2nd Christmas Acro Cup 2026
International Acrobatic Gymnastics Tournament
December 10-13, 2026 – Thessaloniki, Greece

Official Invitation

The Sport Association of Gymnastics Clubs of North Greece (AESGVE) is pleased to invite you to the 2nd Christmas Acro Cup, an Acrobatic Gymnastics Tournament being held for the second consecutive year in Thessaloniki. The tournament will take place at the "Ioannis Melissanidis" Sports hall, part of the national sports center of Mikra, from December 10th to 13th, 2026. This event is held under the auspices of the AESGVE, Hellenic Gymnastics Federation, Hellenic Republic Region of Central Macedonia and National Sports Centers of Thessaloniki.

Directives

1. Discipline

Acrobatic Gymnastics

2. Organizing Committee

Sport Association of Gymnastics Clubs of North Greece & Hellenic Gymnastics Federation
Competition Manager: Elisavet Skevi
Phone: +30 6986095994(viber)
✉: christmasacrocupthessaloniki@gmail.com

3. Location

Thessaloniki, Greece

4. Dates

From **December 10th to 13th, 2026**

5. Venue

National gym of Mikra sports complex
"Ioannis Melissanidis" Sports hall
Thessaloniki 55132, Greece



6. Delegation size

Each Delegation may include:
1 Head of delegation
1 Doctor
1 Physiotherapist
Unlimited Coaches
Unlimited acrobatic P/G
1 Choreographer

At least 1 judge is mandatory – 250€ penalty fee
If the judges are international, a 50% discount is provided on their accommodation costs.

For teams with participation of 30 gymnasts or more, a free accommodation package for 2 coaches will be provided.

7. Age Limit

Beginner: from 6 years old to 13 years old (2020-2013)
Novice: from 7 years old to 15 years old (2019-2011)
Aspire: from 8 years old to 16 years old (2018-2010)
Open: from 9 years old and above (2017 and before)
Pre – Youth: from 9 years old to 16 years old (2017-2010)
Youth: from 10 years old to 18 years old (2016-2008)
Junior: from 11 years old to 19 years old (2015-2007)
Senior: minimum 13 years old and above (2013 and before)

8. Technical Rules

All the FIG rules considered as valid in 2026:

- Technical Regulations
- Code of Points (2025-2028)
- World Age Group Rules (latest version)
- All the official FIG newsletter will be applied
- Appendix 1 – Appendix 2 – Appendix 3
- National Regulations for Open category

Finals: top 6 (from 1 to 8 P/G), top 8 (from 9 to 16 P/G) or top 12 (from 16 and above P/G)

9. Competition Format

Qualifications and Finals in all categories.

Qualifications (Beginner-Novice-Aspire): 1 Combined Exercise.
Qualifications (Pre-Youth, Youth, Junior): 1 Balance and 1 Dynamic Exercise.
Qualifications (Open, Senior): 1 Balance, 1 Dynamic, 1 Combined Exercise.
It is possible in all categories to participate in only one exercise (Balance or Dynamic) and be ranked in it.
Only those who present two exercises (Balance and Dynamic) can qualify for the final. Finals start from zero.

In the Pre-youth Finals WP, MP and MG will present a Dynamic Exercise, MxP and WG will present a Balance Exercise.
In the Final of Open, Youth, Junior and Senior, each pair and group will present a Combined Exercise.

In case of a tie at any place, the tiebreaking rules shall be applied.

Pre-Youth:	Age Group 11-16 FIG rules
Youth:	Age Group 12-18 FIG rules
Junior:	Age Group 13-19 FIG rules
Senior:	Senior FIG rules
Open:	Age Group 9+ According National Technical Regulation for cat. Open (see p.8)
Beginner:	Age Group 6-13 – Appendix 1(see p.9)
Novice:	Age Group 7-15 – Appendix 2(see p.11)
Aspire:	Age Group 8-16 – Appendix 3(see p.13)

10. Awards

1st place: Gold Medal

2nd place: Silver Medal

3rd place: Bronze Medal

4th – 6th place: Diploma

Beginner – Novice – Aspire: Combined Exercise
Pre-youth: Balance Ranking, Dynamic Ranking and Final Ranking
Open, Youth, Junior and Senior: Balance Ranking, Dynamic Ranking and Combined Ranking.
At the categories Open and Senior medals will be awarded for the Balance exercise and the Dynamic exercise from the qualifying ranking without repeating the exercises if there are fewer than 3 participants.

There will be no team competition in any category.

