

FEDERAZIONE ITALIANA SPORT ACROBATICI E COREOGRAFICI



FISAC INTERNATIONAL PROGRAM

Category C1 / C2



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Referente Nazionale attività competitive Acrosport Fisac Lorella Caleo

Intentions and goals the manual aims to inspire and encourage the development of all areas and aspects of sports acrobatics.

The manual provides a framework for sports acrobatics, which allows newcomers to rapidly develop their knowledge and skills and to participate in national and international championships, competitions, and tournaments in a short time.

Disciplines:

W2 – woman's pair / WP

W3 – woman's group / WG

MX – mixed pair / MxP

M2 – men's pair / MP

M4 – men's group / MG

F4 – woman's group - **GOLD QUARTET / QUARTET MASTER CLASS**

Competitions:

individual Competitions, Individual score per discipline and age group

team competitions team Classification

Age Classification:

class C1 – **6 / 13 years**

class C2 – **7 / 19 years**

The age difference can't be more than **8 years** between the youngest and the oldest gymnast (**important: year of birth!**)

Competition Program - special requirements for combined routine, no balance or dynamic! - just combined – 1 per group / pair!)

Routine:

All routines include pair- / group elements and individual elements which support the character of the routine

- all balance elements must be a static hold of at least **3sec**
- all dynamic elements (pairs and groups!) require a "flight" of the Top before the catch
- the landing of the Top after and dynamic element must be catches or at least supported by the Base

The value of static pair - / group elements is not allowed to be higher than twice the value of the

dynamic elements – and the other way around! Difference between static and dynamic elements 50% with tolerance 1 point (The rule doesn't include individual elements)

- the routine isn't allowed to be longer than 2.30mins
- all routines must be performed with music / – with lyric or not
- the routine is shown on a 12x12m floor

Routines start with a static hold – continue with a choreography (including pair- / group elements) – end with a static hold.

Requirements: Maximum 6 group elements,

BALANCE:

1 static element **cat.1**

1 static element **cat.2**

1 static element **cat.3**

3 dynamic elements.

- 3 Individual elements (**1 element cat.1, 1 element cat.2, the third one free**)

DYNAMIC:

1 shooting element from partner obligatory (**see tables dynamic elements letter G**)

max. 2 arrivals on the ground from partner (Dismounts).

Maximum of 3 equal starting and shooting positions.

- Group: If the Top and Middle are in the same position, they are counted only once.
once (e.g.: two teams in the same figure count as one).

- Difference between static and dynamic elements 50% with tolerance 1 point

Both top and base gymnasts may participate in a maximum of 2 formations (duo F + trio F, duo M + duo Mx, duo F+ duo Mx, duo Mx+ trio F - NO duo + duo, NO trio + trio)

GOLD QUARTET

- Programme for teams competing in the C1, C2 and Mini-Youth leagues
- Music: 2 minutes 30 seconds maximum
- 3 static elements; 1 Category 1 element, 1 Category 2 element, 1 Category 3 element – 3 dynamic elements. - 3 individual elements (one from Cat. 1, one from Cat. 2, the third freely chosen from the Category C Programme)

