

# FEDERAZIONE ITALIANA SPORT ACROBATICI E COREOGRAFICI



## REGOLAMENTO ACROSPORT 2024/2027



**Responsabile Tecnico Nazionale Acrosport Fisac Lachezar Cesare Yancov**

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## **ACROSPORT**

La FISAC ha come obiettivo lo sviluppo e la diffusione della ginnastica Acrobatica (ACROSPORT) in Italia e in Europa e dopo la partecipazione delle prime formazioni italiane alla International Team Acro Cup di Mainz nel 2014 ha deciso di organizzare la Coppa Acrobatica per Club Internazionale.

Nelle edizioni precedenti alla Coppa Internazionale per Club hanno partecipato oltre 300 atleti provenienti da diversi club e nazioni come Bulgaria, Germania, Moldova, Ungheria, Portogallo, Puerto Rico, Israele, Svizzera, Ucraina, USA, Galles, Inghilterra e Italia.

Con la collaborazione dell'Accademia Acrobatica di Cesenatico, la direzione tecnica nazionale federale FISAC promuove dall'anno sportivo 2018/2019 il CAMPIONATO NAZIONALE FISAC ACROSPORT.

Il CAMPIONATO NAZIONALE è aperto a tutti i club sportivi che lo richiederanno, l'adesione alla FISAC per il primo anno è completamente gratuita.

### **AFFILIAZIONE E TESSERAMENTO**

La società e le atlete che partecipano al campionato FISAC devono essere regolarmente affiliata e tesserate. Per la modulistica entrare in <http://www.fisacgym.it/>, e in documenti troverete tutte le informazioni inerenti AFFILIAZIONE, RIAFFILIAZIONE E TESSERAMENTO ON LINE.

### **DISCIPLINE:**

- Duo Femminile
- Duo Maschile
- Duo Misto
- Trio Femminile
- Quartetto (femminile – maschile - misto)
- Podest
- Appoggi

### **CATEGORIE:**

1. CAMPIONATO C:
  - C1 combinato
  - C2 combinato
  - C3 Junior C3 Senior - combinato (SOLO NEL CAMPIONATO ITALIANO)
2. YOUTH combinato
3. CAMPIONATO B - statico e dinamico (premiazioni separate)
4. AGE GROUP 8/16 - Programma di gara F.I.G. Age Group 11-16
5. AGE GROUP 11/18 - Programma di gara F.I.G. Age Group 12-18
6. AGE GROUP 12/19 - Programma di gara F.I.G. Age Group 13-19
7. SENIOR - Programma di gara F.I.G. Senior

8. QUARTETTO: silver, gold, master class
9. PODEST: C1, C2, B, MASTER CLASS
10. APPOGGI: C1, C2, B, MASTER CLASS

## REGOLAMENTO GENERALE CAMPIONATO NAZIONALE:

Il campionato nazionale prevede tre gare nazionali, nelle date e sedi definite e rese note dal calendario sportivo. La terza prova vale come finale nazionale e in tale competizione viene decretata la formazione campione nazionale (somma dei due punteggi migliori su tre). In tale competizione verrà stilata anche la classifica per Club che prevede la premiazione dei primi tre classificati. Tutte le discipline hanno accompagnamento musicale e possono avere una musica con o senza parole purché rispetti il regolamento etico F.I.G. Le carte gara da utilizzare devono essere quelle inviate dal responsabile nazionale.

## CAMPO GARA:

Pedana facilitante 12x12

## PROGRAMMA

### Campionato C:

**C1** (6-14 anni compiuti, massimo 8 anni di differenza di età) **C2** (6-19 anni compiuti, massimo 8 anni di differenza di età). Esercizio combinato. Musica 2: 30" anche cantata.

Per quanto riguarda l'età e quindi il passaggio di categoria si fa riferimento al programma FIG internazionale dove si parla di anno sportivo, cioè da gennaio a dicembre.

- Massimo 8 elementi di gruppo, minimo 6 di cui -1 elemento Statico cat.1, 1 elemento Statico cat.2, 1 elemento Statico cat.3, 3 elementi dinamici.
- 3 elementi Individuali (1 elemento cat.1, un elemento cat.2, il terzo libero)
- Dinamici - 1 elemento di ripresa dal partner obbligatorio (vedi tabelle elementi dinamici lettera G), Massimo 2 arrivi a terra dal partner (Dismounts). In totale è possibile eseguire 5 arrivi a terra. Massimo 3 posizioni di partenze e riprese uguali.
- Gruppo: se la Top e la Mezzana, sono nella stessa posizione, si conta una sola volta (es.: due squadre nella stessa figura valgono come una)
- Differenza tra elementi statici e dinamici 50% con tolleranza 1 punto
- Difficoltà 60 = 0,6 Massimo + 10 Tolleranza.
- **La ginnasta sia top che base potrà partecipare al max a 2 formazioni (duo F + trio F, duo M + duo Mx, duo F+ duo Mx, duo Mx+ trio F - NO duo + duo, NO trio + trio)**
- La formazione che vince il titolo di campione italiano FISAC per due anni consecutivi dovrà cambiare categoria di gara (tenendo come riferimento gli anni di accesso nelle categorie).

**C3** - Il campionato C3 sarà diviso in due categorie: Junior (6-13 anni compiuti, massimo 8 anni di differenza di età), Senior (6-16 anni compiuti, massimo 8 anni di differenza di età). Esercizio combinato. **Musica max 2:30" anche cantata.**

Per quanto riguarda l'età si fa riferimento al programma FIG internazionale dove si parla di anno sportivo, cioè da gennaio a dicembre.

Fare attenzione all'età delle basi iscritte tra la prima e seconda gara FISAC (la divisione tra junior e senior potrebbe subire dei cambiamenti dopo aver ricevuto le iscrizioni alla 1° prova di ogni anno sportivo).

**Programma per formazioni principianti** (Limitazioni: nessuna **ginnasta** della formazione deve aver partecipato negli anni precedenti al Campionato FISAC Age Group e B, UISP dalla 4 categoria e Campionati e nelle gare Silver, Open e

Gold L3-L4-L5) - La mancata osservanza di queste limitazioni comporterà la correzione delle classifiche con l'esclusione e la nuova redistribuzione delle medaglie anche al termine dell'anno sportivo.

- 5 elementi di gruppo, di cui -1 elemento Statico cat.1, 1 elemento Statico cat.2 obbligatori, Terzo statico libero, 2 elementi dinamici. (**nessuna differenza elementi statici e dinamici 50%**)
- 3 elementi Individuali (un elemento cat.1, un elemento cat.2, il terzo libero)
- Il max del punteggio per gli elementi statici, dinamici e individuali V. 4; solo per il Trio max del punteggio elementi dinamici V. 3.
- Difficoltà 25 = 0,25 Massimo (penalità di 1 p. se si supera la difficoltà richiesta)
- Nessun limite di arrivi e posizioni di partenze uguali
- **La ginnasta sia top che base potrà partecipare al max a 2 formazioni, un duo e un trio, NO duo + duo, NO trio + trio** (quartetto-podest e appoggi sono esclusi da queste limitazioni)
- La formazione che vince il titolo di campione italiano FISAC per due anni consecutivi dovrà cambiare categoria di gara (tenendo come riferimento gli anni di accesso nelle categorie).

Tutti gli elementi individuali e di gruppo, pagina, numero di elemento e il suo valore giuridico per le categorie C1/C2 e C3 devono essere presi dal Codice FISAC 2024/2027

**Youth:** (8 – libero)

Esercizio combinato. Musica max 2: 00" anche cantata.

#### **Coppia:**

- Tre elementi statici, due devono essere scelti da due righe differenti della Tabelle delle difficoltà 11/16 e uno deve essere scelto dalle ToD o optional elements da pag. 35  
Tre elementi dinamici, due devono essere scelti da due righe differenti delle Tabelle delle difficoltà 11/16 e uno deve essere scelto dalle ToD o optional elements da pag. 35  
Tre elementi individuali, Dei tre elementi individuali almeno uno dovrà essere scelta tra flessibilità, equilibrio/forza, agilità e almeno uno dovrà essere di tumbling.
- Il calcolo delle difficoltà segue le WAGR Age Group 11-16.
- Massima difficoltà elementi opzionali statici 1-9; Massima difficoltà elementi opzionali dinamici 1-14

#### **Gruppo:**

- Duo elementi statici, uno deve essere scelto da due righe differenti della Tabelle delle difficoltà 11/16 e uno deve essere scelto dalle ToD o optional elements da pag. 35  
Tre elementi dinamici, due devono essere scelti da due righe differenti della Tabelle delle difficoltà 11/16 e uno deve essere scelto dalle ToD o optional elements da pag. 35  
Tre elementi individuali, Dei tre elementi individuali almeno uno dovrà essere scelta tra flessibilità, equilibrio/forza, agilità e almeno uno dovrà essere di tumbling. L'esecuzione del salto non è obbligatoria.
- Il calcolo delle difficoltà segue le WAGR Age Group 11-16.  
Massima difficoltà elementi opzionali statici 1-16; Massima difficoltà elementi opzionali dinamici 1-14

**Campionato B:** (8 anni per la top – libero, nessuna differenza di età tra partner) - Per tutto ciò che non è contemplato vale il regolamento FIG 12/18 anni 2025/2028.

- STATICA musica 2:30" - **Coppia:** Maximum 8 elementi - Minimo 5 elementi con difficoltà minima V1. Una transizione obbligatoria con valore della Top o della base (esempio: Squadra – cocodrillo per la top, In piedi – discesa in spaccata della base).  
NON è obbligatoria la verticale (per la top).  
**3 elementi individuali di libera scelta per tutti gli atleti** (vedi programma AG 12/18)

- **STATICA** musica 2:30” - **Gruppo**: Maximum 4 piramidi - . Minimo 2 piramidi con 3 posizioni statiche tenute tre secondi. Le piramidi devono essere di diverse categorie con obbligo di una Transizione (Motion) per la TOP (esempio: squadra – cocodrillo). La difficoltà per la transizione si prende quando da una posa statica x 3” si va ad un’altra posa statica x 3”. La Top può ricevere la difficoltà per la stessa posizione in una combinazione: 2 volte per la statica, 2 volte per la transizione della base.

NON è obbligatoria la verticale (per la top).

**3 elementi individuali di libera scelta per tutti gli atleti**— (vedi programma AG 12/18)

**Difficoltà Max. 80V + 10V Tolleranza.**

- **DINAMICO** musica 2:00” – **Coppie e Gruppo**: Maximum 8 elementi di gruppo per difficoltà, Minimo 5 elementi Dinamici con fase di Volo, due dei quali con ripresa del partner. Max. 3 arrivi a terra (dal partner a terra). Tutti gli elementi devono avere difficoltà minima V1.

**3 elementi individuali di libera scelta per tutti gli atleti**— (vedi programma AG 12/18)

**Difficoltà Max. 70V + 10V Tolleranza.**

NON è obbligatorio il Salto per gli elementi di gruppo e coppie, come anche per gli elementi individuali.

**Age Group 8/16:** statico-dinamico - (finale vedi tabella anni FIG) segue le regole FIG internazionale 11/16

**Age Group 11/18:** statico-dinamico - (finale combinato) segue le regole FIG internazionale 12/18

**Age Group 12/19:** statico-dinamico - (finale combinato) segue le regole FIG internazionale 13/19

**Senior:** statico-dinamico-combinato-segue le regole FIG internazionale

Nella 3° prova del campionato per le categorie Age Group 11/18, 12/19 e Senior è previsto l’esercizio combinato+ statico o dinamico a scelta.

Le classifiche delle categorie AG e Senior saranno date dalla somma dei due esercizi.

### **Quartetto Femminile e Maschile:**

- **Quartetto silver – Programma per formazioni che partecipano al programma C3**  
Musica 3:00” max anche cantata. 3 elementi statici; 1 elemento cat.1, 1 elemento cat.2, terzo statico libero - 3 elementi dinamici. - 3 elementi Individuali (un elemento cat.1, un elemento cat.2, il terzo libero presi dal Programma Categoria C)  
Il max del punteggio per gli elementi statici, dinamici e individuali **V4**
- **Quartetto gold – Programma per formazioni che partecipano al programma C1 - C2 -Youth**  
Musica 3:00” max anche cantata. 3 elementi statici; 1 elemento cat.1, 1 elemento cat.2, 1 elemento cat. 3 - 3 elementi dinamici. - 3 elementi Individuali (un elemento cat.1, un elemento cat.2, il terzo libero presi dal Programma Categoria C)
- **Quartetto master class – Programma per formazioni che partecipano al programma Youth, Age Group e B. Musica 3:00” max anche cantata.** 3 elementi statici; 1 elemento cat.1, 1 elemento cat.2, 1 elemento cat. 3 – 3 elementi dinamici. - 3 elementi individuali uno di 1° categoria – uno di 2° categoria, uno libero.  
Elementi individuali devano essere presi dal Codice FIG. – Tables of Difficoltà  
Il minimo del punteggio per gli elementi statici e dinamici V4; arrivi a terra sempre con ripresa.

N.B. Solo una atleta può essere inserita in un quartetto non della sua categoria come formazione e viene considerata come FUORI QUOTA – Una atleta che non gareggia nelle categorie previste può essere inserita in qualsiasi quartetto.

### **Podest:**

- **Allieve: “CAT. C “**  
- C1 - (6 - 12) C2 - (13 - 19) Difficoltà massima 50V.- (va divisa x 100 / = 0,50)  
Musica 2:30” max anche cantata.  
Sono consentiti cinque elementi: 3 statici e 2 dinamici con 360° giro  
E’ consentita una discesa con valore per la difficoltà (ma non è obbligatoria)

Elementi statici possono essere ripetuti come Dinamici con 360°

Verticale, Flick e Salto NON sono obbligatori.

Individuali: Max. 3 elementi individuali, uno di 1° categoria – uno di 2° categoria, uno libero.

Elementi individuali devono essere presi dal Codice FISAC Programma C.

Tutti elementi statici, dinamici, transizioni devano essere presi dal Codice DSAB-versione 2017 Programma Podest.

- **Junior: “B” Classe** (NON limite d’età) **Difficolta** massima 70 V – (va divisa x 100 /= 0,70)  
Musica 2:30” max anche cantata.  
Minimo 6 - Massimo 8 elementi  
Min. 3 Elementi Statici di diverse categorie (= 1 verticale pag.5, 1 squadra o cocodrillo pag.6, 1 equilibrio pag.7).  
Min. 3 Elementi Dinamici con 360° giro. Elementi statici possono essere ripetuti come Dinamici con 360°.  
E’obbligatoria una discesa con valore per la difficoltà (pag. 8)  
Salto come elemento individuale NON è obbligatorio  
Individuali: Max. 3 elementi individuali, uno di 1° categoria – uno di 2° categoria, uno libero.  
Elementi individuali devano essere prese dal Codice FIG. – Tables of Difficolty 2025/28- Tutti elementi statici, dinamici, transizioni devano essere presi dal Codice DSAB-versione 2017 Programma Podest
- **Master Class:** Nessun limite d’età ma segue il programma 12-19 FIG Combinato. Difficoltà massima 80 V – (va divisa x 100 /= 0,80 - Tolleranza + 20 V.)  
Musica 2:30” max anche cantata.  
Minimo 6 - Massimo 8 elementi  
Min. 3 Elementi Statici di diverse categorie. Sono obbligatorie due verticali da due categorie diverse (categorie A/B/C/D/E Pag. 1 programma Podest)  
Minimo 3 Elementi dinamici con 360° giro  
E’obbligatoria una discesa con valore per la difficoltà (pag. 8)  
Salto come elemento individuale è obbligatorio  
Maximum 4 elementi eseguiti in serie; statici e dinamici possono essere collegati.  
Individuali: Max. 3 elementi individuali, uno di 1° categoria – uno di 2° categoria, uno libero.  
Elementi individuali devono essere prese dal Codice FIG. – Tables of Difficolty- Tutti elementi statici, dinamici, transizioni devano essere presi dal Codice DSAB-versione 2017 Programma Podest

### Appoggi:

**Programma individuale (chi partecipa a questo programma non può partecipare al programma podest)**

**Musica max 2:00” anche cantata per tutte le categorie **tranne cat C1 Musica max 1:30 Pedana 12x12****

- **Cat. C**  
**C1 (6/8 – nel 2024 anni 2018-2017-2016, nel 2025 anni 2019-2018-2017)**  
Difficolta massima 20V.- (va divisa x 100 /= 0,20)  
Minimo 3 massimo 4 elementi - Max punteggio V. 3 per elementi statici, massimo punteggio elementi individuale V.3  
3 elementi individuali, uno di K1 – uno di K2, uno libero. Elementi individuali devano essere presi dal Codice Fisac-Programma C.  
  
**C2 junior (9/11 – nel 2024 anni 2015-2014-2013, nel 2025 anni 2014-2013-2012)**  
**C2 senior (12/14 – nel 2024 anni 2012-2011-2010, nel 2025 anni 2013-2012-2011)**  
Difficolta massima 30V.- (va divisa x 100 /= 0,30)  
Minimo 3 massimo 5 elementi - Max punteggio V. 3 per elementi statici, massimo punteggio elementi individuale V.6  
3 elementi individuali, uno di K1 – uno di K2, uno libero. Elementi individuali devano essere presi dal Codice Fisac-Programma C.
- **Cat. B (8 anni - libero)**  
Difficolta massima 50V.- (va divisa x 100 /= 0,50)  
**Minimo 4 massimo 6 elementi**  
**Obbligo di 1 transizione (da mano mano a due mani e viceversa vale come transizione ma non prende valore)**  
Individuali: Max. 3 elementi individuali, uno di 1° categoria – uno di 2° categoria, uno libero preso dal Codice FIG.– Tables of Difficolty-

- **Cat. Master Class (8 anni- libero)**

Difficoltà massima 80V.- (va divisa x 100 / = 0,80)

Minimo 5 massimo 8 elementi

Obbligo della verticale

Obbligo di 2 transizioni (da mano mano a due mani e viceversa vale come transizione ma non prende valore)

Individuali: Max. 4 elementi individuali, uno di 1° categoria – uno di 2° categoria, due liberi presi dal Codice FIG.– Tables of Difficulty-

## ABBIGLIAMENTO:

- I body devono essere uguali per le atlete di tutta la combinazione, nei colori, nel disegno, nella fantasia, nel modello. (Segue le regole FIG Acro Code of Point 2025/28)
- Si possono usare anche body interi.
- Si possono usare calzini, solo bianchi, senza disegni o scritte e devono essere due.
- Si possono usare bendaggi e cavigliere, color carne e tinta unita. (qualsiasi altra benda deve essere autorizzata dal presidente di giuria)
- E' vietato l'uso di collane, orologi, orecchini anche a bottoncino.

## CAMPIONATO NAZIONALE:

Le prove del campionato nazionale sono (3) tre; nelle date e sedi definite e rese note dal calendario sportivo.

Verranno consegnate medaglie di partecipazione a tutti gli atleti e medaglione oro, argento e bronzo alle formazioni che si classificheranno nei primi tre posti.

Nella categoria B le premiazioni saranno separate, statico e dinamico. La categoria 12/18, 13/19 e Senior nella terza prova potrà scegliere di eseguire STATICO o DINAMICO + l'esercizio COMBINATO.

La terza prova vale come finale nazionale e in tale competizione viene decretata la formazione campione nazionale (somma dei due punteggi migliori su tre).

### Classifica per Club:

Miglior punteggio per le tre categorie in gara **A**: age group 8/16, 11/18, 12/19, Senior (nell'Age Group viene preso il miglior punteggio tra statico o dinamico o combinato) – **B**: camp. B, Youth – **C**: camp. C1, C2, C3

1° PROVA			2° PROVA			3° PROVA		
A	B	C	A	B	C	A	B	C
Miglior punteggio								

I premi per società sportiva sono da usufruire nello stesso anno sportivo:

- 1°posto, soggiorno di una settimana al A.V. (Accademia villaggio-Cesenatico) completamente gratuito.
- 2°posto, soggiorno di una settimana presso il A.V. con 50% di sconto.
- 3°posto, soggiorno di una settimana presso il A.V. con 30% di sconto.

