

FEDERAZIONE ITALIANA SPORT ACROBATICI E COREOGRAFICI



FISAC INTERNATIONAL PROGRAM

Category C1 / C2



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Referente Nazionale attività competitive Acrosport Fisac Lorella Caleo

Intentions and goals the manual aims to inspire and encourage the development of all areas and aspects of sports acrobatics.

The manual provides a framework for sports acrobatics, which allows newcomers to rapidly develop their knowledge and skills and to participate in national and international championships, competitions, and tournaments in a short time.

Disciplines:

W2 – woman's pair / WP

W3 – woman's group / WG

MX – mixed pair / MxP

M2 – men's pair / MP

M4 – men's group / MG

F4 – woman's group

Competitions:

individual Competitions, Individual score per discipline and age group

team competitions team Classification

Age Classification:

class C1 – **6/13 years**

class C2 – **6/19 years**

The age difference can't be more than **8 years** between the youngest and the oldest gymnast (**important: year of birth!**)

Competition Program - special requirements for combined routine, no balance or dynamic! - just combined – 1 per group / pair!)

Routine:

All routines include pair- / group elements and individual elements which support the character of the routine

- all balance elements must be a static hold of at least **3sec**
- all dynamic elements (pairs and groups!) require a "flight" of the Top before the catch
- the landing of the Top after a dynamic element must be catches or at least supported by the Base

The value of static pair - / group elements is not allowed to be higher than twice the value of the

dynamic elements – and the other way around! Difference between static and dynamic elements 50% with tolerance 1 point (The rule doesn't include individual elements)

- the routine isn't allowed to be longer than 2.30mins
- all routines must be performed with music / – with lyric or not
- the routine is shown on a 12x12m floor

Routines start with a static hold – continue with a choreography (including pair- / group elements) – end with a static hold.

Requirements:

Maximum **6** group elements,

1 static element **cat.1**

1 static element **cat.2**

1 static element **cat.3**

3 dynamic elements.

- 3 Individual elements (**1 element cat.1, 1 element cat.2, the third one free**)

- Dynamic elements:

1 shooting element from partner obligatory (**see tables dynamic elements letter G**)

max. 2 arrivals on the ground from partner (Dismounts).

In total 5 arrivals on the ground are possible.

Maximum of 3 equal starting and shooting positions.

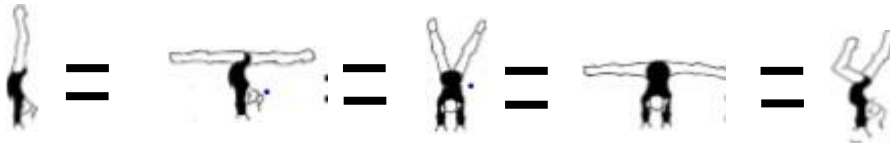
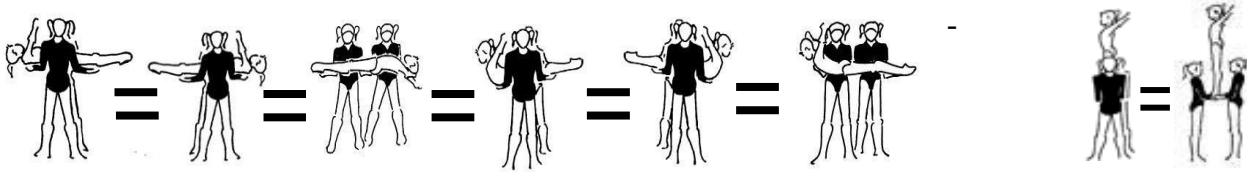
- Group: If the Top and Middle are in the same position, they are counted only once.
once (e.g.: two teams in the same figure count as one).

- Difference between static and dynamic elements 50% with tolerance 1 point

Both top and base gymnasts may participate in a maximum of 2 formations (duo F + trio F, duo M + duo Mx, duo F+ duo Mx, duo Mx+ trio F - NO duo + duo, NO trio + trio)

CTECHNICAL CLARIFICATIONS C CHAMPIONSHIP PROGRAMME

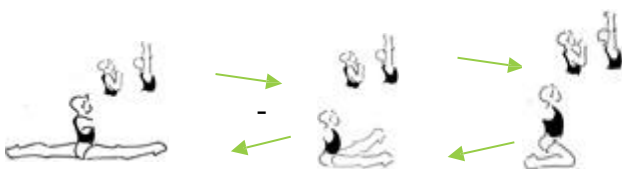
- equal start- / end positions (catches) for groups – for pars

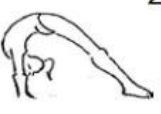
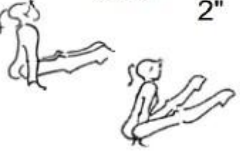
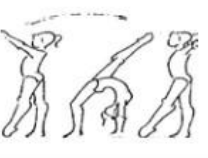
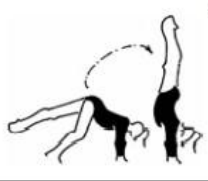
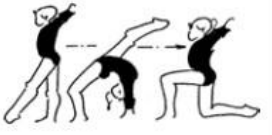
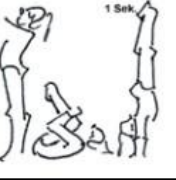
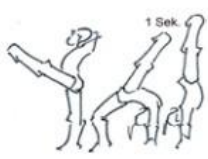
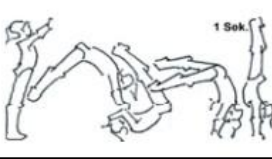
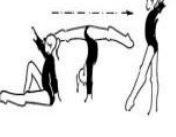


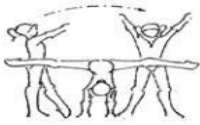
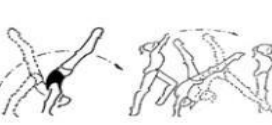
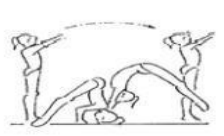
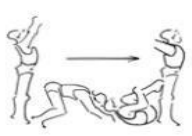
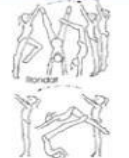
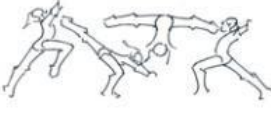
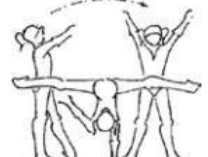
- example for the same / identical elements, only allowed to be shown



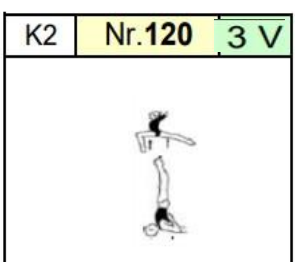
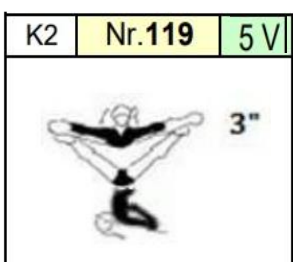
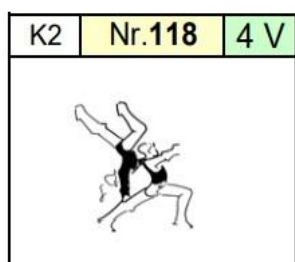
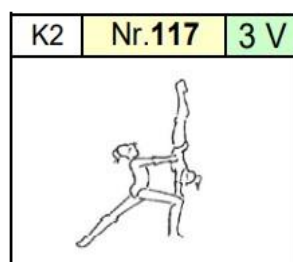
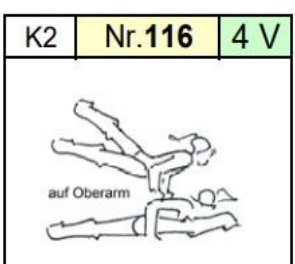
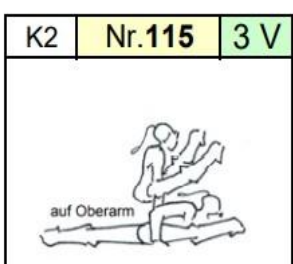
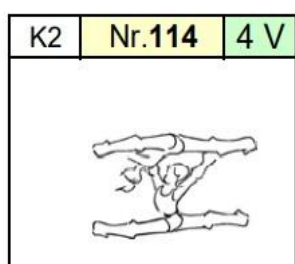
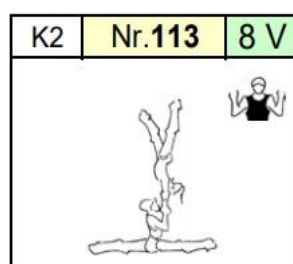
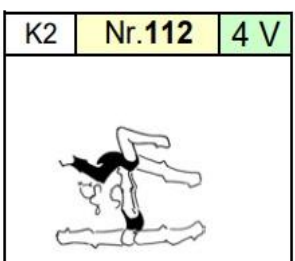
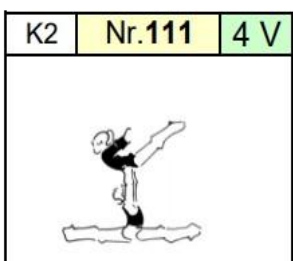
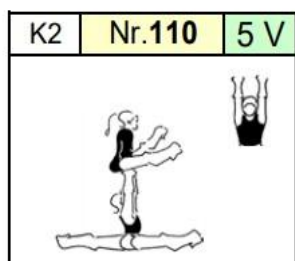
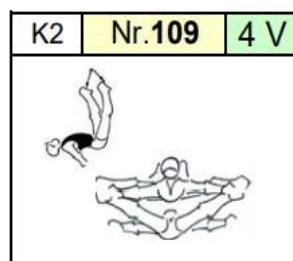
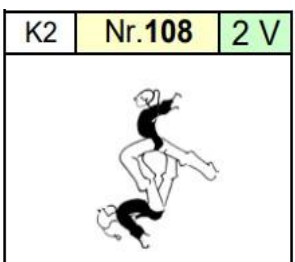
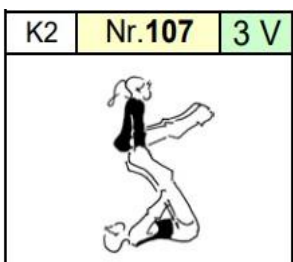
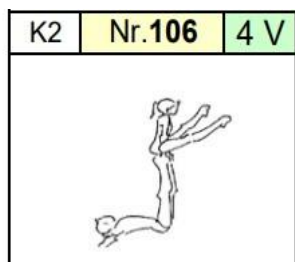
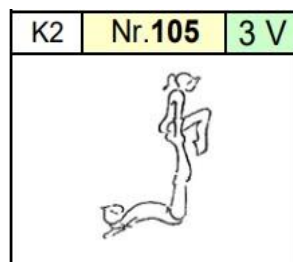
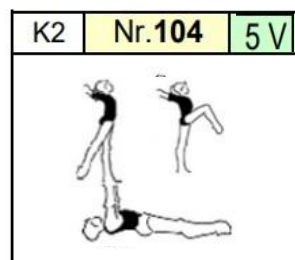
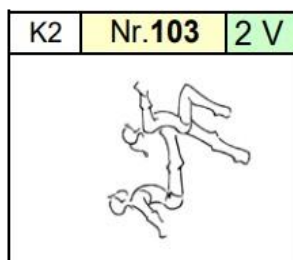
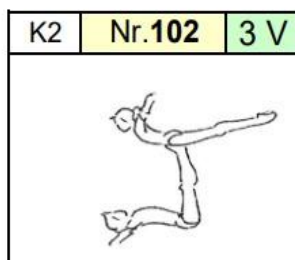
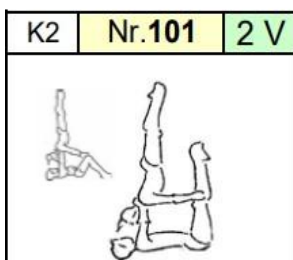
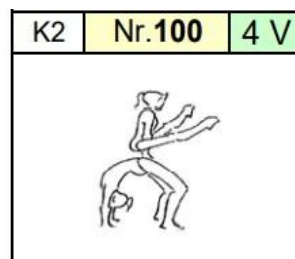
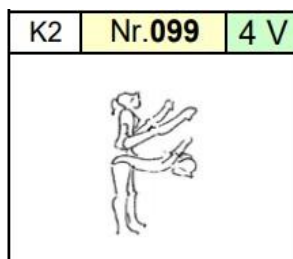
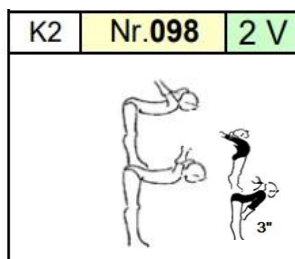
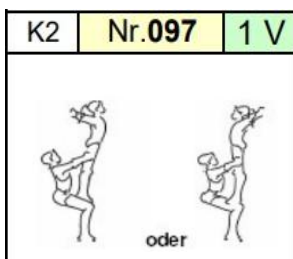
-Transitions without Value