QUARTET MASTER CLASS

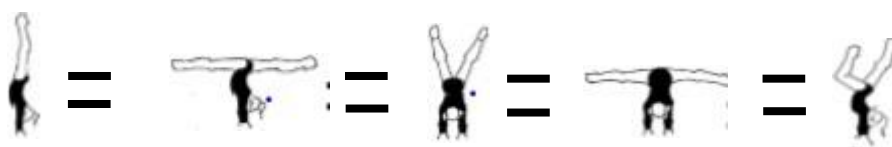
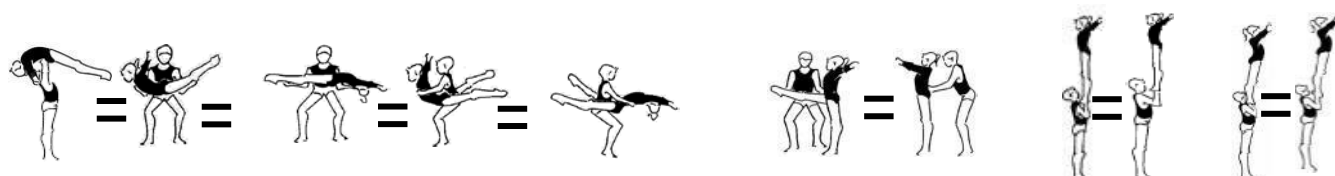
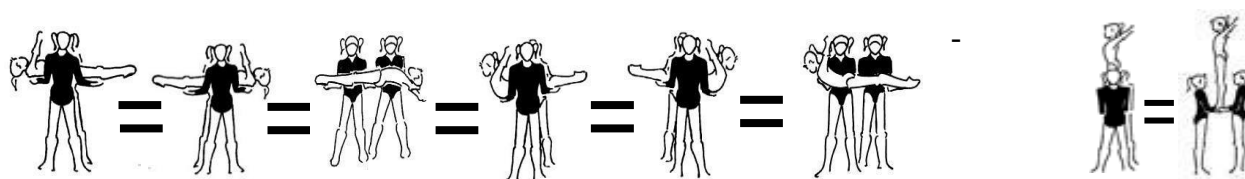
- Programme for teams competing in the Mini-Youth, Pre-Youth, Youth, Senior and B leagues.
- Music: 2 minutes 30 seconds maximum
- 3 static elements; 1 Category 1 element, 1 Category 2 element, 1 Category 3 element – 3 dynamic elements. (Static and dynamic elements may be taken from FIG Code M4, minimum value 1)
- 3 individual elements of free choice, which must be taken from the FIG Code – Tables of Difficulty 2025/2028
- The minimum score for static and dynamic elements is V4; landings must always be followed by

IMPORTANT:

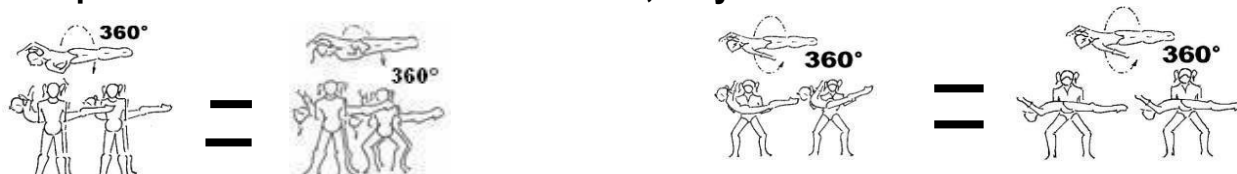
For anything not specified, or if you have any doubts about the elements or exercise values, please write to us to avoid any unnecessary problems.

CTECHNICAL CLARIFICATIONS C CHAMPIONSHIP PROGRAMME

- equal start- / end positions (catches) for groups – for pars



- example for the same / identical elements, only allowed to be shown



- When the top and second base are in the same position (this counts as one)

- Tucked position (upper limbs outside the pelvis in the duet and trio)



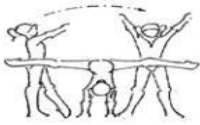
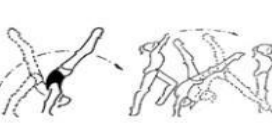
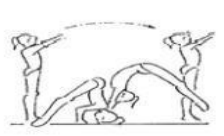
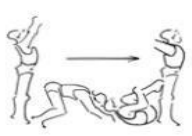
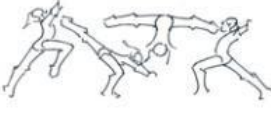
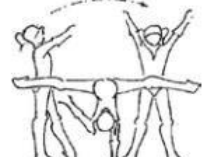
- OP definition - and the TOP.