Cup:
Beginner – Novice – Aspire – Pre-Youth: Final (starting from the zero)
Open – Youth – Junior – Senior: All around

Special Awards:

1) The largest team

2) The youngest gymnast

3) Best choreography

11. Proposed Schedule

December 9th	Arrival of the delegations – Training - Orientation Meeting
December 10th	Opening Ceremony – Qualifications – Awards
December 11th	Qualifications – Awards
December 12th	Qualifications – Awards – Farewell Party
December 13th	Finals – Gala Show – Closing Ceremony - Awards

At the end of deadline of the preliminary registration, the provisional program will be announced. The order of the pairs/group's exercises will be determined by drawing lots.

12. Closing Ceremony – Gala Show

A Gala Show will be held at the Closing Ceremony where ONLY gymnasts participating in the tournament will be able to take part. Participation forms must be completed with all the necessary information and sent by November 25th to christmasacrocupthessaloniki@gmail.com.

13. Entry Fee

60€ per gymnast to join the Christmas Acro Cup if booking through the OC.
80€ per gymnast to join the Christmas Acro Cup if NOT booking through the OC.
Must be paid until November 9th, 2026 by bank transfer to
IBAN: GR53 0110 2560 0000 2562 9600 609
Snacks and souvenirs will be offered to all participants at the tournament.

14. Accommodation and Meals

The following prices are per person, per day and include:

1. Hotels near the Gym (halfl board breakfast and dinner).
2. Transfer from the airport "Macedonia" to the hotels (round trip).
3. Possibility of option for lunch box at the gym. Cost 20€ per person.

Hotels:

- Athina Airport Hotel (6.5km from the gym)

Triple room 80€

Double room 100€

Single room 130€

The clubs assume all accommodation costs of their delegation members. The accommodation costs must be paid to the organizing committee as follows.

50% until November 9th, 2026 by bank deposit to IBAN: GR53 0110 2560 0000 2562 9600 609
The remaining amount can be paid in advance by bank deposit or during receipt of the accreditation with the possibility of cash.

Taxes related to interbank transactions are borne by the clubs.

No refunds will be given for cancellations after November 9th, 2026.

15. Tariff sheets and music

- Tariff sheets should be sent by November 25th, 2026 to the following email: tariffsheets.christmasacrocup@gmail.com
- Music should be sent in mp3 format by November 25th, 2026 to the following email: music.christmasacrocup@gmail.com
- MP3 Title (example): 12-18_WP_BAL_BASE_TOP_COUNTRY_CLUB

Coaches are requested to have the music in mp3 format available on a USB stick.

16. Orientation Meeting and Accreditation

The Orientation Meeting and the receipt of accreditations will take place on **December 9th, 2026** at the **Mikra Sports Complex**. The exact time will be announced together with the Tournament schedule.

17. Visa

Please verify immediately with your travel agent or Greek Embassy or Consulate in your country if a visa is required for your travel to Greece. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made **before 25th November 2026** to the LOC. The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, arrival and departure dates of Delegation Members as well as the city the visa application support letter must be sent to.

18. Insurance

All delegations are responsible for having the necessary insurance coverage against accident and illness. The OC will not be responsible for any liabilities in case of accident or illness.

19. Entry Forms

Entry forms should be completed and sent to christmasacrocupthessaloniki@gmail.com by the following dates:

- Provisional Registration Form: October 9th, 2026
- Nominative Registration Form: November 9th, 2026 (entry fee + 50% of accommodation cost) Please, along with the name declaration, send us the hotel declaration (detailed room details) and your travel schedule.
- Gala Show Registration Form: November 25th, 2026

20. Live Streaming

The event will be covered with live streaming by the company HERMES.

21. Farewell Party

30€ per person. Free for those who book the accommodation package through the Organizing Committee.

22. Deadlines and Financial Obligations

PROVISIONAL REGISTRATION FORM	October 9th, 2026
NOMINATIVE REGISTRATION FORM	November 9th, 2026
PAYMENT OF ENTRY FEE	November 9th, 2026
PAYMENT OF ACCOMMODATION COST (50%)	November 9th, 2026
VISA REQUEST FORM	November 25th, 2026
TARIFF-SHEETS SENDING	November 25th, 2026
MP3 MUSIC SENDING	November 25th, 2026
GALA SHOW RESISTRATION FORM	November 25th, 2026
PAYMENT OF THE REST OF THE ACCOMMODATION COST	December 9th, 2026

Age Group 9+, Category Open

General Provisions

- The maximum permitted age difference between athletes is **9 years**.
- From the age of **15 years and above**, no restriction applies regarding age difference.
- Participation is **not permitted** if the above conditions are not met.