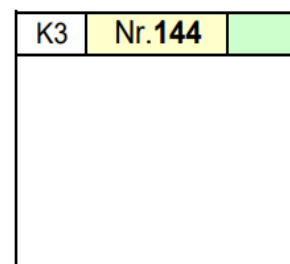
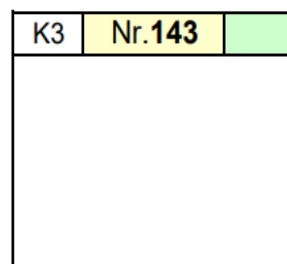
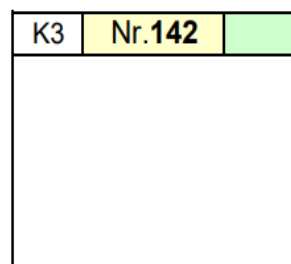
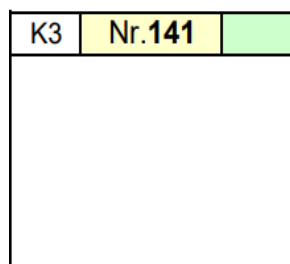
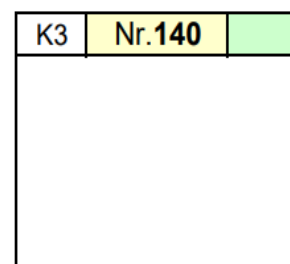
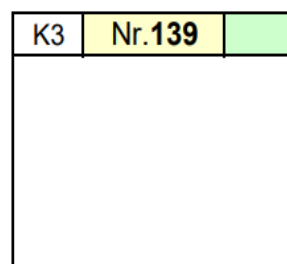
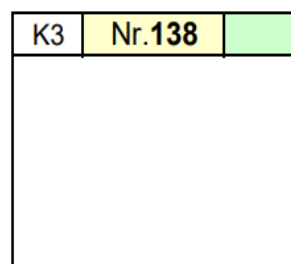
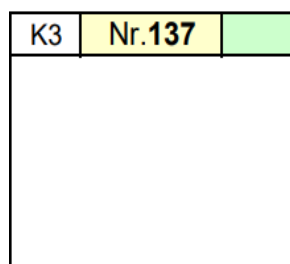
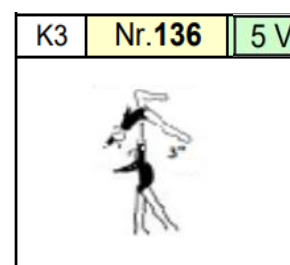
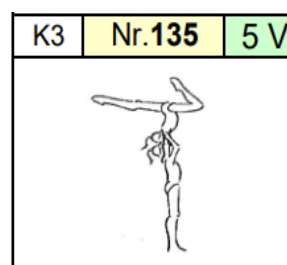
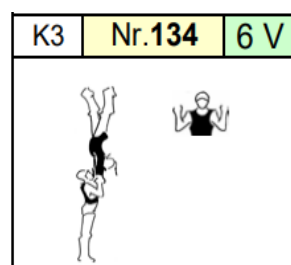
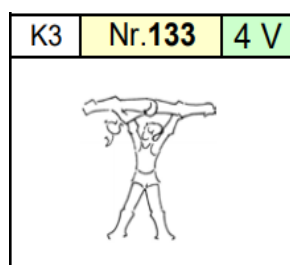
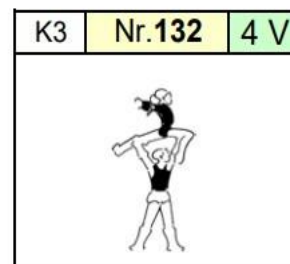
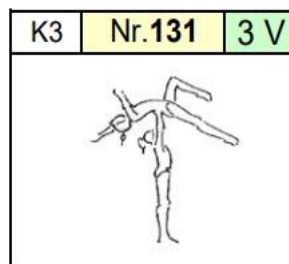
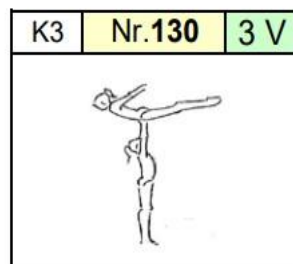
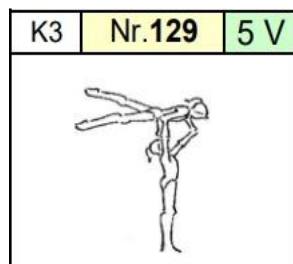
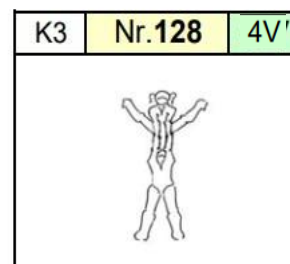
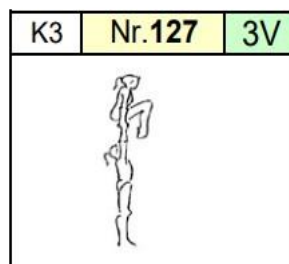
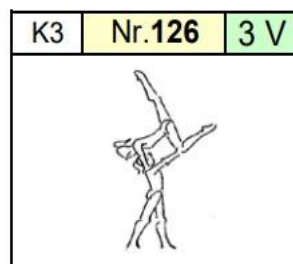
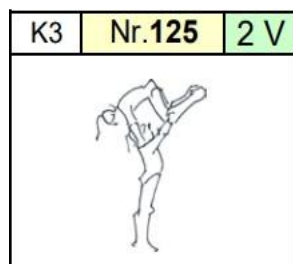
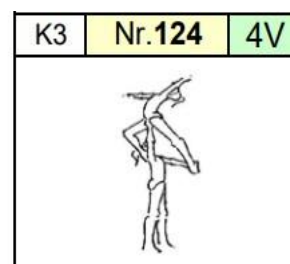
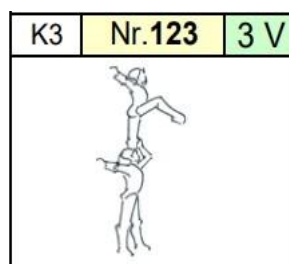
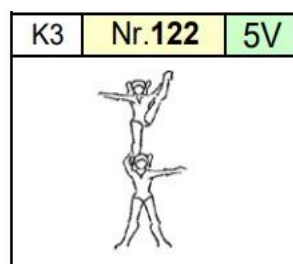
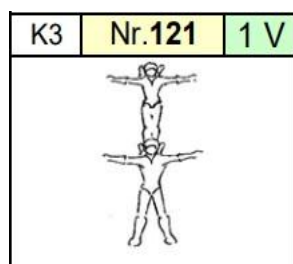