I premi comprenderanno 10 atleti + 1 tecnico (Il soggiorno gratuito-50%-30% è riferito al pernottamento e pensione completa, mentre sono a pagamento l'uso delle strutture con il versamento di 50€ ad atleta e la quota dell'allenamento tecnico).

I premi del campionato italiano e dell'International Acro Cup For Clubs non sono cumulabili

### **INTERNATIONAL ACRO CUP FOR CLUBS:**

L'evento internazionale viene organizzato tutti gli anni nel periodo di Pasqua. Le prime tre posizioni saranno premiate con medaglia: oro-argento-bronzo. Verrà stilata una classifica per società sportiva.

I premi per società sportiva sono da usufruire nello stesso anno sportivo:

- 1°posto, soggiorno di una settimana al A.V. (Accademia villaggio-Cesenatico) completamente gratuito.
- 2°posto, soggiorno di una settimana presso il A.V. con 50% di sconto.
- 3°posto, soggiorno di una settimana presso il A.V. con 30% di sconto.

I premi comprenderanno 10 atleti + 1 tecnico (Il soggiorno gratuito-50%-30% è riferito al pernottamento e pensione completa, mentre sono a pagamento l'uso delle strutture con il versamento di 50€ ad atleta e la quota dell'allenamento tecnico).

### **LIMITAZIONI:**

Durante l'anno sportivo la combinazione potrà avanzare di categoria, ma non retrocedere – vedi tabella.

8	SENIOR
7	AGE GROUP 12/19
6	AGE GROUP 11/18
5	AGE GROUP 8/16
4	CAMP. B *
3	YOUTH
2	CAMP. C1 – C2
1	CAMP. C3

\*Tutte le formazioni che hanno partecipato ai campionati AGE Group possono partecipare **alla categoria B e/o YOUTH**

**CAMBIO FORMAZIONE:** Un atleta può retrocedere di categoria solo se cambia ruolo. I ginnasti che hanno partecipato negli anni precedenti a campionati di Age Group 8/16 -11/18 -12/19 – Senior – Cat. B, cambiando formazione e ruolo non potranno partecipare al campionato C3.

I ginnasti che hanno partecipato negli anni precedenti a campionati di C1 e C2, solo cambiando ruolo (da top a base), potranno partecipare al campionato C3 e solo se gareggeranno con atleti principianti (che non hanno mai partecipato a gare FISAC in C1, C2, Age Group, B).

I ginnasti che negli anni precedenti hanno gareggiato in Age Group o B, se cambiano formazione e gareggiano con un ginnasta che viene dalla stessa situazione, devono sempre partire dalla categoria Youth, Age Group o B.

Esempi; un top di C2 scende a fare la base in una nuova formazione, potrà quindi partecipare al campionato C1 (NO C3). Una base di un trio di C2 cambiando formazione e diventando una coppia può retrocedere da C2 a C1 (NO C3)

NB: Se le limitazioni sopra indicate non verranno rispettate la formazione verrà squalificata

### **MUSICHE:**

Le musiche dovranno essere inviate entro la data indicata a **acromusicfisac@gmail.com**

### **SCHEDE GARA:**

Le schede gara dovranno essere inviate entro la data richiesta a **acrocupfisac@gmail.com**

E'possibile, solo in caso di infortunio o malattia (comprovato da certificato medico), cambiare un componente della combinazione anche il giorno stesso della gara.

Le carte gara saranno corrette dal DTN che comunicherà alle società sportive eventuali errori ma la responsabilità finale delle schede gara è solo del tecnico societario.

Una combinazione assente, anche dietro infortunio comprovato da certificato medico, deve comunque pagare la quota di iscrizione.

Sarà possibile presentare in campo gara solo "piccole modifiche" alla scheda gara inviata inizialmente: variazione atteggiamento del corpo, tenuta delle posizioni, cambio di un elemento individuale o di gruppo, cambio di un arrivo o partenza. (altre possibili variazioni devono essere autorizzate dal responsabile nazionale FISAC).

### **OBBLIGO DEGLI ATLETI:**

Gli atleti devono rispettare i regolamenti tecnici e devono comportarsi con educazione e rispetto verso gli altri atleti, gli allenatori e i giudici.

Devono presentarsi alla cerimonia di premiazione con l'abbigliamento corretto e all'orario prestabilito. La mancata osservanza comporterà un avvertimento o sanzione da parte del presidente della giuria superiore o, in mancanza di questo, del DTN.

La mancata presenza alla cerimonia di premiazione comporterà la correzione delle classifiche con l'esclusione e la nuova redistribuzione delle medaglie. La giustificazione della mancata presenza avverrà solo in casi eccezionali e con motivate circostanze comprovate.

### **OBBLIGO DEGLI ALLENATORI:**

Comportarsi nei confronti di tutti gli atleti, giudici, allenatori in modo rispettoso ed educato. Conoscere e rispettare rigorosamente i Regolamenti Tecnici e i Codici Disciplinari. Non effettuare alcun contatto verbale, cellulare o altro

con i giudici di qualsiasi squadra durante i periodi di riscaldamento o le competizioni. La violazione comporterà l'immediata squalifica del giudice o un richiamo formale sia del giudice che dell'allenatore. Gli allenatori che non rispettano le regole usando un comportamento scorretto saranno allontanati dal campo gara. All'allenatore e alla società sportiva viene emesso un ammonimento ufficiale. Gli ammonimenti possono essere presi durante tutti gli eventi ufficiali della FISAC. Per esempio, se un allenatore riceve un ammonimento per una grave violazione delle regole ai Campionati Nazionali e un secondo ammonimento in un'altra manifestazione della FISAC nello stesso ciclo (come gare internazionali), il secondo ammonimento è una proposta automatica alla Commissione Disciplinare per la sanzione.

Gli allenatori dovranno indossare la divisa societaria durante tutta la competizione, non avere un abbigliamento idoneo porterà all'allontanamento dal campo di gara.

### **RICHIESTA INFORMAZIONI:**

La richiesta di informazioni dovrà essere consegnata al DG che raccoglierà le richieste e le consegnerà al CJP competente entro il termine del blocco successivo (oppure direttamente al CJP), solo tramite modulo FISAC contenente le seguenti informazioni: nome della società sportiva, numero di gara della combinazione e descrizione della motivazione per cui si richiede chiarimenti, data e orario della richiesta. La richiesta di chiarimenti deve essere esclusivamente sulla formazione della propria società. (pag.11 vedi modulo richiesta informazioni)

La richiesta dovrà essere riferita solo sulla penalità del DJ e del CJP o al DM. Le risposte saranno consegnate entro il termine della competizione in oggetto.

La visione di video per chiarimenti è ammessa solo su richiesta esplicita del CJP

### **RICORSO:**

Ogni società regolarmente iscritta in gara ha il diritto a presentare ricorso entro 30 minuti dal termine dell'esecuzione dell'esercizio. La risposta sarà regolarmente consegnata entro il termine della competizione e prima delle premiazioni.

La presentazione del ricorso dovrà essere accompagnata dal versamento **di una cauzione di 50 €** e dovrà contenere i seguenti dettagli: nome della società sportiva richiedente, nome e cognome del presidente o del tecnico con relativo numero di tessera FISAC, numero di gara della combinazione, motivazioni per cui si inoltra il ricorso citando l'articolo del RTA (regolamento tecnico acrosport) o CoP cui si fa riferimento a sostegno della descrizione, data, orario. Ogni società può presentare un solo ricorso per ogni combinazione e per ogni esercizio presentato.

La cauzione di 50 € verrà riconsegnata esclusivamente ad accoglimento del ricorso, altrimenti verrà trattenuta dalla Società organizzatrice con regolare ricevuta

### **Libretto Sportivo AcroSport FISAC:**

Tutti gli atleti che partecipano al campionato AcroSport FISAC hanno la possibilità di avere il Libretto sportivo FISAC che ad ogni gara verrà consegnato alla segreteria per la vidimazione.

**Per quanto non contemplato nel presente Regolamento vigono le norme previste dai Regolamenti FIG Internazionale.**

PRESIDENTE FISAC

Cesare Bianchi

VICEPRESIDENTE FISAC

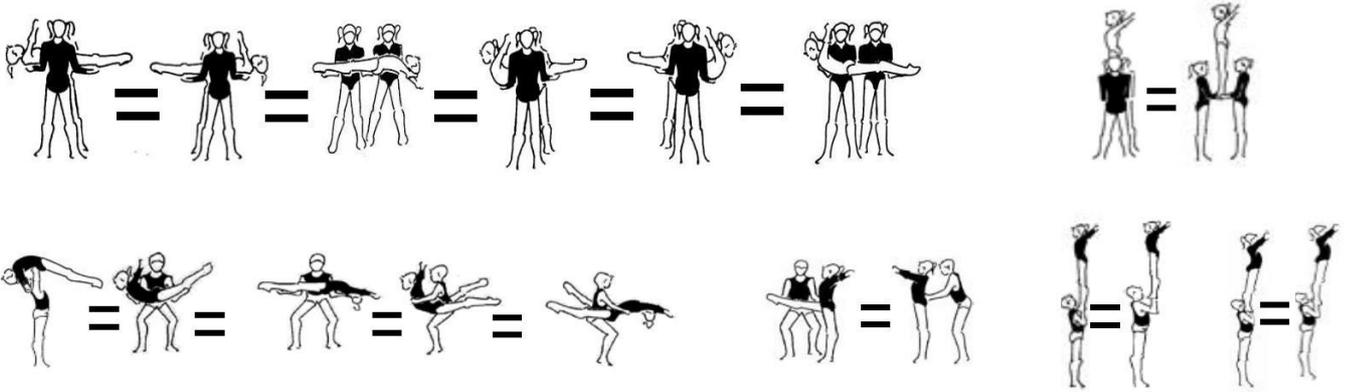
Prof.ssa Franca Casadei

COORDINAMENTO ATTIVITA' TECNICHE

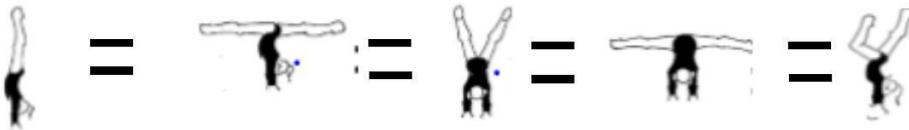
Prof. Giampaolo Ciavolella

# CHIARIMENTI TECNICI PROGRAMMA CAMPIONATO C

- Stessa posizione – Gruppo e Coppia



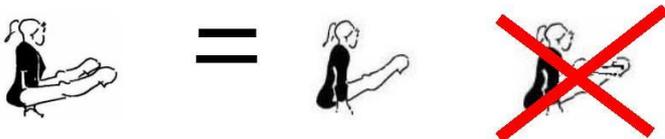
- Stessa posizione



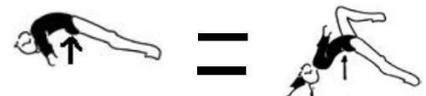
- Arrivi e partenze considerate uguali



- Squadre Considerate uguali



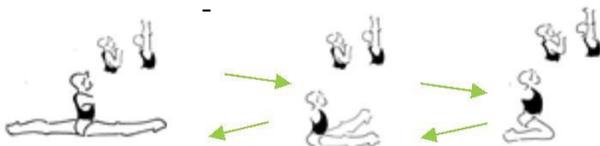
- Variazione



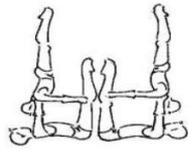
- Squadra raccolto (arti superiori esterni al bacino nel duo e nel trio)



- Transizioni possibili che non prendono valore



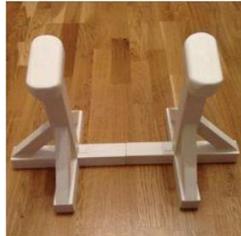
**Figura doppio elemento che vale come uno**



