRS
- WOMEN GROUPS
- MEN GROUPS

SPECIFIC RULES FOR CATEGORIES.

INFANTIL (6 – 14)

- Every group will perform a single combined routine. In the case of qualify to the final, all start from zero.
- The maximal length of each exercise will be **2 minutes**.
- Special requirements for groups:
 - 1 static element and 2 dynamics from different rows of INFANTIL code (2024).
 - Also, they must include on balance element (hold for 3'' and value between 1 – 12 points) and 1 dynamic element between 1 – 8 points of free election, and meets the following premises:
 - ✓ It will be in the FIG figures or 11-16 FIG AGE GROUP 2021-2024 and it must not be in the same row that the compulsory figures choosen.
- Special requirement for pairs:
 - 2 static and 2 dynamics from different rows from the INFANTIL code (2024)
 - Also, they must include a balance element (hold 3'' and which value will be between 1 – 6 points) y 1 dynamic element (between 1 – 8 points) of free election, and meets the following premises:
 - ✓ It will be in the FIG figures or 11-16 FIG AGE GROUP 2021-2024 and it must not be in the same row that the compulsory figures choosen.
- As in pairs as in groups, gymnasts must show in their routines three individual element choose from these four different categories: FLEXIBILITY, AGILITIES, STATIC HOLDS AND STRENGHT and TUMBLING. Only can repeat elements of tumbling category. Any individual element must be less than 6 points.
- The Individual Elements as the figures from the FIG tables allow the group/pair to fulfil the special requirement; you won't get any more difficulty value.
- Each requirement missed, individual requirement or special requirement, will have a deduction of one point (1p)
- All dynamics elements must be assisted (except cannonball and 5/4 gainer). No assistance will be penalized 0,5 points.

- The technical and artistry merit will be measure following the FIG rules.

CADETE (8 – 16)

- Every group will perform a single combined routine. In the case of qualify to the final, start from zero.
- The maximal lenth of each exercise will be 2 minutes.
- Only in this category (CADETE), if a team have routines with a length of 2'30'' (due to the specific rules of their countries) they must indicate in advantage and only they must write down in the right up corner the length of the routine. If you don't write down previously this point, the CPJ will deduct the extra time from the 2'00''.
- Special requirements for groups:
 - The routine must include 1 static element and 2 dynamics from different rows of FIG Age Group 11 – 16 code (2021-2024).
 - Also, they must include a balance construction (holded 3'' and which value will be between 1 – 14 points) and 1 dynamic element between 1 – 10 points of free election, and meets the following premises:
 - ✓ It will be in the FIG figures and it must not be in the same row that the compulsory figures choosen.
- Special requirement for pairs:
 - 2 static and 2 dynamics from different rows of FIG Age Group 11 – 16 code (2021-2024)
 - Also, they must include on balance element (hold 3'' and which value will be between 1 – 8 points) and 1 dynamic element (between 1 – 10 points) of free election, and meets the following premises:
 - ✓ It will be in the FIG figures and it must not be in the same row that the figures choosen.
- As in pairs as in groups, gymnasts must show in their routines three individual element choose from these four different categories: FLEXIBILITY, AGILITIES, STATIC HOLDS AND STRENGHT and TUMBLING. Only can repeat elements of tumbling category. Any individual element must be less than 10 points.

- The Individual Elements as the figures from the FIG tables allow the group/pair to fulfil the special requirement; you won't get any more difficulty value.
- Each requirement missed, individual requirement or special requirement, will have a deduction of one point (1p)
- All dynamics elements must be assisted (except cannonball and 5/4 gainer). No assistance will be penalized 0,5 points.
- The technical and artistry merit will be measure following FIG rules.

JUVENIL (Age Group 9 – 16)

- They will perform a BALANCE and a DYNAMIC routine. In the case of finals, it will be rules by the FIG AGE GROUP Rules.

PRE-JUNIOR (Age Group 10 – 18)

- Following FIG Age Group 12 – 18 rules.

JUNIOR (Junior 11 – 19)

- Following FIG Junior rules.

SENIOR (≥ 12)

- Following FIG rules.

There will be a DROPBOX available to make easier the transfer of all the documents required. If you would like to use this option instead of the normal mail, please, write a mail to the organization: acrogym.andaluciacup@gmail.com

IMPORTANT DATES		
FEBRUARY	18 th of February 2024	1 st registration payment. (ECONÓMIC – 30 € per gymnast) Attach payment receipt.
	18 th of February 2024	First payment accomodation. 50%.
MARS	18 TH of Mars 2024	Second payment accomodation. 100%.
	18 th of Mars 2024	2 nd registration payment. (NORMAL PRICE – 35 € per gymnast) Attach payment receipt.
	18 th of Mars 2024	NO Judge payment. (300 €)
APRIL	1 st of April 2024	Insurance licence
	8 st of April 2024	Deadline for tariffs (PDF)
	8 st of April 2024	Deadline for music (MP3)