

# ACRO BLOCKS COMPETITION (ABC) – General Rules v.1

## Online Event – 14 November 2020 - Multiple competition periods

Regional / City Time zone		Time zone*		Competition Time (LOCAL)**
AUSTRALIA	Sydney	AEDT	UTC+11h	18h-20h
WEST ASIA	Beijing	CSI	UTC+8h	17h-19h
EAST ASIA	New Deli	IST	UTC+5h30	16h-18h
WEST EUROPE	Moscow	MSK	UTC+3h	16h-18h
SOUTH AFRICA	Johannesburg	SAST	UTC+2h	15h-18h
EAST EUROPE	Brussels	CET	UTC+1h	15h-19h
PORTUGAL / UK	Maia	UTC		14h-18h
BRAZIL	São Paulo	BRT	UTC-3h	14h-16h
USA (east zone)	New York	EST	UTC-5h	14h-16h
CENTRAL AMERICA	Mexico City	CST	UTC-6h	14h-16h
USA (west zone)	San Diego	PST	UTC-8h	13h-14h

\*Gymnasts are free to choose the time zone they want to compete in.

\*\* Competition Time refers to the time gap for each zone.

**Block specs – minimum height of 10 cm.**

**Each participant can enroll in any competition or in all the 3 competitions.**

The results will be separated by Competition and by Age Group.

### COMPETITION 1 - SPEED

General rules:

- 10 Straddle to handstand in the least time as possible (starts in Straddle legs Open and finishes in handstand legs together – that will count as 1!);
- all handstands must be made closing legs at the end; performer MAY go on the floor.
- The winner is the one that makes 10 Straddle to handstand in the least time possible.
- Judges should use a chronometer to precisely evaluate the time.

### COMPETITION 2 - ENDURANCE

General rules:

- 1 minute doing Straddle to Handstand counting how many sequences are performed (starts in Straddle legs Open and finishes in handstand legs together – that will count as 1!);
- all handstands must be made closing legs at the end; performer MAY go on the floor.
- The winner is the one that makes more sequences in 1 minute.
- Judges should use a chronometer to precisely evaluate the time.














### COMPETITION 3 – TECHNIQUE (DIFFICULTY – SEE TABLE 1)

General rules:

- MAXIMUM of 2 elements can be repeated (regardless of the time)**, so, for example, if you do a Straddle (3") and another Straddle (10") you **cannot** do any more Straddles.
- For a transition to have difficulty value, the end static element must be held for a minimum of 3".**
- Maximum time for the routine is 2 minutes.**
- To simplify the judging, the routine must be defined in the Entry Form (with the times for each element included).** If some different element / transition is performed it will not be considered (but you can make then in a different order and if the element is in the Entry Form it will be considered). **If there is a fall, the routine ENDS.**
- Technical is evaluated only to check if the element is performed or not;** if it is not performed (according to FIG code of points with 0,5 or more deduction) no difficulty value is credited for the element and any pre or post immediate transition.
- Judges should use a chronometer to precisely evaluate the time.**

Age Categories	U-9 – [6;9] years	U-12 – [...;12] years	U-14 – [...;14] years	Plus-14 – [15;...[ years
SPEED	X	X	X	X
ENDURANCE	X	X	X	X
TECHNIQUE	max 4 elements (no 1' hold allowed)	max 7 elements (only 1' hold allowed)	max 9 elements (only 1' hold allowed)	max 12 elements (only 1' hold allowed)

**DIFICULTY (TABLE 1)**

	Time	Elements	Picture	2 on 2 (2 blocks)			2 on 1 (1 block)			1 on 1 (1 block)		
				3''	10''	60''	3''	10''	60''	3''	10''	60''
				22.03	22.10	22.60	21.03	21.10	21.60	11.03	11.10	11.60
A		Straddle		1	2	8	2	3	10	3	5	15
B		Handstand		2	3	12	3	6	20	4	8	60
C		"Mexican"		4	6	20	6	12	30	8	18	50
D		Hiper Mexican		5	6	21	8	14	32	13	23	55
E		Low planque "crocodile"		1	2	8	2	3	10	3	5	15
F		High planque		5	10	50	8	14	60			
G		Pike ("yogi")		4	6	20	7	13	35	8	18	60
H		Flag		4	6	20				8	18	60
K		Split Flag								12	22	80
L		Split Low planque								8	10	25
Z*		Legs together (low planque)		+1	+2	+8	+2	+3	+10	+3	+5	+15
		Legs together (handstands / variations)		+2	+3	+12	+3	+4	+12	+5	+8	+50
		Legs together (high planque)		+5	+10	+50	+8	+14	+60			