ARTICLE 1: COMPETITION STRUCTURE

1.1 The competition structure, the composition of exercises and the judging criteria follow the regulations of **seniors**, except where specifically modified in this section.

- Penalties concerning height difference shall be applied in accordance with the regulations of **seniors**.
- All requirements and restrictions established in **seniors** also apply to this age group.
- Up to the age of **19 years**, age group restrictions and forbidden elements for Groups: remain in force.

ARTICLE 2: COMPOSITION OF EXERCISES

3.1 Exercise composition is defined by the regulations of **seniors**, with the exception of age group restrictions and forbidden elements for athletes under 19 years old.

ARTICLE 3: INDIVIDUAL EXERCISES

3.1 Individual exercises are governed entirely by the provisions applicable to **seniors.**

APPENDIX 1

TECHNICAL REGULATIONS FOR BEGINNERS AGE GROUP 6-13

General Rules:

- Each Couple or Group must present a mixed program, which must be choreographed and performed with music.
- The program consists of compulsory exercises, selected from the Tables of Category E of the Internal Regulation.
- The duration of the programs should not exceed 2.00 minutes. There is a tolerance of 1 second before the time penalty is imposed. There is no minimum duration.
- The first note of the music defines the beginning of the program (not the beep). The end of the program is the static position of the athletes, which should coincide with the end of the music.
- There is no penalty for height, however the rules for the reasonable relationship between athletes in the artistry score apply.
- Each couple/group must present the compulsory elements which are designed in the Table of Compulsory Exercises.
- The difficulty value of the program is calculated up to a maximum of 0.5.

Difficulty Value of Compulsory Elements
0,0
0,1
0,2
0,3
0,4
0,5

A penalty of 1.0 is imposed when:

- A requirement is missing or more exercises are performed.
- An individual exercise exceeds the maximum value.
- A prohibited exercise is presented.

This penalty is given for each violation, even if the performed exercise is not recorded in the Tariff sheet.

Individual exercises:

- Each athlete performs exactly 3 individual exercises (balance or dynamic). The one minimum must be selected from the tumbling category.
- Individual exercises selected from the FIG difficulty tables must not exceed a value of 10.
- Individual Tumbling exercises (flash flock, jump, hand shift, wheel...) must follow movement (running, rotating, etc.) and land on one or two legs depending on the type of element. If an individual exercise has not been declared, then the next exercise does not receive a difficulty value.

-No choreographic turn and jump required.

-A penalty of 0.30 is given for an incorrect Tariff Sheet – e.g. the wrong order of exercises or the wrong exercise. This penalty is applied only **once** per program.

-All special requirements must be present in the exercises stated in the Exercise Sheet.

***Exception:* If an exercise is performed other than the one declared for difficulty in the Exercise Sheet by the coach, the athletes will not get the difficulty value of the exercise. If the exercise counts towards the special requirements, they will get a reduction of 0.30 for an incorrect Tariff sheet.**

Landings of all dynamic exercises declared on the exercise sheet must be supported. If the landing is done without support, a penalty of 0.50 (Difficulty Judge) will be given for each case.

COMPOSITION OF PAIRS PROGRAMS:

There must be two (2) compulsory balance exercises, each exercise selected from a different series, I, II and III from the Table of compulsory exercises of category E.
e.g. one from series I, one from series II, etc.
- There must be two (2) compulsory dynamic exercises, each exercise selected from a different series, I, II and III from the Table of compulsory exercises of category E. e.g. one from series I, one from series II, etc.

COMPOSITION OF TEAM PROGRAMS:

Two (2) pyramids, selected from a row from the Table of compulsory exercises. Each pyramid must be performed as a separate construction.
- Each team must present two (2) group dynamic exercises selected from a different order from the Table of Compulsory Exercises, e.g. one from series I, one from series II, etc.

Ties in the qualifiers:

- The highest degree of Execution prevails. If the tie remains, the tie is maintained.

Tiebreaks in the finals:

- The highest degree of Execution prevails, after the highest sum of the Execution and the Artistry. If the tie remains, the tie is maintained.