**- Appoggi**



**regolari**



**NO UNITI**



# **PROGRAMMA CAT. C**

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<p>2"</p>		

K1	Nr.002	2 V
<p>2"</p>		

K1	Nr.003	2 V
<p>2"</p>		

K1	Nr.004	2 V
<p>2"</p>		

K1	Nr.005	3 V
<p>1 sek</p>		

K1	Nr.006	4 V
<p>2"</p>		

K1	Nr.007	3 V
<p>oder</p> <p>2"</p>		

K1	Nr.008	3 V
<p>2"</p>		

K1	Nr.009	2 V

K1	Nr.010	3 V

K1	Nr.011	4 V

K1	Nr.012	3 V

K1	Nr.013	4 V
<p>2"</p>		

K1	Nr.014	3 V
<p>2"</p>		

K1	Nr.015	2 V
<p>2"</p>		

K1	Nr.016	2 V
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K1	Nr.017	5 V

K1	Nr.018	3 V

K1	Nr.019	4 V
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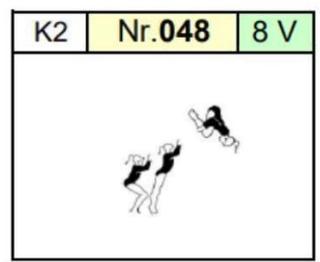
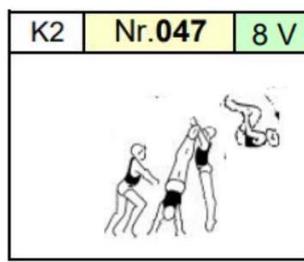
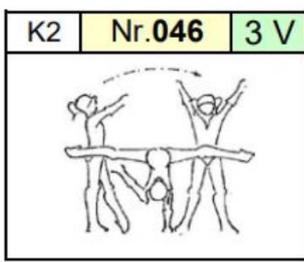
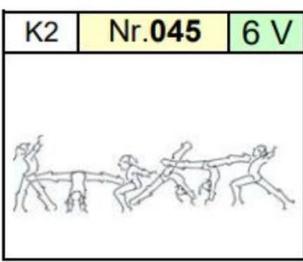
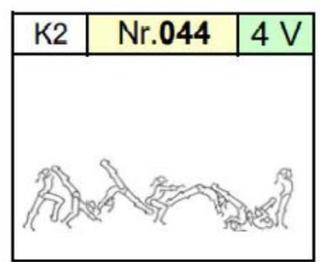
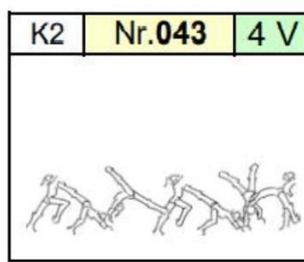
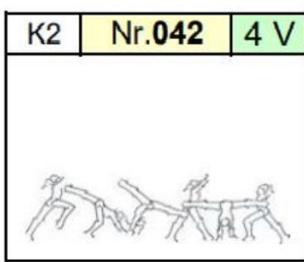
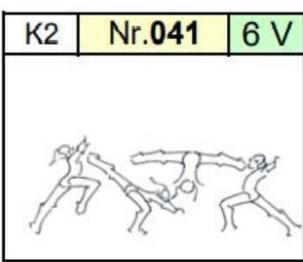
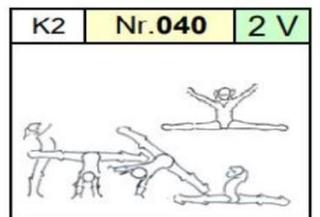
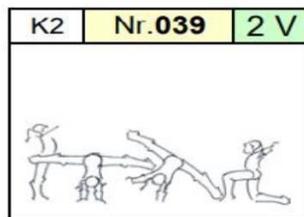
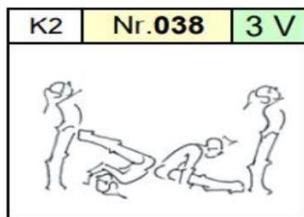
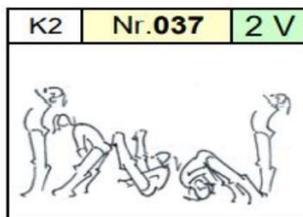
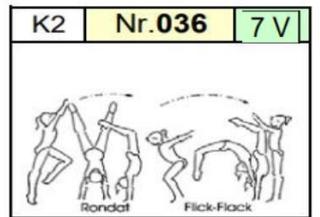
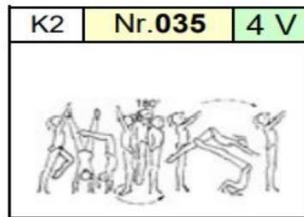
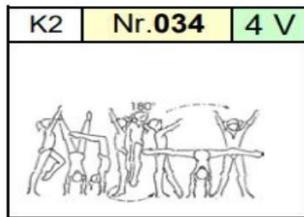
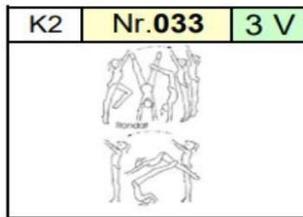
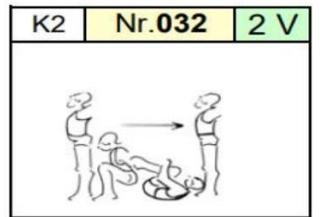
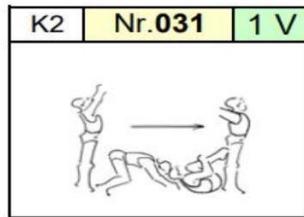
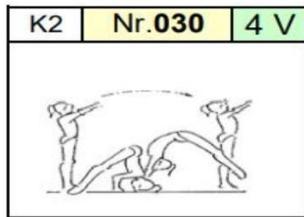
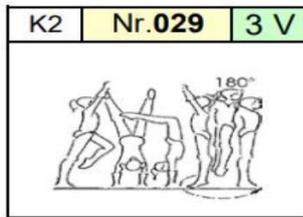
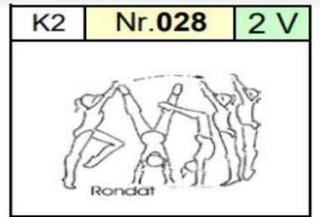
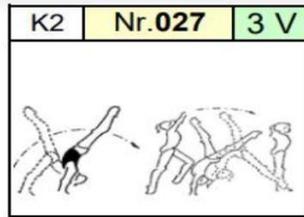
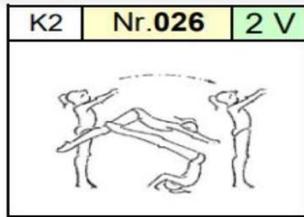
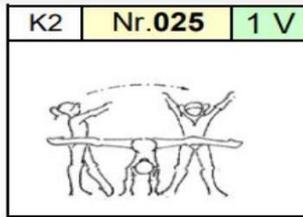
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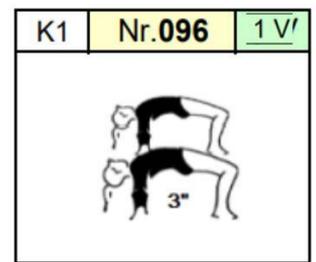
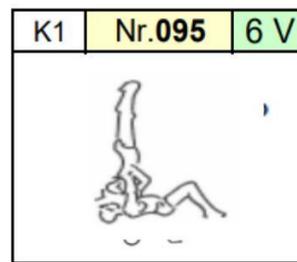
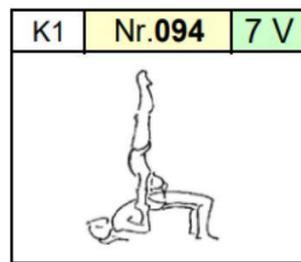
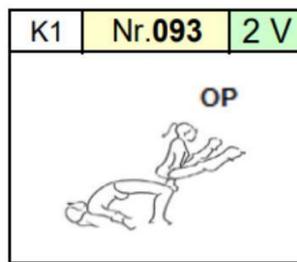
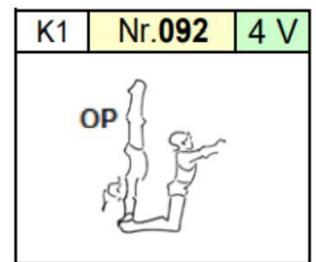
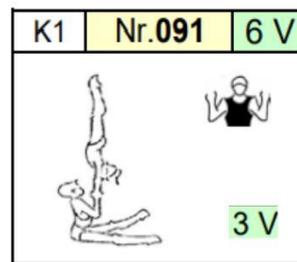
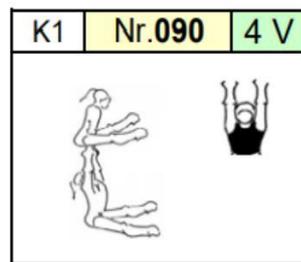
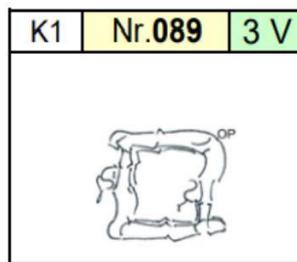
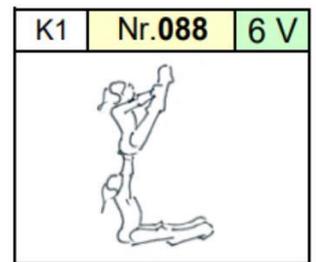
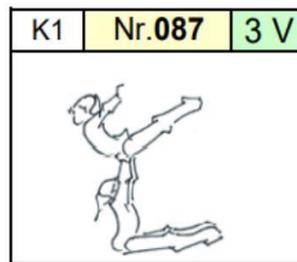
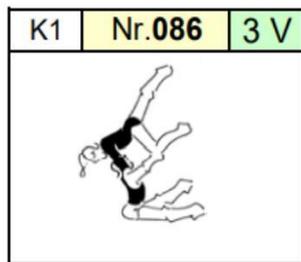
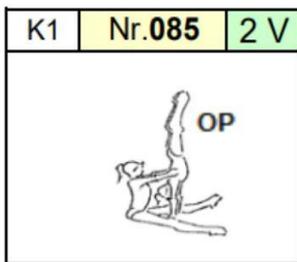
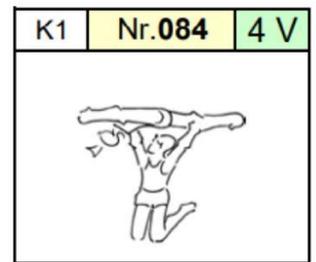
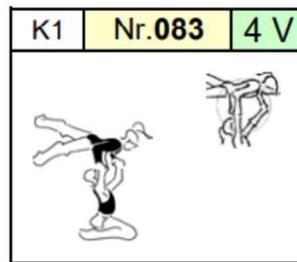
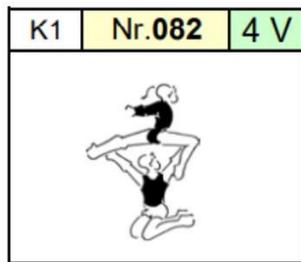
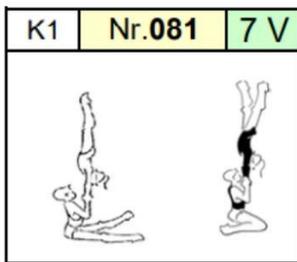
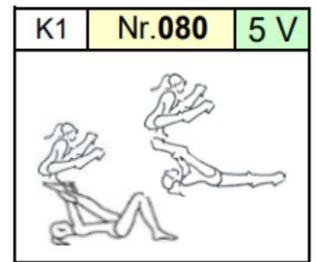
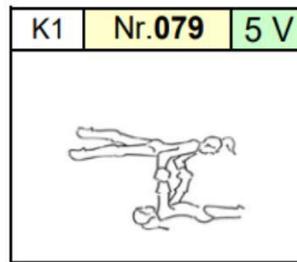
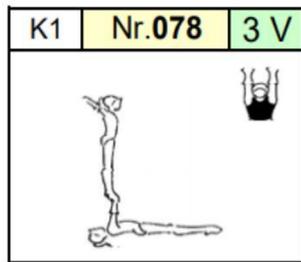
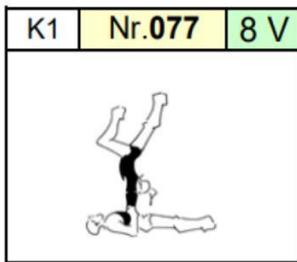
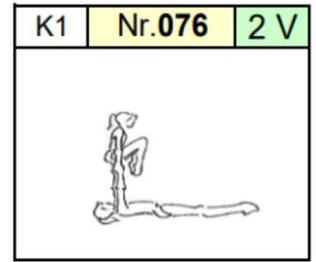
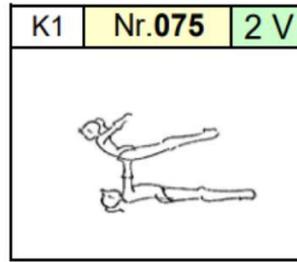
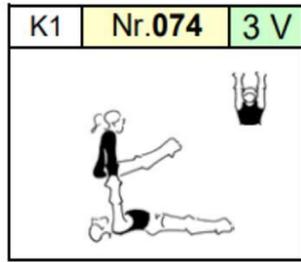
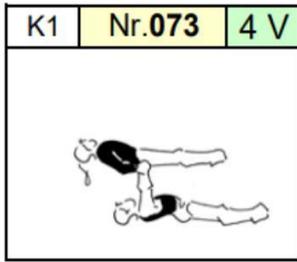
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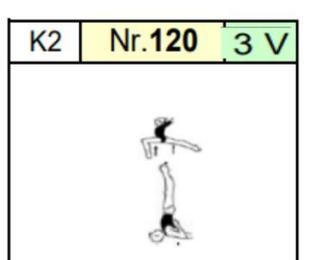
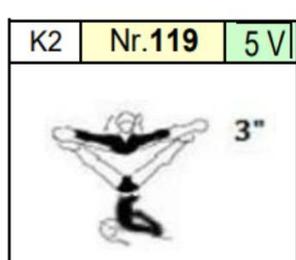
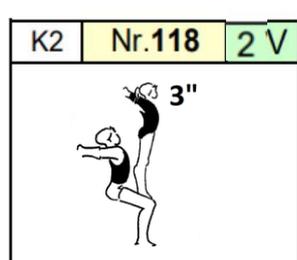
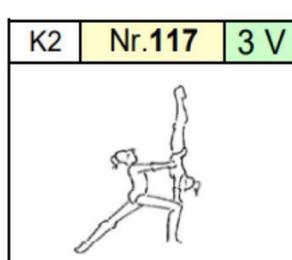
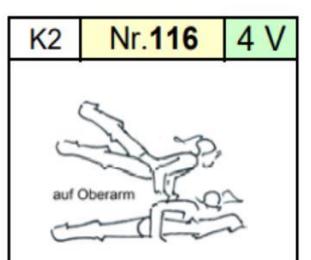
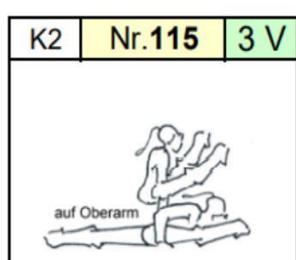
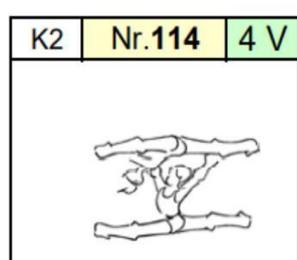
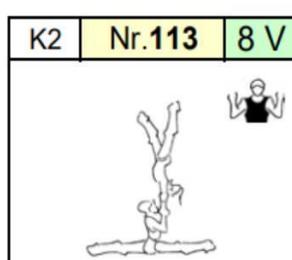
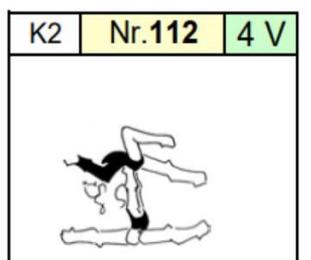
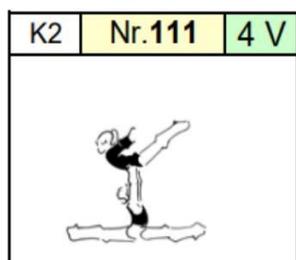
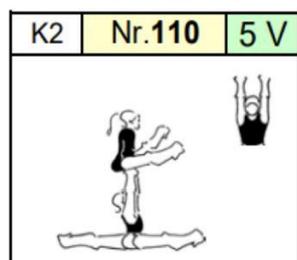
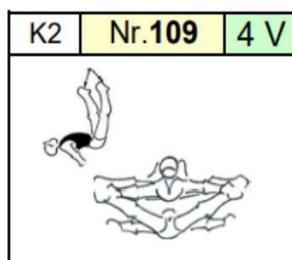
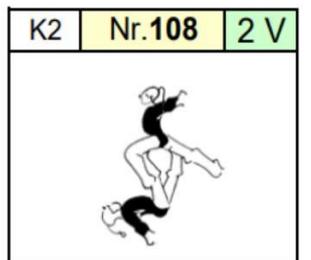
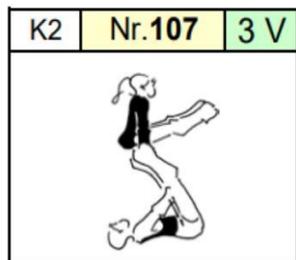
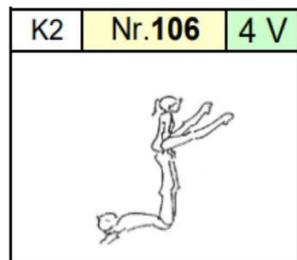
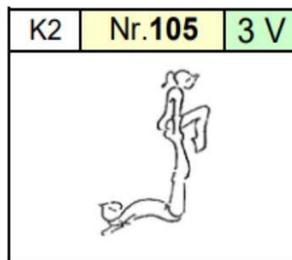
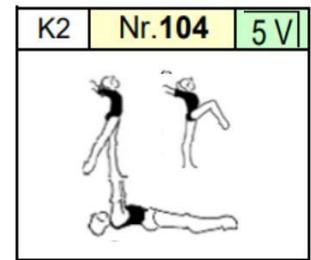
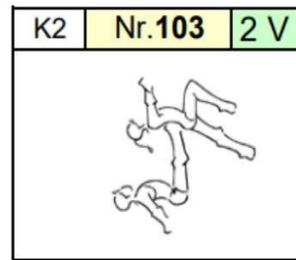
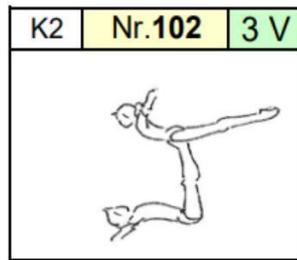
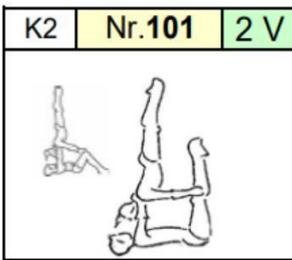
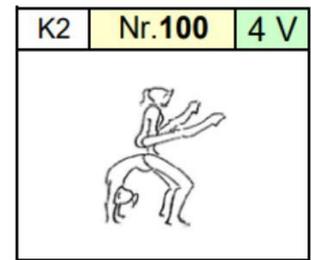
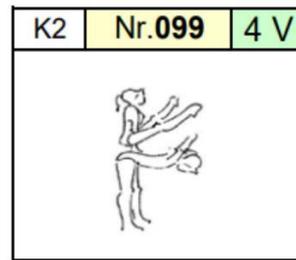
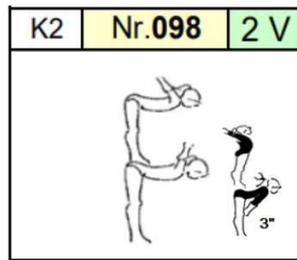
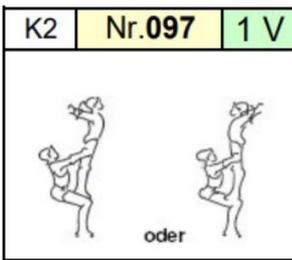
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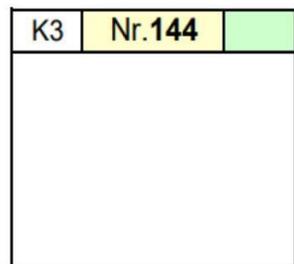
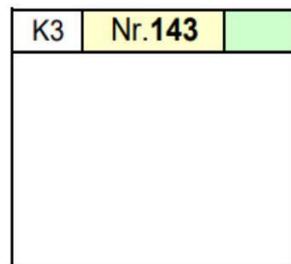
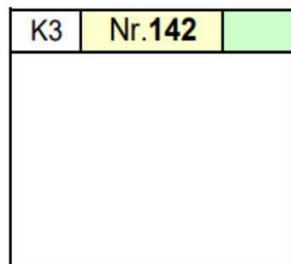
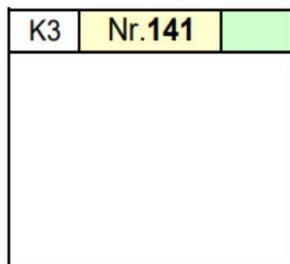
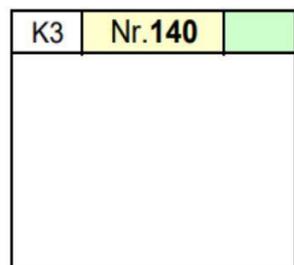
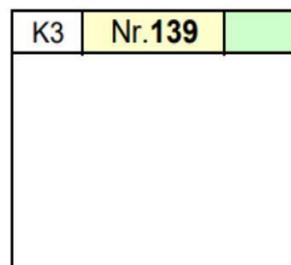
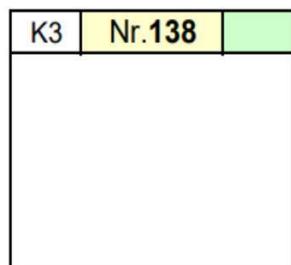
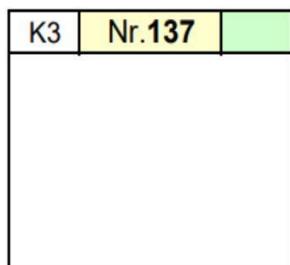
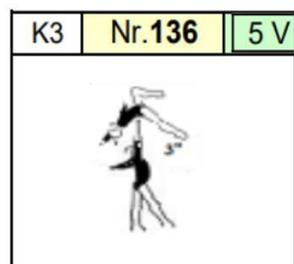
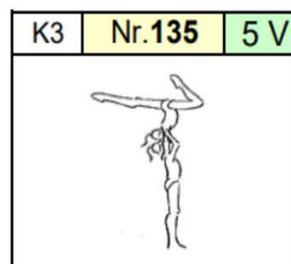
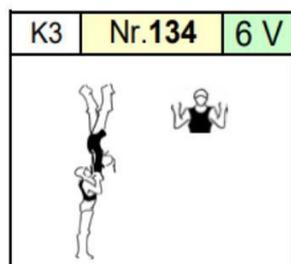
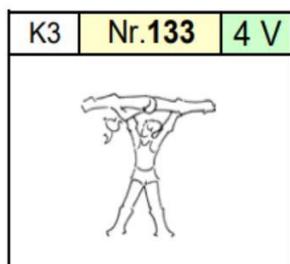
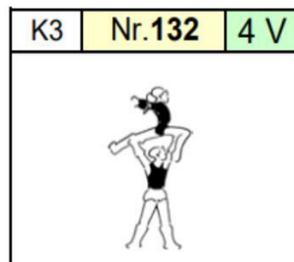
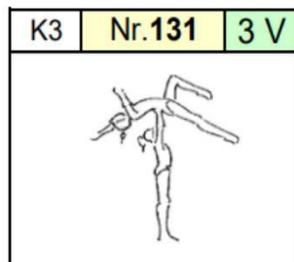
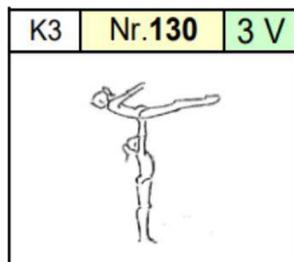
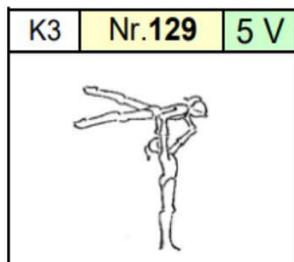
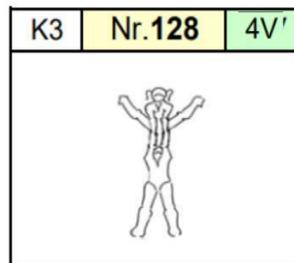
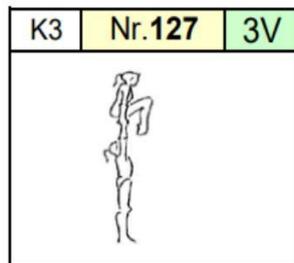
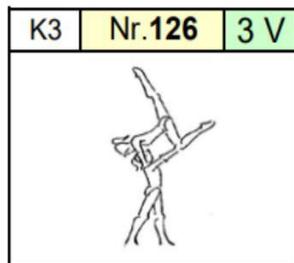
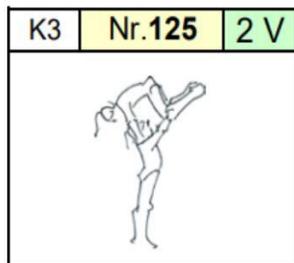
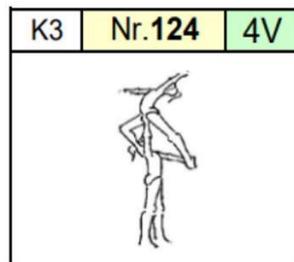
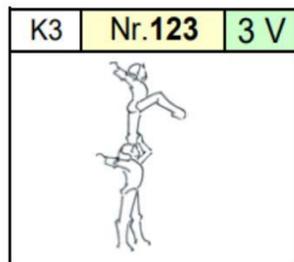
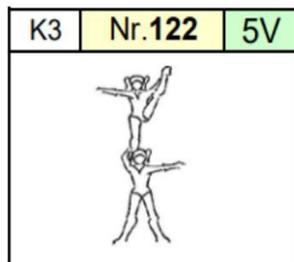
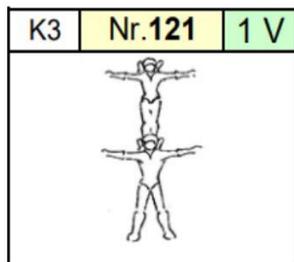
K1	Nr.023	5 V
<p>1 Sek.</p>		