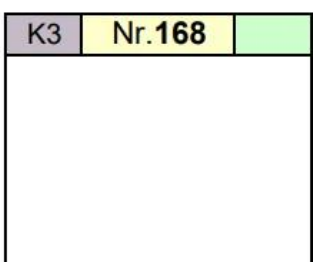
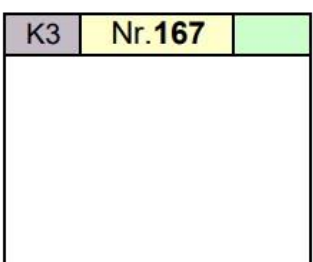
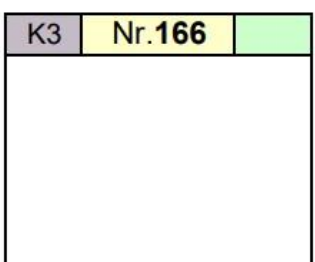
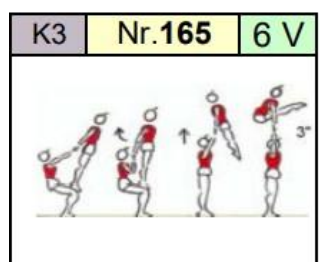
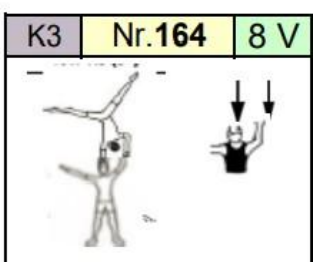
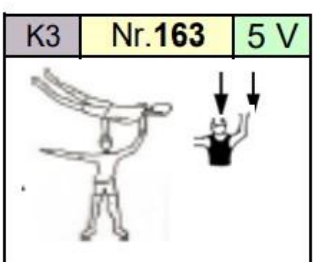
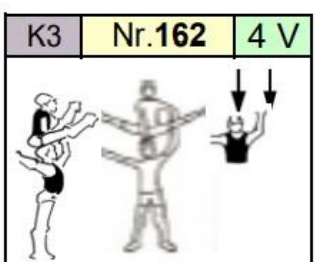
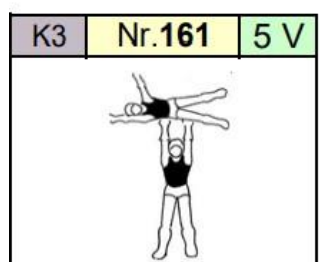
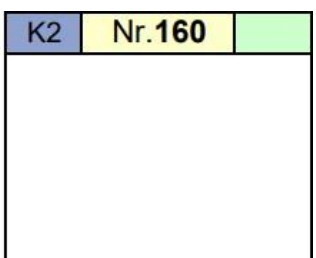
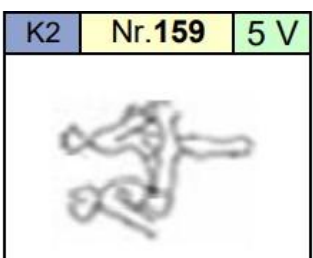
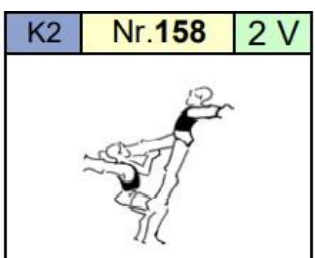
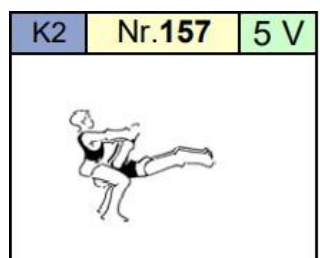
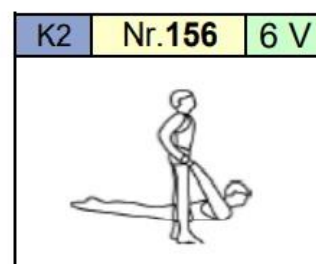
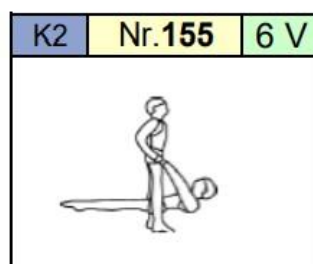
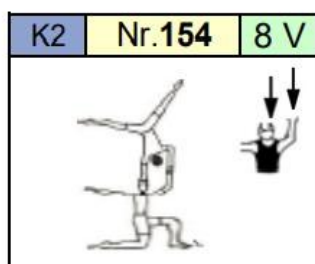
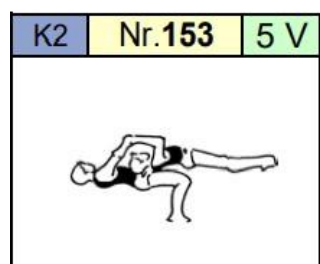
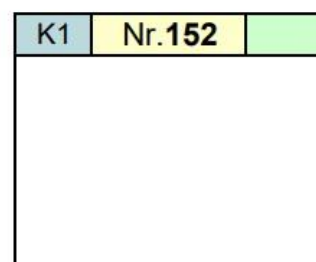
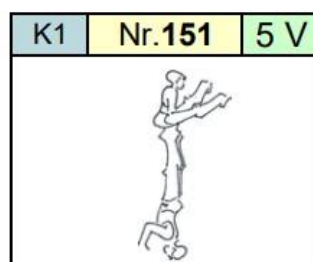
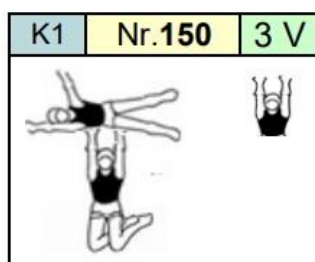
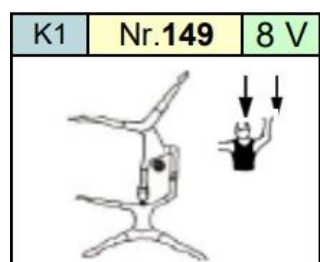
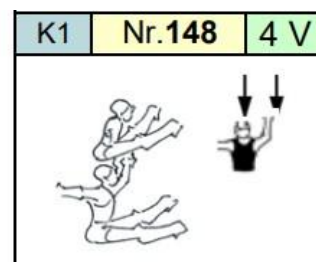
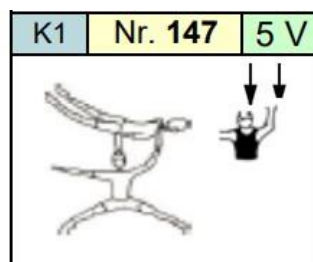
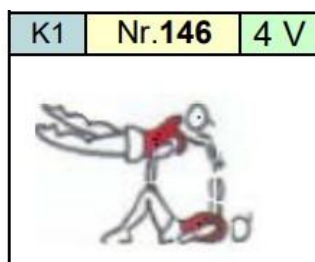
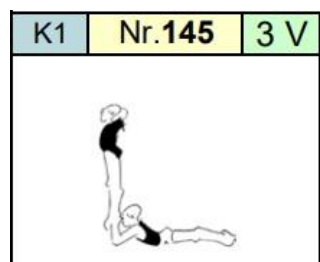
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K1	Nr.003	2 V		2"
K1	Nr.004	2 V		2"
K1	Nr.005	3 V		1 sek
K1	Nr.006	4 V		2"
K1	Nr.007	3 V		oder 2"
K1	Nr.008	3 V		2"
K1	Nr.009	2 V		
K1	Nr.010	3 V		
K1	Nr.011	4 V		
K1	Nr.012	3 V		
K1	Nr.013	4 V		2"
K1	Nr.014	3 V		2"
K1	Nr.015	2 V		2"
K1	Nr.016	2 V		2"
K1	Nr.017	5 V		
K1	Nr.018	3 V		
K1	Nr.019	4 V		1 Sek.
K1	Nr.020	4 V		2 Sek.
K1	Nr.021	4 V		1 Sek.
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K1	Nr.024	4 V		

