

BURGAS INTERNATIONAL ACRO CUP



BIAC' 26
BURGAS (BUL)
28.05-31.05.2026

Info: www.acrocupburgas.com



DIRECTIVES

Event ID: 6

Dear ACRO Friends,

The Club of Sports Acrobatics Chernomoretz Burgas, along with the Municipality of Burgas and the Bulgarian Federation of Sports Acrobatics, has the pleasure to invite you to an International Tournament in Acrobatic Gymnastics.

DISCIPLINE	Acrobatic Gymnastics
HOST FEDERATION	Bulgarian Federation of Sports Acrobatics 75, Vasil Levski Blvd. 1040 Sofia, Bulgaria E-mail: bulacro@gmail.com
ORGANIZING COMMITTEE	Club of Sports Acrobatics Chernomoretz Contact Person: Atanas Plamenov 139, zh.k. Izgrev, 8005, Burgas, Bulgaria Phone number: +359 888 337777 E-mail: atanas_plamenov@bulgym.bg Official website: www.acrocupburgas.com
LOCATION	City of Burgas, BULGARIA Located: 130 km away from Varna and 360 km away from the capital Sofia. Both cities have international airports.
DATE	From 28.05.2026 to 31.05.2026
VENUE	Arena Burgas 79, Stefan Stambolov Blvd. 8005 Burgas, Bulgaria Competition Hall with 95 x 60, 22-32m (height). 

PROVISIONAL SCHEDULE	The detailed schedule will be confirmed and published on the website (www.acrocupburgas.com) Tuesday, 26.05.2026 Delegations' arrival / Free Training (Training Floors) Wednesday, 27.05.2026 Delegations' arrival / Podium training (with music) as per schedule Thursday, 28.05.2026 Orientation Meeting / Judge meeting / Podium training (with music) as per schedule / (Qualif. 1st exercise) Friday, 29.05.2026 Opening Ceremony / Qualification (1st or 2nd exercise and/or Finals exercise) / Acro Fest (Small Groups) Saturday, 30.05.2026 Qualification (2nd exercise and/or Finals exercise) / Acro Fest (Large Groups) Sunday, 31.05.2026 Finals / Award Ceremony/ Farewell party Monday, 01.06.2026 Departure of all delegations (*) Only the delegations arriving on the scheduled arrival days (May 26th and May 27th or earlier will be planned for the podium training. Delegation arriving later will be allowed for podium training according to the availability. Measurement of the athletes will be organized immediately after the podium training. Teams that do not have podium training will be measured after accreditation process is completed.						
INVITED	The Burgas International Acro Cup is open to National, Regional and Club Teams.						
SIZE OF DELEGATION	Each delegation may include: ● 1 x Head of delegation; ● 1 x Team Manager; ● 1 x Doctor; ● <u>Unlimited</u> ACRO pairs/groups and coaches; ● <u>At least 1 judge per team is compulsory</u> to attend (no matter how small the delegation is); ■ For teams of 2-19 gymnast - 1 judge compulsory, ■ For team of 20 or more gymnast – 2 judges compulsory.						
AGE LIMITS	LEVEL	AGE LIMITS	Balance	Dynamic	Combined	General Rules	
	Beginner	8 years old – 15 years old			X	General rules in Appendix 1	
	Aspire	8 years old – 16 years old			X	General rules in Appendix 2	
	Pre-Youth	9 years old – 16 years old	X	X		Rules for 11-16 FIG	
	Youth	10 years old – 18 years old	X	X	X	Rules for 12-18 FIG	
	Junior Base	10 years old – 18 years old			X	General rules in Appendix 3	