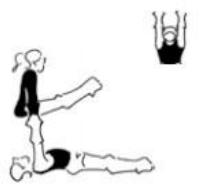
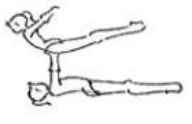
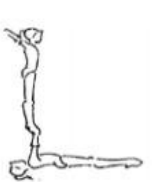
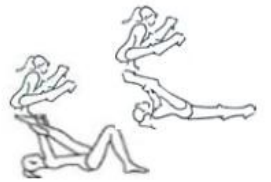
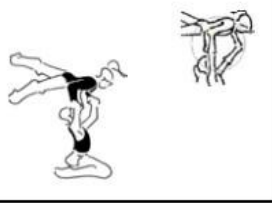
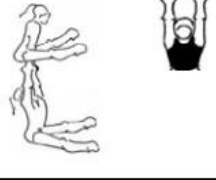
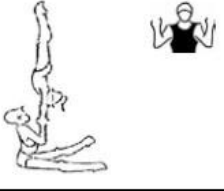


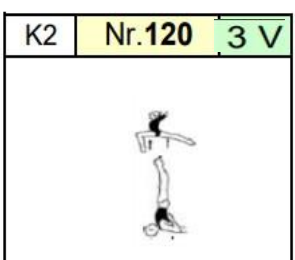
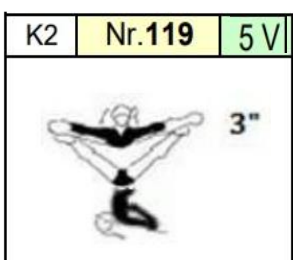
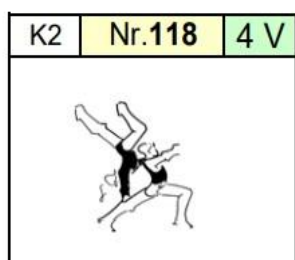
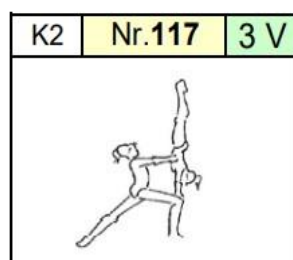
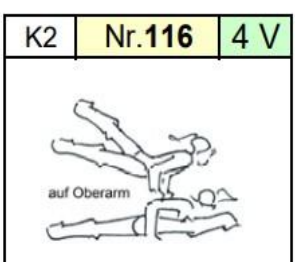
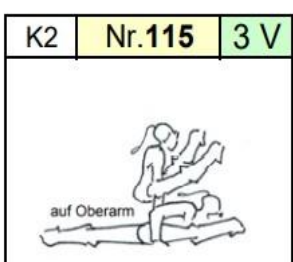
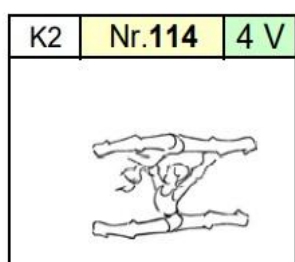
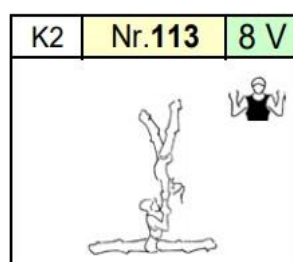
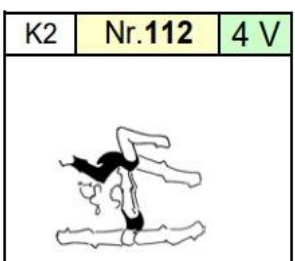
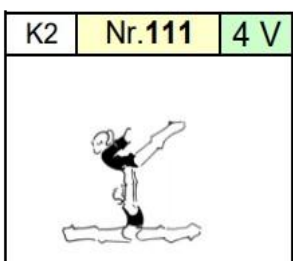
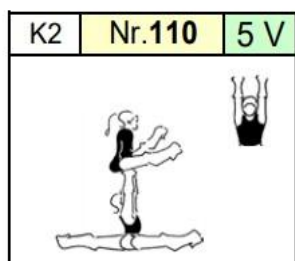
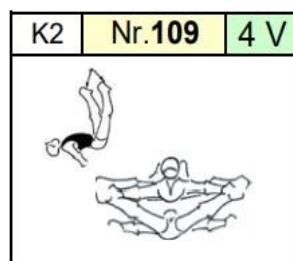
