

1st Christmas Acro Cup 2025
International Acrobatic Gymnastics Tournament
December 11-14, 2025 - Thessaloniki, Greece



Official Invitation

The Sport Association of Gymnastics Clubs of North Greece (AESGVE) is pleased to invite you to the 1st Christmas Acro Cup, an Acrobatic Gymnastics Tournament being held for the first time in Thessaloniki. The tournament will take place at the “Ioannis Melissanidis” Sports hall, part of the national sports center of Mikra, from December 11th to 14th, 2025. 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 11th to 14th, 2025**

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 – 100€ penalty fee

7. Age Limit

Aspire: from 8 years old to 16 years old (2017-2009)

Open: from 9 years old and above (2016 and before)

Pre – Youth: from 9 years old to 16 years old (2016-2009)

Youth: from 10 years old to 18 years old (2015-2007)

Junior: from 11 years old to 19 years old (2014-2006)

Senior: minimum 13 years old and above (2012 and before)

8. Technical Rules

All the FIG rules considered as valid in 2025:

Technical Regulations

Code of Points (2025-2028)

World Age Group Rules (latest version)

All the official FIG newsletter will be applied

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 6 categories.

Qualifications (Aspire): 1 Combined routine

Qualifications (Pre-youth): 1 Balance and 1 Dynamic routine

Qualifications (Youth, Junior): 1 Balance, 1 Dynamic routine.

Qualifications (Open, Senior): 1 Balance, 1 Dynamic and 1 Combined routine.

It is possible in all categories to participate in only one exercise and be ranked in it.

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

At the categories Open and Senior medals will be awarded for the Balance exercise, Dynamic exercise and Combined exercise from the qualifying ranking without repeating the exercises if there are fewer than 3 participants. The same applies to the Aspire category, if there are fewer than 3 participants medals will be awarded from the qualifying ranking without repeating the Combined routine.

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
Aspire:	Age Group 8-16 According Appendix 1(see p.8)
Open:	Age Group 9+ According National Technical Regulation for cat. Open (see Appendix 2, p.12)

10. Awards

1st place: Gold Medal

2nd place: Silver Medal

3rd place: Bronze Medal

4th – 6th place: Diploma

Pre-youth: Balance Ranking, Dynamic Ranking and Final Ranking

Open, Youth, Junior and Senior: Balance Ranking, Dynamic Ranking and Combined Ranking.

Aspire: Combined Ranking

At the categories Open and Senior medals will be awarded for the Balance exercise, Dynamic exercise and the Combined exercise from the qualifying ranking without repeating the exercises if there are fewer than 3 participants. The same applies to the Aspire category, if there are fewer than 3 participants medals will be awarded from the qualifying ranking without repeating the Combined routine.

There will be no team competition in any category.

Special Awards:

1) The largest team

2) The youngest gymnast

3) Best choreography

11. Proposed Schedule

December 10th	Arrival of the delegations – Training
December 11th	Official Training – Orientation Meeting
December 12th	Opening Ceremony – Qualifications – Awards
December 13th	Qualifications – Awards
December 14th	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/groups 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 28th to christmasacrocupthessaloniki@gmail.com.

13. Entry Fee

60€ per gymnast. Must be paid until November 10th, 2025 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 (full board breakfast and dinner).
2. Transfer from the airport "Macedonia" to the hotels (round trip).

Hotels:

- Royal Hotel (11km from the gym)

Triple room 80€

Double room 100€

Single room 130€

- 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 10th, 2025 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 the 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 10th, 2025.

