



ACROBATIC GYMNASTICS HANDBOOK 2025

LONDON GYMNASTICS

ACROBATICS 2025

Acrobatic Gymnastics is a fusion of complex acrobatic skills and choreography performed in partnership to music on a sprung floor. Disciplines include: Men's Pairs, Women's Pairs, Women's Trio's and Men's Fours. There is a Regional, National, and International Competitions Framework.

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BG EVENT RULES AND REGULATIONS

The following BG& LG policies must be adhered to for all events:

- Safeguarding and Protecting Children and Vulnerable Adults
- Equality
- Health & Safety
- Anti-doping
- Photography
- Standards of Conduct
- Social Media
- LG Generic Event Rules
- Integrity

ACRO REGIONAL COMPETITION PROGRAMME

Novice Level Acro Junior Acro League + Junior Disability League Invitational & club events	BG Recreational membership required Levels 1,2,3,4; (<i>Pre NDP</i>) Disability levels 1,,2, 3 Categories WP; MP; MXP Performed on a strip, without music Minimum 7 years in year of event
Novice Level Tumbling Junior League tumblers Invitational & club events	BG recreational membership required Individual competition Level 1 & 2 Minimum 7 years in year of event
Development Level Acro Club League Invitational & club events	BG competitive membership required Routines at NDP grades 1, 2, 3, 4, Youth, 5, IDP: Categories: WP; MP; MXP; WG, MG Minimum 8 years in year of event
Development Level Acro Disability Club League Invitational & club events	Disability NDP levels 1,2, 3: Categories: WP; MP; MXP Performed on floor, with music Minimum 8 years in year of event
Development Level Tumbling Club League Invitational & club events	BG competitive membership required Individual competition levels 3,4,5 Minimum 8 years in year of event
Inter- Regional NDP Level Southampton Regional Championships	Organised by Southampton / LG affiliation Regional Competition for selected medallists at selected grades: LG selected entry Minimum 9 years in year of event
Regional NDP & FIG level Acro Championships: Acro Disability Championships	BG competitive membership / LG affiliation National Development Plan & FIG plan On-line entry / acro companion by club Minimum 9 years in year of event
NATIONAL QUALIFIER Acro NDP Prelims: Acro Disability NDP Prelims	BG competitive membership / LG affiliation National Development Plan On-line entry 'Acro Companion' submission by club Minimum 9 years in year of event

COMPETITOR AGES

COMPETITION TITLE	Minimum age in year of competition
Junior League	7 years in the year of competition
Club League	8 years in the year of competition
LG friendly competitions:	8 years in the year of competition
Acro Prelims and Regional Championships:	9 years in the year of competition

GENERAL RULES FOR THE ACRO LEAGUE

JUNIOR LEAGUE AND CLUB LEAGUE

The Acro host club reserves the right to refuse any entry and disqualify a competitor, group, coach or judge at any time, if they do not comply with BG published rules and regulations.

Clubs	Must be BG registered
Gymnasts	Junior League competitors will require minimum BG recreational membership Club league competitors will require BG competitive membership Gymnasts must be the correct age to enter the event
Coaches Level 2 and above	Gold BG membership. Acro L2, or above, qualification to the level of skills being performed Current DBS & SPCA
Coaches Level 1	Silver BG membership L1 Acro coaches may coach at Grade 1 & Grade2 L1 coaches may put gymnasts on the floor at Junior league + Grade 1&2 under the supervision of a L2 coach
Coaches	Wear club tracksuit or tracksuit bottoms and polo shirt
Judges	Require minimum bronze membership & BG qualification Must wear BG discipline attire
Event entry	Acro league event entry may be on-line or direct to the host club. Entry fees are non-refundable after the entry has been submitted A club may not enter a competition without 2 nominated judges
Music	Each host club will have specific music arrangements
Tariff Sheets	Each host club will set specific Tariff sheet submission.
Medals	Medals will be presented to 1,2,3 placed partnerships
Trophies	Junior League and Club league trophies will be presented annually
Welfare	A Welfare Officer will be available for the duration of any event
H&S	A Health & Safety Representative will be on duty for the duration of the event
First Aid	A First Aider will be on duty for the duration of the event