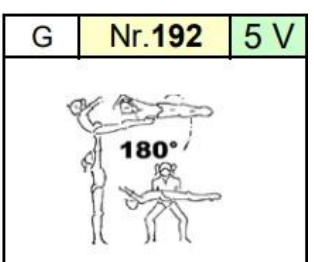
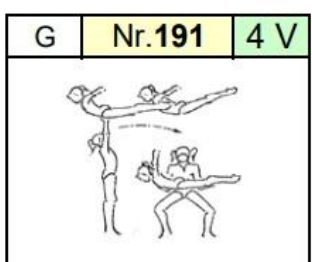
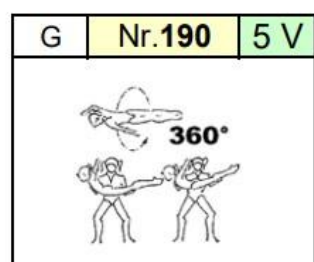
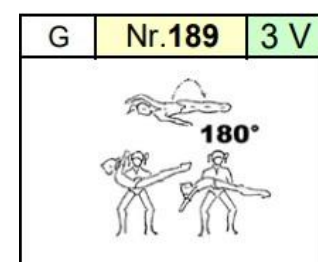
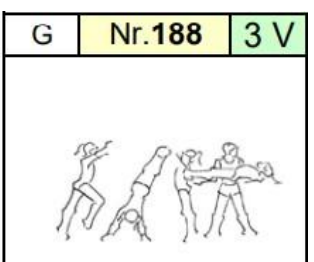
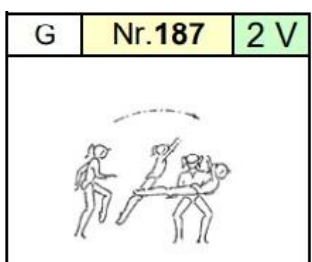
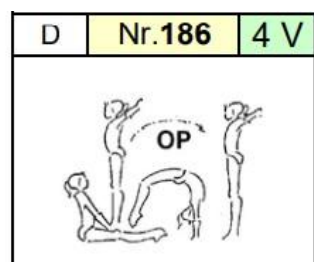
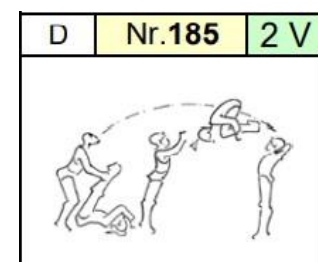
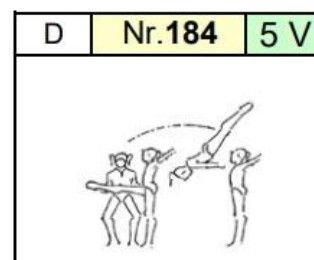
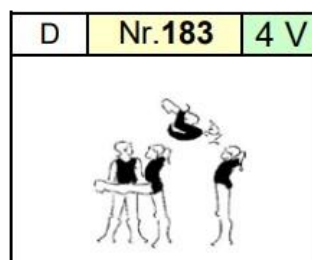
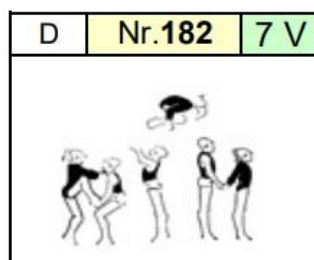
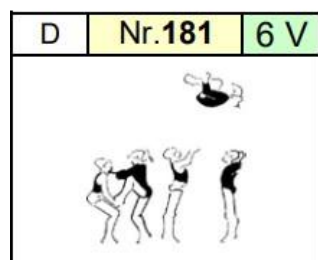
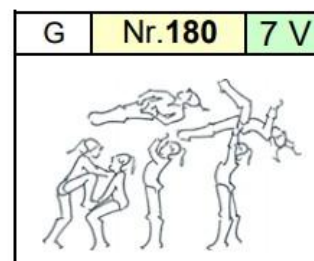
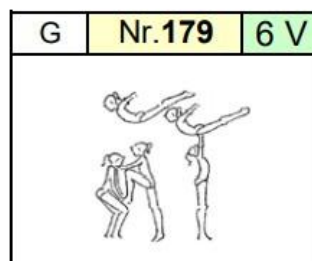
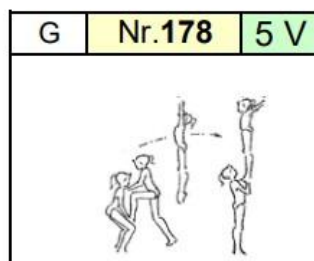
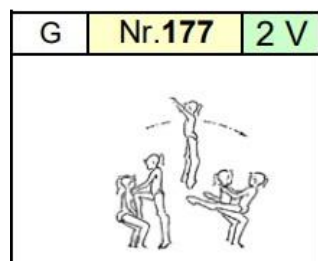
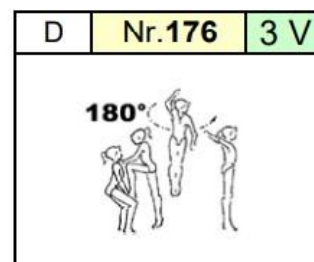
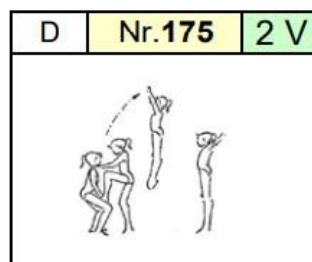
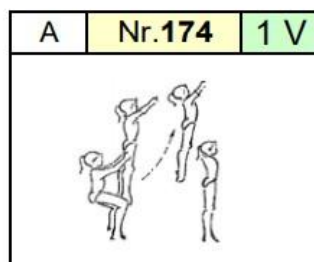
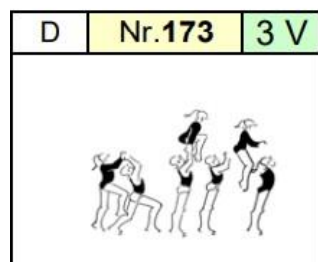
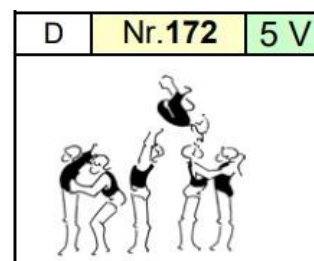
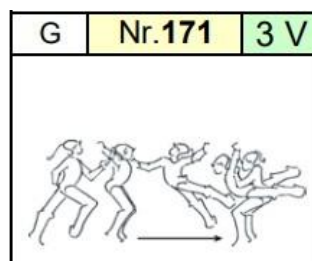
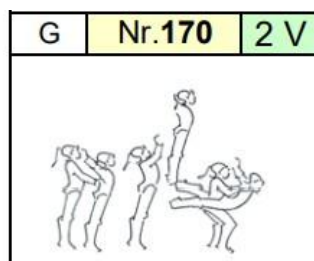
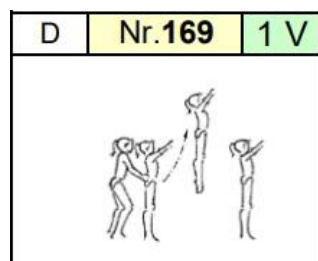
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K2	Nr.026	2 V	
K2	Nr.027	3 V	
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K2	Nr.029	3 V	
K2	Nr.030	4 V	
K2	Nr.031	1 V	
K2	Nr.032	2 V	
K2	Nr.033	3 V	
K2	Nr.034	4 V	
K2	Nr.035	4 V	
K2	Nr.036	7 V	
K2	Nr.037	2 V	
K2	Nr.038	3 V	
K2	Nr.039	2 V	
K2	Nr.040	2 V	
K2	Nr.041	6 V	
K2	Nr.042	4 V	
K2	Nr.043	4 V	
K2	Nr.044	4 V	
K2	Nr.045	6 V	
K2	Nr.046	3 V	
K2	Nr.047	8 V	
K2	Nr.048	8 V	

