



**NUNAWADING GYMNASTICS AND SPORTS
CLUB INC.**

ACROBATIC (ACRO) SQUAD INFORMATION

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NG&SC Committee of Management

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This is an information pack for:

Parents - Coaches – Acrobats



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Welcome to the world of Acrobatic Gymnastics

1. Introduction

Acrobatic Gymnastics or **Acro** as it is often called is one of seven different gymnastic disciplines under the Gymnastics Australia and Gymnastics Victoria Umbrella. They are all governed by the “Federation Internationale De Gymnastique” or FIG. The FIG Code of Points and Technical Regulations cover all rules and regulations which are then interpreted by Gymnastics Australia into the Australian Levels Program.

The aim of this document is to provide those new to, or already in the sport, an overview of what is required during training, development, competition, and spectating.

1.1 What is ACRO

Acrobatic Gymnastics is a dynamic and spectacular sport for all.

- The sport develops teamwork, courage, strength, stamina, co-ordination, and flexibility.
- ACRO unites power and poise, with grace and beauty to create visually stunning routines that are choreographed to music.
- The Apparatus or Floor is a 12m x 12m sprung floor and each routine lasts no longer than 2 or 2 1/2 minutes each, depending on the level. NB; In some cases, Level 1 to 3 may compete on a number of floor strips rather than an entire floor space.
- ACRO works on a 10-level system, where 1 is the introductory stage and level 10 is the highest achievable in the Australian Level Program (ALP).

1.2 Acrobatic Gymnastics disciplines

In *Level 0-3 Acrobats* compete as pairs or trios. There are no rules for combinations of genders as there is for the higher levels. For example, you could have 1 male and 2 females in a trio.

In *Levels 4-10* the disciplines for competition are set

- Women’s Pair
- Men’s Pair
- Mixed Pair (male base and a female top)
- Women’s Group
- Men’s Group

1.3 Competitions

Competitions are held at club, state, national and international level.

1.4 Age restrictions

The minimum age for the athlete to compete in national events is **6 years** of age in the year of competition and **5 years** of age for state competition.

1.5 Commitments of both Gymnasts and Parents

Training times and commitments, vary depending on the level at which the gymnast is competing.

All acrobats must be a registered member of Gymnastics Victoria, with the fee normally being included in your Term 1 fees. This is completed by the Club and invoiced to the family.

Acrobats need to be aware that when you commit to joining a group/pair, that other people are relying on you and that by not coming to training or pulling out of your group etc you affect their training also.

Skills – group/pair, individual skill level, artistry ability, personalities, height, size, ability, training days, and training and competition goals are all taken into consideration when forming groups/pairs.

1.6 Costs

For information on term fees, club uniform and GV athlete registration please ask the NG&SC administration staff.

For information on estimated costs for competition entry, competition leotards please see any of the Senior Coaches.

1.7 Parents - What can you do to help?

As a parent, you can assist your child and club by helping out. There are lots of things you can do, with the time you have, to make things easier for all.

- **Assist** your child in making sure they have everything ready for their training sessions. (leotard, drink bottle, snack if required, music if requested by coach). Hair tied up and no jewellery.
- **Set** down firm hours with your coach as to when your child will train. (What your child can handle easily and without stress). Consider your child's age, homework load and travel times.
- **On time** – please make every effort possible to have your child at the club before the designated start time. This ensures they are ready and can start warm up as required. If they are late, they miss out.
- **Communicate** with your coach and or club.
- **Fees** - this will depend on your child's hours and commitment. There will be club fees and holiday training fees as set out by your club, competition fees and uniform fees.
- **Attire** -Training leotard (\$50-\$80) and or competition leotard (Junior \$60 to \$100, Senior approx. \$90-\$250). Club tracksuit (\$100 approx.) and polo shirt (\$35 approx.) will also be required. No loose clothing to be worn for safety reasons.
- **Volunteer** to help out at your club by becoming an Official or Judge.
- **Officiate** at competitions, this ensures that it runs well and in a professional manner. (This position is only for a few hours at a time, and you only have to help out when you are available).
- **Judging** is a great way to understand what is involved in the sport. What you see as parents as a great routine and what is judged can sometimes be different. As a judge you will benefit your child and club in knowledge and understanding of the sport. All clubs must supply a Judge for each competition as per competition rules. Like coaches, all judges complete courses and must be registered with GV/GA and hold a current working with children check card.