Junior League:

A progressive competition programme that leads into the NDP grades

Minimum 7 years in the year of event

TITLE	LEVELS	PERFORMANCE	RESTRICTIONS	CATEGORIES
JUNIOR LEAGUE Category A [acro]	Level 1: 2: 3: 4:	*Performed on strip of floor, without music	Both partners under 11 years <i>[Junior school]</i>	WP,MP, MXP
JUNIOR LEAGUE Category B [acro]	Level 1: 2: 3: 4:	*Performed on strip of floor, without music	1 or both partners over 11 years <i>[Senior school]</i>	WP,MP, MXP
JUNIOR LEAGUE Category C [tumbling]	Level 1: 2:	Performed on sprung or un-sprung floor	Level 1 = 7 years → Level 2 = 7 years →	Individual
*JUNIOR LEAGUE Category D [Disability]	Level 1: 2: 3:	*Performed on strip of floor, without music	No age restrictions	WP,MP, MXP

* The Junior League Category D- [Disability]: There are specific sets for disabled Junior League gymnasts.
Partnerships may include 1 disabled gymnast and 1 mainstream gymnast

*Categories A,B,D will use the set routines

Junior league	A programme of starter competitions for novice gymnasts and partnerships, held throughout the year and hosted by Acro Clubs. Routines are performed on a strip of un-sprung or sprung floor, using the set routines
QUALIFICATIONS	<ul style="list-style-type: none"> • Clubs must be registered with BG • The Lead coach must have a level 2 or above coaching qualification • Level 1 coaches may put partnerships on the floor under the supervision of a level 2 coach & have silver BG membership • Gymnasts must have minimum recreational membership of BG • Each Club must provide a minimum of 2 qualified judges for entry to be accepted • 'Intro to Judging Acro' is an accepted qualification for junior league
LEVELS	<ul style="list-style-type: none"> • Level 1= novice gymnasts • Level 2 = starter gymnasts; may have competed in club competitions • Level 3 = prep level; may have already competed NDP 1&2 • Level 4= prep level; may have already competed NDP 1&2 • Disability gymnasts may compete at any level, at the discretion of their coach.
AGE RESTRICTIONS:	<ul style="list-style-type: none"> • A minimum age of 7 years in the year of competition • <u>Under 11yrs</u>: all gymnasts in partnership under 11years, on the day (<i>junior school children</i>) • <u>Over 11years</u>: at least one partner 11 yrs. or over, on the day (<i>senior school children</i>)
CATEGORIES	<ul style="list-style-type: none"> • WP, MP, MXP
COMPETITION RULES:	<ul style="list-style-type: none"> • Any gymnast who has competed regionally is ineligible for level 1 or level 2 Junior league • A disability partnership may compete at any level, at the discretion of the coach. • A disability partnership may include 1 disabled and 1 mainstream gymnast , or 2 disabled gymnasts • Gymnast may not compete in Junior & Club League apart from gymnasts working within a disability partnership plus mainstream partnership • Gymnasts must follow the set routines
PRESENTATIONS:	<ul style="list-style-type: none"> • Medals will be presented for each category and level
TROPHIES:	<ul style="list-style-type: none"> • A Junior League Trophy will be presented annually
COMPETITION ENTRY	<ul style="list-style-type: none"> • Entry submitted to host club. • Entry will be 4 weeks prior to the event date. • Late entry, or late payments not accepted
ORGANISATION	<ul style="list-style-type: none"> • The Host club organises the competition

Club League:

A progressive competition programme at NDP Grade levels

Minimum 8 years in the year of event

TITLE	LEVELS	PERFORMANCE	RESTRICTIONS	CATEGORIES
CLUB LEAGUE Category A	Grade 1- 5 Youth IDP:	Performed on full floor, with music	<u>UNDER 8 hours</u> training per week No other age restrictions	WP,MP,MXP, WG,MG
CLUB LEAGUE Category B	Grade 1- 5 Youth IDP:	Performed on full floor, with music	<u>8 hours or over</u> training per week No other age restrictions	WP,MP,MXP, WG,MG
CLUB LEAGUE Category C [Tumbling]	Level 3 4 5	Performed on sprung floor	Level 3-4 = 8yrs→ Level 5= 11 yrs →	individual
CLUB LEAGUE Category D [Disability]	Grade 1: Grade 2: Grade 3	Performed on full floor, with music	No training restrictions No other restrictions	WP, MP, MXP, MXG

* The Club League Category D- [Disability] may include 1 or 2 disabled gymnasts and 1 or 2 mainstream gymnasts

Club league	<p>A Programme of Invitational Competitions hosted by Acro Clubs</p> <p>Category A= <u>under 8 hours</u> training time per week</p> <p>Category B = <u>8 hours or over</u> training time per week</p> <p><i>The Acro year is defined as being from one Acro NDP final to the next final.</i></p>
QUALIFICATIONS	<ul style="list-style-type: none"> • Clubs must be registered with BG • Lead coach of the team must have level 2 or above qualification • For grade 3+ the coach must have the qualification to the level of the skills being performed • Gymnasts must have current competitive BG membership • Each Club must provide a minimum of 2 qualified judges for entry to be accepted
LEVELS	<ul style="list-style-type: none"> • Routines at Acro NDP Grades 1: 2: 3: 4: 5: IDP: Youth • Disability routines at Acro NDP Grades 1: 2: 3
AGE RESTRICTIONS	<ul style="list-style-type: none"> • A minimum age of 8 years in the year of competition • There are no other age range restrictions
CATEGORIES:	<ul style="list-style-type: none"> • Partnerships training for 'UNDER 8 hours' per week; OR • Partnerships training for '8 hours or OVER' per week. • Grade 1 category: WP, MP, MXP • Grade 2 category: WP, MP, MXP, Group • Grade 3 category: WP, MP, MXP, WG, MG • Grade 4 category: WP, MP, MXP, WG, MG • Grade 5 categories: WP, MP, MXP, WG, MG • IDP categories: WP, MP, MXP, WG, MG • Youth categories: WP, MP, MXP, WG, MG • Disability Grade 1: WP, MP, MXP • Disability Grade 2: WP, MP, MXP
COMPETITION RULES:	<ul style="list-style-type: none"> • A gymnast may not compete in Junior and Club league during the same event • A gymnast may compete in a different role, even if they have previously competed at NDP 3 4,5,IDP regionally
PRESENTATIONS:	<ul style="list-style-type: none"> • Medals presented for each category
TROPHIES	<ul style="list-style-type: none"> • A club league trophy will be presented annually
COMPETITION ENTRY	<ul style="list-style-type: none"> • Entry submitted to host club. • Payment made to host club
ORGANISATION	<ul style="list-style-type: none"> • The Host club organises the competition