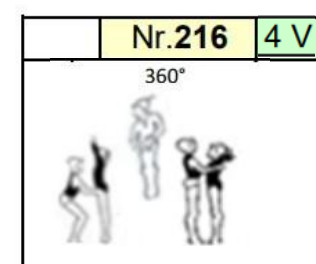
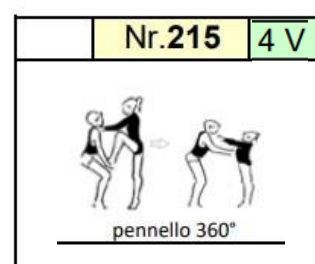
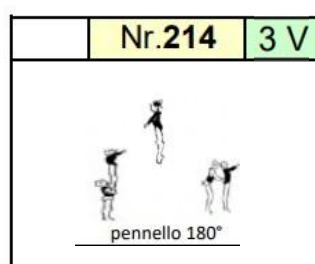
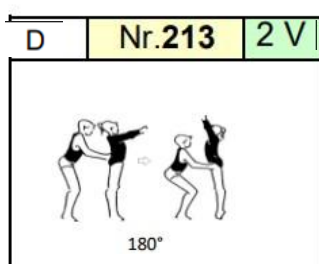
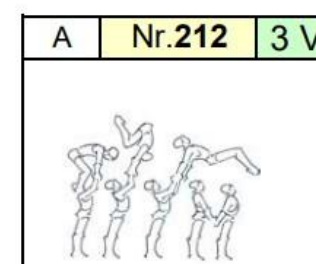
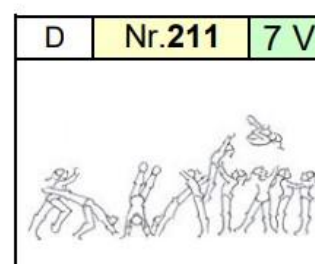
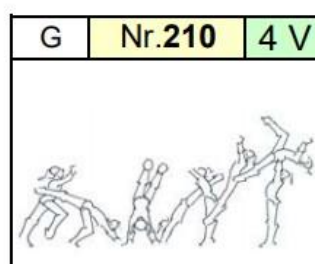
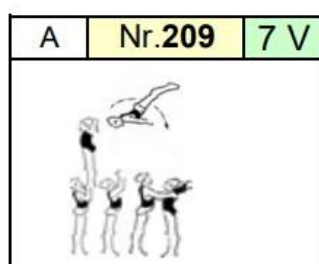
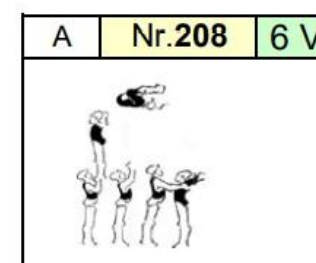
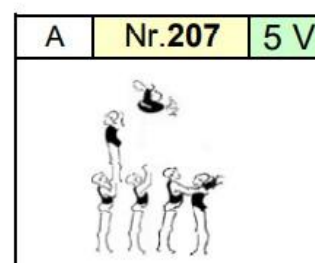
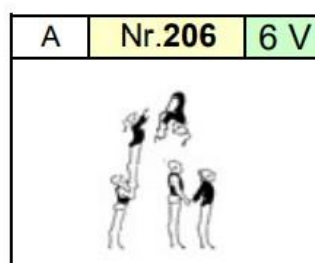
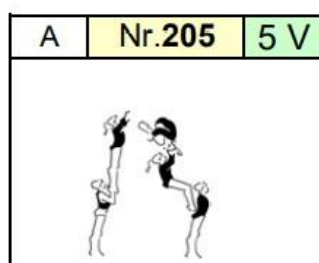
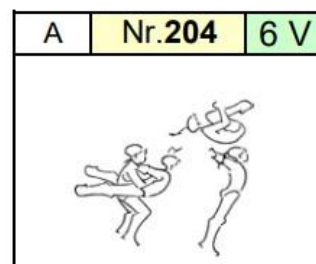
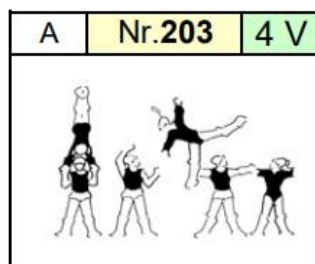
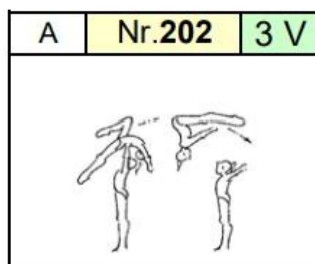
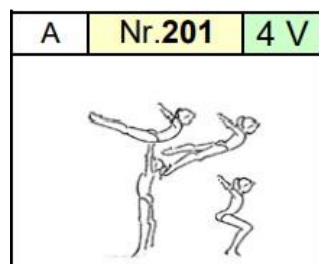
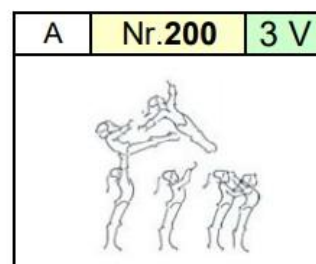
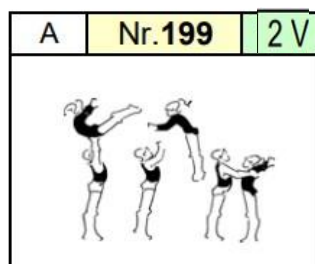
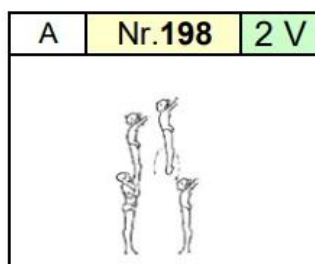
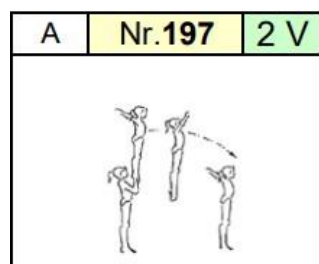
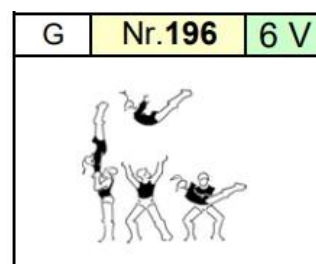
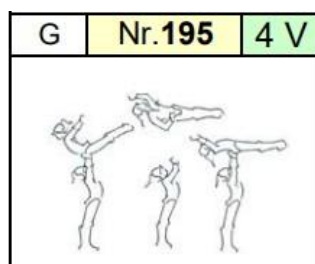
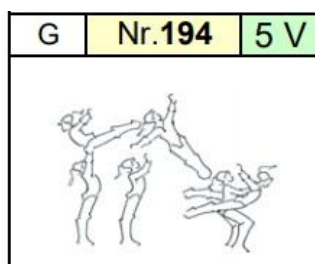
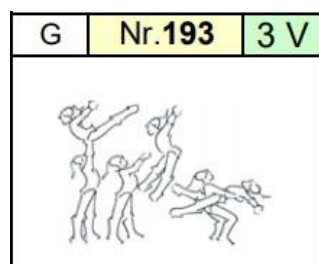
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K1	Nr.074	3 V	
K1	Nr.075	2 V	
K1	Nr.076	2 V	
K1	Nr.077	8 V	
K1	Nr.078	3 V	
K1	Nr.079	5 V	
K1	Nr.080	5 V	
K1	Nr.081	7 V	
K1	Nr.082	4 V	
K1	Nr.083	4 V	
K1	Nr.084	4 V	
K1	Nr.085	2 V	
K1	Nr.086	3 V	
K1	Nr.087	3 V	
K1	Nr.088	6 V	
K1	Nr.089	3 V	
K1	Nr.090	4 V	
K1	Nr.091	6 V	
K1	Nr.092	4 V	
K1	Nr.093	2 V	
K1	Nr.094	7 V	
K1	Nr.095	6 V	
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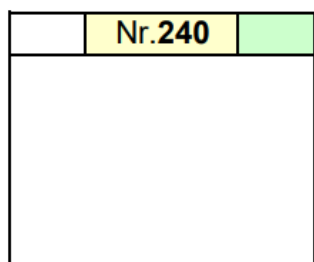
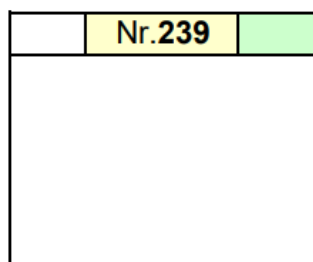
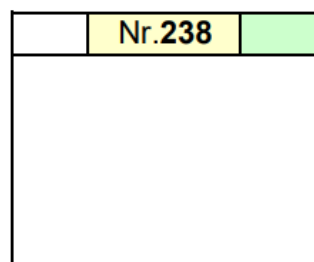
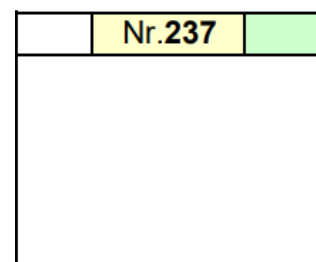
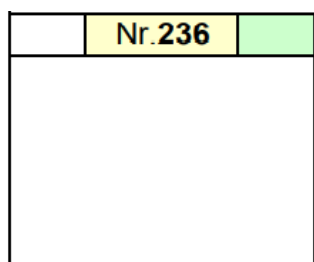
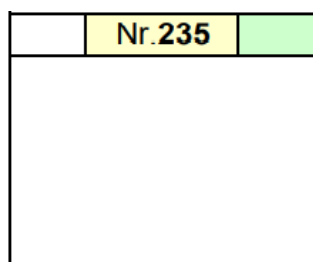
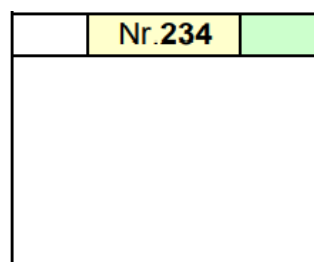
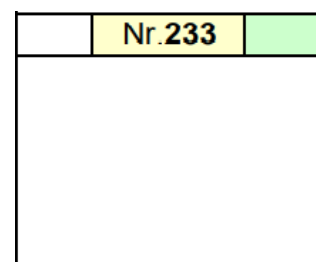
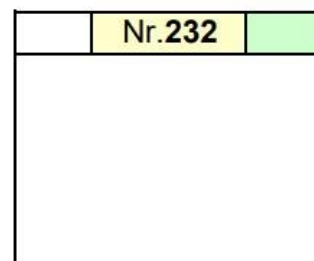
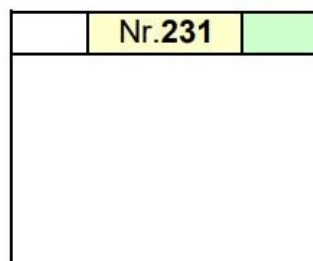
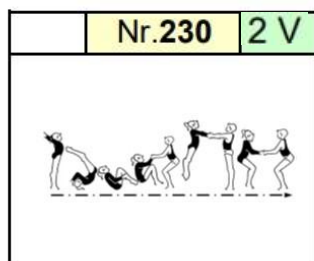
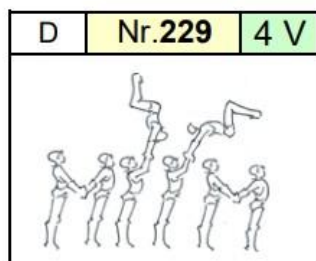
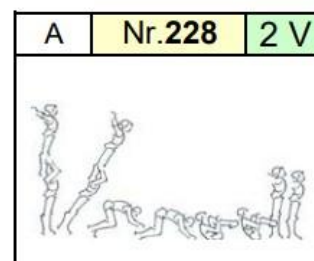
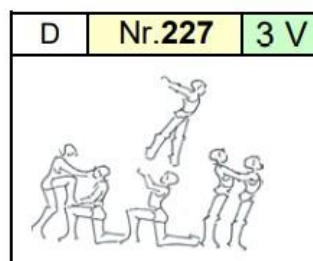
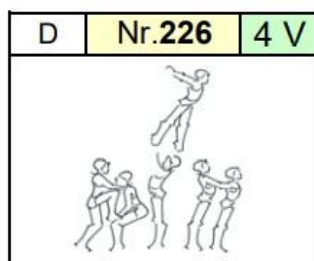
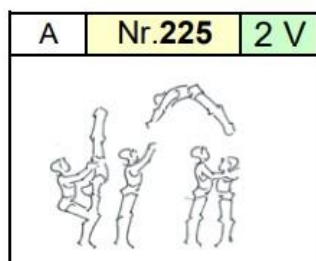
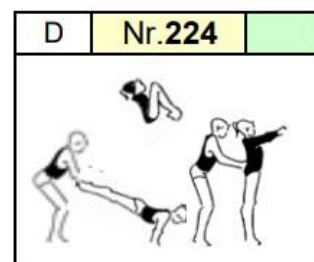
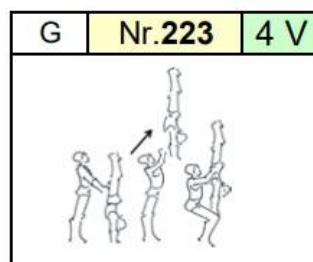
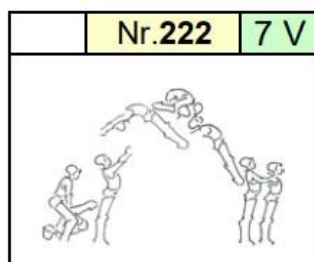
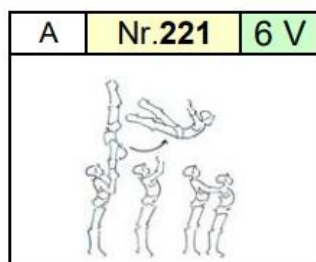
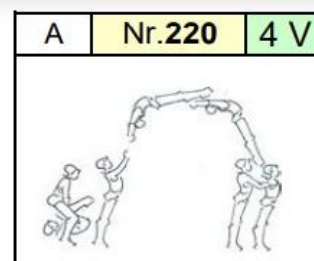
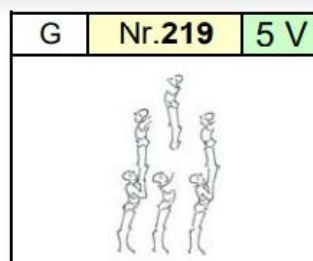
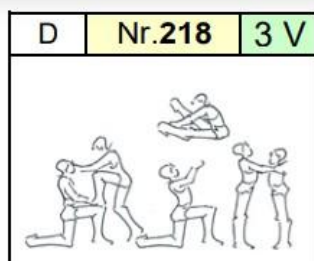
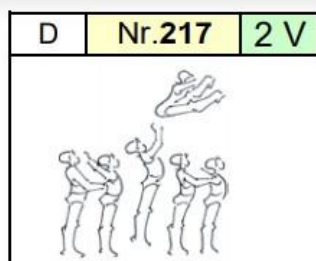