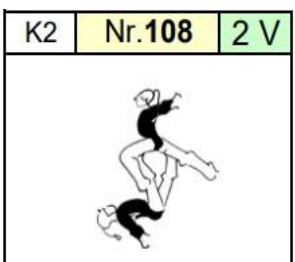
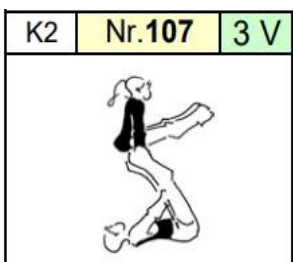
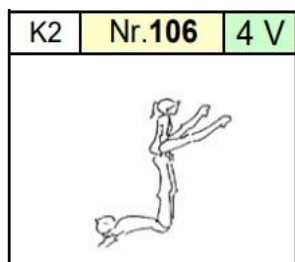
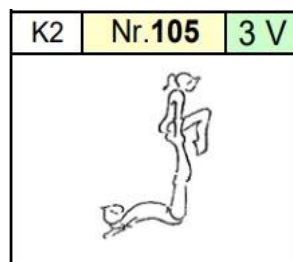
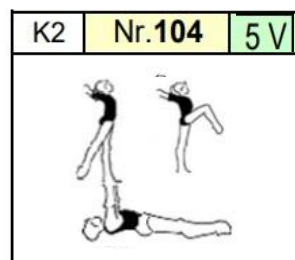
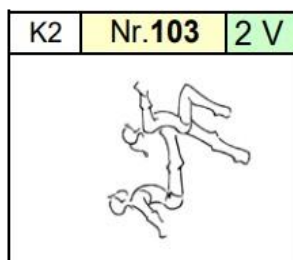
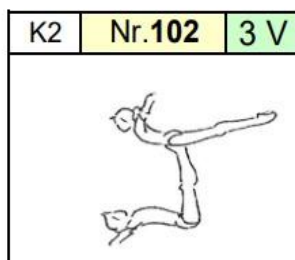
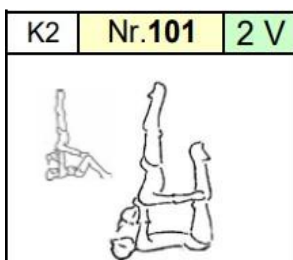
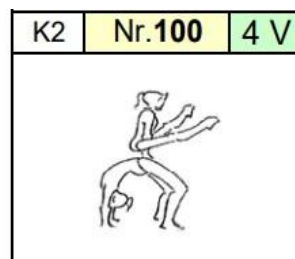
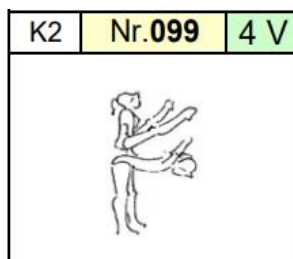
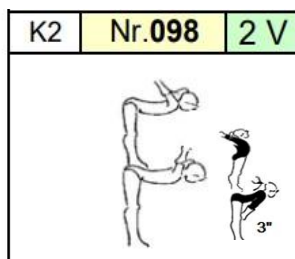
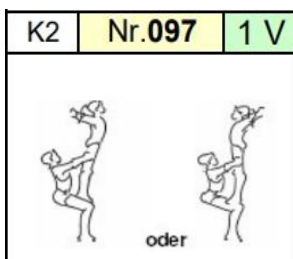
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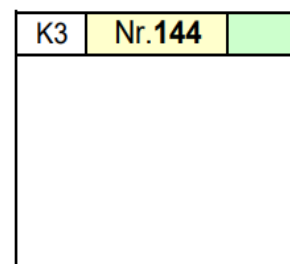
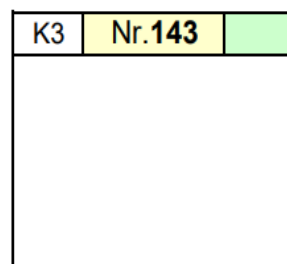
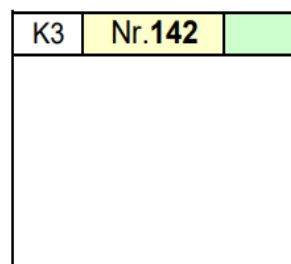
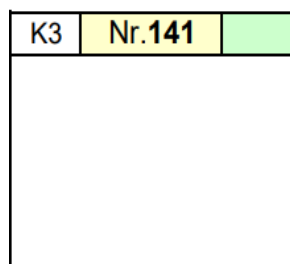
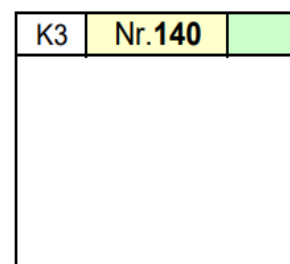
