



# **SPORTS ACROBATIK**

## **INTERNATIONALT REGLEMENT**

**YOUTH (DK4)**

**2023-2026**

# Nationalt Reglement - YOUTH

Regler for deltagelse er beskrevet i Sports Acrobatic Konkurrencebestemmelser. Der kan gives et mindre CJP-fradrag for dragter, og INTET CJP-fradrag ved højdeforskel i dette reglement.

## Regler / Indhold i rutinen


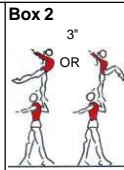
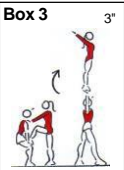
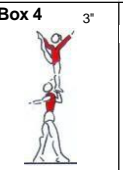
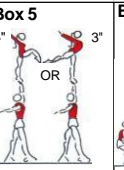
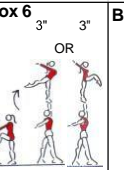
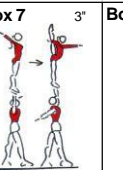
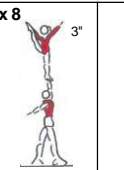


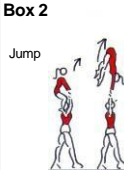
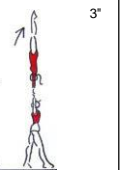

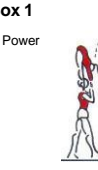


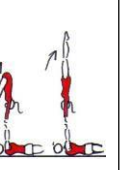

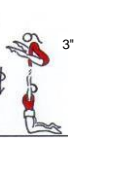
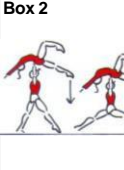
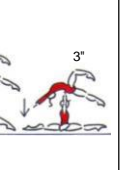
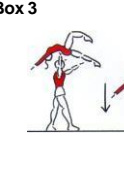
1	Der er 4 kategorier – PIGE PAR, DRENGE PAR, MIX PAR eller GRUPPE.							
2	I danske youth konkurrencer, skal deltagerne være minimum 7år og max 16 år (fyldt i kalenderåret januar-december)							
3	Top og bund/bønder må ikke bytte plads i løbet af rutinen.							
4	Par og grupper skal præsentere en kombineret rutine, med en længde der ikke må overstige 2 min., der er ikke noget minimumskrav.							
5	Par og grupper skal præsentere én kombineret rutine og opfylde følgende krav:							
6	PAR momenter: 2 balance momenter fra 11-16 tabellerne (2x3") + 1 valgfrit balance moment fra "FIG TOD" (1x3"). 2 tempo momenter + 1 valgfrit tempo moment fra "FIG TOD"							
7	GRUPPE momenter: 2 separate pyramider: 1 moment fra 11-16 tabellerne + 1 valgfrit balance moment fra "FIG TOD". (2x3" statiske hold er et krav til rutinen) 2 tempo momenter fra 11-16 tabellerne + 1 valgfrit tempo moment fra "FIG TOD"							
8	De valgfrie momenter og individuelle momenter tæller ikke med i DV, dog skal disse udføres for at opfylde SR.							
9	Det valgfrie moment, må gerne være repræsenteret på 11-16 tabellerne, men det må ikke være i samme række som de(t) valgte tempo og/eller balance moment. Grænseværdien for dette moment står i den blå boks i øverste højre hjørne af tabellen. Der gives et CJP-fradrag på 1.0, hvis dette overskrides							
10	PAR + GRUPPE individuelle momenter: 2-3 forskellige individuelle momenter fra "FIG TOD", herunder 1 moment fra cat. 1 (Balance, agility og flexibility) og 1 moment fra cat. 2 (Tumbling). Det 3. individuelle moment er valgfrit mellem disse kategorier, dog OBS art. 27 i COP							
11	Der gives et CJP-fradrag på 1.0 for hvert manglende acrobatiske- og/eller individuelle moment.							
12	Kast fra vugge til grib i vugge, er der fri start position.							
13	Fri ben position i håndstand.							
14	Alle toppositioner i er fri, hvor der er en markering med 2 pile i illustrationen, men der SKAL være en illustration af positionen i rutineskemaet.							
15	Illustrationerne kopieres ind i acro-companion i den rækkefølge momenterne udføres i (se eks. På GymDanmarks hjemmeside).							
16	Sværhedsgraden (Diffuculty Value) udregnes ved sammentælling af værdien af balance momenter + værdien af tempo momenter som udføres, dog op til max 0,5 <table border="1" data-bbox="625 1778 1120 2004"><thead><tr><th>D-value af obligatoriske momenter</th></tr></thead><tbody><tr><td>0,0</td></tr><tr><td>0,1</td></tr><tr><td>0,2</td></tr><tr><td>0,3</td></tr><tr><td>0,4</td></tr><tr><td>0,5</td></tr></tbody></table>	D-value af obligatoriske momenter	0,0	0,1	0,2	0,3	0,4	0,5
D-value af obligatoriske momenter								
0,0								
0,1								
0,2								
0,3								
0,4								
0,5								
17	Rutinen bedømmes ud fra Code of Points artikel 6.13 og Sektion 6, 7, 8, 9 og 10							


