

History of Sports Acrobatics

Acrobatics has a long and ancient history; however, it was not until modern times that Sports Acrobatics was recognised as a competitive sport.

Having been accepted as a sport in the former USSR in 1939, it was taken up in Germany, China, Poland and Bulgaria. The first international Tournament was held in October 1957 in Warsaw with teams of the USSR, Bulgaria, Poland and GDR. The first European Championships were held in Riga, USSR, in 1978, the 20th Championships will be held in 2003.

In 1973 an international organisation was formed, representatives from 10 countries met in Moscow and the International Federation of Sports Acrobatics (IFSA) was founded.

With the formulation of rules and regulations, competitive and judging structures, an international family began to grow. By the time of the merger with the FIG in 1998, 54 countries were affiliated to IFSA.

In July 1984 at the ICO session in Lausanne, Sports Acrobatics was granted Olympic recognition. However, the sport has yet to participate in the Olympic programme.

By 1994 there was sufficient activity within Europe to form a continental federation, and the European Sports Acrobatics Federation (EUROSAF) was founded with 27 member federations.



Following the IFSA/FIG merger, it was a natural progression for EUROSAF to seek acceptance within the Union of European Gymnastics (UEG), in January 2000 a merger was finalised.

How can UEG help you develop?



- Coaching and Judge's courses:
Training Camps
- Competitions for juniors and those in the early stages of development:
Age group events
- Sample development plans:
Training programmes and practical help from experts
- Advice on setting-up a technical infrastructure:
Guidance on appropriate training aids and equipment



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Sports Acrobatics



UNION EUROPÉENNE
DE GYMNASTIQUE
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TURNUNION
EUROPEAN UNION
OF GYMNASTICS



An exciting and enjoyable gymnastic discipline



Sports Acrobatics (often called Acrogyrnastics) has a place for gymnasts of all body types, psychological make-up and all different ages. It is ideal for those who already have artistic gymnastics, trampoline and/or tumbling preparation. It focuses on floor exercises of 3 different kinds, and has elements of balance, strength, tumbling, vaulting and rebound, similar to those done on beam, bars, trampolines and vaults. The work is done in partnerships to advance the skills that individuals can achieve alone.



These five disciplines within the Sports Acrobatics competition framework:

- Women's pair
- Women's group
- Men's pair
- Mixed pair
- Men's group



Competition Structure



World Championships (FIG)

minimum age 15

World Cup (FIG)

minimum age 15 years

World Age Group Games

11-16 years and 12-18

European Championships

UEG – Senior and Junior

minimum age 15 (senior),
12-18 (junior)

European Tournament

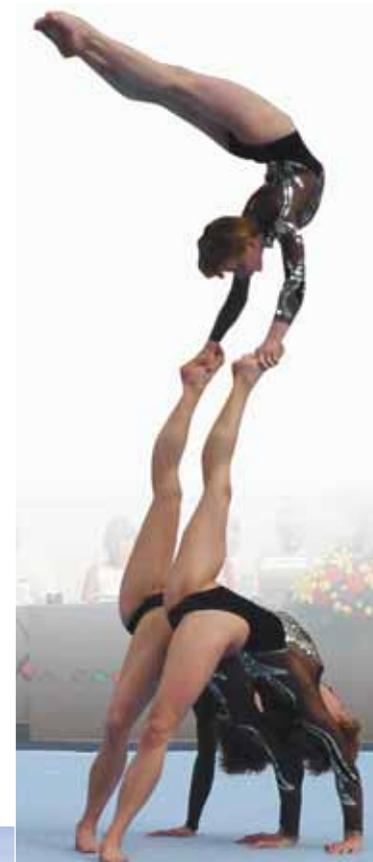
Juniors and age group

11-16 years

The disciplines

Balance exercise

The exercise must demonstrate strength, balance, flexibility and agility, with two or more partners in contact all the time during the performance of the element, which may be static (held in position) or moving (motion). Maximum duration 2.30 minutes.



Pairs

Minimum requirement, 6 pair balance elements, and three individual balance elements.

Groups

2 Group elements and 3 individual elements. Static pair and group elements are held for 3 seconds, (penalty 0.3 for each missing second). Individual balance elements must be held for 2 seconds. Motion elements must show a static position at the end of the motion.

Tempo exercises

The exercise must demonstrate flight from throws, pitches, and catches. Tumbling elements including somersaults are characteristic. The characteristics of tempo elements are that the contact between partners is brief and that flight is involved. Maximum duration 2.30 minutes.

Minimum requirement, pairs and groups, 6 elements and 3 tempo individual elements.

Combined exercise

Maximum duration 2.30 minutes.

Minimum requirement for pairs and groups: 3 balance elements and 3 tempo elements, 2 individual balance elements and 2 individual tempo.