**Without your help and continued support the sport
cannot keep moving forward.**

1.8 Class Training Hours Per Week

ACRO Level	Number of Sessions	Training Hours
1	1	2 hours
2	1	2 hours
3	2	2 x 3 hours
4	2	2 x 3 hours

2. Sport Overview

2.1 Routines

Level 1-3 can perform their routines to music but the choreography in the routine is NOT COMPULSORY and is not marked by the judges. The music is a training tool for the coaches to help prompt for skills but also pre-train the athletes so that when stepping up into Level 4 the athlete is better prepared as the dance is assessed and marked.

Routines are created for Balance and Dynamic, or a single routine called combined for some competitions, that have basic foundation dance in them to assist with learning the skills into a manageable form. Music used will have a good beat to make it easier to follow.

Level 4 and above perform routines that are competed to music, and the higher the level the higher the expectation that the artistry or dance works with the music. These routines are created and designed specifically for each group/pair with different music for each.

- Balance routine shows static holds and shapes
- Dynamic shows height and flight with rotational salto's in the higher levels
- Combined has both balance and dynamic skills

Balance – For levels 1 to 10

Dynamic – For levels 1 to 10

Combined – For levels 1 to 3 and 8 to 10

2.2 Level 1-3

Covers the basics of Acro skills both Balance and Dynamic. Routines are made up of skills from a compulsory skill set, with all artistry being optional. At this level groups/pairs may be made up of any mixture of gymnast (male and female).

Junior Victorian Championships/State Pennant is an introduction to club competition. There is one State Competition per year, as well as some interclub competitions. For this type of competition scores are NOT shown. All acrobats will receive a medal: gold, silver or bronze. This is worked out from their total score and a banding system created by Gymnastics Australia. This way all achieve and work to gaining personal best's while not competing against each other.

There are Club training fees, competition fees, and possible holiday training fees. Costs also for one competition leotard female or leotard/shorts male and the NG&SC club polo and plain black tracksuit pants or leggings.

Must train one to two session per week, and extra trainings may be required leading up to competitions.

2.3 Level 4-6

Have a skill set as outlined in the Australian Levels Program. Groups perform a Balance and Dynamic routine set to music. There are a number of competitions each year.

Be aware that there are term fees and charges for training during term and holiday sessions, competition fees, 1 or 2 competition leotards and a Club uniform and club polo is compulsory.

You will train multiple sessions per week depending on your level.

2.4 Level 7-10

Are skills based on requirements from the international rules as directed by the Australian levels system. Level 6-7 perform Balance and Dynamic routines, and level 8-10 perform Balance, Dynamic and Combined routines all set to music. As per level 4 to 5, fees and uniform requirements are all the same

2.5 International Stream

The International Program has 4 categories: Junior 11 – 16, Junior 12-18, Junior 13 – 18 and Senior. The international stream has been structured for elite or advanced athletes. Certain requirements and age limits apply to each category (see your coach GV or GA for more details). Due to extra demands, time and cost, this is **not** offered at NG&SC.

3. Competition Considerations

There are many things to consider when forming a group, including training time, availability, competition goals.