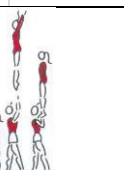
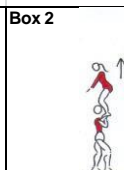


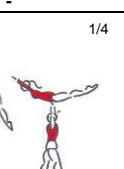
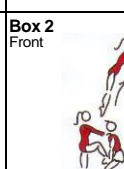
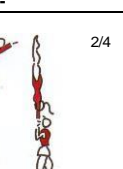
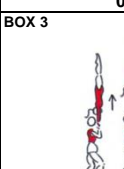


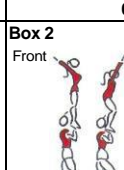

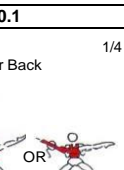
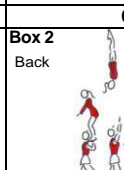

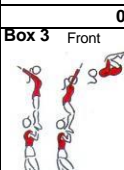
AGE GROUP 11 - 16		BALANCE EXERCISE						WOMEN'S PAIR	
ROW I	Box 1 3"	Box 2 3"	Box 3 3"	Box 4 3"	Box 5 3"	Box 6 3"	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 9		
VALUE	-	0.1	0.1	0.1	0.1	0.2			
ROW II	Box 1 3"	Box 2 3"	Box 3 3"	Box 4 3"	Box 5 3"				
VALUE	-	0.1	0.1	0.2	0.2				
ROW III	Box 1 3"	Box 2 3"	Box 3 3"	Box 4 3"	Box 5 3"	Box 6 3"	Box 7 3"		
VALUE	-	-	0.1	0.2	0.2	0.3	0.3		
ROW IV	Box 1 3"	Box 2 3"	Box 3 3"	Box 4 3"	Box 5 3"				
VALUE	-	-	0.1	0.2	0.2	0.2	0.2		

AGE GROUP 11 - 16		DYNAMIC EXERCISE				WOMEN'S PAIR	
ROW I	Box 1	Box 2	Box 3			2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14	
VALUE	-	0.1	0.2				
ROW II	Box 1 Back 1/4	Box 2 Back 4/4	Box 3 Back OR 4/4	Box 4 Back 4/4			
VALUE	0.1	0.2	0.2	0.3			
ROW III	Box 1 Front 1/4	Box 2 Front 2/4	Box 3 1/4 180'	Box 4 3/4 Front Legs can be straddle or straight			
VALUE	0.1	0.2	0.2	0.3			
ROW IV	Box 1 Back OR OR 4/4	Box 2 Back OR 4/4	Box 3 Back 4/4				
VALUE	0.2	0.2	0.3				

AGE GROUP 11 - 16		BALANCE EXERCISE					MEN'S PAIR	
ROW I	Box 1 3° 	Box 2 3° 	Box 3 3° 	Box 4 3° 				2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 9
VALUE	-	0.1	0.1	0.2				
ROW II	Box 1 3° 	Box 2 3° 	Box 3 3° 	Box 4 3° 	Box 5 3° 	Box 6 3° 	Box 7 3° 	
VALUE	-	0.1	0.1	0.2	0.2	0.2	0.3	
ROW III	Box 1 3° 	Box 2 3° 	Box 3 3° 	Box 4 3° 	Box 5 3° 	Box 6 3° 	Box 7 3° 	
VALUE	-	0.1	0.1	0.2	0.2	0.2	0.3	
ROW IV	Box 1 3° 	Box 2 3° 	Box 3 3° 	Box 4 3° 	Box 5 3° 			
VALUE	-	0.1	0.2	0.3	0.3			