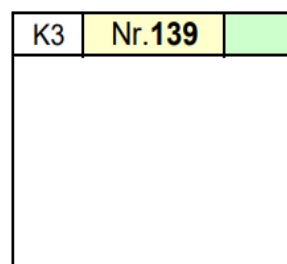
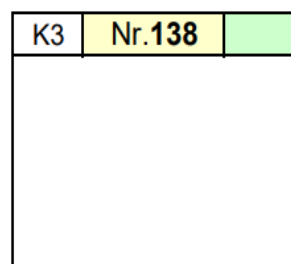
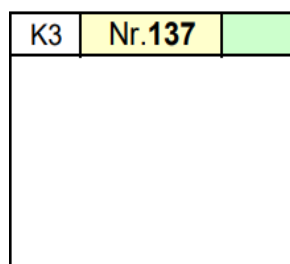
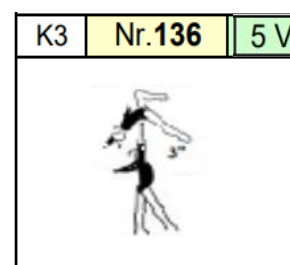
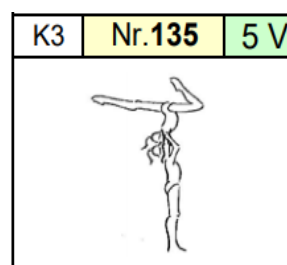
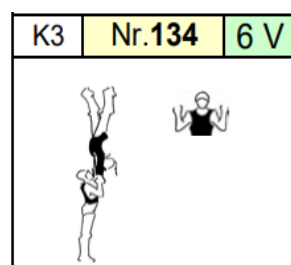
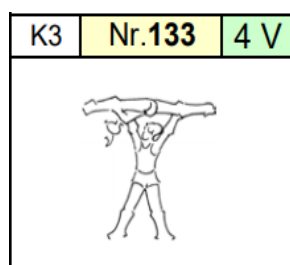
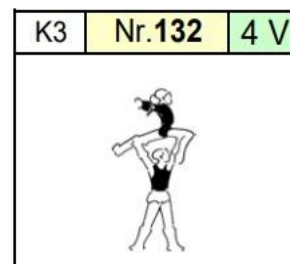
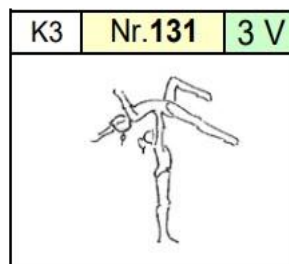
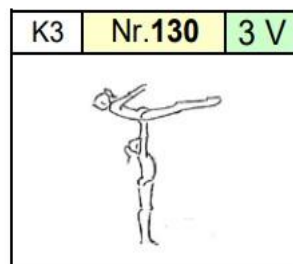
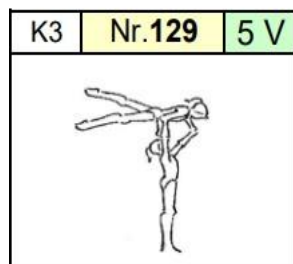
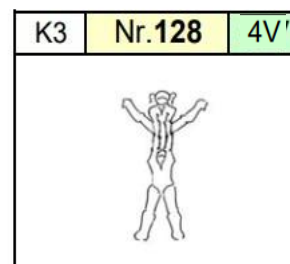
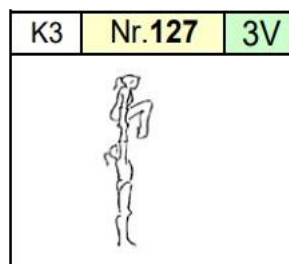
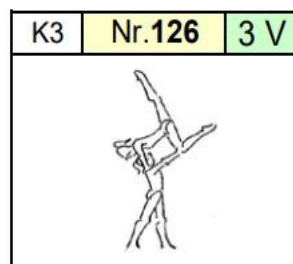
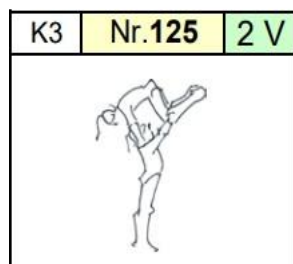
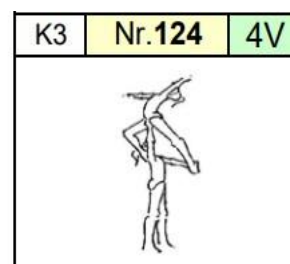
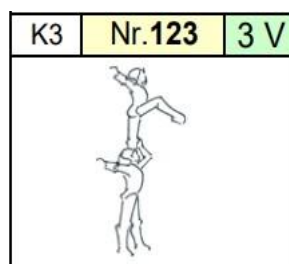
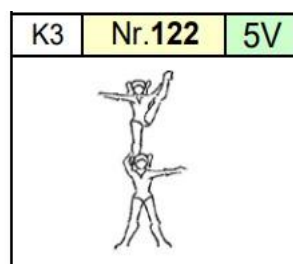
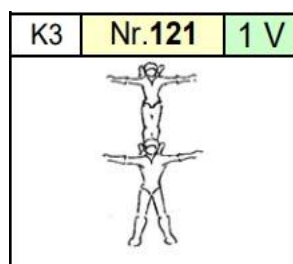