Below are some considerations around each of the main state and national annual competitions

3.1 National Championships

- Only for Levels 6 to 10
- You will have to compete in a number of competitions to gain state team selection. Consideration must be made to the time and cost of these
- *Anyone who is 12 years old and under at the time of the National competition, (who is chosen as a part of the state team), **will not** be able to stay with the State Team. They must stay with their parents and be signed in and out of the team daily. You will also not be allowed to stay on the same floor as the team.*
- *Anyone who is 12 years old at the time of competition must write an exemption letter to the GV ACRO TC (Technical Committee) if they wish to stay with the State Team. This should mention if they have been with the state team previously, or that they are self-sufficient and mature enough to be away from their parents. Each gymnast will be treated on an individual basis.*
- *Expect the cost to be between \$800.00 and \$1,000.00 for entry, staying away as a team, flights plus State Team Uniform. This will be dependent on where the competition is being held and current uniform requirements.*
 - *Please note the above three points will be determined by the State Team travel policy. In some cases, we have to travel and stay as a team, or we can travel by ourselves but stay as a team, with the final option we can travel and stay independently of the team*
- There will normally be one compulsory State Team Training session
- You will be expected to stay for the duration of the competition which lasts up to 3 days.
 - If you cannot stay for the entire time of competition for study or family reasons again you must apply to the ACRO TC for exemption.

3.2 National Clubs Competition

As well as a National Championships, there is also a National Clubs competition. This is exactly the same format as the National Championships, but it is now club based and not state based. There are no restrictions on entry – simply pass your level.

3.3 Competition Season

As our Acrobatic Gymnastics (ACRO) program is a competitive program, all gymnasts must attend at least 1 competition throughout the competition season. Please see the tables below that elaborates on the competitions per year for each level.

ACRO Level	Average Competitions Per Year
ACRO Level 1	2-3
ACRO Level 2	2-4
ACRO Level 3	3-5
ACRO Level 4	3-5
ACRO Level 5	3-5
ACRO Level 6	4-6
ACRO Level 7	4-6
ACRO Level 8	4-6
ACRO Level 9	4-6
ACRO Level 10	4-7

3.4 Key Competition Breakdown

ACRO Level	Stick It Comp	Awesome Spooky Comp	Victorian Championships	National Clubs Carnival
ACRO Level 1	✓	✓	✓	✗
ACRO Level 2	✓	✓	✓	✗
ACRO Level 3	✓	✓	✓	✗
ACRO Level 4	✓	✗	✓	✗
ACRO Level 5	✓	✗	✓	✗
ACRO Level 6	✓	✗	✓	✓
ACRO Level 7	✓	✗	✓	✓
ACRO Level 8	✓	✗	✓	✓
ACRO Level 9	✓	✗	✓	✓
ACRO Level 10	✓	✗	✓	✓

4. Competition Ethics

4.1 Acrobats

- Turn up to competition on time and appropriately attired in club or State uniform.
- If you turn up late you will not be able to compete.
- Stay with your coach and team. You may not move to and from parents /friends during a competition.
- Behave in a manner so as not to bring yourself, Club, State or Association into disrepute.
- Agree to comply with competition rules.
- Wear appropriate attire (as per club requirements and GV Yearbook where appropriate).
- Must not wear any jewellery etc. of any type at competition.
- Must not have contact with Judges and or officials during the competition.

4.2 Coaches

- Exercise a standard of care, safety and competence to **all** Athletes.
- Abide by the rules of the Federation as set down in its constitution and by-laws.
- Show leadership, and support to **all** athletes.
- Promote and assist in the development of the coaching profession.
- Encourage by example, the removal of any form of personal abuse or inappropriate discrimination.
- Wear appropriate Club or State coaches' uniform at all competitions.
- Do not approach Judges without permission.
- Be fully accredited as a coach and registered with Gymnastics Australia.
- Have a current Working With Children Check accreditation.

4.3 Parents and media

- Must remain in their allocated seats.
- Must not communicate with Athletes, Coaches, Officials and or Judges during the course of the competition unless approached by said Officials.
- Must not enter the competition, training and or warm up floor at any time on competition day.
- **MUST NOT** use any form of flash photography before or during competition as it can cause an athlete to fall or injure themselves.

4.4 Officials

- Ensure that you know the competition rules and carry out your duties in accordance with the regulations.
- Only access areas of competition if you are involved in that competition.
- Ensure that all Coaches, Athletes and Officials understand their rights and responsibilities.
- Carry out duties in accordance with conduct requirements.
- Remain seated in the competition area during the competition unless necessary.
- Be aware you are seen as an official representative of GV/GA, act appropriately.