TUMBLES	RUN 1	RUN 2	RUN 3
Level 1: age groups: 7-8: 9-10: 11-12: 13+	RUN 1 FORWARD ROLL STRETCH JMP FORWARD ROLL STAR JUMP FORWARD ROLL FULL TURN JUMP	RUN 2 CHASSE CARTWHEEL CHASSE CARTWHEEL CHASSE CARTWHEEL TO LAND ON SIDE	RUN3 CARTWHEEL CARTWHEEL ¼ TURN IN BACKWARD ROLL ½ TURN JUMP FORWARD ROLL STAR JUMP
Level 2 age groups: 7-8: 9-10: 11-12: 13+	RUN 1 ROUND OFF ½ TURN JMP TO 1 CARTWHEEL CARTWHEEL ROUND OFF REBOUND JUMP	RUN 2 CARTWHEEL CHASSE CARTWHEEL ROUND OFF STRETCH JUMP BACKWARD ROLL	RUN 3 CARTWHEEL ROUND OFF ½ TURN WALK OUT CARTWHEEL ROUND OFF JUMP 1/2 TURN
Level 3: age groups: 8-10: 11-12: 13+	RUN 1 ROUND OFF ½ TURN JUMP TO 1 CARTWHEEL ROUND OFF REBOUND JUMP FULL TURN JUMP	RUN 2 DIVE ROLL FROM RUN STRETCH JUMP TOP 1 CARTWHEEL ROUND OFF ½ TURN JUMP REBOUND ROLL	RUN 3 ROUND OFF FLIC REBOUND JUMP [HOLD 3 SECS] TURN ROUND ROUND OFF FLIC REBOUND JUMP
Level 4: age groups: 8-10: 11-12: 13+	RUN 1 ROUND OFF FLICK JUMP 1/2 TURN WALKOUT ROUND OFF FLICK REBOUND JUMP	RUN 2 ROUND OFF FLICK ½ TURN JUMP TO 1 HANDSPRING TO 2	RUN 3 ROUND OFF FLIC FLIC REBOUND JUMP
Level 5: age groups: 11-12: 13+	RUN 1 ROUND OFF FLICK ½ TURN JUMP DIVE FORWARD ROLL HEADSPRING	RUN 2 HANDSPRING TO 1 ROUND OFF ½ TURN JUMP ROUND OFF ½ TURN JUMP	RUN 3 ROUND OFF FLIC FLIC FLIC

RULES FOR REGIONAL CHAMPIONSHIPS / NATIONAL PRELIMS

London Gymnastics and the Acro Technical Committee reserve the right to refuse any entry and disqualify a competitor, group, coach or judge at any time, if they do not comply with BG or LG published regulations.

Clubs	Must be BG registered and LG affiliated.
Gymnasts:	Competitors require BG competitive membership Must be the correct age/s to enter the event & relevant levels Have an accredited coach present at all times Long hair tied back: No jewellery: No chewing gum
Coaches: Level 2 or above	Gold BG membership at the time of event entry and event Acro L2, or above, qualification to the level of skills being performed Current DBS & SPCA at the time of event entry and event Only L2 or above coaches may put gymnasts on the floor.
Coaches L1	Silver BG membership at the time of event entry and event L1 Acro coaches may coach at Grade 1 & Grade2 & put on the floor under the supervision of a L2 coach
All coaches	Wear club tracksuit or tracksuit bottoms and polo shirt Long hair tied back: No jewellery:
Coach Passes:	Coach Passes will be issued in line with current FIG regulations
Judges	Require minimum bronze BG membership & current cycle qualification. Must wear BG discipline attire, black or navy suit or trousers /skirt and jacket. Appropriate shoes Judges will be paid expenses at the rate of 45p per mile Judges may self-nominate for events on the judge 'google doc' Judge Panels will be selected from the nominated judges, or google doc judges, by the TC,
Judge Ratios	The ratio of judges to partnerships at prelims 1-4 partnerships = 2 judge minimum 5-8 partnerships = 3 judges minimum 9+ partnerships = 4 judges minimum
Event entry	On-line entry on BG website 'Acro Companion' used for tariff sheets and scoring system Entry fees are non-refundable after the entry has been submitted A club may not enter a competition without a minimum of 2 nominated judges. must be nominated at the time of event entry. If the incorrect number judges have been nominated, the club will be required to either >nominated the correct number of judges >reduce the number of partnerships >pay a levy of £100.00 per judge. A club may not enter a competition if there is an outstanding BG /LG/ ATC invoice. Late entries may be accepted at the discretion of the TC