	Junior	11 years old – 19 years old	X	X	X	Rules for 13-19 FIG									
	Senior	Minimum 12+ years old	X	X	X	Rules for Seniors FIG									
TARIFF SHEETS AND MUSIC	The Tariff Sheets and Music must be created and uploaded on ACRO COMPANION software by 18.05.2026. The music must be in MP3 format only. After that date, no more files will be uploaded/downloaded from ACRO COMPANION to be used in training or competitions free of charge. Music files can be modified or added up to 48 hours before the official competition start time, after a fee of 20 Euro per music is paid.														
AWARD CEREMONY	Only the first three places will be requested to participate in the Medal Award Ceremonies. Medals will be awarded for each combination, except for ages 8-15 and 8-16 and 10-18 Junior Base, where they will only be awarded in the final. The athletes are requested to appear in competition suits. There will be a Team Competition for each age group. To participate in the awarding ceremony the number of pairs/groups in the same category should be min 3 (three). The top three teams with the highest combined score from finals will be awarded a trophy. Note: If there are fewer three pairs/groups in an age category, medal will only be awarded in the final.														
JUDGES	Each participating Federation/Club must provide a minimum of one, maximum two judges. NO JUDGE – PENALTY: a penalty of 300 Euro will be applied for each missing judge Judges must be available throughout the whole competition.														
REGISTRATION DEADLINES	Provisional, Definitive and Nominative Registration must be sent to LOC. <table><tr><td>Provisional registration</td><td>28.01.2026</td><td>(4 months prior to the event)</td></tr><tr><td>Definitive registration</td><td>28.03.2026</td><td>(2 months prior to the event)</td></tr><tr><td>Nominative registration</td><td>28.04.2026</td><td>(4 weeks prior to the event)</td></tr></table>						Provisional registration	28.01.2026	(4 months prior to the event)	Definitive registration	28.03.2026	(2 months prior to the event)	Nominative registration	28.04.2026	(4 weeks prior to the event)
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Nominative registration	28.04.2026	(4 weeks prior to the event)													
ENTRY FEES	The non-refundable cost of the Entry Fee is 45 Euro per gymnast. The full Entry Fee must be paid to LOC by 28.03.2026 (Definitive entry)														

ACCOMMODATION AND MEALS	Hotel Option 1 – 4* 8005, Burgas, Bulgaria The costs per person/night are as follows: ● 220 Euro (single room, including breakfast, lunch and dinner) ● 200 Euro (double room, including breakfast, lunch and dinner) Hotel Option 2 – 4* 8005, Burgas, Bulgaria The costs per person/night are as follows: ● 160 Euro (single room, including breakfast, lunch and dinner) ● 140 Euro (double room, including breakfast, lunch and dinner) ● 135 Euro (triple room, including breakfast, lunch and dinner) ● 135 Euro (quadruple, including breakfast, lunch and dinner) Hotel Option 3 – 3* 8000, Burgas, Bulgaria The costs per person/night are as follows: ● 150 Euro (single room, including breakfast, lunch and dinner) ● 130 Euro (double room, including breakfast, lunch and dinner) ● 125 Euro (triple room, including breakfast, lunch and dinner) ● 125 Euro (quadruple, including breakfast, lunch and dinner) Hotel Option 4 – 2* 8000, Burgas, Bulgaria The costs per person/night are as follows: ● 140 Euro (single room, including breakfast, lunch and dinner) ● 120 Euro (double room, including breakfast, lunch and dinner) ● 115 Euro (triple room, including breakfast, lunch and dinner) ● 115 Euro (quadruple, including breakfast, lunch and dinner) Breakfast and dinner are included in the accommodation package and will be served at the respective hotel. Lunch: Lunch will be provided at the competition venue in the Lunch Area. Check-in: after 3:00 PM Check-out: by 12:00 PM The meal plan starts with dinner on the delegation's official arrival day and ends with breakfast on the official departure day. If your arrival is after midnight and, please inform LOC in advance by mail if you would like to receive a dinner package. The dinner packages will be awaiting at the hotel reception. If your departure is in the night, you can request LOC to provide breakfast boxes upon departure (from the hotel reception).
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	The completed Accommodation Form must be returned to the LOC by 28.03.2026 at the latest. The hotel rooms will be allocated at “first come, first serve” basis. Accommodation will be booked ONLY after the financial obligations of the event are met (50% accommodation package + Entry Fee). Important: All participants must register their accommodation packages through BIAC'26 LOC. LOC will not accept participant if booked outside the organization in the event.
FINAL BANQUET	A farewell party will be organized and will be followed by a disco and dance. All delegations that have booked their accommodation with the OC are invited to participate without additional payment. Extra tickets will be available at the OC office at 40 Euro per person. Requests for extra tickets must be made, at the very latest, by Thursday morning (28.05.2026)
ACRO FEST	Friday and Saturday evening, an Acro Fest will be organized among all participating delegations. (see Appendix 4)
INRETNATIONAL TRANSPORTION	The invited participating Federations/Clubs must pay for the travel costs of their delegation members. The Travel Schedule Form must be returned to the LOC by 28.04.2026. (along with the Nominative registration).
LOCAL TRANSPORTION	Transportation from and to Burgas Airport is provided by the LOC to all delegations that have booked the accommodation through the LOC.
VISA	Please verify immediately with your travel agent or the Bulgaria Embassy, or Consulate in your country if a visa is required for your travel to Bulgaria. The LOC will be happy to assist each delegation and provide an official invitation letter, given that the request is made before 28.03.2026 to the LOC. The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, the arrival and departure dates of each delegation member as well as the city the visa application support letter must be sent to.
INSURANCE	The LOC will not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation. All participating Federations/Clubs are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents, and repatriation for all the members of their Delegation, <u>and the insurance must include the full names of the insured individuals.</u> If the coverage has not been sent in advance to the OC (which is strongly recommended), the LOC will verify the insurance coverage upon arrival of the delegation members (e.g., cover notes or photocopy of the valid policy). The insurance must be valid at least starting from the arrival day of the delegation and