K1	Nr.024	4 V





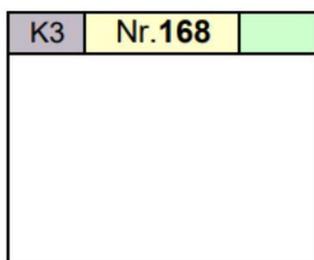
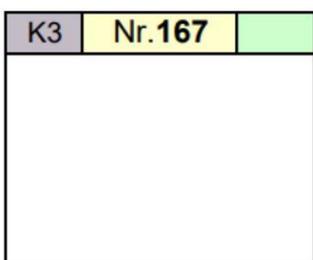
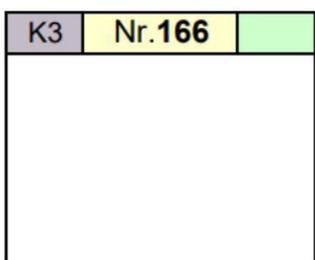
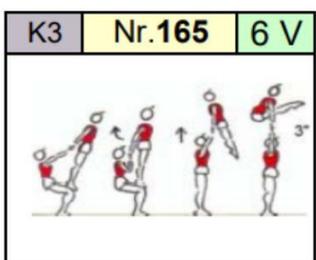
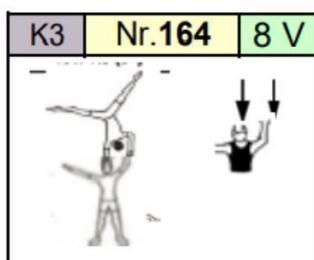
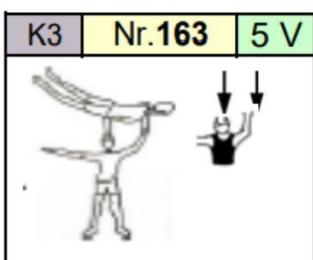
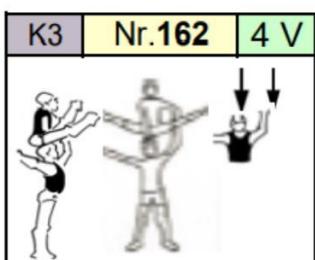
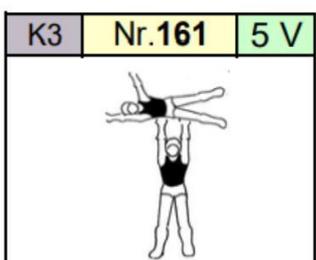
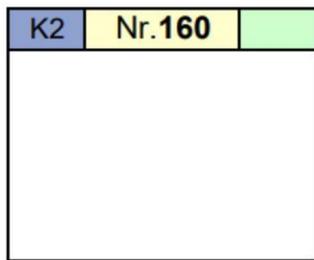
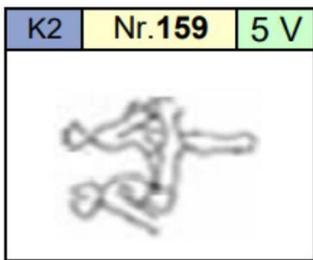
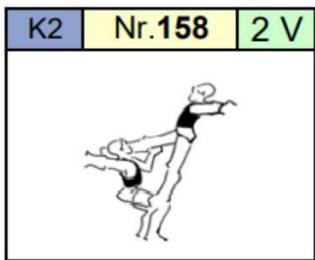
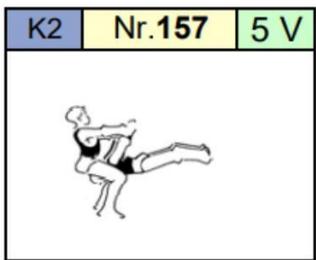
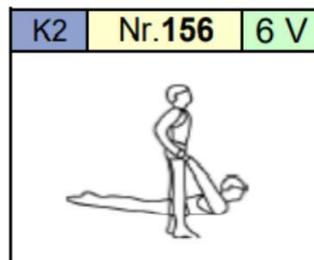
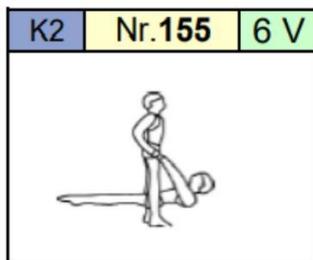
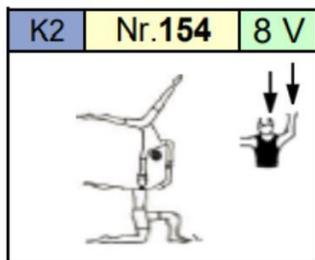
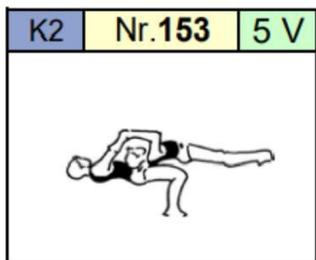
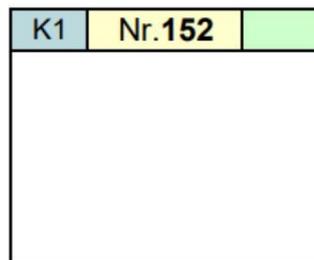
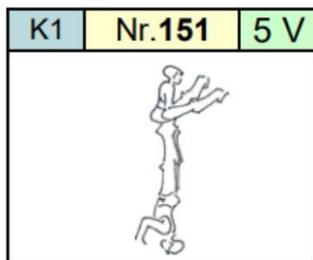
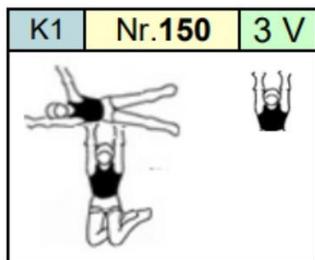
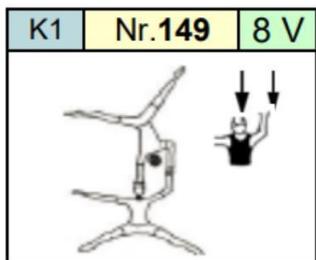
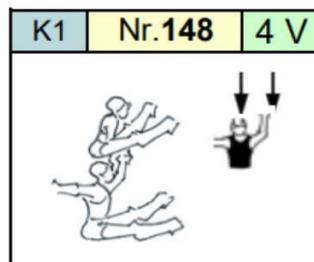
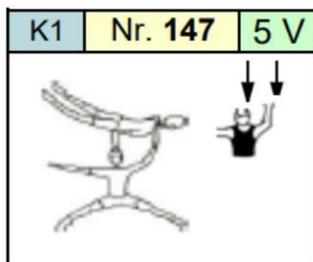
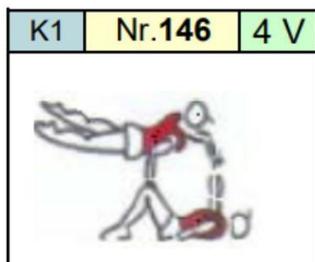
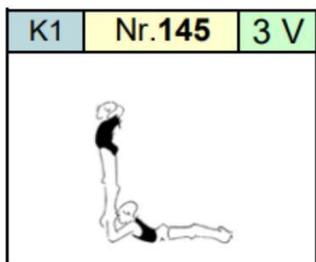


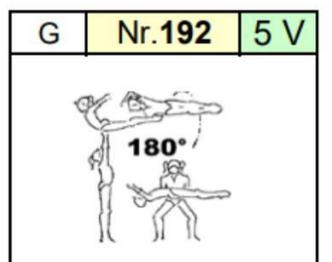
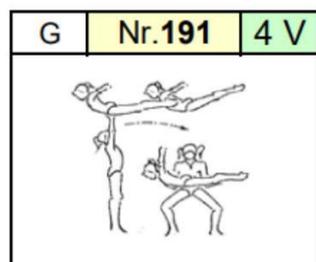
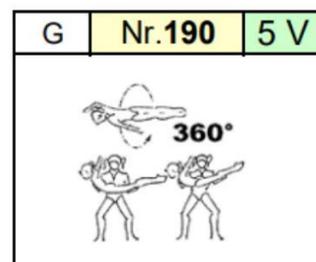
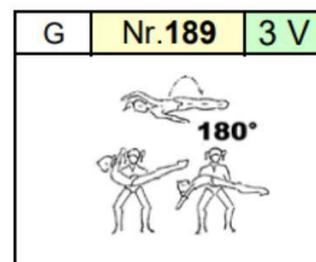
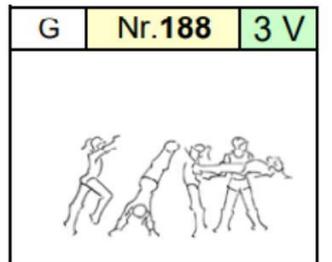
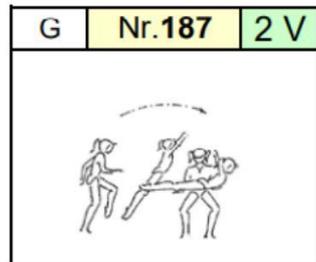
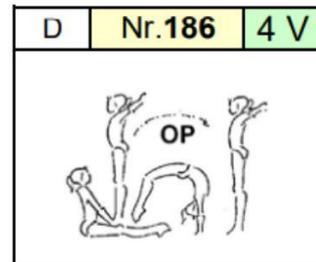
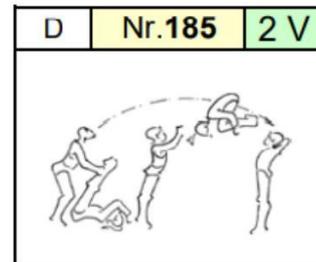
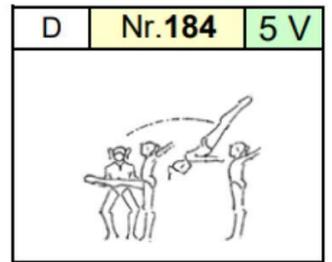
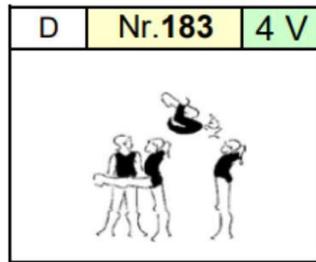
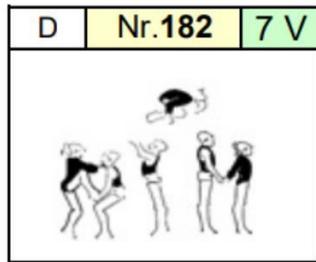
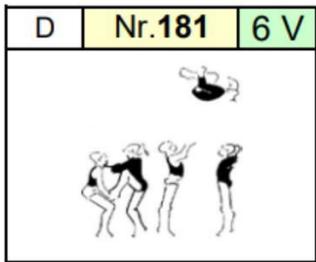
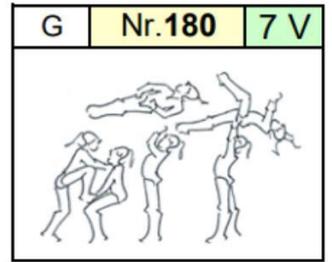
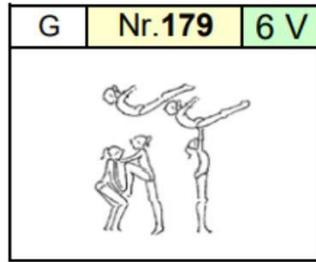
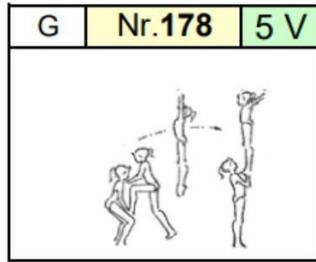
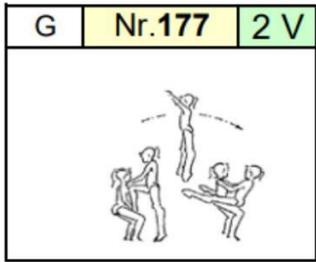
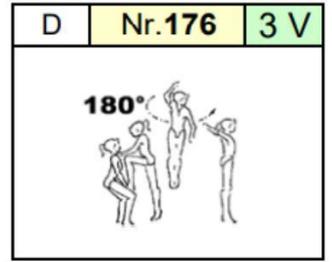
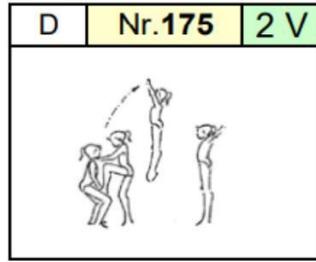
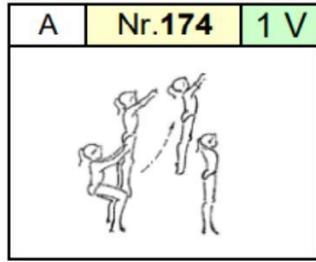
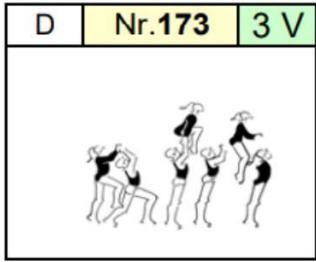
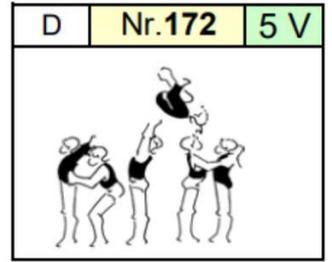
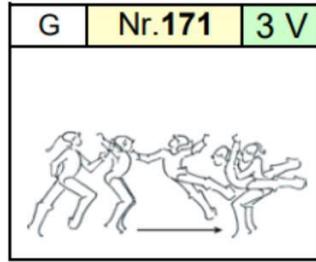
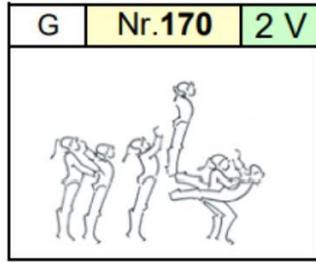
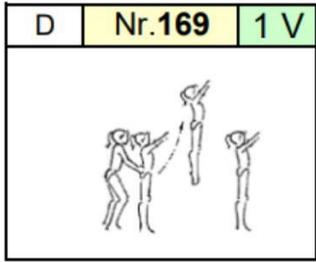


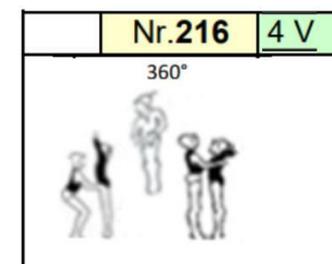
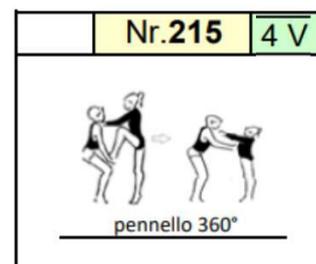
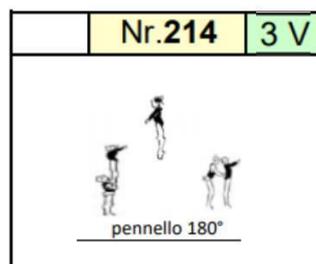
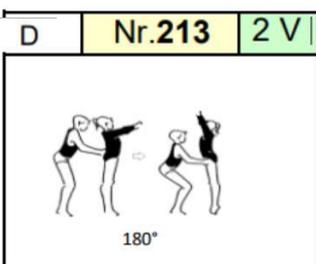
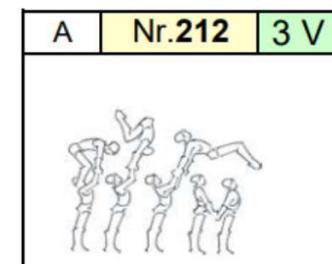
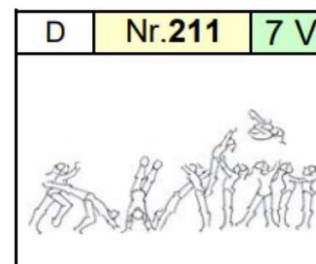
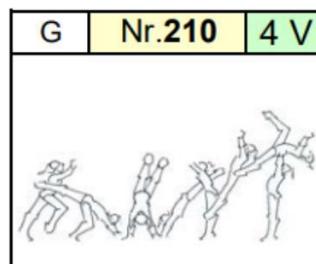
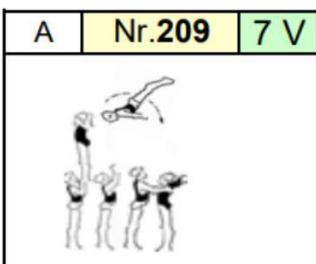
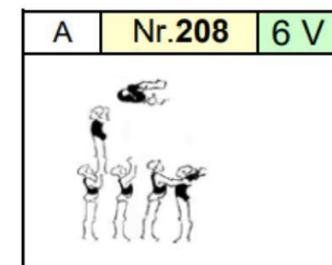
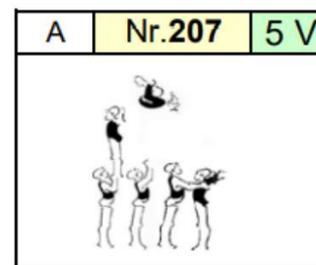
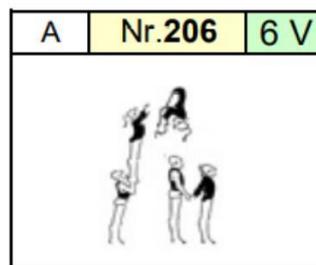
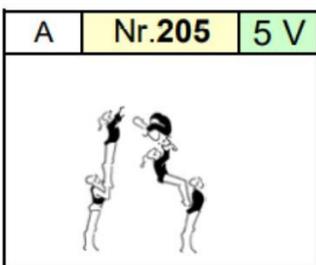
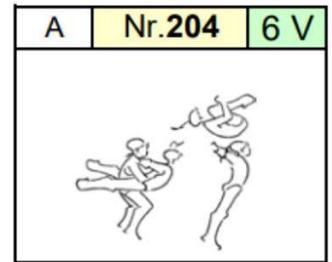
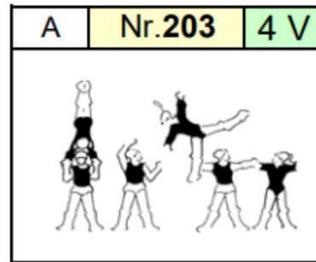
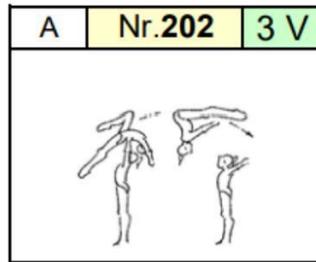
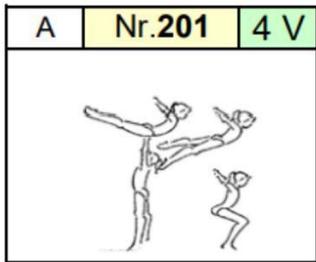
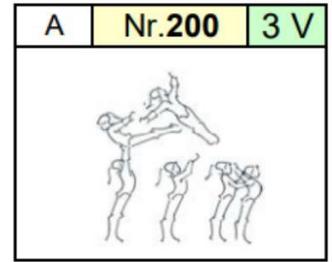
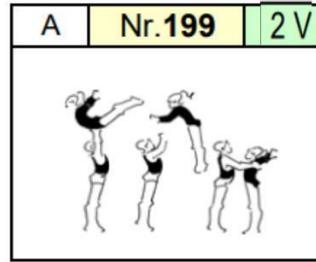
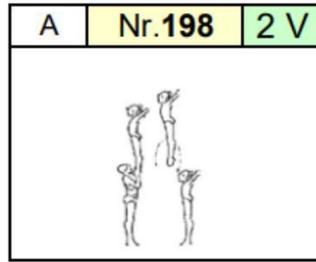
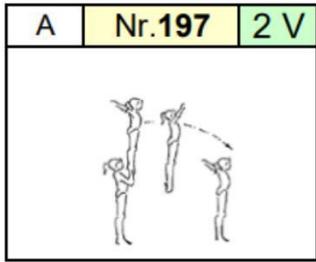
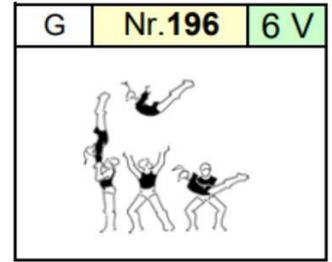
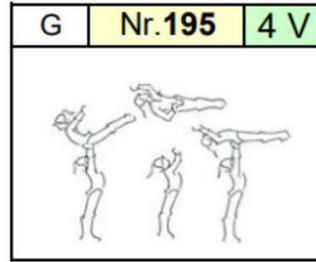
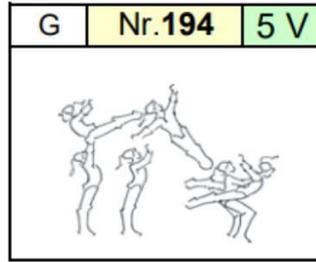
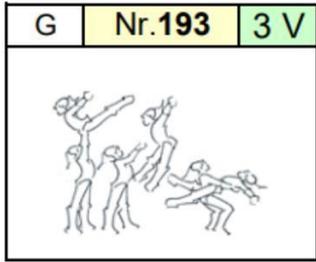
**FISAC**