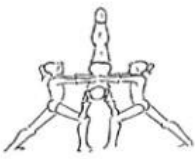
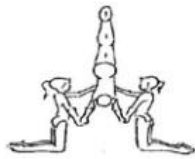
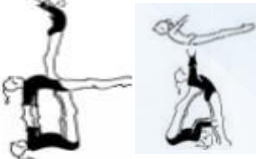
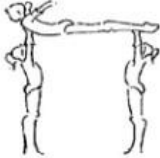
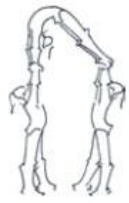
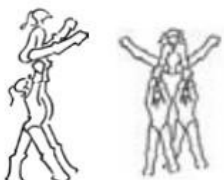
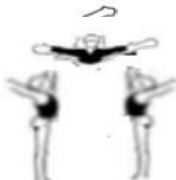
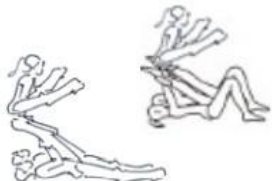


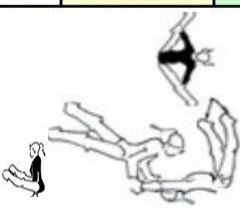
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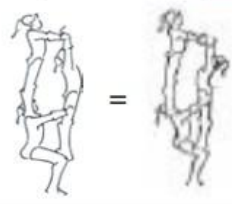


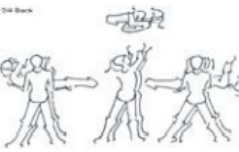
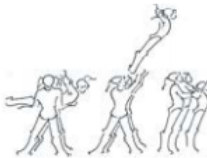
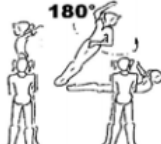
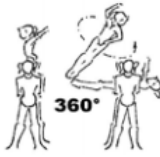
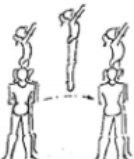
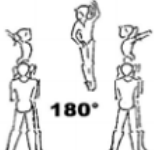
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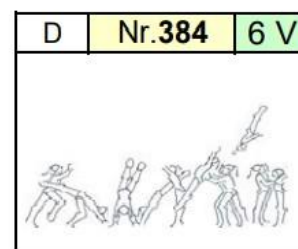
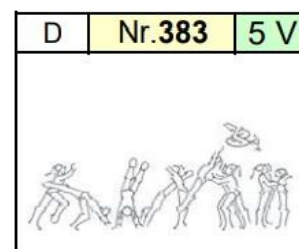
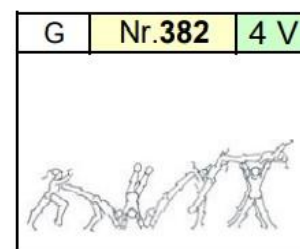
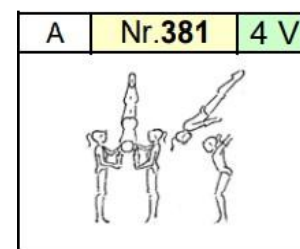
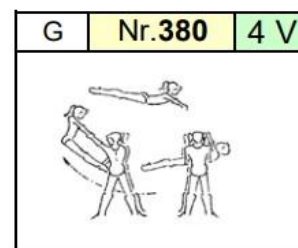
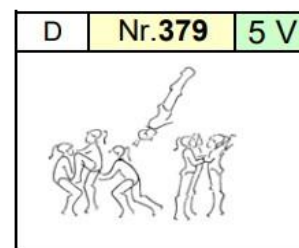
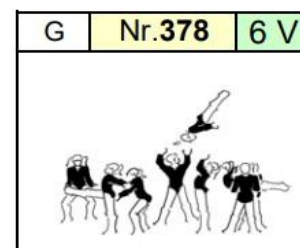
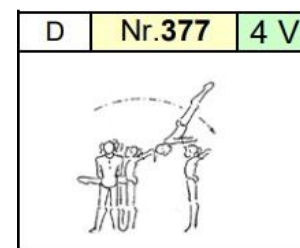
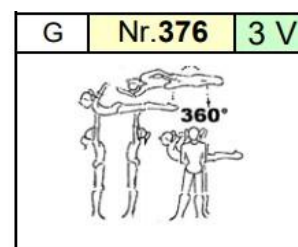
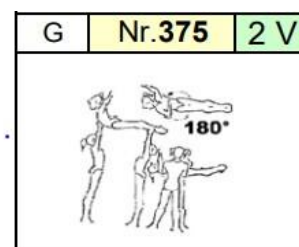
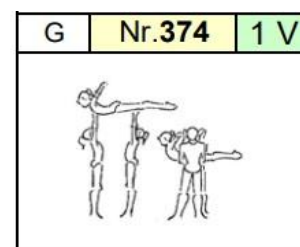
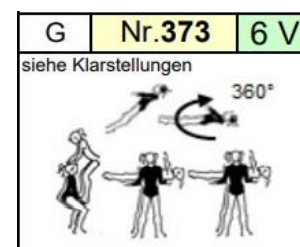
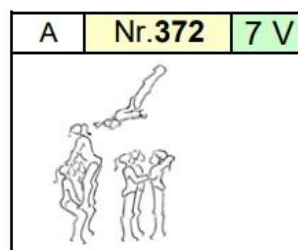
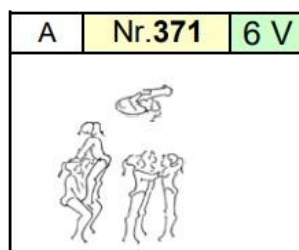
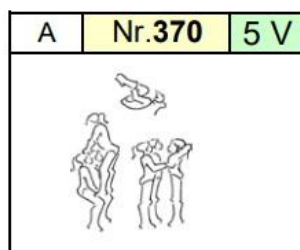
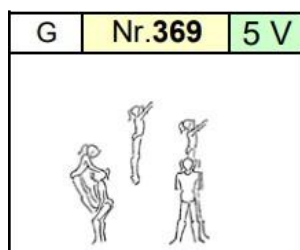
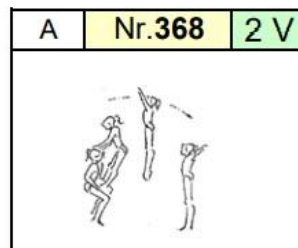
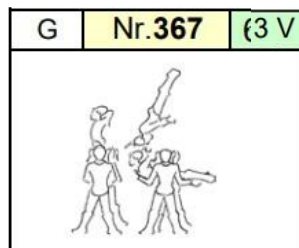
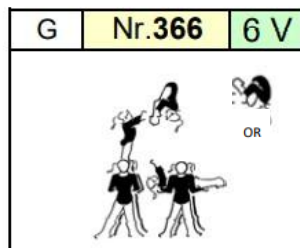
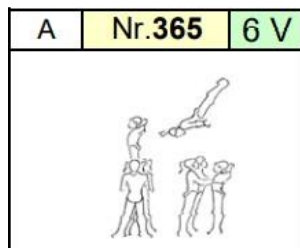
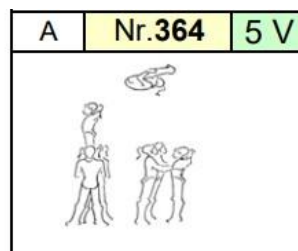
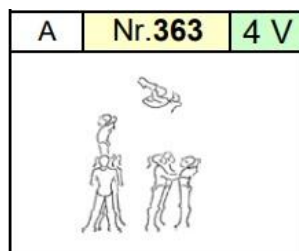
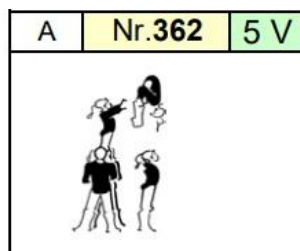
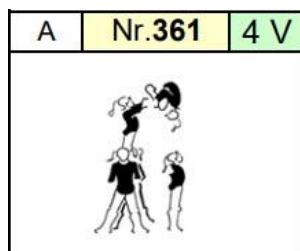