	must last for the delegation's entire stay. The LOC will subsequently offer insurance coverage at the expense of the Federations/Clubs if they do not have one, as follows: 20 EURO per person/day.
ACCREDITATION	Federations/Clubs will receive accreditation based on the Nominative Registration upon arrival at the competition venue. All participants and officials are requested to always wear identification cards. The identification is personal, non-transferable, and compulsory to control access to training and competition hall. If you lose your identification card, you will have to buy a new one for the price of 20 Euro. The Heads of Delegation must present the passports or ID cards of all members of the team. To save time during the accreditation process, we encourage delegations to attach passports and insurance certificates to us in the Acro Companion system. The final version of the workplan will be uploaded on the website (www.acrocupburgas.bg)
ORIENTATION MEETING	The orientation meeting will take place on 28.05.2026. This meeting is open for the Head of Delegation and Team Manager of each team. Each Head of Delegation will receive the official competition plan.
ADDITIONAL INFORMATION	All further information concerning the detailed program will be given with the official WORK PLAN, in May 2026. BIAC'26 NEWS FLASH will be sent by email and uploaded online on the Official website for all major updates.
BANK ACCOUNT INFORMATION AND FINANCES	Each participating member Federation/Club is kindly requested to use the following bank details: BANK NAME: UBB BANK ADDRESS: 89B VITOSHA BLVD., MILLENNIUM CENTER, SOFIA BENEFICIARY: SPORT ACROBATICS CLUB CHERNOMORETZ BENEFICIARY ADDRESS: 139, IZGREV, BURGAS,8000, BULGARIA IBAN: BG05UBBS81551013293956 SWIFT/BIC: UBBSBGSF Each participating Federation/Club member is kindly requested to enter the payment's purpose as follows: Example: BUL, BIAC'26 The delegations are responsible for covering their Travel expenses, Accommodation packages and Entry Fee. 100% of the Entry Fee + 50% of the Accommodation package must be paid before 28.03.2026 (Definitive registration). Make sure that all the possible transfer charges (sending and receiving) and the

	correct amount of money are deposited in BIAC'26 account. When making an international bank transfer you can usually choose between different options, depending on who should pay the fees. All transfer charges is expected to be at the participants' expense.
CANCELTATION POLICY	Cancellations will only be accepted by e-mail. In case of a cancellation, costs will be refunded as follows: ● By 28.03.2026: 100% refund ● 29.03.2026 – 28.04.2026: 50% refund ● After 28.04.2026: No refund Amount is refunded only via bank transfer. All costs for the bank transfers will be at the expense of the participating Federation/Club. No refund will be made after the deadline for the Nominative registration. Entry Fee – At the time of the Definitive registration (28.03.2026) each Federation/Club must pay 45 Euro per individual gymnast, and this is non-refundable.
EVENT MANAGER	Mr. Atanas Plamenov Phone number: +359 (0) 888337777 E-mail: atanas_plamenov@bulgym.bg
LOCAL MEDIA AND MEDIA RIGHTS	Media representatives (journalists, photographers, TV) must request special accreditation from the LOC. Please contact the LOC before 28.03.2026 to be eligible to a media accreditation. The media will be assigned special seating and working conditions. The LOC will record and stream the competition and has the right to upload video content online. By entering the competition BIAC is automatically granted the right to use and publish all photographic and video materials and image rights.
DRAWING OF LOST	The drawing of the starting order will be made in advance, and it will take place in May.
MEDICAL SERVICE	Medical services during the competition will be provided by a physiotherapist and a team of the Red Cross with ambulance service (ICU).