**DUO STATICO**

**SOLO M2**







D	Nr.217	2 V

D	Nr.218	3 V

G	Nr.219	5 V

A	Nr.220	4 V

A	Nr.221	6 V

	Nr.222	7 V

G	Nr.223	4 V

D	Nr.224	

A	Nr.225	2 V

D	Nr.226	4 V

D	Nr.227	3 V

A	Nr.228	2 V

D	Nr.229	4 V

	Nr.230	2 V

	Nr.231	

	Nr.232	

	Nr.233	

	Nr.234	

	Nr.235	

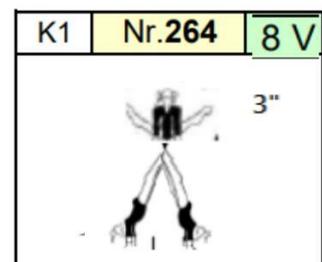
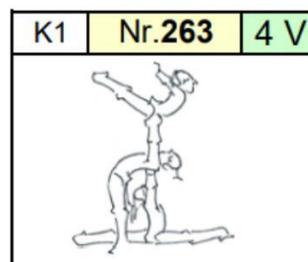
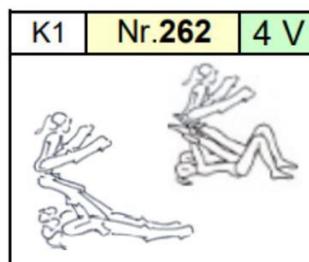
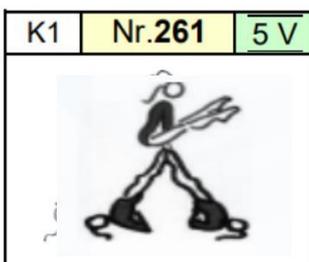
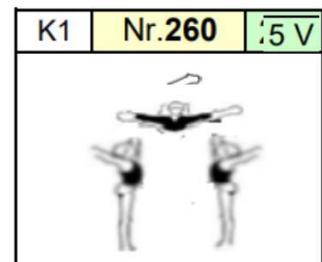
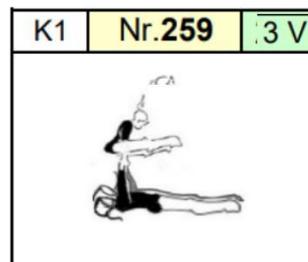
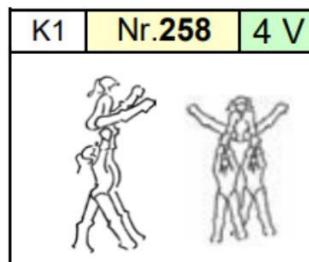
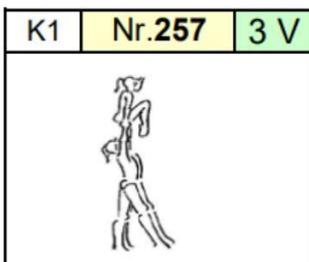
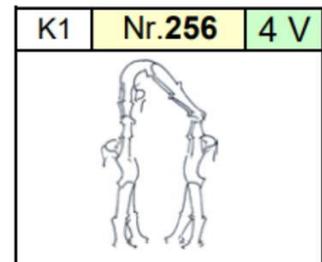
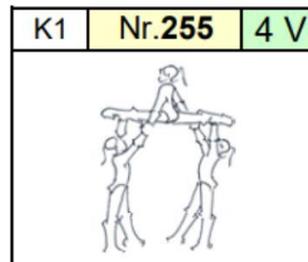
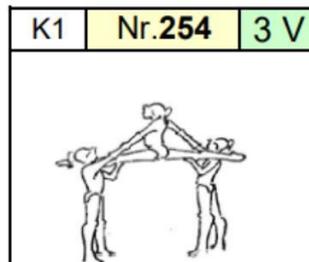
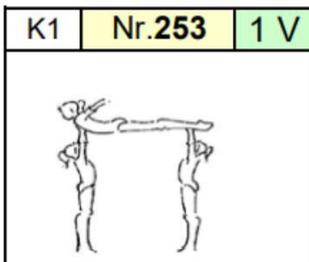
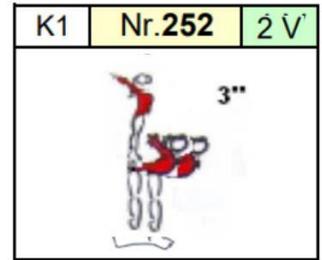
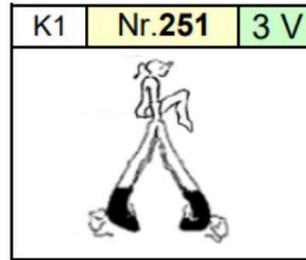
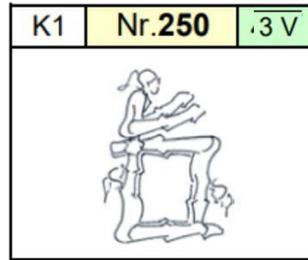
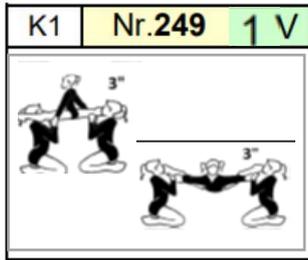
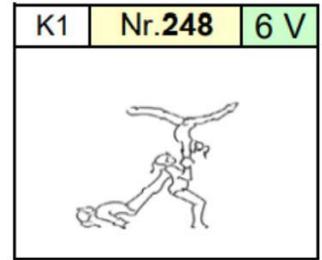
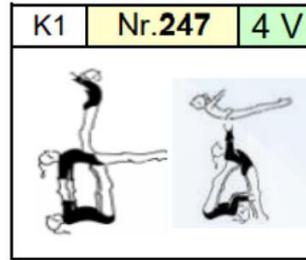
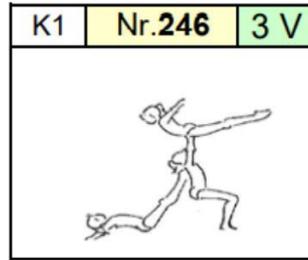
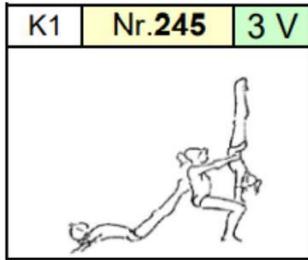
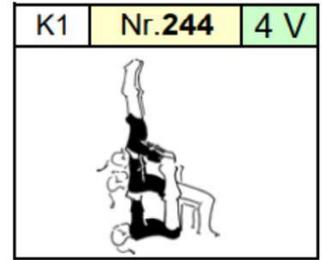
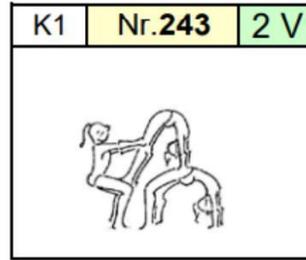
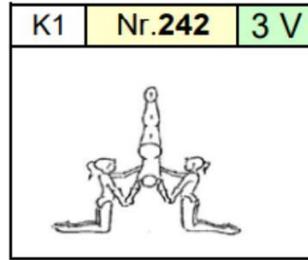
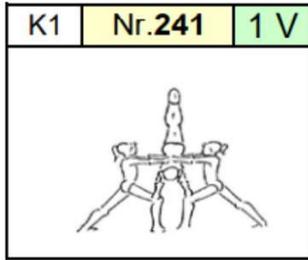
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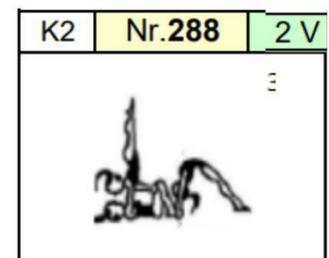
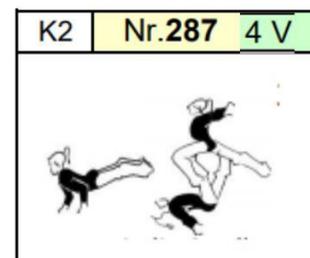
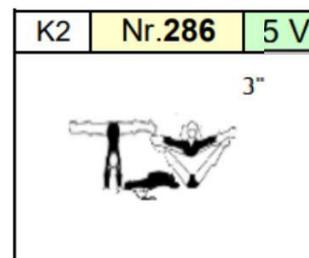
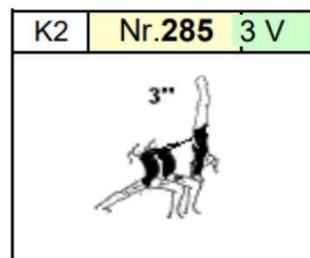
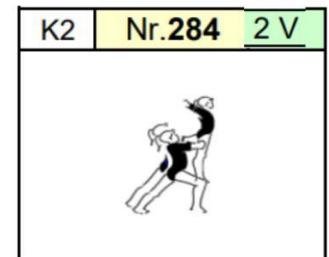
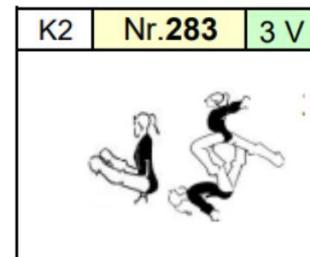
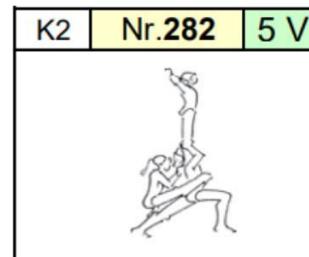
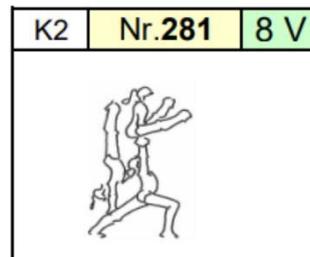
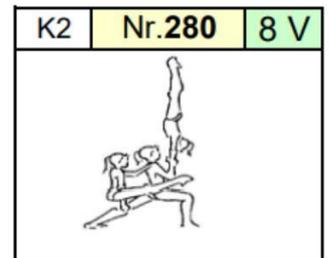
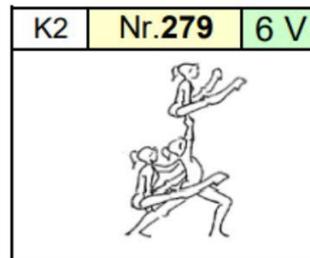
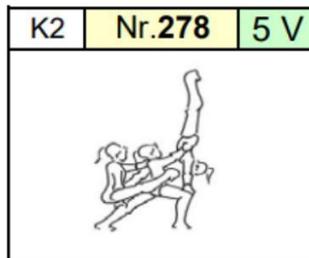
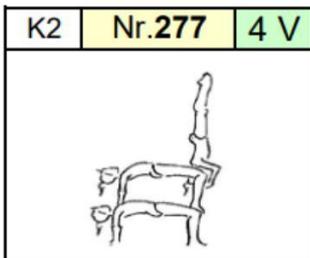
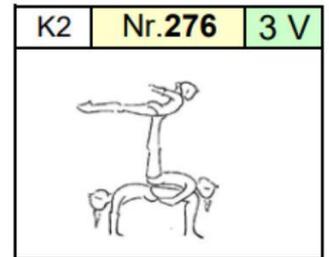
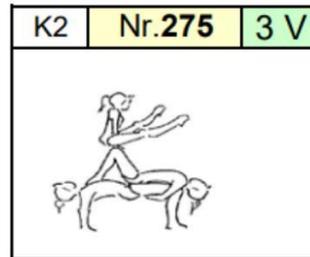
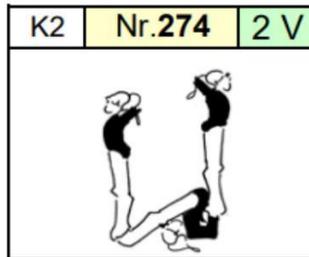
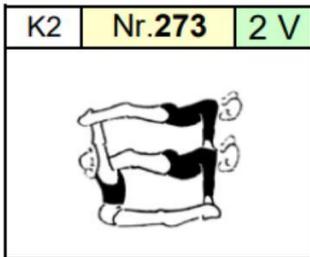
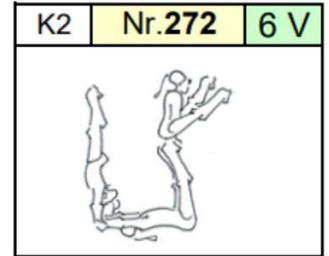
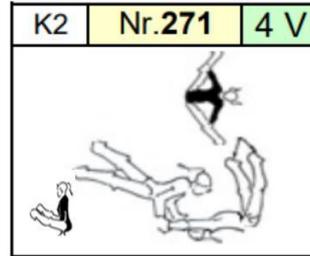
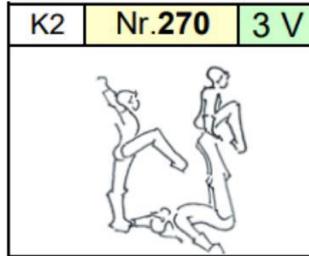
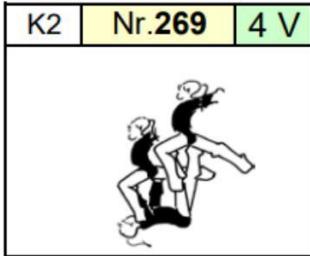
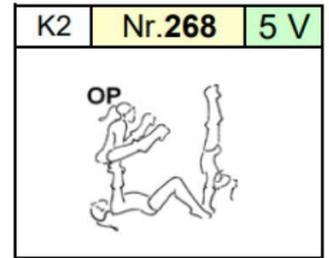
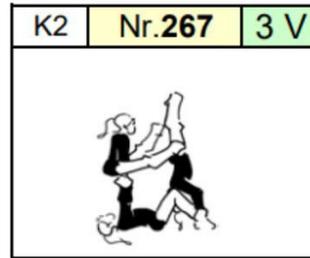
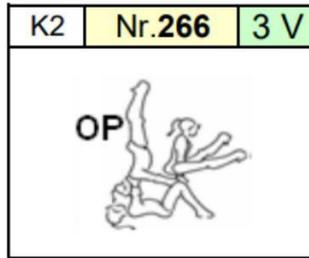
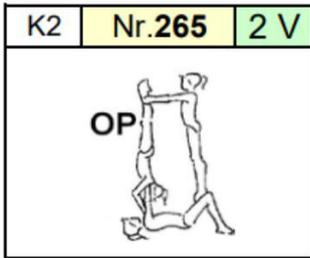
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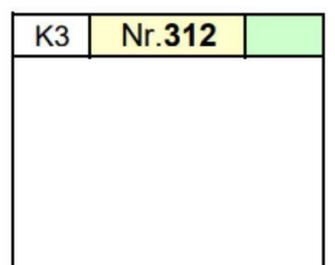
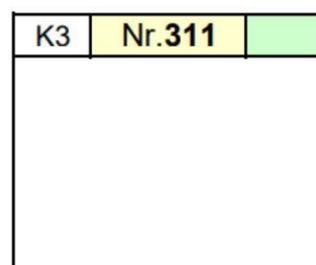
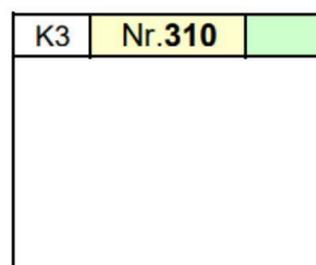
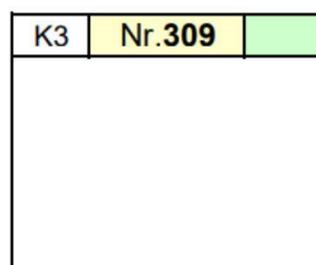
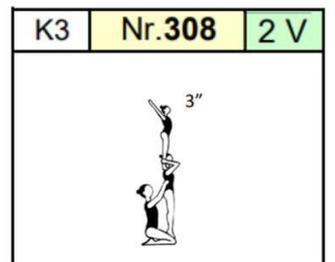
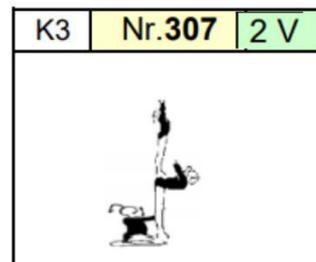
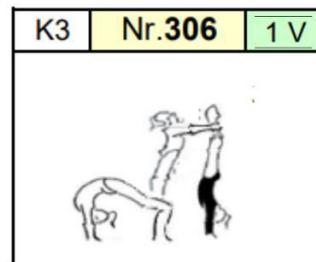
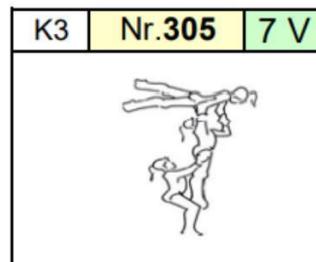
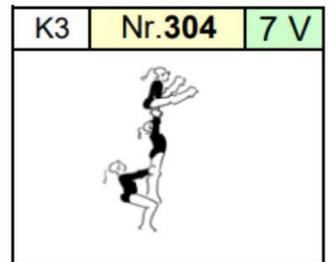
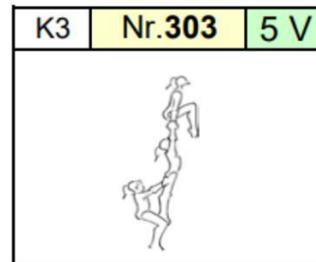
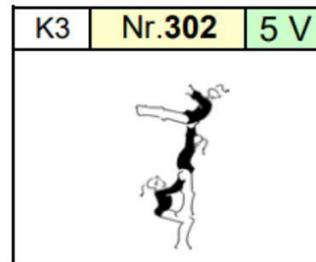
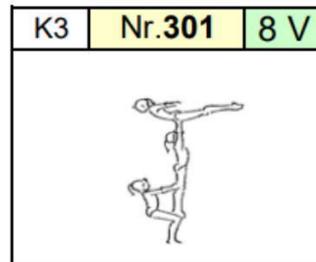
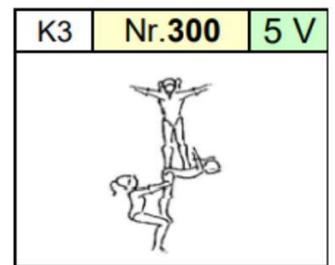
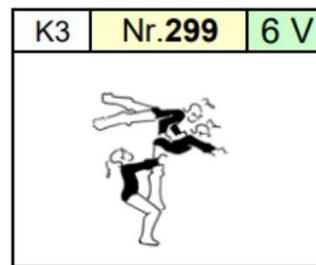
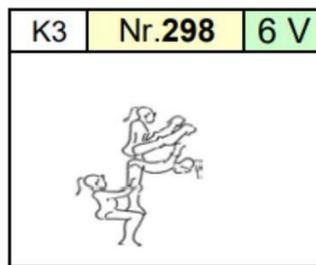
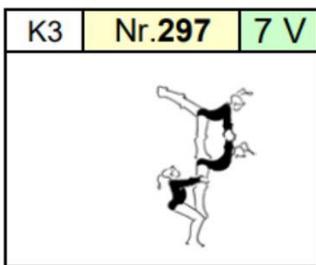
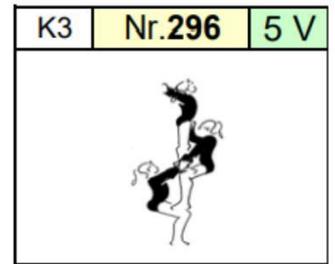
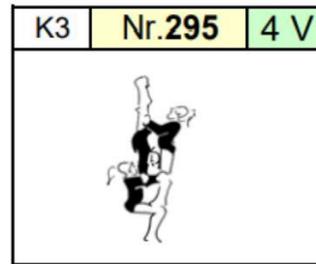
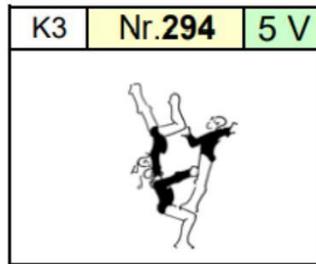
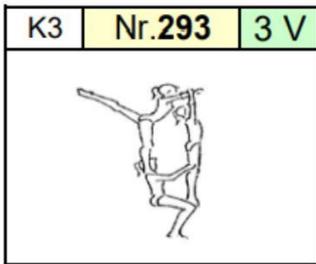
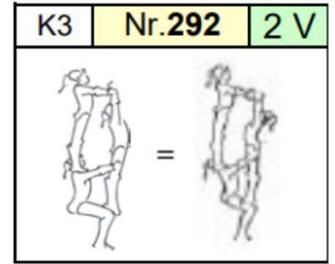
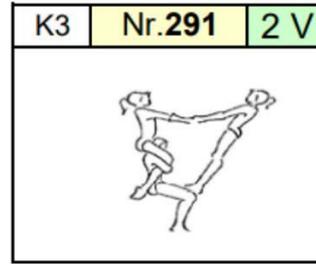
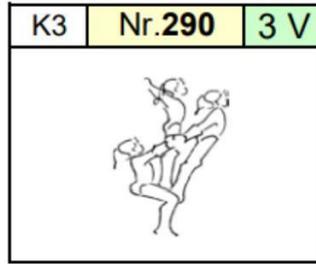
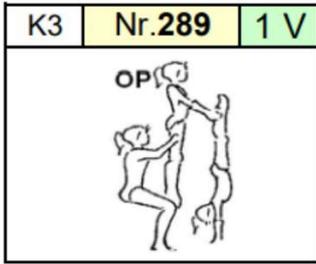
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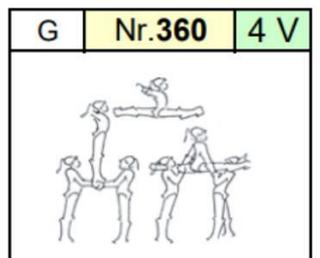
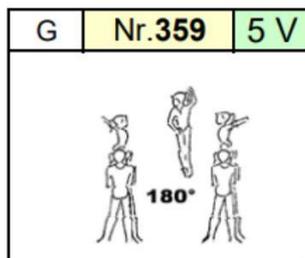
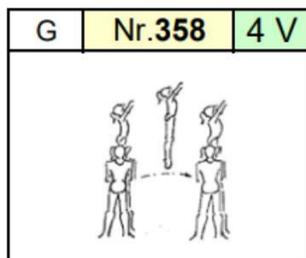
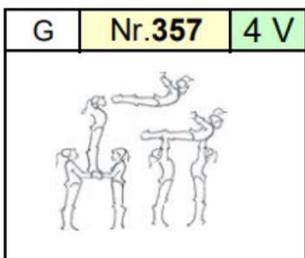
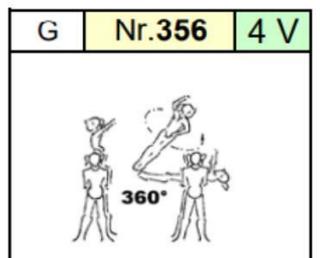
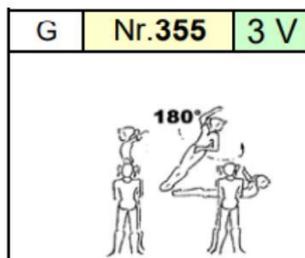
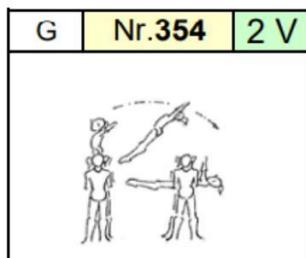
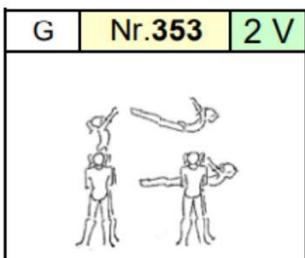
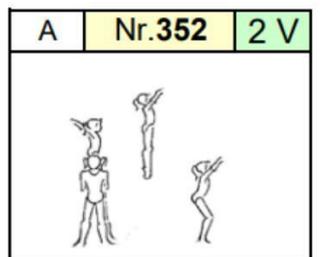
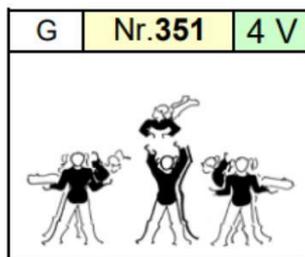
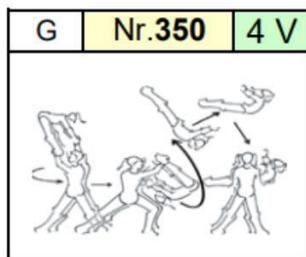
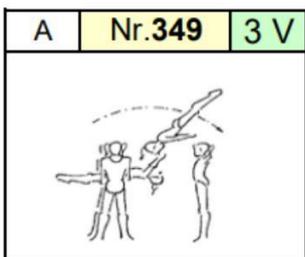
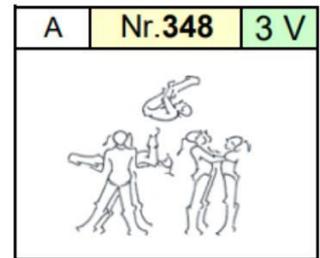
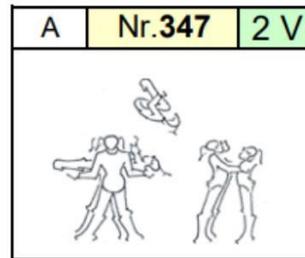
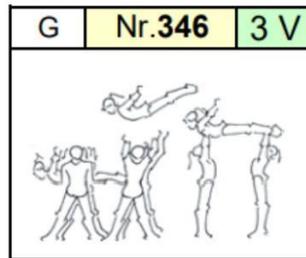
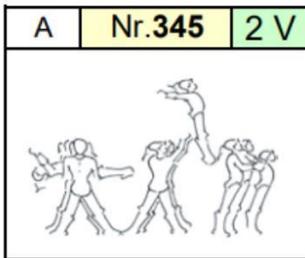
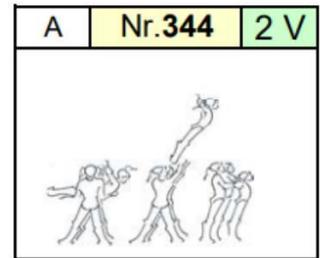
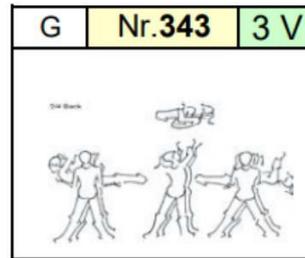
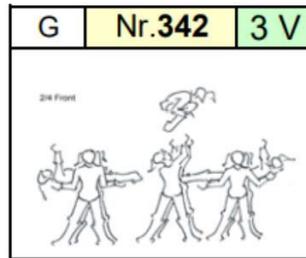
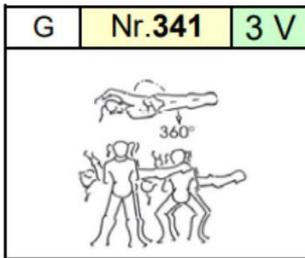
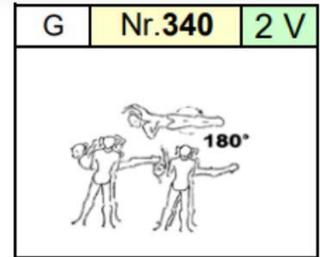
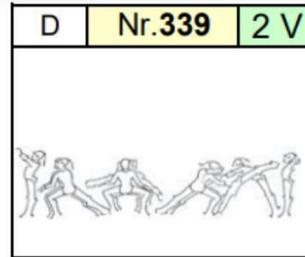
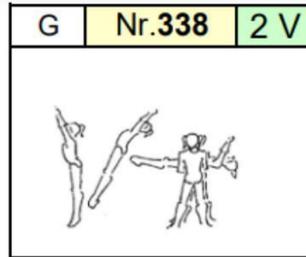
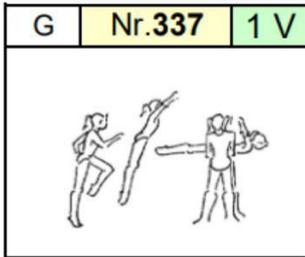
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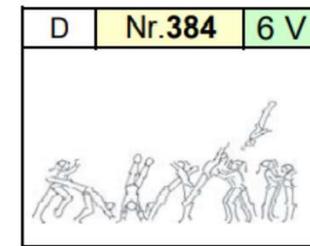
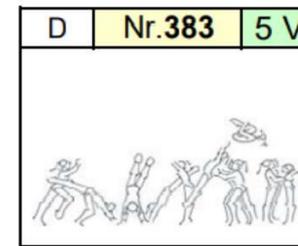
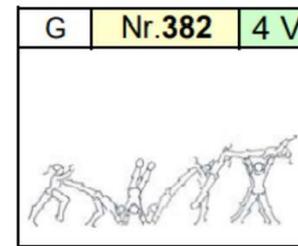
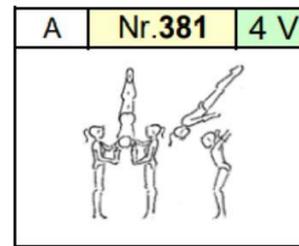
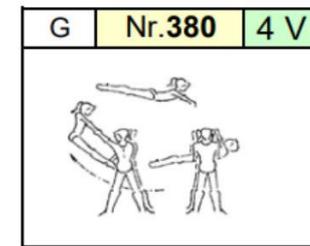
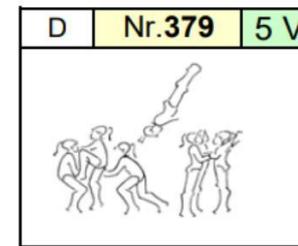
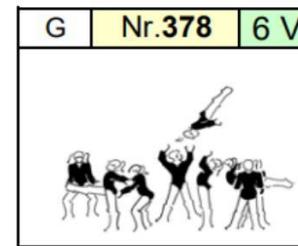
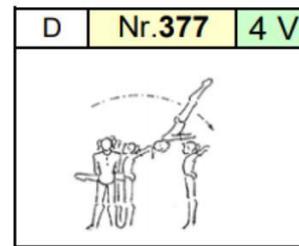
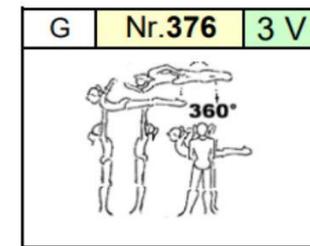
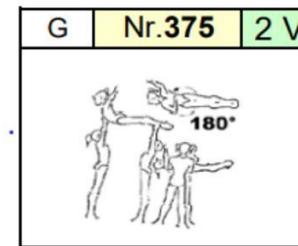
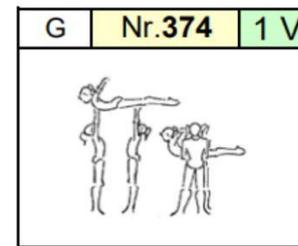
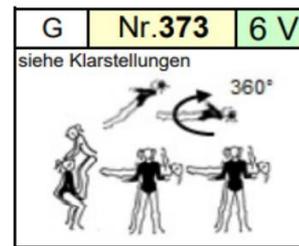
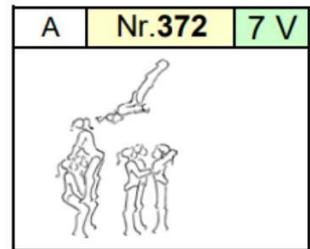
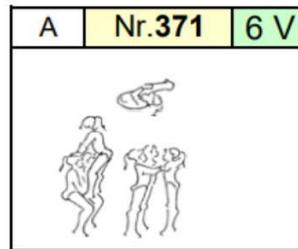
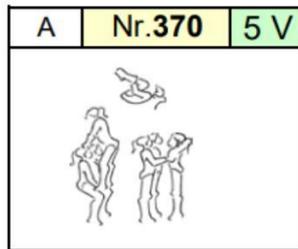
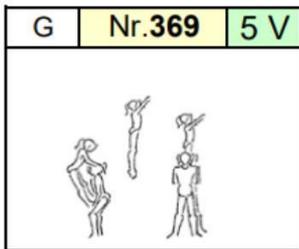
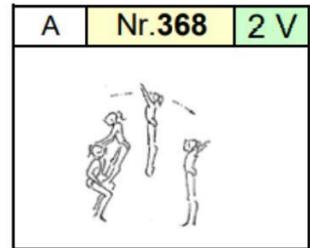
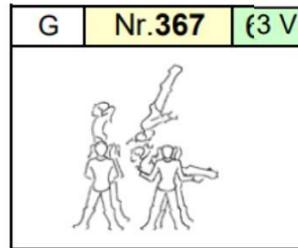
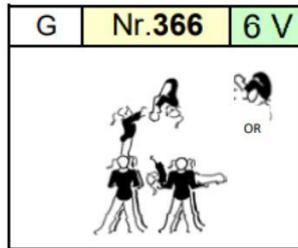
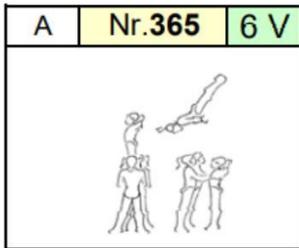
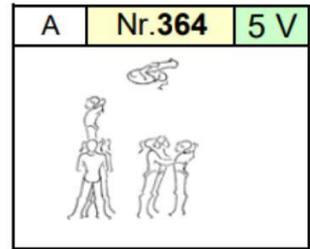
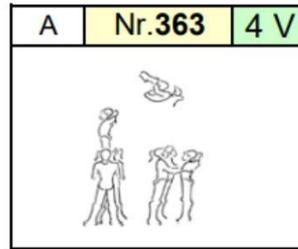
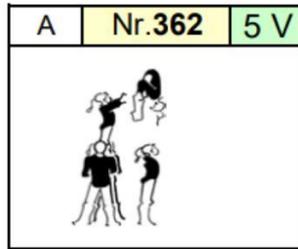
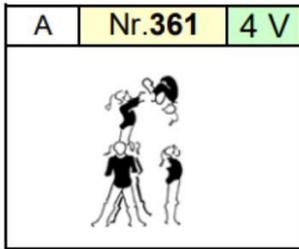
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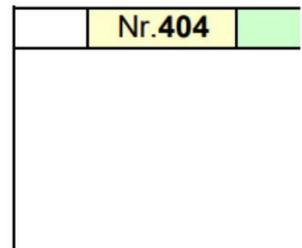
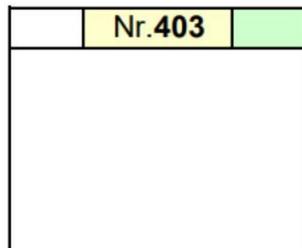
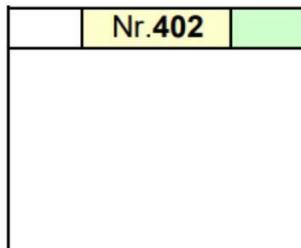
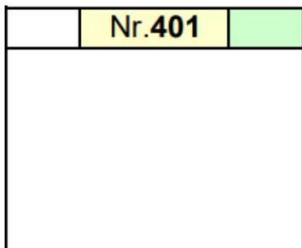
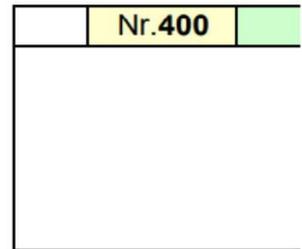
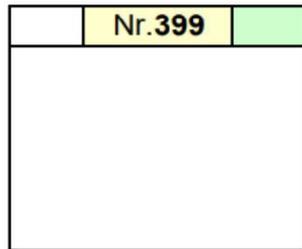
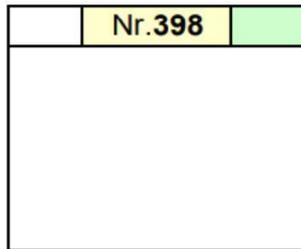
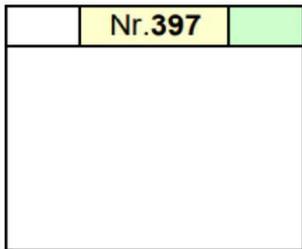
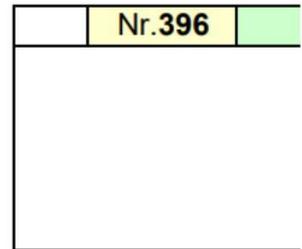
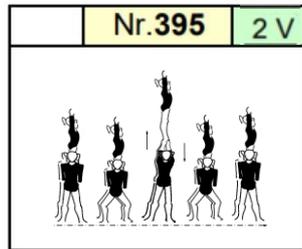
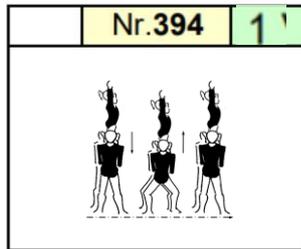
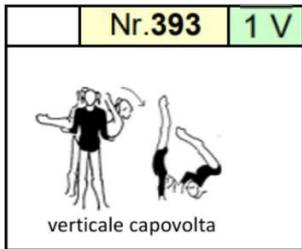
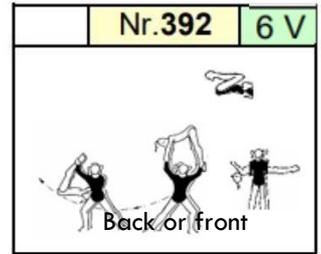
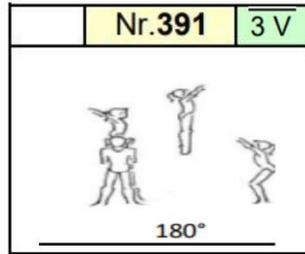
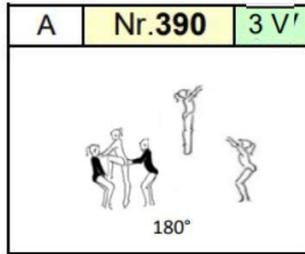
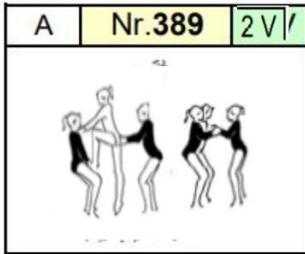
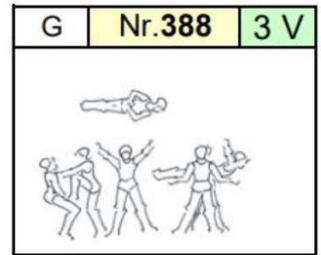
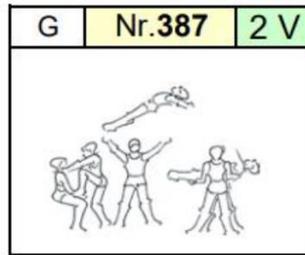
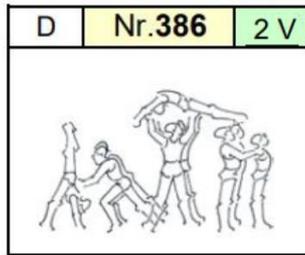
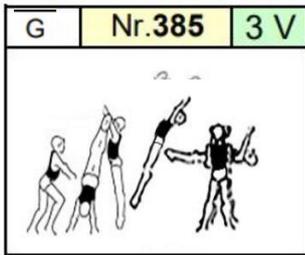