	at double the entry fee, In case of injury, a gymnast in a partnership may be substituted up to 1 week before the event
Event prep	Draft lists /running order will sent out 3 days after entry closing Response to draft lists /running orders must be received within 3 days Changes to spelling etc. will not be made after the set date.
Music	Uploaded online, 16 days prior to the Prelims event There will be a £20 fine per routine for music up-loaded late Have back up CD at event Some music from Disney, Andrew Lloyd-Webber and Cirque du Soleil may not be used. <i>Clarification: PPL Website www.ppluk.com.</i>
Tariff sheets	Tariff sheets must be submitted to 'BG Acro Companion' Tariff sheets must be numbered and named correctly. There will be a £20 fine per tariff sheet if submitted late Tariff sheets will not be returned to clubs at the end of the event
Results:	Competition results will be published on the LG website within 3 days of the event
Medals & Trophies	Medals will be presented to 1,2,3 placed partnerships Trophies will be presented for display in the clubs Clubs will be charged for any damage to trophies
Progression:	From the Regionals, the first placed NDP partnerships will progress to NDP National Finals. 5 partnerships will be selected as the London Team in the National Team Finals. The top two Disability Partnerships in each category will progress to National NDP Disability Finals The Silver or Bronze Partnerships may progress to the Southampton Championships at selected grades <i>[if any club is not willing for their gymnasts to take part in the Southampton Regional Championships they must inform the competition organiser, in writing, 16 days prior to the prelims]</i>
Regional kit:	Gymnasts and coaches representing London at other Regional or National events will be required to wear the LG Acro Regional Kit. Gymnasts will wear a Regional team training leotard for podium training
Welfare	A Welfare Officer will be available for the duration of any event
H & S	A Health & Safety Person will be on duty for the duration of the event
First Aid:	A first aider will be on duty for the duration of the event
Spectators	Not allowed on the competition arena or approach either officials or Judges
Inquiries:	Inquiries are only permitted in accordance with FIG regulations, with a payment of £25.00 Only nominated supervising coaches may submit a written inquiry, for their own gymnast/s to the competition announcer The event will have a superior jury. The inquiry decision of the Superior jury is final.
Mobile Phones/ devices:	Gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices, including tablets, in the field of play during the event.

Dismissal	Dismissal procedures will be announced. The coaches will leave the field of play with their gymnasts to organise their dismissal
Emergency	In the case of emergency, the evacuation procedure will be announced. The coaches will supervise the gymnasts and meet the parents outside the building. The head judge will lead the judges out of the building. The host club will lead the spectators out of the building
Photography, videos	By entering a LG Event, there is an acceptance that the participant may be photographed and published by LG Photos & videos may only be taken and used in accordance with the BG Child Protection Policy. Flash may not be used at any time during the event. The Event Organiser may at any time direct that photos shall not be taken
Drugs	Testing may take place at any event leading to a National Event The gymnast is held accountable if a prohibited substance is found, whether intentional or unintentional. If a gymnast is taking medication, it should be checked regularly and declared. Medications should be checked on the website http://www.globaldro.com/ <i>Informed Sport is an official website that provides information: http://www.informed-sport.com/about-informed-sport</i> <i>For further information visit: www.british-gymnastics.org</i> <i>Technical information & judges / Sports Science and Medicine / Anti- Doping Policy</i>

Specific Prelims Coach Qualifications.

Competition Minimum Qualification Required (or equivalent)

Grade 1	UKCC L2 excluding Pre-school or L1 in Acrobatics equivalent qualification or L2 Acro
Grade 2	UKCC L2 excluding Pre-school or L1 in Acrobatics equivalent qualification or L2 Acro
Grade 3	UKCC L2 Acro or equivalent qualification
Grade 4	UKCC L2 Acro or equivalent qualification
Grade 5	UKCC L2 Acro + L3 Technical Module 2 or equivalent qualification
Youth	UKCC L3 or equivalent qualification
IDP	L3 + Technical Module 2 or equivalent qualification

Coach Passes will be based on the number of partnerships as per current FIG accreditation rules. A partnership is defined as one Pair or one Group. □

One partnership	One pass.
Two to five partnership	Two passes.
Six to eight partnership	Three passes. □

NATIONAL PROGRAMME

(NDP Prelims & Final & Disability Final)

National Development Plan

NDP emphasises technical excellence over difficulty and artistry, and provides for smaller step-changes in element difficulty.