RULES AND REGULATIONS	The competition will be organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in these Directives .	
	• FIG rules as valid on January 1st, 2025 • Code of Points (2025-2028) and relevant Newsletters • Appendix for BIAC’26	
	The competition will take place in the following categories of Acrobatic Gymnastics:	
	• Beginner – 8 – 15 (According to Technical Regulation Appendix 1) • Aspire – 8 – 16 (According to Technical Regulation Appendix 2) • Pre-Youth – 9 – 16 (According to FIG Rules for AG 11-16) • Youth – 10 – 18 (According to FIG Rules for AG 12-18) • Junior Base – 10 – 18 (According to Technical Regulation Appendix 3) • Junior – 11 – 19 (According to FIG Rules for AG 13-19) • Senior – 12+ (According to FIG Rules for Seniors)	
	Age Group 8-15, 8-16 and 10-18 Junior Base have Combined exercise and a final with Combined exercise for best 8/6. The final starts from Zero.	
	Age Group 9-16 have Balance and Dynamic exercise and a final with Balance or Dynamic exercise for best 8/6 (see Age Group/ Juniors Group Rules FIG). The final starts from Zero.	
Age Group Youth 10-18, Junior 11-19 and Seniors have Balance and Dynamic exercises and a final with Combined exercise for best 8/6. The final starts from Zero.		
If case of a tie, the tie-breaking regulations will be applied.		
DEADLINES SUMMARY	Provisional Registration	28.01.2026
	Definitive Registration	28.03.2026
	Nominative Registration	28.04.2026
	Accommodation Form	28.03.2026
	Travel Schedule Form	28.04.2026
	Visa Request Form	28.03.2026
	Entry Fee Payment	28.03.2026
	1 st 50% Accommodation Cost Payment	28.03.2026
	2 nd 50% Accommodation Cost Payment	28.04.2026
	Buy extra tickets for Banquet	28.04.2026
	Fine for missing judge Payment	28.04.2026
	Sincerely Yours, Burgas International ACRO Cup 2024 Local Organizing Committee President Mr. Atanas Kostadinov Email: atanas_plamenov@bulgym.bg	

APPENDIX 1

Competition program

Beginner Rules

General rules (requirements are based on 11-16 age group rules)

The exercise is composed of compulsory elements, selected from the World Age Group Rules, and optional elements, selected the FIG Tables of Difficulty. All elements must be performed as in the drawings.

There is no height penalty. However, the rules for the logical relationship between partners in artistry are applied.

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).

The Difficulty value of the exercise is calculated according to the difficulty value of the performed elements up to a max of 0,3:

A penalty of 1,0 is applied when:

- ✓ For each missing requirement
- ✓ Performing more elements than the ones required
- ✓ A forbidden element is performed. (see for forbidden elements FIG 11-16 rules)

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 Triff sheet.

Pair:

- ✓ 1 balance and 1 dynamic compulsory element (1 SR each)
- ✓ 1 balance and 1 dynamic optional element (1 SR each)
- ✓ 1 dynamic element, compulsory, or optional need to be a catch (1 SR)
- ✓ Maximum 1 dismount
- ✓ Optional elements can be chosen from the compulsory tables, if they are on different rows to those used as compulsory elements.
- ✓ Maximum elements allowed 4 pair/group elements and 3 individuals.

Group:

- ✓ 1 compulsory pyramid and 1 compulsory dynamic element (1 SR each)
- ✓ 1 dynamic optional element (1 SR)
- ✓ 1 dynamic element, compulsory, or optional need to be a catch (1 SR)

- ✓ Maximum 1 discount
- ✓ Optional elements can be chosen from the compulsory tables, if they are on different rows to those used as compulsory elements
- ✓ Maximum elements allowed 3 pair/group elements and 3 individuals
- ✓ The WG can use the pyramid from row 1, box 5 without penalty for extra elements.

Individuals:

- ✓ 3 individuals (1 SR)
- ✓ Minimum 1 tumbling element (1 SR)

APPENDIX 2

Competition program

ASPIRE

Aspire Rules: The Aspire (old Youth) program is NOT entirely based on the „Pre-Youth program.

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 World Age Rules, and optional elements, selected the FIG Tables of Difficulty.

Music of all exercises has a maximum duration of 2 minutes. There is a 2 (second) tolerance before the overtime exercise penalty is applied. There is no minimum length. The first note of the music indicates the beginning of the time of the exercise. The first move made by one or more competitors from the start position is considered as the „start “of an exercise. 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 started 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 elements exceeds the maximum starting 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 Requirement 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 dismount are allowed for difficulty

A maximum 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.