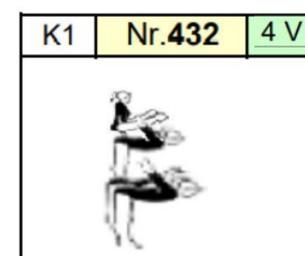
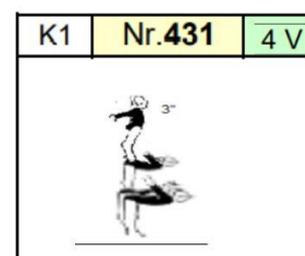
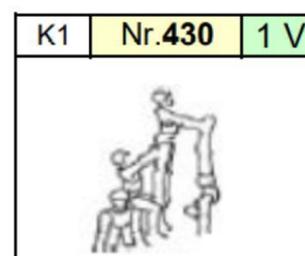
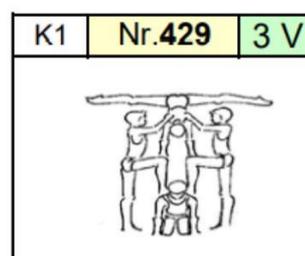
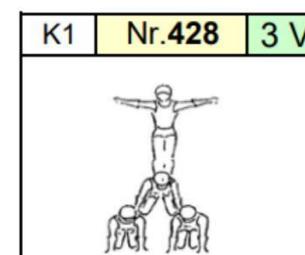
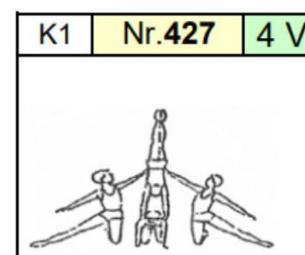
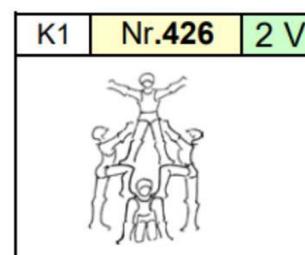
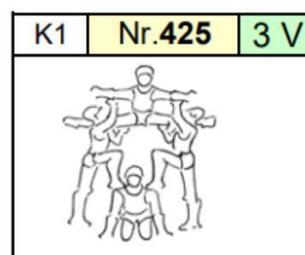
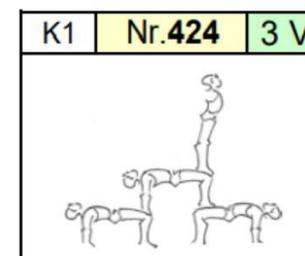
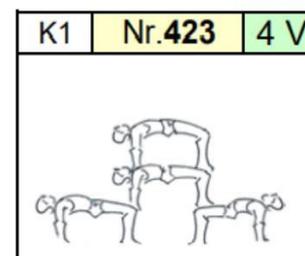
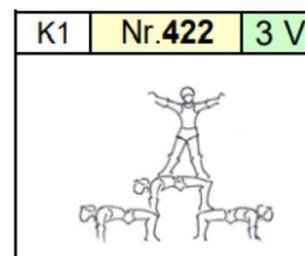
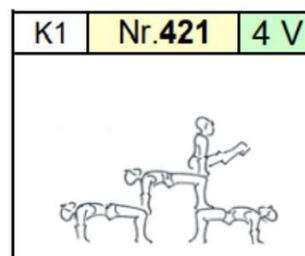
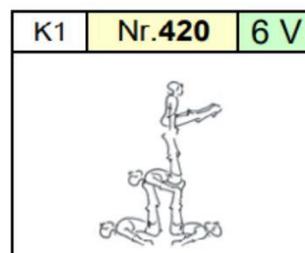
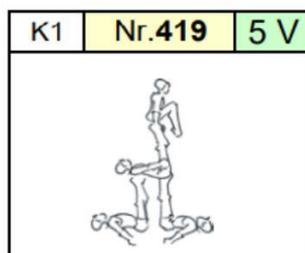
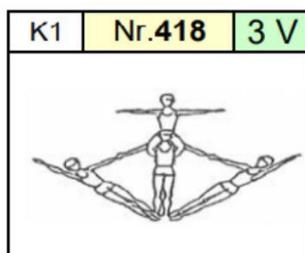
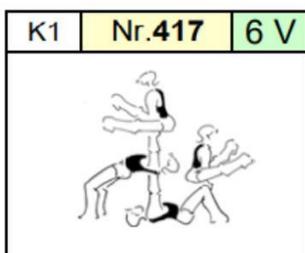
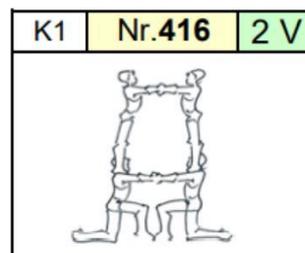
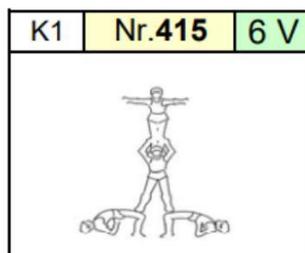
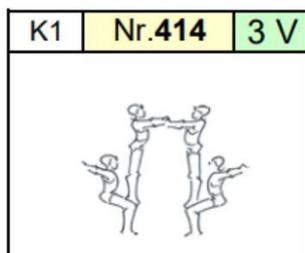
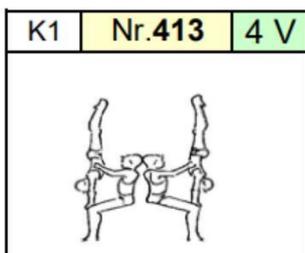
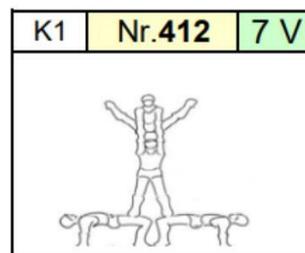
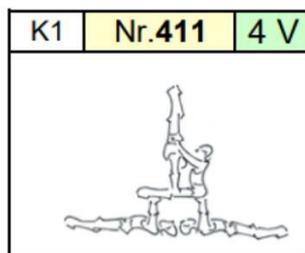
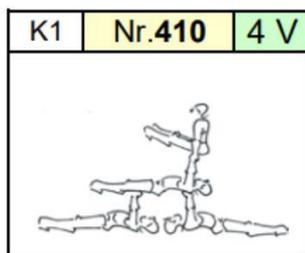
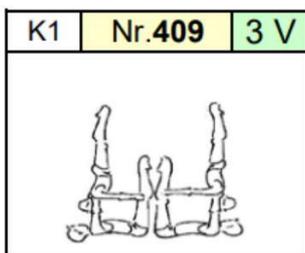