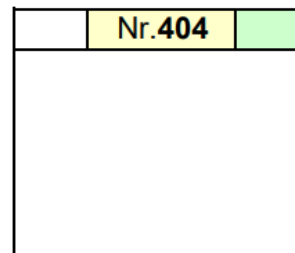
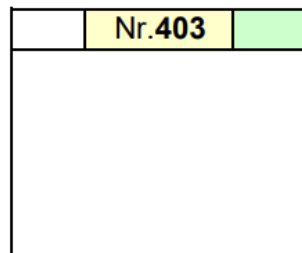
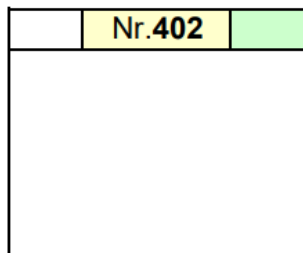
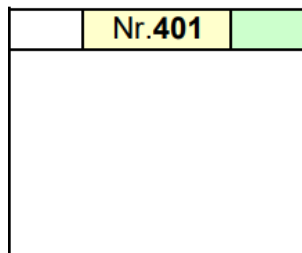
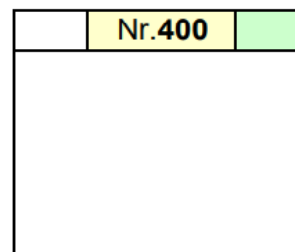
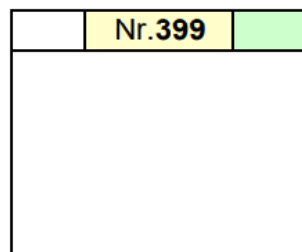
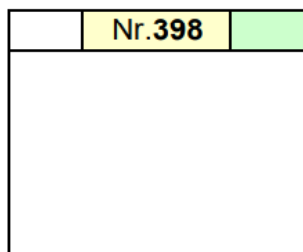
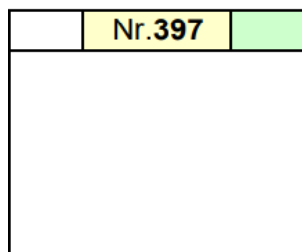
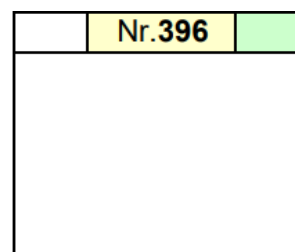
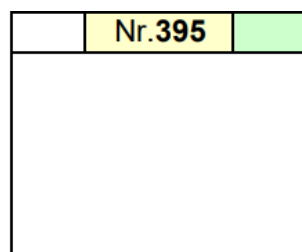
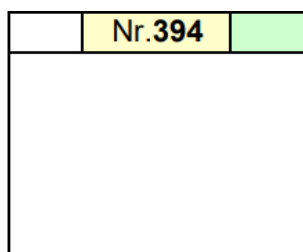
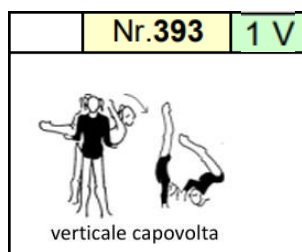
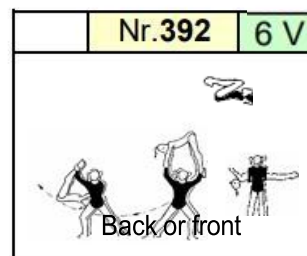
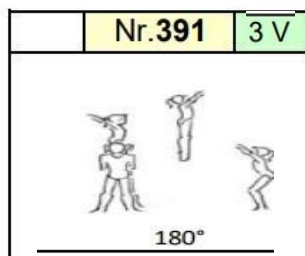
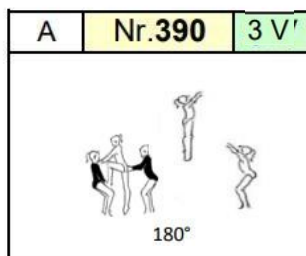
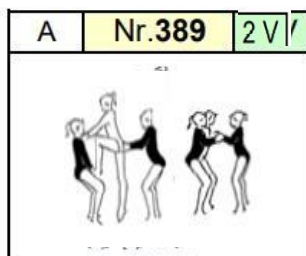
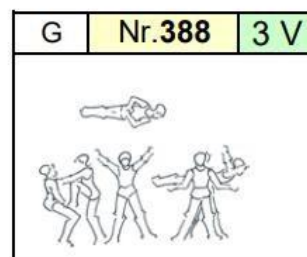
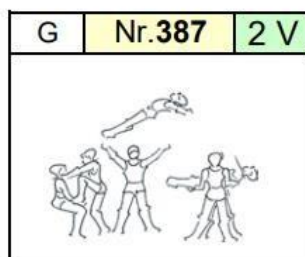
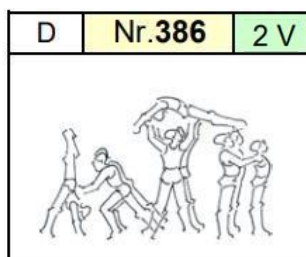
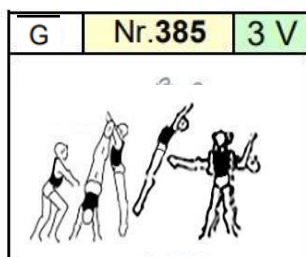
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K1	Nr.242	3 V	
K1	Nr.243	2 V	
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K1	Nr.246	3 V	
K1	Nr.247	4 V	
K1	Nr.248	6 V	
K1	Nr.249	4 V	
K1	Nr.250	3 V	
K1	Nr.251	3 V	
K1	Nr.252	2 V	
K1	Nr.253	1 V	
K1	Nr.254	3 V	
K1	Nr.255	4 V	
K1	Nr.256	4 V	
K1	Nr.257	3 V	
K1	Nr.258	4 V	
K1	Nr.259	3 V	
K1	Nr.260	5 V	
K1	Nr.261	5 V	
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K1	Nr.263	4 V	
K1	Nr.264	8 V	

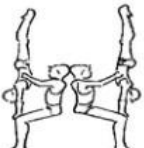
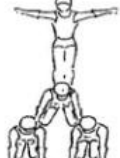
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K2	Nr.269	4 V	K2	Nr.270	3 V	K2	Nr.271	4 V	K2	Nr.272	6 V
											
K2	Nr.273	2 V	K2	Nr.274	2 V	K2	Nr.275	3 V	K2	Nr.276	3 V
											
K2	Nr.277	4 V	K2	Nr.278	5 V	K2	Nr.279	6 V	K2	Nr.280	8 V
											
K2	Nr.281	8 V	K2	Nr.282	5 V	K2	Nr.283	3 V	K2	Nr.284	2 V
											
K2	Nr.285	3 V	K2	Nr.286	5 V	K2	Nr.287	4 V	K2	Nr.288	2 V
											

K3	Nr.289	1 V	K3	Nr.290	3 V	K3	Nr.291	2 V	K3	Nr.292	2 V
											
K3	Nr.293	3 V	K3	Nr.294	5 V	K3	Nr.295	4 V	K3	Nr.296	5 V
											
K3	Nr.297	7 V	K3	Nr.298	6 V	K3	Nr.299	6 V	K3	Nr.300	5 V
											
K3	Nr.301	8 V	K3	Nr.302	5 V	K3	Nr.303	5 V	K3	Nr.304	7 V
											
K3	Nr.305	7 V	K3	Nr.306	1 V	K3	Nr.307	2 V	K3	Nr.308	2 V
											
K3	Nr.309		K3	Nr.310		K3	Nr.311		K3	Nr.312	

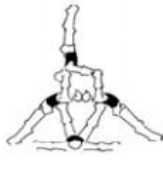
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G	Nr.343	3 V	
A	Nr.344	2 V	
A	Nr.345	2 V	
G	Nr.346	3 V	
A	Nr.347	2 V	
A	Nr.348	3 V	
A	Nr.349	3 V	
G	Nr.350	4 V	
G	Nr.351	4 V	
A	Nr.352	2 V	
G	Nr.353	2 V	
G	Nr.354	2 V	
G	Nr.355	3 V	
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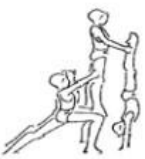
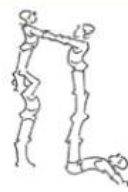
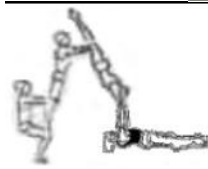
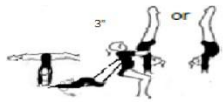


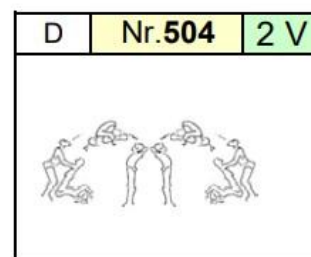
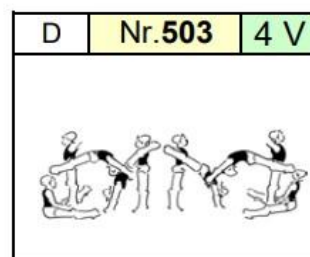
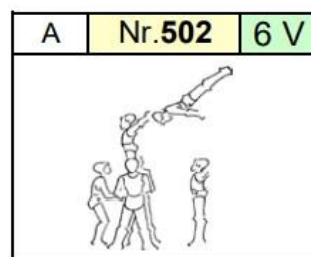
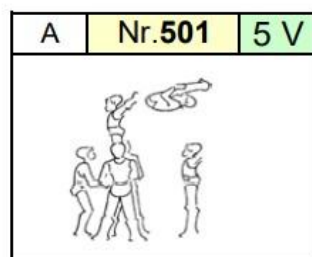
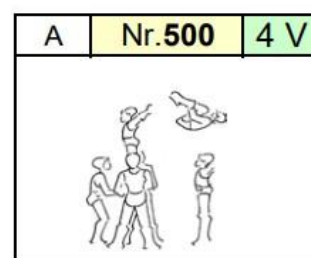
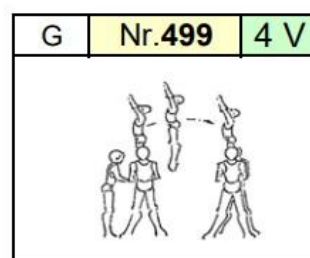
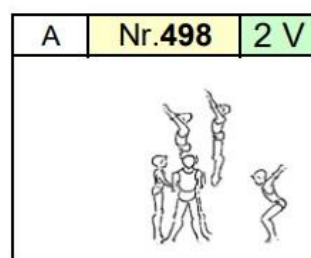
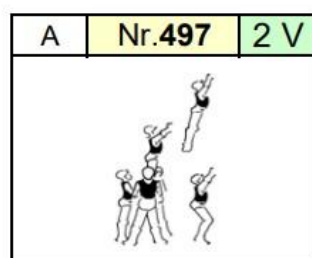
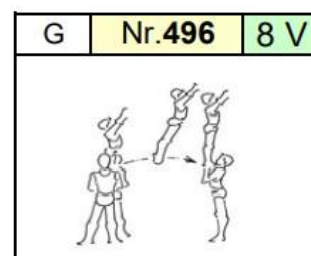
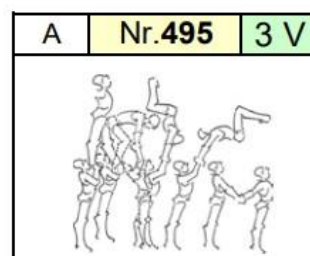
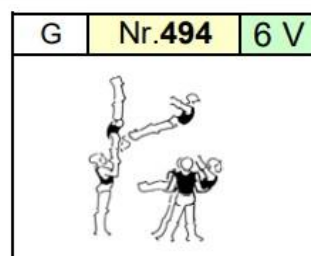
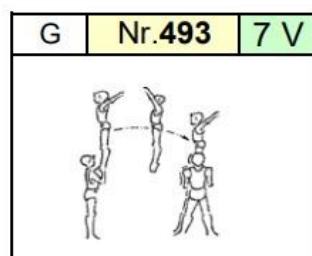
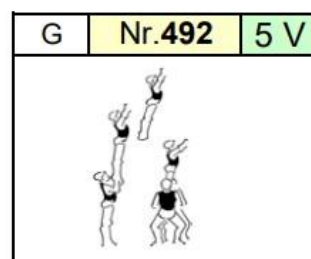
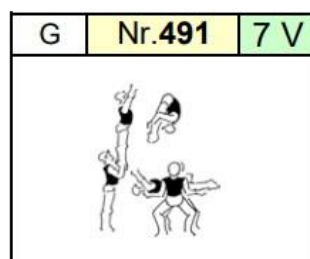
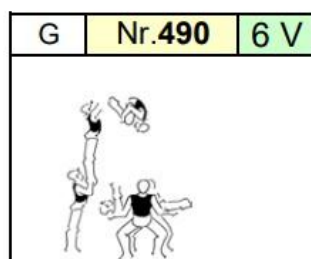
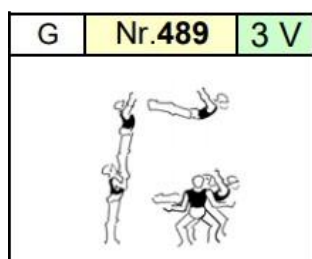
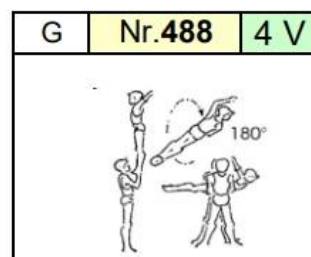
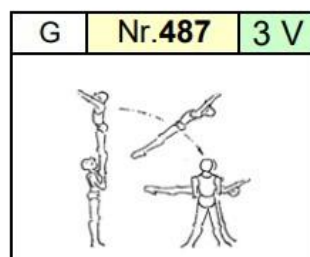
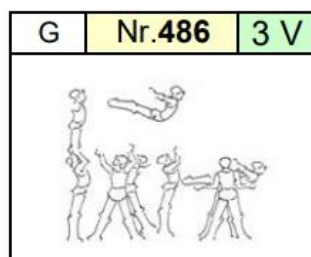
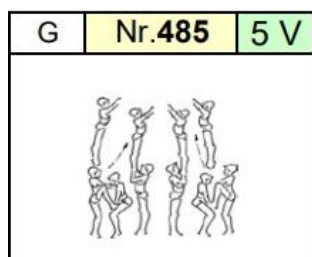
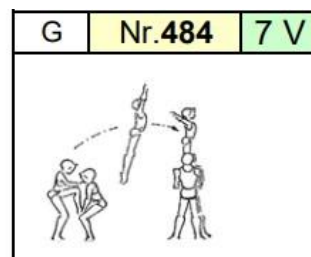
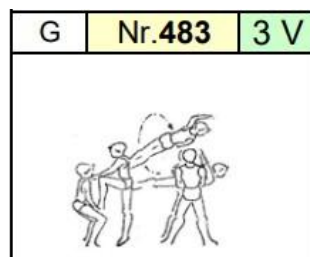
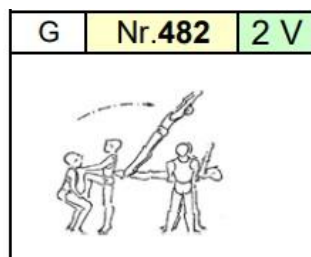
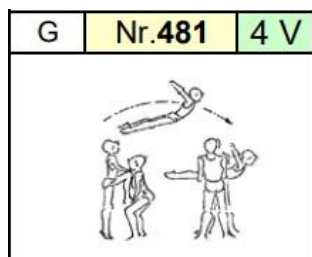