Element 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 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 Balance pair element selected from the FIG Tables of Difficulty.
- ✓ There must be exactly two (2) Compulsory Dynamic elements, each selected from 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.

Pair restrictions:

- ◆ The difficulty of the balance optional element must be a minimum of value 1 and a maximum of value 9.
- ◆ The difficulty of the optional dynamic elements must be a minimum 1 value and maximum of value 14.

Group 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 cannot 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 elements (Compulsory or Optional) must be a catch.

Group restrictions:

- ◆ The Difficulty of the Optional Dynamic Elements must be minimum difficulty value of 1 and 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 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.

APPENDIX 3

Competition program

Base Juniors Rules

General rules (requirements are based on 12-18 age group rules):

- ✓ There is no height penalty. However, the rules for the logical relationship between partners in artistry are applied.
- ✓ The Difficulty value of the exercise is calculated according to the difficulty value of the performed elements up to min. of 0,01 and max. of 1,00:

Pairs & Group

- ✓ 3 balance elements (1 SR for each missing element)
- ✓ 3 dynamic elements (1 SR for each missing element)
- ✓ 1 dynamic element needs to be catch (1 SR)
- ✓ Maximum 2 dismount
- ✓ Maximum of 15 values in difficulty, if not 1,0 penalties
- ✓ Maximum elements allowed 8 pair/group elements and 3 individuals
- ✓ Not allowed repetition of pyramid categories
- ✓ The WG can use the pyramid from row 1, box 5 without penalty for extra elements.

Individuals:

- ✓ 3 individuals (1 SR)

APPENDIX 4

Competition Program

ACRO FEST

INVITED

The **AcroFest** is open to National, Regional and Club Teams that practice Aerobics, Acrobatics, TeamGym, Cheerleading, Ballet, Street Dance, Hip Hop, Folk Dance, Rhythmic Gymnastics, Floor Exercise Gymnastics, and other related disciplines.

CATEGORIES

- Small Groups (6–20 participants)
- Large Groups (over 21 participants)

AGE LIMITS

By age:

- 8–18 years old
- 19–50 years old

RULES AND REGULATIONS

Each performance must include a **minimum of three (3) acrobatic elements**.

DURATION OF PRESENTATION

Each presentation **may last up to 5 minutes**.

EQUIPMENT PROVIDED BY LOC

Gymnastics floor: Elastic Swing Floor Moscow (Former Ref: 3241+1790751), size 14x14 m

MUSIC

The official music must be sent to the LOC email address: atanas_plamenov@bulgym.bg.

The music must be in MP3 format only. A USB with the music files must also be brought upon arrival.

AWARD CEREMONY

Only the first three places will be requested to participate in the Award Ceremony.

The top three teams in each age group and category will receive a trophy and medals for their respective placements.

All other participants will receive a participation medal.

All participants will also receive a participation certificate shared via the official email provided by their delegation after the end of the competition.

JUDGES

There will be judges present at the event. They will score according to FIG Directions.

ENTRY FEES

The non-refundable cost of the entry fee is **25 Euro per participant, coach, or chaperone**.
The full entry fee must be paid to the OC by **28.03.2026 (Definitive Entry)**.

EVALUATION

The performances will be evaluated based on **four main criteria**, with a total of **20 points** maximum.

Each criteria consists of five indicators, each worth **1 point**.

Criteria 1: Entertainment Value – 5 points

Indicators:

1. Competitive showmanship – 1 point
2. Artistic expression – 1 point
3. Confidence – 1 point
4. Enthusiasm – 1 point
5. Mood and audience engagement – 1 point

Criteria 2: Innovation, Originality, and Variety – 5 points

Indicators:

1. Innovation – 1 point
2. Originality – 1 point
3. Variety – 1 point
4. Choreography – 1 point
5. Gradation and development of the routine – 1 point

Criteria 3: Technique, Quality, and Safety – 5 points

Indicators:

1. Execution technique – 1 point
2. Precision of movements – 1 point
3. Synchronization – 1 point
4. Complexity of partner interactions – 1 point
5. Safety and security of the performance – 1 point

Criteria 4: Overall Impression – 5 points

Indicators:

1. Overall impact and delivery of the performance – 1 point
2. Costumes and accessories corresponding to the theme – 1 point
3. Makeup corresponding to the theme – 1 point
4. Hairstyles corresponding to the theme – 1 point
5. Audience applause and response – 1 point

TOTAL: 20 points