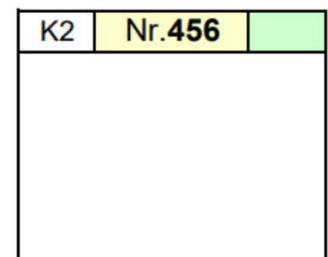
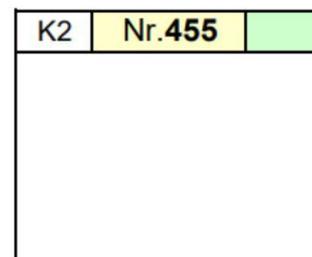
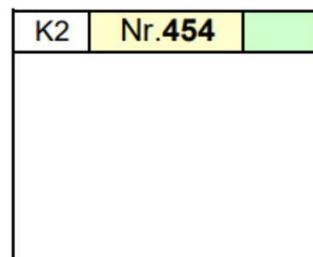
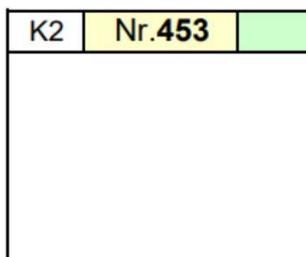
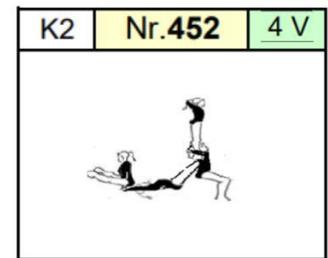
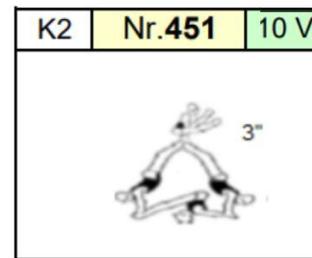
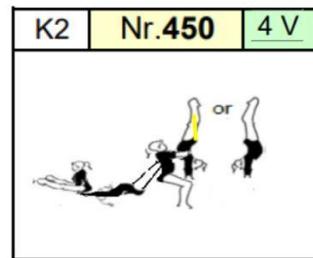
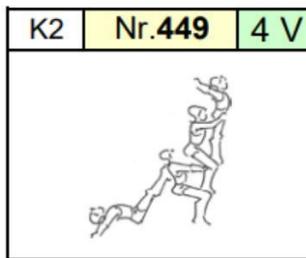
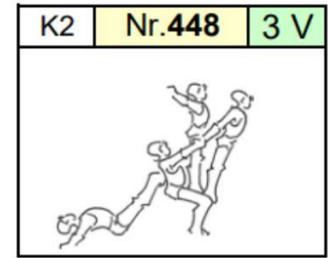
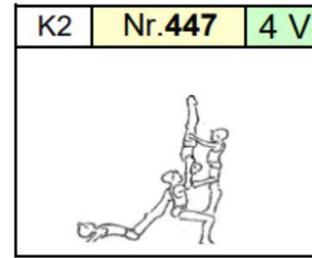
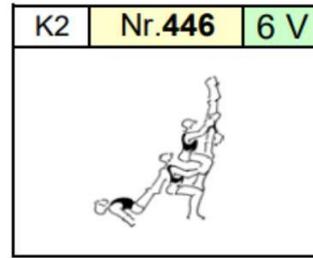
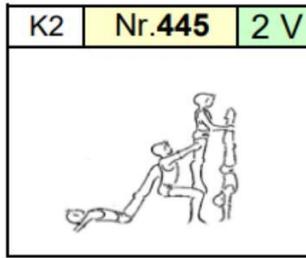
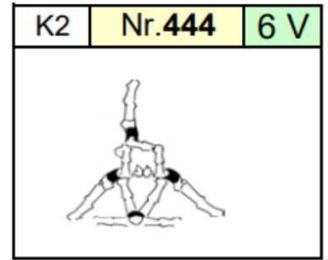
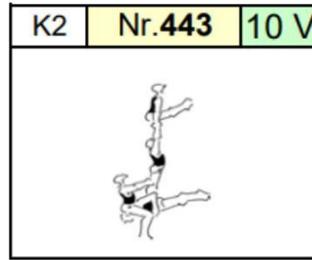
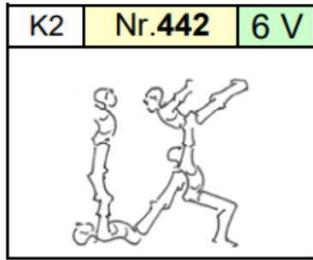
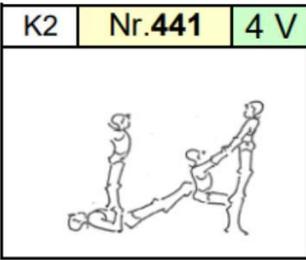
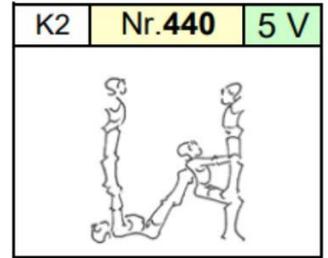
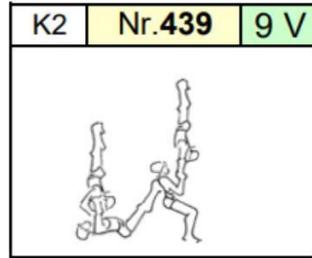
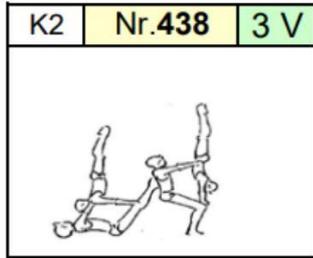
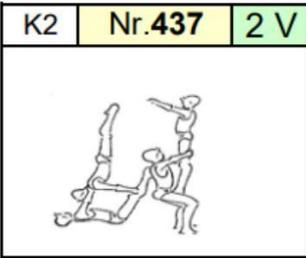
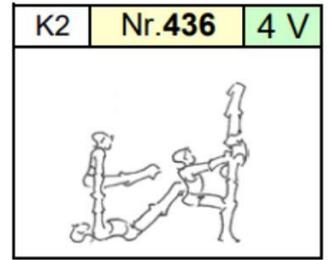
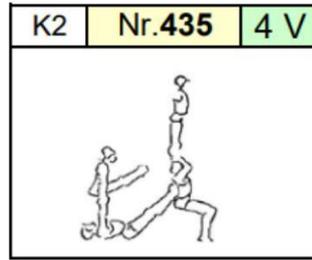
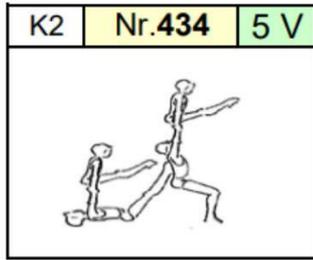
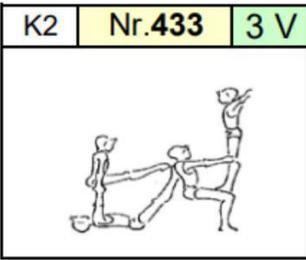


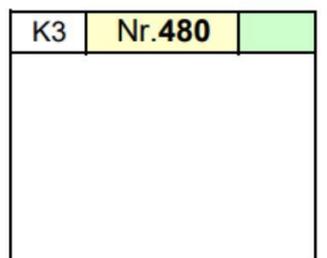
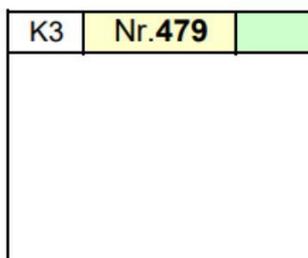
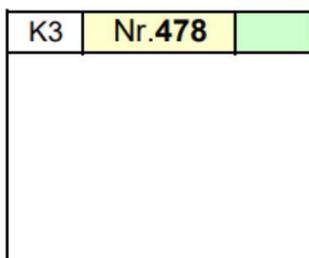
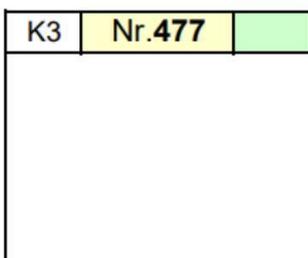
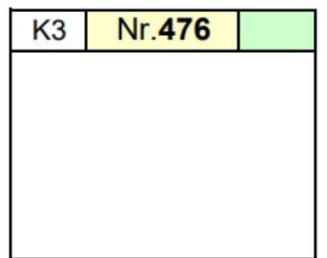
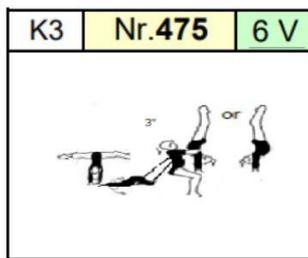
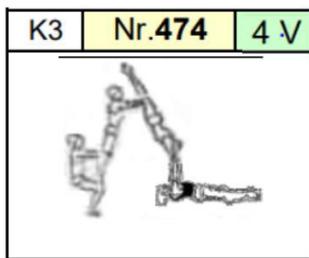
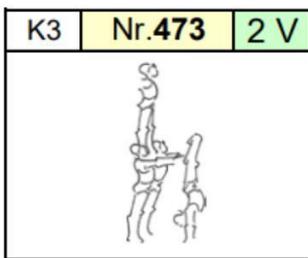
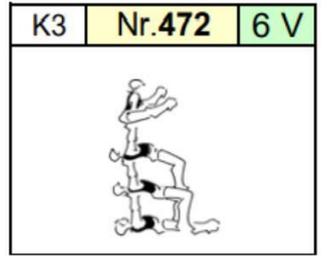
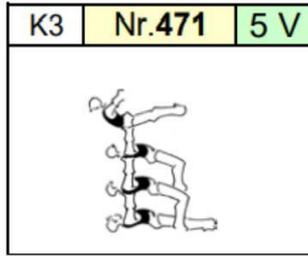
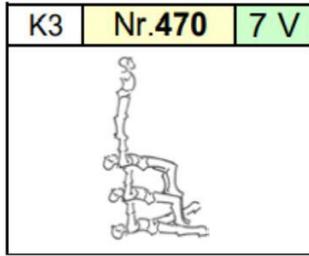
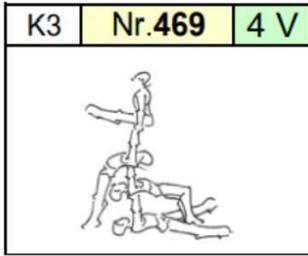
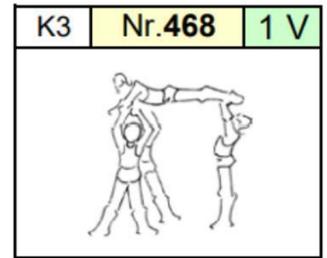
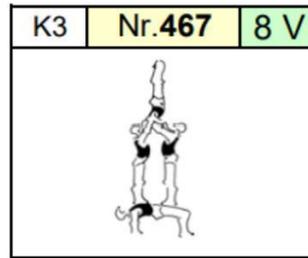
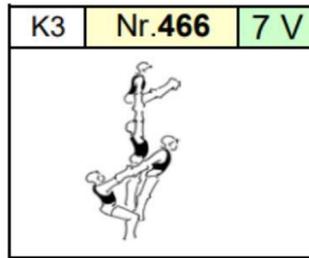
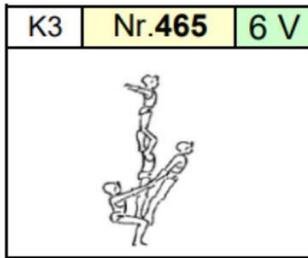
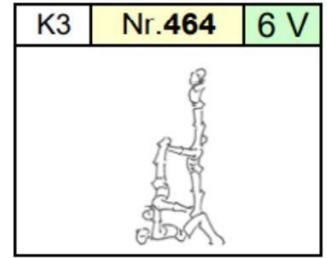
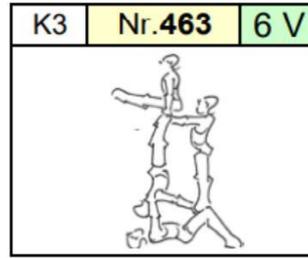
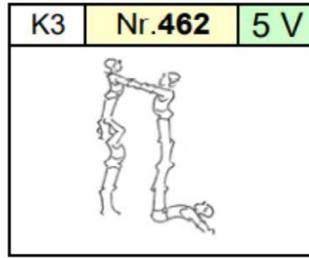
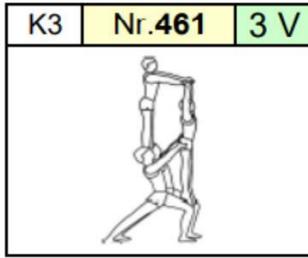
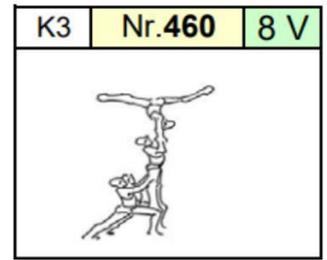
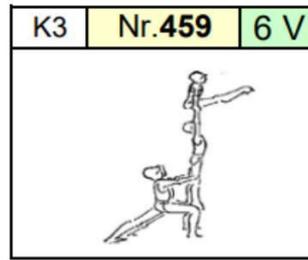
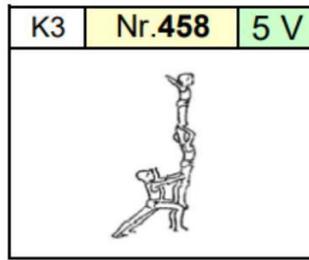
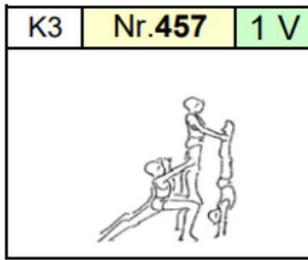