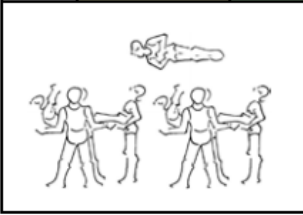
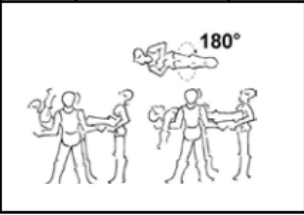
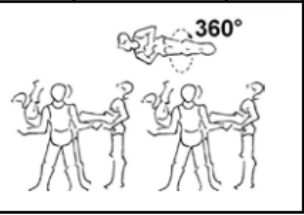
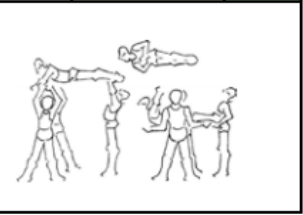
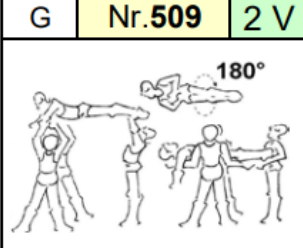
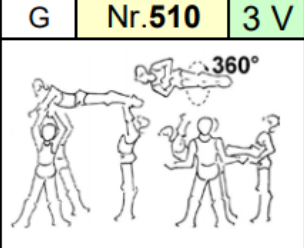
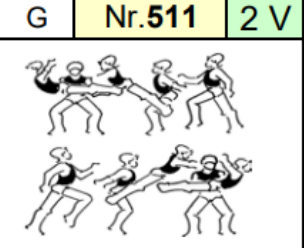
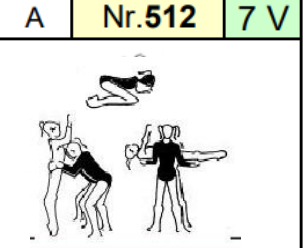
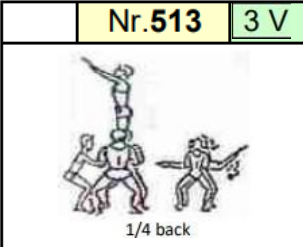
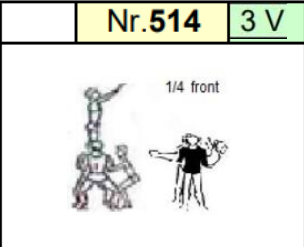
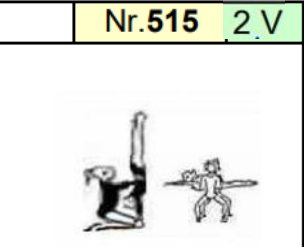
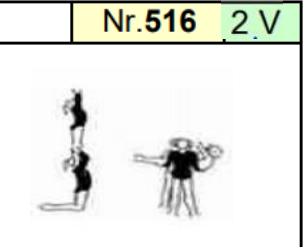
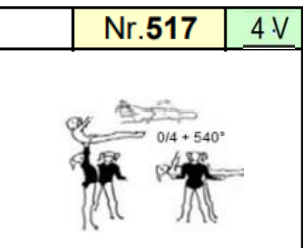
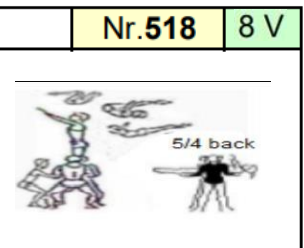
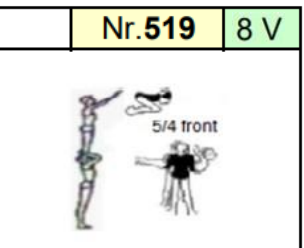
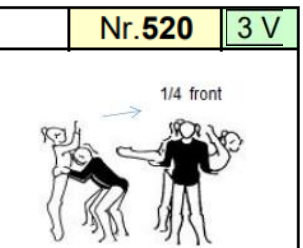
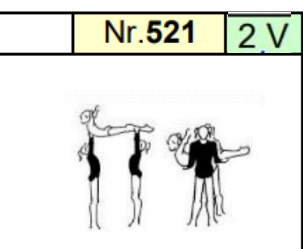
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K1	Nr.411	4 V	
K1	Nr.412	7 V	
K1	Nr.413	4 V	
K1	Nr.414	3 V	
K1	Nr.415	6 V	
K1	Nr.416	2 V	
K1	Nr.417	6 V	
K1	Nr.418	3 V	
K1	Nr.419	5 V	
K1	Nr.420	6 V	
K1	Nr.421	4 V	
K1	Nr.422	3 V	
K1	Nr.423	4 V	
K1	Nr.424	3 V	
K1	Nr.425	3 V	
K1	Nr.426	2 V	
K1	Nr.427	4 V	
K1	Nr.428	3 V	
K1	Nr.429	3 V	
K1	Nr.430	1 V	
K1	Nr.431	4 V	
K1	Nr.432	4 V	

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K2	Nr.433	3 V	
K2	Nr.434	5 V	
K2	Nr.435	4 V	
K2	Nr.436	4 V	
K2	Nr.437	2 V	
K2	Nr.438	3 V	
K2	Nr.439	9 V	
K2	Nr.440	5 V	
K2	Nr.441	4 V	
K2	Nr.442	6 V	
K2	Nr.443	10 V	
K2	Nr.444	6 V	
K2	Nr.445	2 V	
K2	Nr.446	6 V	
K2	Nr.447	4 V	
K2	Nr.448	3 V	
K2	Nr.449	4 V	
K2	Nr.450	4 V	
K2	Nr.451	10 V	
K2	Nr.452	4 V	
K2	Nr.453		
K2	Nr.454		
K2	Nr.455		
K2	Nr.456		

K3	Nr.457	1 V	
K3	Nr.458	5 V	
K3	Nr.459	6 V	
K3	Nr.460	8 V	
K3	Nr.461	3 V	
K3	Nr.462	5 V	
K3	Nr.463	6 V	
K3	Nr.464	6 V	
K3	Nr.465	6 V	
K3	Nr.466	7 V	
K3	Nr.467	8 V	
K3	Nr.468	1 V	
K3	Nr.469	4 V	
K3	Nr.470	7 V	
K3	Nr.471	5 V	
K3	Nr.472	6 V	
K3	Nr.473	2 V	
K3	Nr.474	4 V	
K3	Nr.475	6 V	
K3	Nr.476		
K3	Nr.477		
K3	Nr.478		
K3	Nr.479		
K3	Nr.480		



G	Nr.505	1 V	
G	Nr.506	2 V	
G	Nr.507	3 V	
G	Nr.508	1 V	
G	Nr.509	2 V	
G	Nr.510	3 V	
G	Nr.511	2 V	
A	Nr.512	7 V	
	Nr.513	3 V	
	Nr.514	3 V	
	Nr.515	2 V	
	Nr.516	2 V	
	Nr.517	4 V	
	Nr.518	8 V	
	Nr.519	8 V	
	Nr.520	3 V	
	Nr.521	2 V	
	Nr.522		
	Nr.523		
	Nr.524		
	Nr.525		
	Nr.526		
	Nr.527		
	Nr.528		