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K1	Nr.002	2 V	
K1	Nr.003	2 V	
K1	Nr.004	2 V	
K1	Nr.005	3 V	
K1	Nr.006	4 V	
K1	Nr.007	3 V	
K1	Nr.008	3 V	
K1	Nr.009	2 V	
K1	Nr.010	3 V	
K1	Nr.011	4 V	
K1	Nr.012	3 V	
K1	Nr.013	4 V	
K1	Nr.014	3 V	
K1	Nr.015	2 V	
K1	Nr.016	2 V	
K1	Nr.017	5 V	
K1	Nr.018	3 V	
K1	Nr.019	4 V	
K1	Nr.020	4 V	
K1	Nr.021	4 V	
K1	Nr.022	2 V	
K1	Nr.023	5 V	
K1	Nr.024	4 V	

K2	Nr.025	1 V	
K2	Nr.026	2 V	
K2	Nr.027	3 V	
K2	Nr.028	2 V	
K2	Nr.029	3 V	
K2	Nr.030	4 V	
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K2	Nr.033	3 V	
K2	Nr.034	4 V	
K2	Nr.035	4 V	
K2	Nr.036	7 V	
K2	Nr.037	2 V	
K2	Nr.038	3 V	
K2	Nr.039	2 V	
K2	Nr.040	2 V	
K2	Nr.041	6 V	
K2	Nr.042	4 V	
K2	Nr.043	4 V	
K2	Nr.044	4 V	
K2	Nr.045	6 V	
K2	Nr.046	3 V	
K2	Nr.047	8 V	
K2	Nr.048	8 V	