APPENDIX 2

TECHNICAL REGULATIONS FOR NOVICE AGE GROUP 7-15

General Rules:

- Each Couple or Group must present a mixed program, which must be choreographed and performed with music.
- The program consists of compulsory exercises, selected from the Tables of category D of the Internal Regulation.
- The duration of the programs should not exceed 2.00 minutes. There is a tolerance of 1 second before the time penalty is imposed. There is no minimum duration.
- The first note of the music defines the beginning of the program (not the beep). The end of the program is the static position of the athletes, which should coincide with the end of the music.
- There is no penalty for height, however the rules for the reasonable relationship between athletes in the artistry score apply.
- Each couple/group must present the compulsory elements which are designed in the Table of Compulsory Exercises of Category D.
- The difficulty value of the program is calculated up to a maximum of 0.5.

Difficulty Value of Compulsory Elements
0,0
0,1
0,2
0,3
0,4
0,5

A penalty of 1.0 is imposed when:

- A requirement is missing or more exercises are performed.
- An individual exercise exceeds the maximum value.
- A prohibited exercise is presented.

This penalty is given for each violation, even if the performed exercise is not recorded in the Tariff sheet.

Individual exercises:

- Each athlete performs exactly 3 individual exercises (balance or dynamic). The one minimum must be selected from the tumbling category.
- Individual exercises selected from the FIG difficulty tables must not exceed a value of 10.
- Individual Tumbling exercises (flick flake, jump, handshake, wheel...) must follow movement (running, rotating, etc.) and land on one or two legs depending on the type of element. If an individual exercise has not been declared, then the next exercise does not receive a difficulty value.
-No choreographic turn and jump required.
-A penalty of 0.30 is given for an incorrect Tariff Sheet – e.g. the wrong order of exercises or the wrong exercise. This penalty is applied only **once** per program.
-All special requirements must be present in the exercises stated in the Exercise Sheet.

***Exception:* If an exercise is performed other than the one declared for difficulty in the Exercise Sheet by the coach, the athletes will not get the difficulty value of the exercise. If the exercise counts towards the special requirements, they will get a reduction of 0.30 for an incorrect Tariff sheet.**

Landings of all dynamic exercises declared on the exercise sheet must be supported. If the landing is done without support, a penalty of 0.50 (Difficulty Judge) will be given for each case.

COMPOSITION OF PAIRS PROGRAMS:

There must be two (2) compulsory balance exercises, each exercise selected from a different series, I, II and III from the Table of compulsory exercises of category D.
e.g. one from series I, one from series II, etc.
- There must be two (2) compulsory dynamic exercises, each exercise selected from a different series, I, II and III from the Table of compulsory exercises. e.g. one from series I, one from series II, etc.
- One of the dynamic exercises must be gripping.

COMPOSITION OF GROUP PROGRAMS:

Two (2) pyramids, selected from a row from the Table of compulsory exercises of category D. Each pyramid must be performed as a separate construction.
- Each team must present two (2) group dynamic exercises selected from a different order from the Table of Compulsory Exercises, e.g. one from row I, one from row II, etc.
- One of the dynamic exercises must be catch.

Draws in the qualifiers:

- The highest Execution score prevails. If the tie remains, the tie is maintained.

Tiebreaks in the finals:

- The highest degree of Execution prevails, after the highest sum of the Execution and the Artistry. If the tie remains, the tie is maintained.

APPENDIX 3

ASPIRE TECHNICAL REGULATIONS FOR AGE GROUPS 8-16

General Rules:

- Each Couple or Group must present a mixed program, which must be choreographed and performed with music.
- The program consists of compulsory exercises, selected from the FIG Pre-Youth rules (11-16), and free exercises, selected from the FIG difficulty tables.
- The duration of the programs should not exceed 2.00 minutes. There is a tolerance of 1 second before the time penalty is imposed. There is no minimum duration.
- The first note of the music defines the beginning of the program (not the beep). The end of the program is the static position of the athletes, which should coincide with the end of the music.
- There is no penalty for height, however the rules for the reasonable relationship between athletes in the artistry score apply.
- Each couple/group must present the compulsory elements which are designed in the Table of Compulsory Exercises.
- Each pair/group must also present the required number of free exercises. Free exercises can be selected from the Table of Compulsory exercises, but not from the same order used to select the compulsory exercises and must be declared from the FIG difficulty tables (to indicate that it is a free exercise).
- Free exercises are not used in calculating the Difficulty value of the program, although they must be presented according to the specific Requirements.
- The difficulty value of the program is calculated up to a maximum of 0.5.

Difficulty Value of Compulsory Elements
0,0
0,1
0,2
0,3
0,4
0,5

A penalty of 1.0 is imposed when:
- A requirement is missing or more exercises are performed.
- A group or individual exercise exceeds the maximum value.
- Simple exercises exceed the maximum spin or turn limit or the maximum value of 5.
- A prohibited exercise is presented.