ANYONE who does not comply with these rules will be dealt with appropriately and may be denied access to the competition and or future competitions.

5. Competition Format

Most competitions take the same format:

- Arrive, make sure hair is done
 - Get used to the venue - toilets, warm up area, competition area
- Athletes are measured in level 4 and above to check the difference in height between athletes
 - A large height difference is seen as an advantage and thus a deduction is applied
- General warm up for about 20 minutes
- Specific warm up for between 5-10 minutes depending on the size and level of competition
- Acrobats compete Balance Routine
- Another specific warm up for Dynamic
- Compete Dynamic
- Repeated for Combined if required, depending on the level of competition
- Presentations
- A competition session may last for 2 to 3 hours, depending on numbers

5.1 Judging Overview

For levels 1 to 3, the same judging criteria is used as levels 4 and above however the scores are not shown, and the results are banded.

For levels 4 and above, scores are shown;

- E = Execution
 - This is the technical aspect of how they perform skills
 - Deductions are made for bent legs and toes, incorrect shapes, incorrect landings
- A = Artistry
 - This is the dance aspect including how they flow in and out of skills
 - Do they work in time with each other, with the music
 - Is the dance fully extended
 - Does it tell a story
- D = Difficulty
 - This is the value assigned for skills performed – Level specific
- P = Penalties
 - These are deductions for specific errors in a routine eg. Not holding a skill for the required time.

6. Competition – On the Day

Competitions are stressful at the best of time so ensuring you as an acrobat and parent are prepared will reduce the stress on the day. Below are some considerations and a check list.

6.1 What to do

Plan your trip and allow additional time to get to the venue at least 10 - 15 minutes early. This will also allow for traffic disruptions or just finding the venue and parking.

We understand circumstances like traffic can happen, but you must keep in mind that if an acrobat is not at the venue to participate at the assigned measuring or warm-up time they may not be allowed to compete.

In the venue, please hand over your child to your NG&SC coaches. You are now free to find a seat to watch the competition.

During the competition from warm-up to end of presentations your child will be with the coaches and is not allowed to go back and forth to you and them. If there is a medical incident, then the competition manager will come and get you and take you to your child.

On conclusion of competition the coaches will bring your child back to you.

6.2 Acrobats - What to wear/bring

All acrobats are to arrive at the venue wearing:

- Level 1-3 – the competition leotard and scrunchie with the club polo ACRO shirt.
- Level 4 + – training or competition leotard with the club polo ACRO shirt and club tracksuit. Bring all competition leotards & scrunchies.
- Level 4 + require one, two or three competition leotards to match up with music/dance for each routine.

Acrobats should arrive with hair already done up in a bun with scrunchie around it but can be organised between the group. Please bring spare bun nets, hair ties, bun doughnut, bobby pins and hair spray for hair – have these in their gym bag.

A small amount of make-up is required to highlight eyes and ensure judges can see facial expressions from a distance. By no means is it theatrical or heavy. Once again this can be discussed and practised before competition.

Bring a water bottle and a light, healthy snack not a three-course meal or sugar high snacks.

If you need assistance of putting your acrobat's hair in a bun, please speak to a coach before the competition so it can be organised beforehand.

Another reminder is about undergarments. Unfortunately, it is a deduction if undergarments are visible to the judges during competition. Therefore, we suggest skin-coloured undergarments. We also suggest a try on at home before the competition using the competition leotard and proposed undergarments. Move around, stretch etc to see if they become visible.