Coaches should read the up-dated NDP regulations and competition handbook before embarking upon NDP coaching and competitions

Partnerships:	<p>Progression through the NDP is at the discretion of the coach:</p> <ul style="list-style-type: none"> The gymnast's maturity The gymnast's ability The gymnast's experience in gymnastics The coach's level of coaching qualification <p>An individual may only participate in 1 partnership & 1 category A gymnast may participate in a second disability partnership A partnership may not compete at a lower level than previously All exercises have a maximum duration of 2 minutes A partnership may not enter the NDP Preliminaries and the Pat Wade Classic in the same year, apart from Youth Partnerships.</p>	
Disability:	<p>Grade 1-4: Pairs competition only Grade 2: Group competition may be 3 or 4 members: may be mixed gender, 50% disabled minimum. All grade pairs: minimum 1 disabled gymnast Grade 2 groups a minimum of 2 disabled gymnasts</p>	
Age:	<p>Gymnasts must be 9 years in the year of competition Grade 1: maximum age in year of competition 11 years no more than 7 years age difference in partnership Grade 2: maximum age in year of competition 12 years no more than 7 years age difference in partnership Grade 3: maximum age in year of competition 14 years no more than 7 years age difference in partnership Grade 4: no more than 7 years age difference in partnership Youth: maximum age in year of competition 16 years. no more than 5 years age difference in partnership Grade 5: no more than 7 years age difference in partnership IDP: no more than 10 years age difference in partnership</p>	
Levels:	<p>Grade 1 MP WP MxP Grade 2 MP WP MxP WG MG* (3 or 4) Grade 3 MP WP MxP WG MG Grade 4 MP WP MxP WG MG Youth MP WP MxP WG MG Grade 5 MP WP MxP WG MG IDP 1 MP WP MxP WG MG IDP 2 MP WP MxP WG MG</p>	<p>Combined Combined Combined Combined Combined Balance & Dynamic Balance & Dynamic Balance & Dynamic</p>

Coach Qualifications:

Grade 1: UKCC L2 [ex. *Pre-school*] / L1 in Acro equivalent qualification
Grade 2: UKCC L2 [ex. *Pre-school*] / L1 in Acro equivalent qualification
Grade 3: UKCC L2 or equivalent qualification
Grade 4: UKCC L2 or equivalent qualification
Youth: UKCC L3 or equivalent qualification
Grade 5: L3 Technical Module 2 or equivalent qualification
IDP: L3 Technical Module 2 or equivalent qualification

Music

Up-loaded onto the on-line portal 2 weeks prior to the event.

NDP Tariff Sheets: Up-loaded onto the on-line 'Acro Companion' prior to the event.
Competitors may not compete without a tariff sheet.
Elements need to appear in the order in which they are to be performed.
One element per box
The tariff sheet will electronically add up the tariff
LG Grade 1-5 + IDP & Youth:
There will be a £20 fine for late tariff sheets

FIG Tariff Sheets Up-loaded onto the on-line 'Acro Companion' prior to the event.
Competitors may not compete without a tariff sheet.
Elements on the tariff sheet in the order in which they will be performed
Individual elements identified on the last row after the pair/group elements.
Only declared elements of value from the FIG Tables of Difficulty will be evaluated
FIG tariff sheets must show the element value, page number, and where shown, the identification letter or number from the FIG Tables of Difficulty.
There will be a £20 fine for late tariff sheets