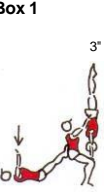
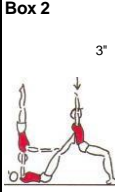
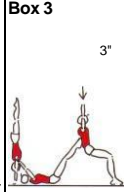
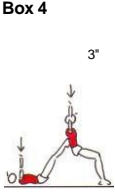
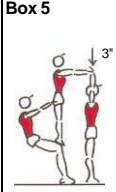
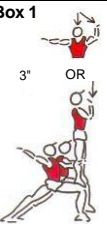
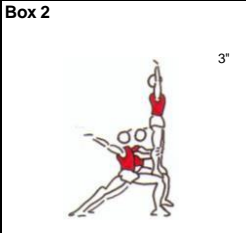
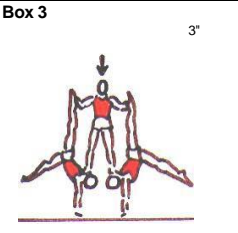
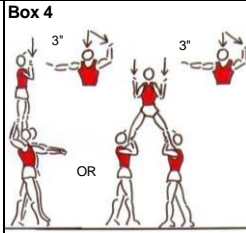
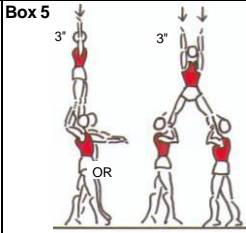
AGE GROUP 11 - 16		DYNAMIC EXERCISE				MEN'S PAIR	
ROW I	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14	
VALUE	0.1	0.1	0.1	0.2	0.2		
ROW II	Box 1 Back 4/4 	Box 2 Back 4/4 	Box 3 Back 4/4 	Box 4 Back 4/4 	Support of men's landing is obligatory		
VALUE	0.1	0.1	0.1	0.2			
ROW III	Box 1 Back 2/4 	Box 2 	Box 3 Front 2/4 	Box 4 Back 2/4 			
VALUE	-	0.1	0.2	0.3			
ROW IV	Box 1 Back 180° 2/4 	Box 2 	Box 3 Front OR 2/4 	Box 4 2/4 180° Front Legs can be straddle or straight 			
VALUE	-	0.1	0.2	0.3			

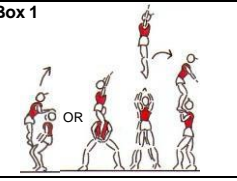
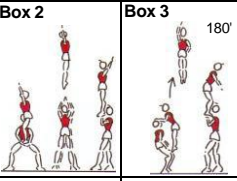
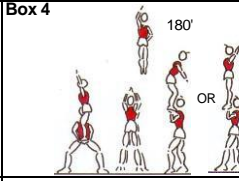
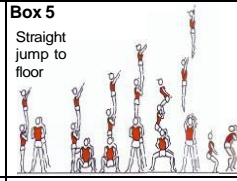
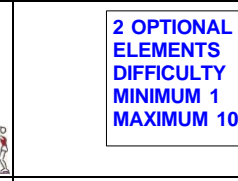
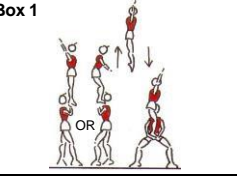
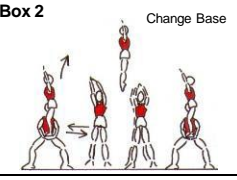
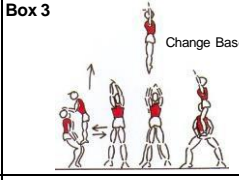
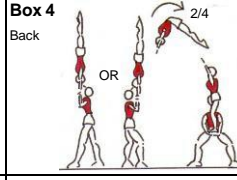
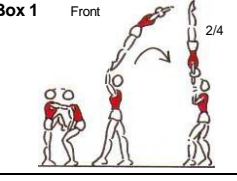
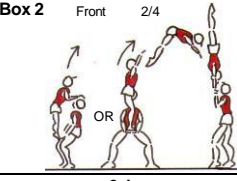
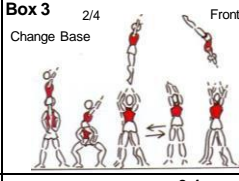
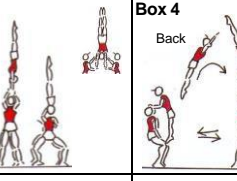
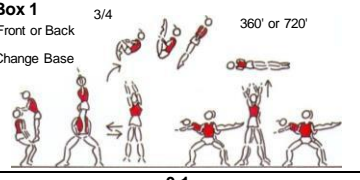
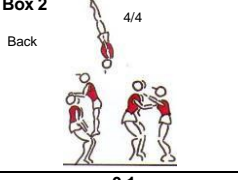
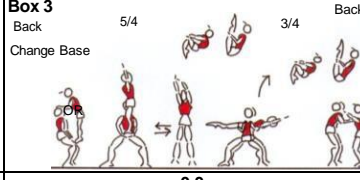
AGE GROUP 11 - 16		BALANCE EXERCISE							MIXED PAIR
ROW I	Box 1  3"	Box 2  3" OR	Box 3  3"	Box 4  3"	Box 5  3" OR	Box 6  3" OR	Box 7  3"	Box 8  3"	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 9
VALUE	-	0.1	0.1	0.2	0.2	0.3	0.3	0.3	
ROW II	Box 1  3" Jump	Box 2  3" Jump	Box 3  3" OR	Box 4  3" OR	Box 5  3" OR				
VALUE	-	0.1	0.1	0.2	0.3				
ROW III	Box 1  3" Power	Box 2  3" Power	Box 3  3" Power	Box 4  3" Power					
VALUE	0.1	0.1	0.2	0.3					
ROW IV	Box 1  3"	Box 2  3"	Box 3  3"	Box 4  3"	Box 5  3"				
VALUE	0.1	0.1	0.1	0.2	0.2				