This penalty is given for each violation, even if the performed exercise is not recorded on the Tariff sheet.

Individual exercises:
- Each athlete performs exactly 3 individual exercises (balance or dynamic). There is no requirement for jumping.
- Individual exercises selected from the FIG difficulty tables must not exceed the value of 10.
- Individual Tumbling exercises (flick flake, jump, handling...) must be preceded by movement (running, rodeting, etc.) and land on one or two legs depending on the type of element. If an individual exercise has not been declared, then the next exercise does not receive a difficulty value.

Each pair or group can use simple inputs, motions, links, grabs and dismounts. These exercises should:
- Be selected from the Fig Difficulty Table or Difficulty Tables
- Do not exceed a value of 5.
- Not to exceed **3/4** in rotation and **360°** rotation

-A penalty of 0.30 is given for an incorrect Tariff Sheet – e.g. the wrong order of exercises or the wrong exercise. This penalty is applied only **once** per program.

-All special requirements must be present in the exercises stated in the Exercise Sheet.

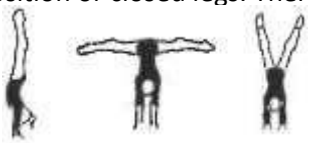
<u>Exception:</u> If an exercise is performed other than the one declared for difficulty in the Exercise Sheet by the coach, the athletes will not get the difficulty value of the exercise. If the exercise counts towards the special requirements, they will get a reduction of 0.30 for an incorrect Tariff sheet.

- Only 2 dismounts count for difficulty
- The maximum number of dismounts in the program is 3

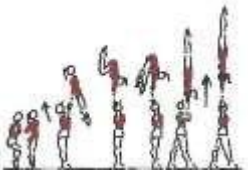
Landings of all dynamic exercises declared on the exercise sheet must be supported. If the landing is done without support, a penalty of 0.50 (Difficulty Judge) will be given for each case.

Exceptions: Support is optional on landings from "cannon-ball" exercises and the 5/4 gainer jump from clasp.

- For development purposes, in balance and dynamic programs, of pairs and groups, **all verticals** in the arms can be presented with open or any permitted position or closed legs. There is no need to specify the position of the legs on the Tariff sheet.



-Exercises that move from low hands to high hands as listed in the table of compulsory can be presented first in low hands and moved vertically to high hands as a movement, but the low position must be included in the movement.



<u>COMPOSITION OF PAIRS PROGRAMS:</u>

-There must be two (2) compulsory balance exercises, each exercise selected from a different series, I, II, III, and IV from the Table of compulsory exercises. e.g. one from row I, one from series II, etc.
- There must be one (1) free Balance exercise selected from the difficulty tables of FIG.
- There must be two (2) compulsory dynamic exercises, each exercise selected from a different series, I, II, III, and IV from the Table of compulsory exercises. e.g. one from row I, one from series II, etc.
- There must be one (1) free dynamic exercise selected from the FIG difficulty tables.
- One of the dynamic exercises must be gripping.

Restrictions for pairs:

- The difficulty of the Free Dynamic Exercises must be from 1 to 14.
- The difficulty of the Free Balance Exercises must be from 1 to 9.

<u>COMPOSITION OF GROUP PROGRAMS:</u>

One (1) pyramid, selected from a series from the Table of compulsory exercises.
- One (1) free pyramid selected from the Fig Difficulty Tables, with a minimum difficulty value of 4 and a maximum of 16 for the static position of all athletes. (value of the position of the bases + the value of the top) and cannot be joined to the mandatory pyramid. Each pyramid must be performed as a separate construction.
- Each group must present two (2) group dynamic exercises selected from a different order from the Table of Mandatory Exercises, e.g. one from row I, one from row II, etc.
- One (1) free dynamic exercise from the Difficulty Tables of Fig
- One of the dynamic exercises must be grippy.

Restrictions for groups:
- The difficulty of the free group exercises must be with a minimum difficulty value of 1 and a maximum of 14 for Women and a maximum of 10 for men.
- In total, 3 horizontal catches can be performed in the Women's Groups.
- Men's Quartets can perform 1 horizontal grip selected from the Table of mandatory exercises and 1 free horizontal grip selected from the FIG difficulty tables.

Tiebreakers in the qualifiers:
- The highest Execution score prevails. If the tie remains, the tie is maintained.

Tiebreaks in the finals:
- The highest degree of Execution prevails, after the highest sum of the Execution and the Artistry. If the tie remains, the tie is maintained.