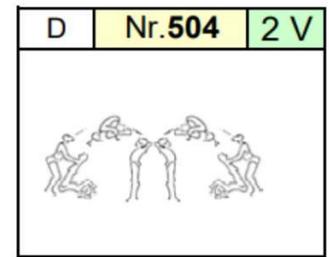
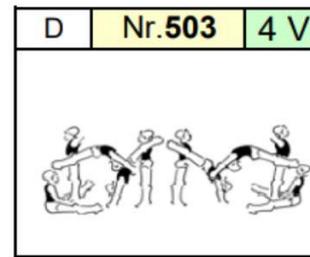
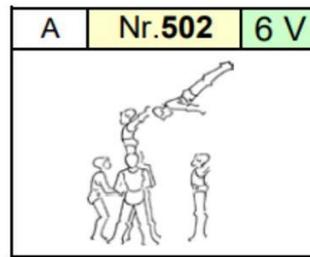
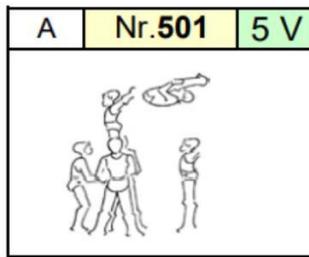
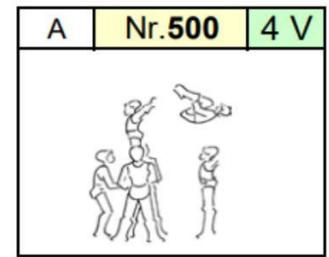
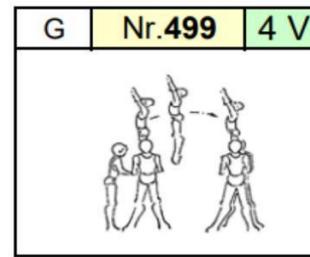
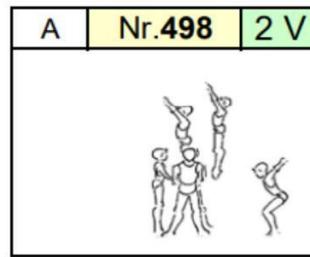
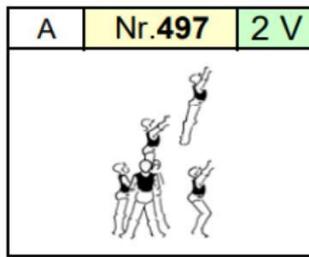
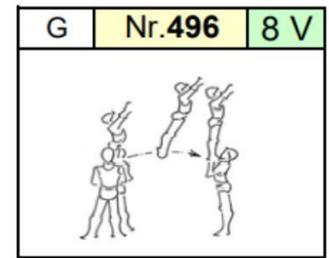
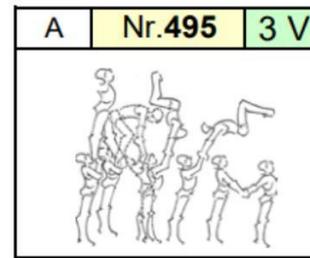
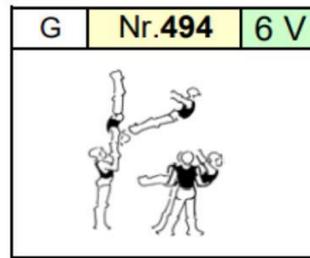
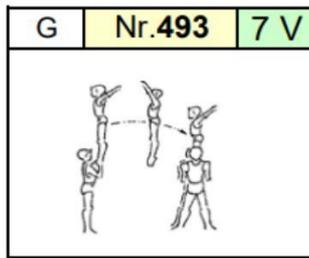
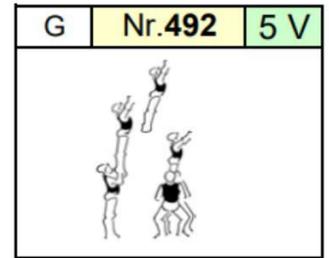
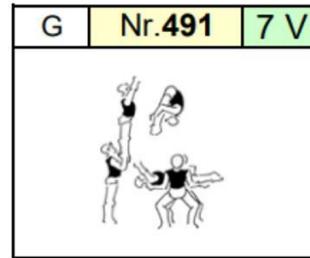
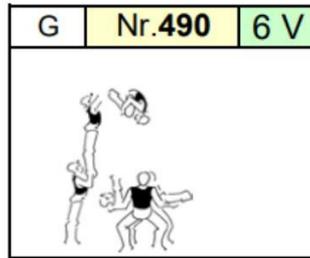
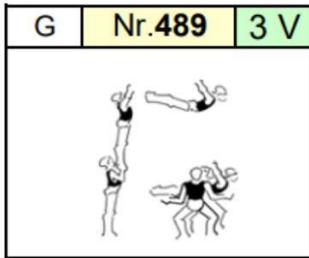
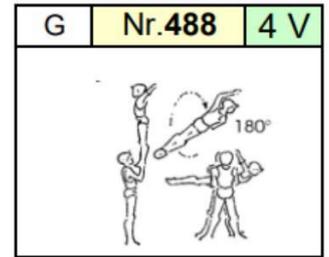
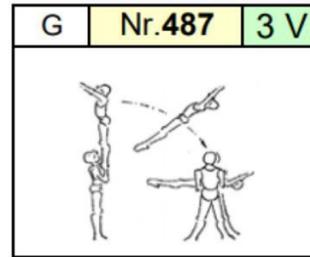
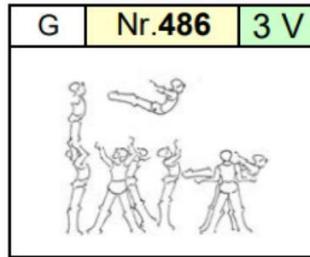
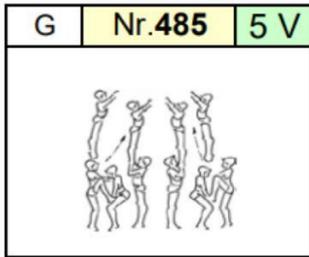
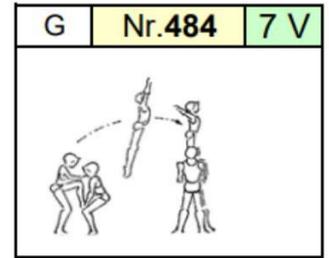
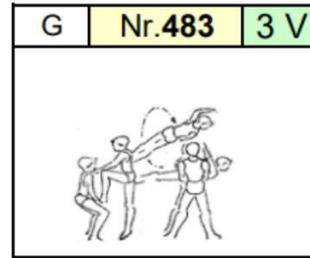
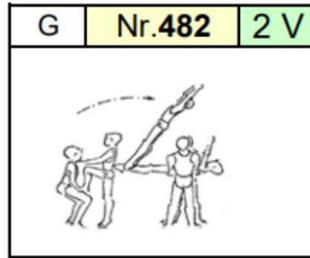
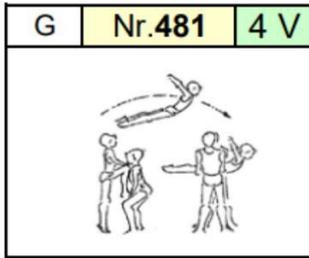


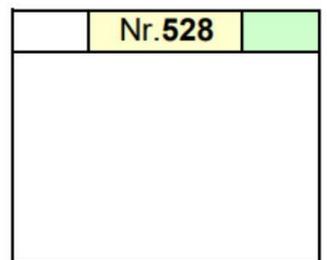
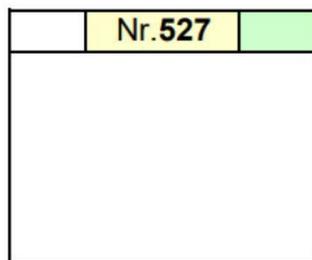
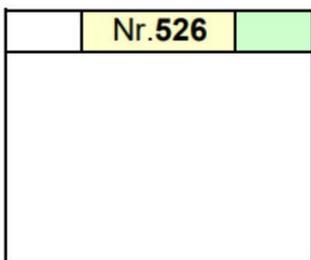
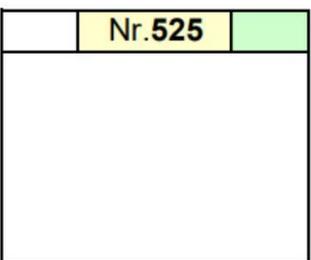
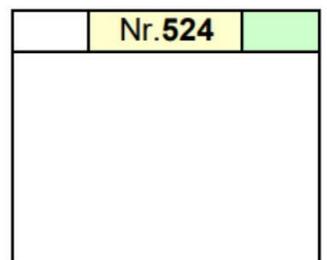
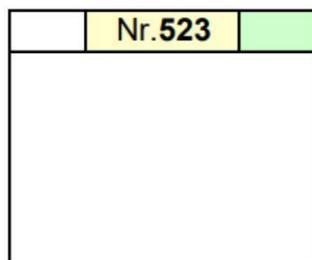
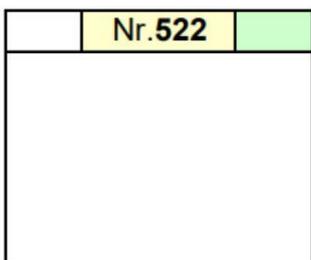
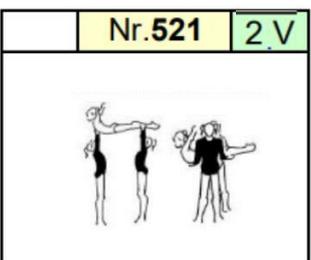
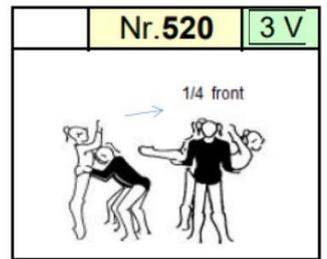
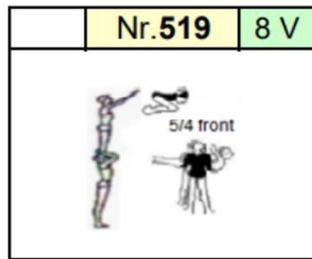
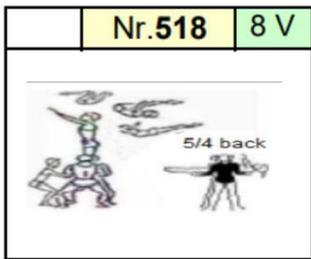
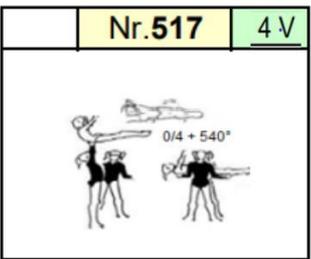
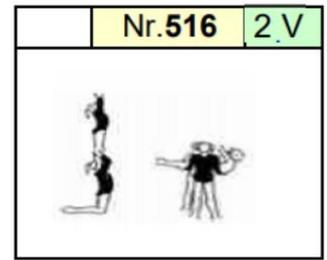
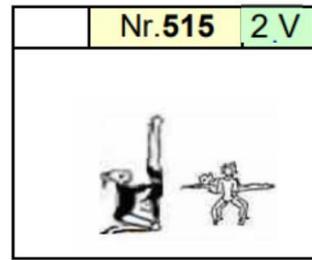
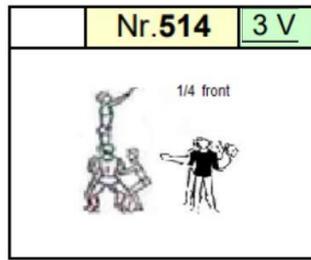
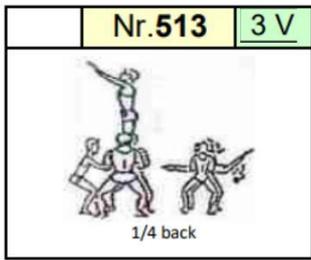
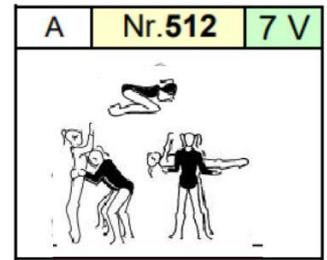
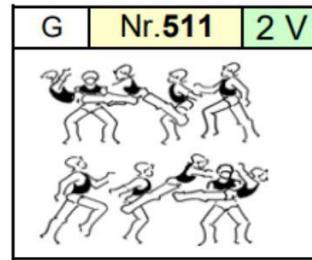
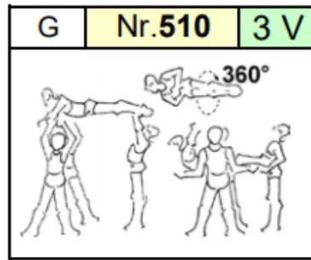
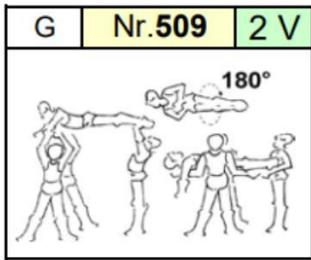
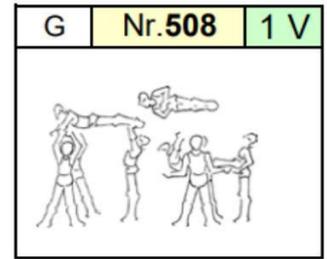
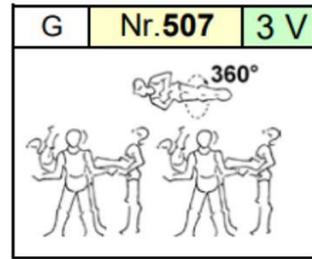
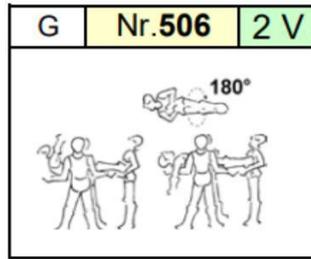
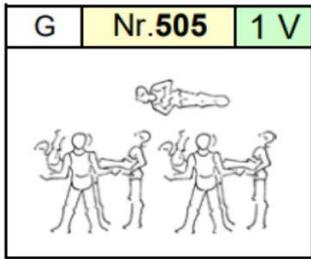


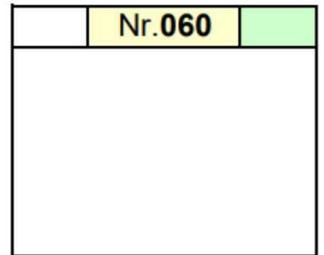
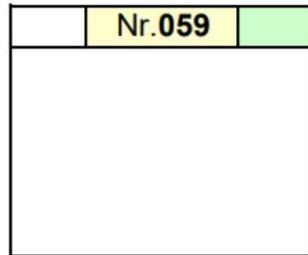
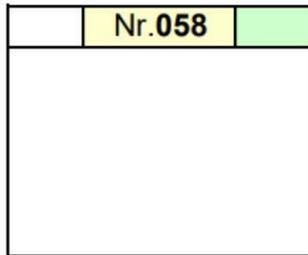
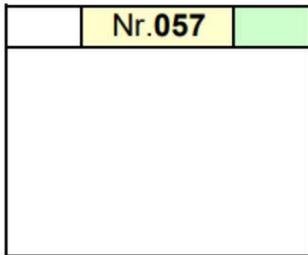
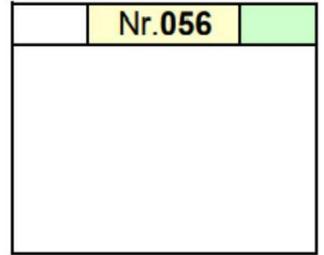
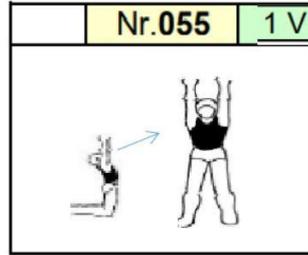
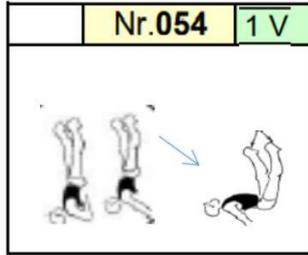
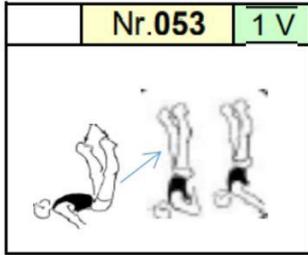
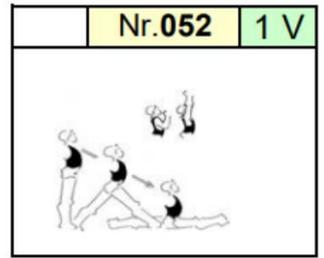
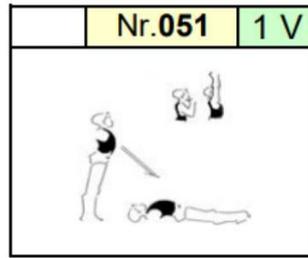
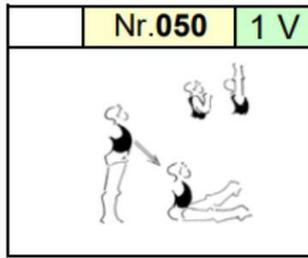
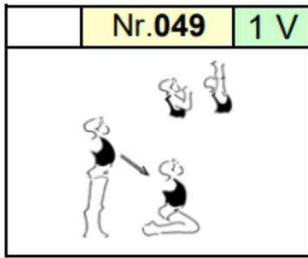






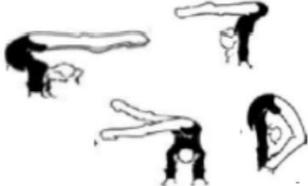






# **PROGRAMMA APPOGGI**

VALORE	2 MANI	MANO MANO	1 MANO
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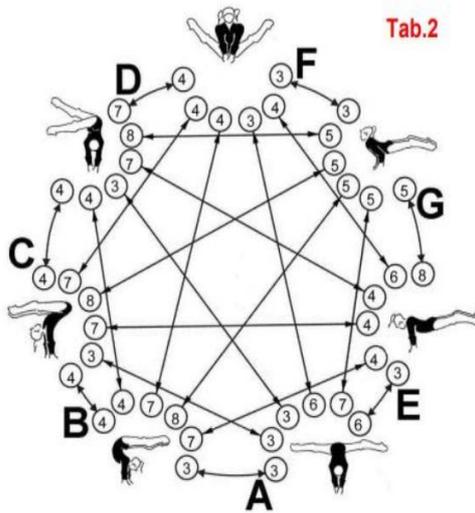
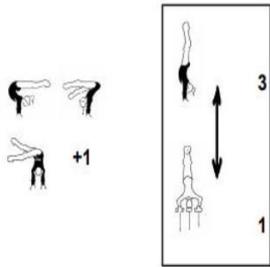
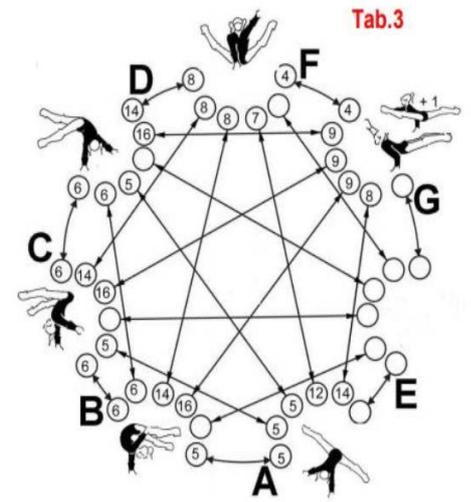
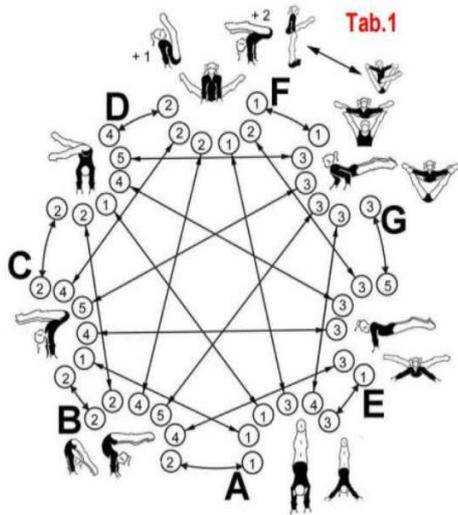
1			
2			
3	 Gambe divaricate		
4	 Pernas unidas Gambe unite	 Gambe divaricate	
5		 Pernas unidas Gambe unite	 Gambe divaricate
6			
7			
8			 Gambe unite
9			
10	 Pernas unidas		

VALORE	EQUILIBRIO	EQUILIBRIO	
1			
2			
3			
4			
5			
6			

### VARIAZIONI



# MOTION



# FEDERAZIONE SPORT ACROBATICI E COREOGRAFICI



## MODULO RICHIESTA CHIARIMENTI

Io sottoscritto/a .....PRESIDENTE/TECNICO della

Società Sportiva.....

Presenta

richiesta di chiarimenti sui motivi sotto elencati

GARA: .....

CATEGORIA:.....

N. COMBINAZIONE.....

MOTIVAZIONE:.....

.....  
.....  
.....  
.....  
.....

Luogo e data

Il presidente/il tecnico

.....

.....



