



1. General Rules and description

Virtual Acro (VA) is an ACROBATIC event where each partnership will be able to enter in any of the 3 routines - Balance, Dynamic and Combined - but also with sets of elements (max 6) without choreography (for Balance skills and Dynamic skills) and participate in each of these 5 events.

VA is also an All-Around event where the gymnasts can also automatically participate with the SUM of Balance + Dynamic.

So perhaps due to the different ways each country is dealing with the covid pandemic, you may enter in just one routine or in one set of skills and still be involved in the competition atmosphere!

The OC will not be held responsible for any liabilities in case of accidents or injuries. Each gymnast is responsible for the necessary valid insurance coverage against accidents.

The Entry Form is available in the link (<https://forms.gle/NnefaknwQBFLw88B6>) and in the official website. **Deadline for Entry Form is 5 February.**

2. Age Groups and Competition format (same as MIAC)

YOUTH	8-16 years old	COMBINED ROUTINE and/or set of elements (max 3 – Balance and/OR Dynamic - separate)
AGE GROUP 1	9-17 years old (maximum 7 years difference)	BALANCE and/or DYNAMIC ROUTINE and/or COMBINED and/or set of elements (max 6 – Balance and/OR Dynamic - separate)
AGE GROUP 2	10-19 years old (maximum 8 years difference)	BALANCE and/or DYNAMIC ROUTINE and/or COMBINED and/or set of elements (max 6 – Balance and/OR Dynamic - separate)
JUNIOR	11-20 years old (maximum 8 years difference)	BALANCE and/or DYNAMIC ROUTINE and/or COMBINED and/or set of elements (max 6 – Balance and/OR Dynamic - separate)
SENIOR	minimum 12 years old	BALANCE and/or DYNAMIC ROUTINE and/or COMBINED and/or set of elements (max 6 – Balance and/OR Dynamic - separate)

Youth – COMBINED ROUTINE - 2 minutes of maximum duration and/or set of elements (max 4 – Balance OR Dynamic) – the partnership can perform a maximum of 3 Balance elements and also, in another video, can perform a maximum of 3 Dynamic elements.

General Rules for Youth:

Pairs: choose 2 balance elements from 11-16 difficulty tables + 1 optional element from FIG tables and 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables (OPTIONAL can be from 11-16 difficulty tables but not from the same ROWS used on the compulsory elements).

Groups: choose 1 pyramid from 11-16 difficulty tables + 1 optional pyramid from FIG tables (**only 2 static holds of 3” are required in the routine**) and 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables (OPTIONAL can be from 11-16 difficulty tables but not from the same ROWS used on the compulsory elements)..

Individual: 3 individual elements must be executed – no matter if is cat1 or cat2 (**NO SALTO REQUIRED**).

Age Group 1 / Age Group 2 / Junior / Senior – FIG Rules for Balance / Dynamic / Combined routines and/or set of elements - the partnership can perform maximum of 6 Balance elements and also, *in another video*, can perform a maximum of 6 Dynamic elements.

3. Competition Attire

The competition apparel may under no circumstances hinder the athlete in their performance and execution and must guarantee that all movements can be executed in perfect safety. Advertising in the leotards or clothes is allowed. *You can compete using competition attire or, in alternance, you can use tops and shorts.*

4. Entry Fee:

10 € / gymnast / routine or set of elements

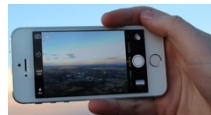
(example 1 - Women Pair performing Balance and Dynamic = 10€ x 2 gymnasts x 2 routines = 40€)

(example 2 - Women Trio performing one set of Balance elements = 10€ x 3 gymnasts x 1 event = 30€)

Payment on PayPal: L3Mgym@gmail.com (www.paypal.com)

5. Video Technical Requirements

- Video format (MPEG-4, MOV)
- Video codec (H.264/MPEG-4 AVC) – almost standard in all mobile phones
- Video resolution (from 1280x720 to 1920x1080)
- Frame rate: 30 or 60 fps
- Screen ratio: (16:9)
- Video orientation: **Landscape** (Horizontal)
- Size up to 200 MB
- Most mobile phones have more than sufficient filming capability
 1. Record the videos from the judge perspective - centred with the middle of the floor.
 2. The phone can rotate without displacement, meaning that it can behave like the judge, seated on a chair moving the head but not able to walk around.



6. Prize and Awards

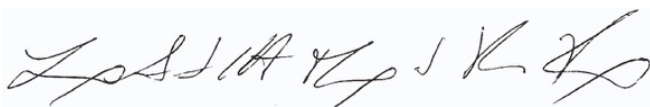
Diplomas to all participants.

Podium certificates.

Prize Money for the Winner P/G (converted in international brands gift cards for under-age participants) in each category and age group where there are 3 or more P/G participants.

7. IMPORTANT DATES:

Deadline for ENTRY FORM	5 February
Record the Videos	22-23-24 February
Tariff Sheets deadline (only .pdf)	24 February to L3Mgym@gmail.com
Send the Videos (www.wetransfer.com)	Until 24 February (<i>midnight GMT</i>) via wetransfer to L3Mgym@gmail.com - no video will be allowed after 24/Feb
Competition Streaming	6 March, Saturday



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Maia & Lisbon, January 2021