Tie break: for 1st place only
FIG rules apply

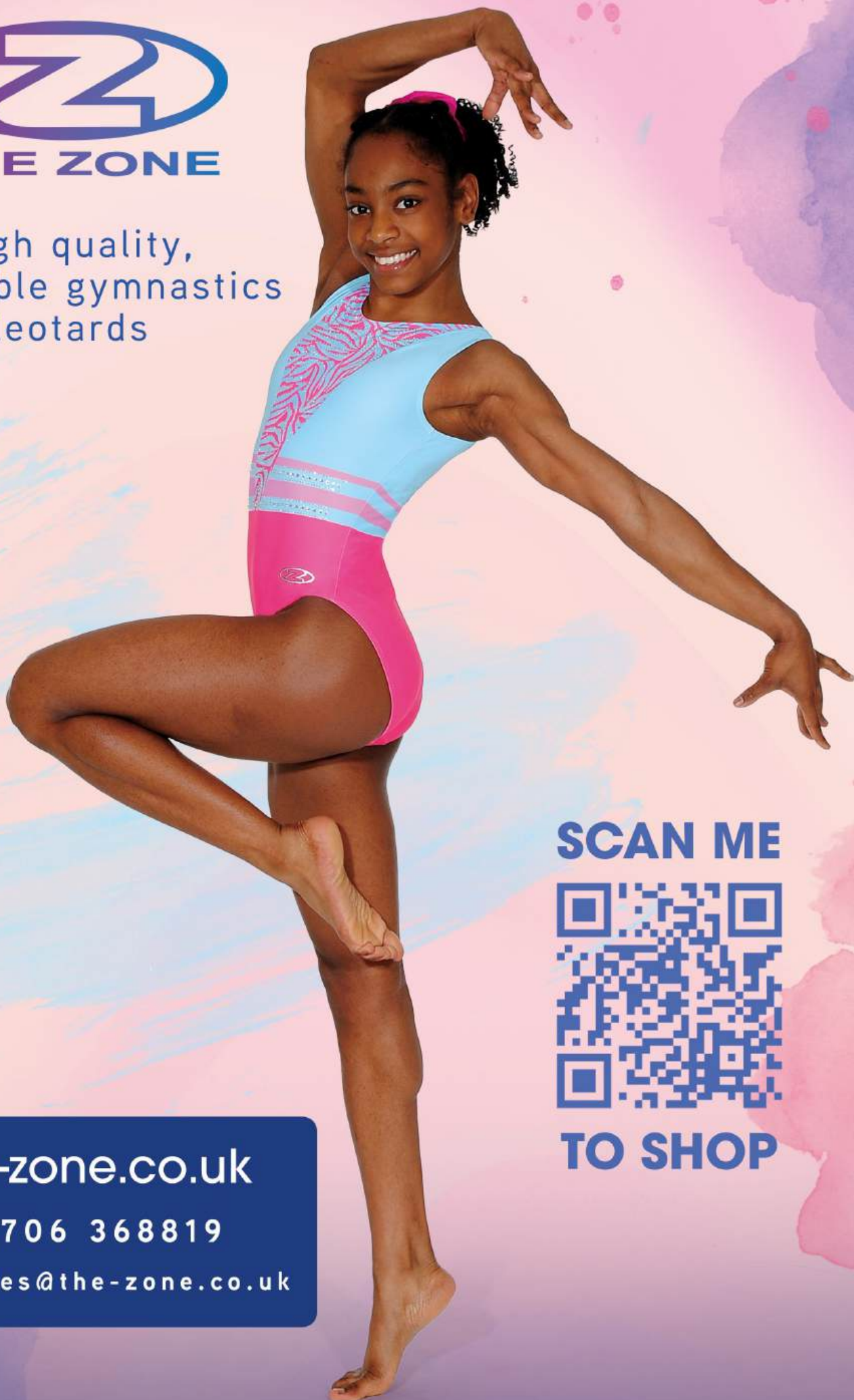
Finals Team Event:

The Competition Director will nominate 5 partnerships to represent London in the Regional Team Event at the NDP finals.
Winning Regional Team is based on sum of 3 highest scores from 5 partnerships
Must include 1 x pair, 1 x group



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