Transition*		2 on 2	2 on 1	1 on 1
		22	21	11
a	Straddle → Handstand	3	4	15
b	Straddle → Low Planque	1	2	4
c	Straddle → High Planque	2	2	
d	Straddle → "Mexican" / Flag / "Yogi"	3	4	15
e	Handstand → Straddle	1	2	10
f	Handstand → Low Planque	3	5	8
g	Handstand → High Planque	1	3	
h	Handstand → "Mexican" / Flag / "Yogi"	1	3	7
i	Low Planque → Straddle	1	2	4
j	Low Planque → Handstand	4	8	20
k	Low Planque → High Planque	5	7	
l	Low Planque → "Mexican" / Flag / "Yogi"	4	10	25
m	High Planque → Straddle	1	1	
n	High Planque → Low Planque	3	4	
o	High Planque → All other elements	3	5	
p	"Mexican" / Flag / "Yogi" → Straddle	1	2	10
q	"Mexican" / Flag / "Yogi" → Low Planque	5	7	15
r	"Mexican" / Flag / "Yogi" → Handstand	1	3	7
s	"Mexican" / Flag / "Yogi" → High Planque	1	3	
t	... to Hiper = ... to "Mexican" +	+1	+2	+3

\* no value extra for Transitions with close legs

**Video Requirements**

- The live feed will be recorded and the videos become the non-exclusive property of the organizing committee for promotions purposes. Participants sign a releasing image document (in the entry form).
- Competition should be recorded using the incorporated camera of the computer or cell phone. The competition will be developed with Zoom software. If it is recorded with the cell phone, use landscape mode (horizontal).
- The video should be recorded with good lighting, please avoid back lighting.

**Competition Procedures**

According with the time zone chosen by each participant, they will be allowed to enter in the Zoom meeting where the competition is occurring. **At the hour**, there will be a “window” of 10 minutes to enter the “gym”. After that, the “gym” is closed and only opens the next hour.

**Competition Format**

After receiving all entry forms, there will be made a competition schedule. The schedule will follow the sequence – 1<sup>st</sup> Speed; 2<sup>nd</sup> Endurance; 3<sup>rd</sup> Technique; meaning that the “Speed” event happens first, then will be the “Endurance” competition and finally in the Technique event.

The schedule cannot be changed during competition, so please be early at the Zoom.

**Competition Attire**

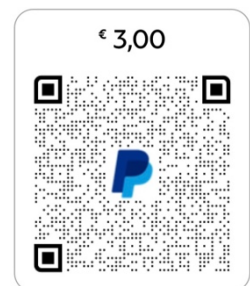
The competition apparel may under no circumstances hinder the athlete in their performance and execution and guarantee that all movements can be executed in perfect safety. Advertising in the leotards or clothes is allowed.

**Entry fee**

The competition will have an Entry Fee of **3 euro (€)** per participant (allows entering all 3 events).

International Participants: Use **PayPal** to transfer the money to [lourencofranca@sapo.pt](mailto:lourencofranca@sapo.pt) (best way to use for a club or a group of gymnasts). Or scan this **QR code** for a single payment. **PLEASE** identify the payments with the name of the CLUB or with the name of the individual participant.

Portuguese Participants: can use MBway to 917889023 or the same PayPal method listed above.

**Competition Timeline**

Entry form deadline – 30 October

Starting Order available - 8 November

Competition – 14 November

**Awards**

Diplomas to All Participants.

Diplomas for top 3 Winners in each category and competition.

Prize Money for the Winners (converted in international brands gift cards for under-age participants).