AGE GROUP 11 - 16		DYNAMIC EXERCISE					MIXED PAIR
ROW I	Box 1 	Box 2 	Box 3  180°	Box 4  180°	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 14 MAXIMUM 14		
VALUE	-	-	0.1	0.1			
ROW II	Box 1  1/4 Front	Box 2  2/4 Front	Box 3 	Box 4  2/4 Back	Box 5  2/4 Back		
VALUE	-	0.1	0.2	0.3	0.3		
ROW III	Box 1  4/4 Back OR	Box 2  4/4 Front OR	Box 3  4/4 Back				
VALUE	0.1	0.2	0.2				
ROW IV	Box 1  1/4 Front or Back OR	Box 2  3/4 Back	Box 3  3/4 Front OR	Box 4  5/4 Front	Box 5  5/4 Back OR		
VALUE	-	0.1	0.1	0.2	0.2		

AGE GROUP 11 - 16		BALANCE EXERCISE					WOMEN'S GROUP
ROW I	Box 1 3"	Box 2 3"	Box 3 3"	Box 4 3"	Box 5 3" 3"	Box 6 3"	1 OPTIONAL PYRAMID HELD 3" DIFFICULTY MINIMUM 4 MAXIMUM 16
VALUE	-	-	0.1	0.1	0.3	0.3	
ROW II	Box 1 3"	Box 2 3" 3" 3"	Box 3 3" 3" 3"	Box 4 3" 3" 3"	Box 5 3"		
VALUE	0.1	0.2	0.2	0.2	0.3		
ROW III	Box 1 3"	Box 2 3"	Box 3 3"	Box 4 3"			
VALUE	-	0.1	0.2	0.4			

AGE GROUP 11 - 16		DYNAMIC EXERCISE					WOMEN'S GROUP
ROW I	Box 1 Front 4/4	Box 2 Back 3/4	Box 3 Front 3/4	Box 4 Front OR Back 360° 540° or 720°	Box 5 Front 6/4		
VALUE	0.1	0.1	0.1	0.1 0.2	0.3		
ROW II	Box 1 Front 1/4	Box 2 Front 3/4	Box 3 3/4	Box 4 Front 4/4		2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14	
VALUE	-	0.1	0.2	0.2			
ROW III	Box 1 Back 1/4	Box 2 Back 3/4	Box 3 Back 4/4	Box 4 Back 5/4			
VALUE	-	0.2	0.2	0.3			
ROW IV	Box 1	Box 2 Back 3/4	Box 3 Front 2/4	Box 4 Back 6/4	Box 5		
VALUE	0.1	0.1	0.2	0.3	0.4		

AGE GROUP 11 - 16		BALANCE EXERCISE					MEN'S GROUP			
ROW I	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 	1 OPTIONAL PYRAMID DIFFICULTY MINIMUM 4 MAXIMUM 16				
VALUE	-	-	-	-	-					
ROW II	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 					
VALUE	0.1	0.2	0.3	0.5	0.5					
T1	T2	T3	T4	T5	T6	T7	T8	T9	T10	
VALUE	-	-	-	-	0.1	0.1	0.1	0.1	0.1	0.2
T11	T12	T13 Power	T14	T15	T16 Power	T17	T18			
VALUE	0.2	0.2	0.2	0.2	0.3	0.3	0.5	0.5		

AGE GROUP 11 - 16		DYNAMIC EXERCISE					MEN'S GROUP	
ROW I	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 10		
VALUE	-	-	0.1	0.1	0.3			
ROW II	Box 1 	Box 2 	Box 3 	Box 4 				
VALUE	-	0.1	0.2	0.2				
ROW III	Box 1 	Box 2 	Box 3 	Box 4 				
VALUE	-	0.1	0.1	0.2				
ROW IV	Box 1 	Box 2 	Box 3 					
VALUE	0.1	0.1	0.3					
							Support of men's landing is obligatory	