15. Tariff sheets and music

- Tariff sheets should be sent by November 28th, 2025 to the following email: tariffsheets.christmasacrocup@gmail.com
- Music should be sent in mp3 format by November 28th, 2025 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 11th, 2025 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 28th November 2025** 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 25th, 2025
- Nominative Registration Form: November 10th, 2025 (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 28th, 2025

20. Live Streaming

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

21. Deadlines and Financial Obligations

PROVISIONAL REGISTRATION FORM	October 25 th , 2025
NOMINATIVE REGISTRATION FORM	November 10 th , 2025
PAYMENT OF ENTRY FEE	November 10 th , 2025
PAYMENT OF ACCOMMODATION COST (50%)	November 10 th , 2025
VISA REQUEST FORM	November 28 th , 2025
TARIFF-SHEETS SENDING	November 28 th , 2025
MP3 MUSIC SENDING	November 28 th , 2025
GALA SHOW RESISTRATION FORM	November 28 th , 2025
PAYMENT OF THE REST OF THE ACCOMMODATION COST	December 11 th , 2025

APPENDIX 1

TECHNICAL REGULATION ASPIRE CATEGORY **AGE GROUP 8-16**

General Rules:

- Each Pair or Group must present a combined exercise, which must be choreographed and performed to music.
- The exercise is composed of compulsory elements, selected from the FIG Pre-Youth (11-16) Rules, and optional elements, selected from the FIG Tables of Difficulty.
- Music of all exercises has a maximum duration of 2 minutes. Timing relating to all exercises (start of exercise, exercise duration) will be done in one second increments before the CJP penalty is applied. There is no minimum length. The first note of the music indicates the beginning of the time of the exercise (not the beep). The end of an exercise is the static position of partners, which must coincide with the end of the music.
- There is no height penalty. However, the rules for the logical relationship between partners in artistry are applied.
- Each Pair/Group must perform the elements as in the drawings.
- Each Pair/Group must also perform the required number of optional elements. Optional Elements can be the same as in the Compulsory Tables but not from the same row used in Compulsory and must be chosen out of the Tables of Difficulty. (to indicate that this is the optional element).
- Each element chosen from the COMPULSORY Difficulty Tables has a stated difficulty value, which is used to determine the Difficulty Value of the exercise.
- Optional elements are NOT used in calculating the Difficulty value of the exercise, although they must be performed to meet Special Requirements.
- The Difficulty value of the exercise is calculated according to the difficulty value of the performed elements up to a MAX of 0,5:

D-Value of Compulsory Elements
0,0
0,1
0,2
0,3
0,4
0,5

A penalty of 1.0 is applied when:

- For each missing requirement
- Performing more elements than the ones required.
- A pair/group or individual element exceeds the stated maximum value.
- A simple element exceeds the maximum number of rotations, twists or the maximum value of 5.
- A forbidden element is performed. (see for forbidden elements FIG 11-16 rules)

This penalty is applied for each violation, even if the performed element is not declared on the tariff sheet.

- In the whole exercise, exactly 3 individual elements must be executed by each partner from any category (Balance or Dynamic). No salto is required.
- Individual elements selected from the FIG Tables of Difficulty must not exceed value 10.
- Tumbling elements (Flic flac, salto's, handspring...) must be preceded by motion (run-up, round off,...) and land on one or two feet according to the character of the element. If an individual element is not declared, the element that follows is given no difficulty.

Each pair or group may use simple entries, motions, links, catches and dismounts. They do not need to be declared on the tariff sheet.

These elements must:

- Be selected from the FIG Tables Of Difficulty.
- Not exceed value 5.
- Not exceed $\frac{3}{4}$ rotation or more than 360° twist.

A penalty of 0.3 is applied for incorrect Tariff Sheet (element order, wrong element,...).

This penalty is applied only **one time** per exercise.

- All Special Requirements must be met within the declared elements on the Tariff sheet.

Exception: If a different element is performed to that declared for difficulty on the Tariff sheet by the coach, the gymnasts will not receive the difficulty value of this element. However, this element will count for Specific Requirements and there will always be a 0.3 penalty for wrong Tariff sheet.

- Only 2 dismounts are allowed for difficulty.
- A maximum of 3 dismounts in the exercise are allowed.