6.3 ACRO Uniform Requirements

Click on the items below to order via our [Club Shop](#)

ACRO Level	Polo Shirt	JNR Leotard Level 1-4	Custom Leotard	Tracksuit Pants	Tracksuit Jacket	Bag – Multiple Options
ACRO Level 1	✓	✓	✗	✓	Optional	Optional
ACRO Level 2	✓	✓	✗	✓	Optional	Optional
ACRO Level 3	✓	✓	✗	✓	Optional	Optional
ACRO Level 4	✓	✓	✗	✓	Optional	Optional
ACRO Level 5	✓	✗	✓	✓	✓	Optional
ACRO Level 6	✓	✗	✓	✓	✓	Optional
ACRO Level 7	✓	✗	✓	✓	✓	Optional
ACRO Level 8	✓	✗	✓	✓	✓	Optional
ACRO Level 9	✓	✗	✓	✓	✓	Optional
ACRO Level 10	✓	✗	✓	✓	✓	Optional

7. Competition Check List

Week Before the Competition Day

Do you know where the competition is being held	
Do you know what time you have to be there	
Do you know the leotards and uniform required	
Have you worked out what the group is doing with hair / make up and who is doing it	
Organise additional spare hair bits as detailed earlier	
Undergarments are suitable	

Day before the Competition

Double check how long it will take to get to the venue – aim to arrive 15 minutes before the required time	
Check leotards and scrunchies are ready / packed – competition and training as required	
Check uniform is out and ready	
Have a bag ready	
Check you have everything else packed – items to do hair, make up, strapping tape if required	
Snacks etc organised	

Remember, do not rely on anyone else to have something spare that you may need – it is your responsibility.

Competition Day

Pack snacks and drink	
Dress as required	
Complete hair as required	
Wake up early enough to ensure no one is rushed in the morning	

8. Levels Progression Process

Each gymnast is continually assessed throughout the year on the progression and refinement of their skills. This is done with in-house competitions, external competitions and within class time depending on the level. Below is ACRO specific levelling information, for general information on this process please refer to the [Squad Handbook](#).

8.1 Level Passing Requirements

Depending on the gymnasts level, there are specific requirements a gymnast must complete prior to them moving up to the next level. Please see the table below that outlines these requirements for each level.

ACRO Level	LAT Passing Score	In-Class Assessment
ACRO Level 1	70% of Start Score	Required
ACRO Level 2	70% of Start Score	Required
ACRO Level 3	70% of Start Score	Required
ACRO Level 4	70% of Start Score	Required
ACRO Level 5	70% of Start Score	Required
ACRO Level 6	70% of Start Score	Required
ACRO Level 7	70% of Start Score	Required
ACRO Level 8	70% of Start Score	Required
ACRO Level 9	70% of Start Score	Required
ACRO Level 10	70% of Start Score	Required

In-Class Assessments

All gymnasts will go through in-class assessments during term 4 to determine whether or not the gymnast has progressed enough throughout the year to compete in the next level the following year. Throughout this process coaches will be in constant communication with parents/ guardians. Final calls will be made in regards to levelling 3 weeks prior to the end of term 4 classes.

Levels Awards Test (LAT) Requirements

For ACRO gymnasts to pass their level they must obtain a passing score in at least one LAT event throughout the competition season. Once this score has been achieved, the NG&SC will apply for a level pass badge through Gymnastics Victoria.

9. Holiday Training

At NG&SC holiday training is never mandatory for competitive gymnasts, however, we do highly recommend that gymnasts attend as many holiday trainings as they can to ensure they are prepared for upcoming competitions. ACRO groups must ensure their group is training at the same time.

Breakdown of suggested holiday training per level

	Dec/Jan	March/April	June/July	Sep/Oct
Level 1	x	x	x	x
Level 2	x	x	x	x
Level 3	x	x	x	x
Level 4	x	x	x	x
Level 5	Last 2 weeks before Term 1 2 training per week	2 training per week	2 training per week	2 training per week
Level 6	Last 2 weeks before Term 1 2 training per week	2 training per week	2 training per week	x
Level 7	Last 2 weeks before Term 1 2 training per week	2 training per week	2 training per week	x
Level 8	1 week break over Christmas/New Years 3 training per week	3 training per week	2 training per week	x
Level 9	1 week break over Christmas/New Years 3 training per week	3 training per week	2 training per week	x
Level 10	1 week break over Christmas/New Years 3 training per week	3 training per week	2 training per week	x