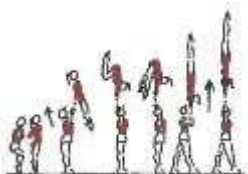
All the landings of all dynamic elements and dismounts with a value greater than 1 must be supported. If the landing is performed without support, a 0.5 penalty is applied for each occurrence.

Exceptions: Support is optional for dismounts from "cannon-ball" elements and the 5/4 gainer salto from wrap

- For developmental reasons, in both pair and group balance and dynamic elements, **all handstands** may be performed with legs in either a straddle or any allowed positions or with legs together to the ankle. There is no need to identify the specific leg position on the tariff sheet.



- Elements that move from low arm to high arm as indicated in the compulsory tables may be performed first to low arm then moving into high handstand as one motion, but the low position must be included in the motion.



Pairs exercise:

- There must be exactly two (2) Compulsory Balance Pair elements, each selected from a different row, I, II, III and IV of the Compulsory Element Table, i.e. one from Row I, one from Row I etc.
- There must be exactly one (1) Optional Balance Pair element selected from the FIG Tables of Difficulty.
- There must be exactly two (2) Compulsory Dynamic Elements, each selected from a different row, I, II, III and IV of the Compulsory Element Table, i.e. one from Row I, one from Row II etc.
- There must be exactly one (1) Optional Dynamic element selected from the FIG Tables of Difficulty.
- One of the Dynamic Element (Compulsory or Optional) must be a catch.

Pairs restrictions:

- The difficulty of the Optional Dynamic Elements must be a minimum of 1 value and maximum of value 14.
- The difficulty of the optional balance element must be a minimum of value 1 and a maximum of value 9.

Groups exercise:

- There must be one (1) Compulsory Pyramid from a row of the Compulsory Element Table.
- There must be one (1) Optional pyramid selected from the FIG Tables of Difficulty, with a minimum difficulty value of 4 and a maximum difficulty value of 16 for the static hold of all partners. (Value of the base position + the value of the top) and can not be joined with the compulsory pyramid. Each pyramid must be performed as a separate construction.

- There must be exactly two (2) Compulsory Dynamic Elements, each selected from a different row, I, II, III and IV of the Compulsory Element Table, i.e. one from Row I, one from Row II etc.
- There must be exactly one (1) Optional Dynamic element selected from the FIG Tables of Difficulty.
- One of the Dynamic Element (Compulsory or Optional) must be a catch.

Groups restrictions:

- The difficulty of the Optional Dynamic Elements must be a minimum difficulty value of 1 and a maximum difficulty value of 14 for women and a maximum difficulty value of 10 for men
- Women's group may perform max three (3) horizontal catches
- Men's group may perform one (1) horizontal catch selected from the Compulsory Element Table
- Men's group may perform one (1) horizontal catch selected from the FIG Tables of Difficulty.

Tie Breaks in Qualifications:

The highest E-score of the Combined exercise prevails. If there is still a tie, the tie will not be broken.

Tie Breaks in Finals:

The highest E-score of the Combined exercise prevails.
The highest sum of the E and A score of the Combined exercise prevails. If there is still a tie, the tie will not be broken.

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: THE STRUCTURE OF EXERCISES:

Each pair/group may present three (3) programs:

1. Balance Exercises – maximum duration 2:30 minutes
2. Dynamic Exercises – maximum duration 2:00 minutes
3. Combined Exercises – maximum duration 2:30 minutes

Competitions:

Balance qualification

Dynamic qualification

Combined qualification

Participation is **allowed** in only one (1) program.

No more than two pairs/groups per club may advance to a single final.

Final Competitions:

Balance Final

Dynamic Final

Combined Final

In the finals, scores start from zero. If there are fewer than 3 participants medals will be awarded for the Balance exercise, Dynamic exercise and Combined exercise from the qualifying ranking without repeating the exercises.

Combined Exercises Note:

For combined Exercises the coefficient between balance and dynamic elements in the DV calculation is not applied.