K1	Nr.073	4 V	
K1	Nr.074	3 V	
K1	Nr.075	2 V	
K1	Nr.076	2 V	
K1	Nr.077	8 V	
K1	Nr.078	3 V	
K1	Nr.079	5 V	
K1	Nr.080	5 V	
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K1	Nr.087	3 V	
K1	Nr.088	6 V	
K1	Nr.089	3 V	
K1	Nr.090	4 V	
K1	Nr.091	6 V	
K1	Nr.092	4 V	
K1	Nr.093	2 V	
K1	Nr.094	7 V	
K1	Nr.095	6 V	
K1	Nr.096	1 V'	

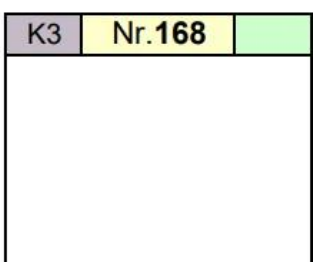
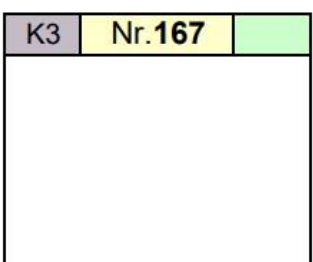
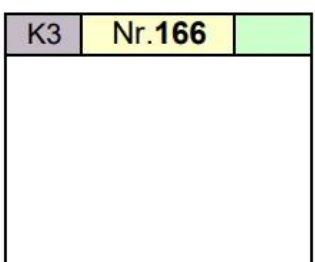
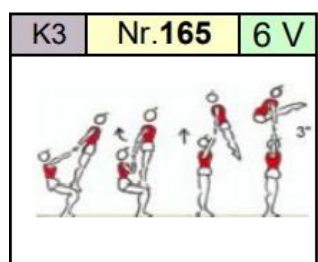
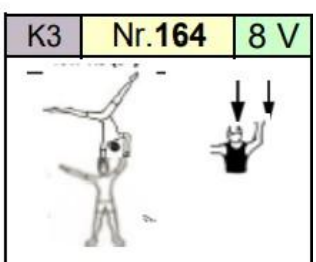
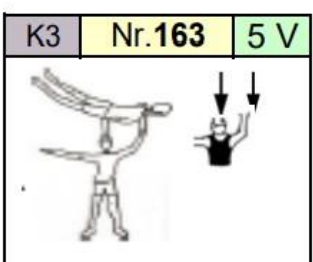
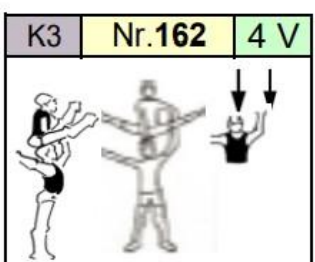
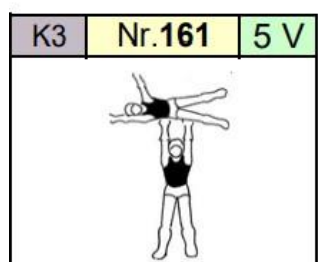
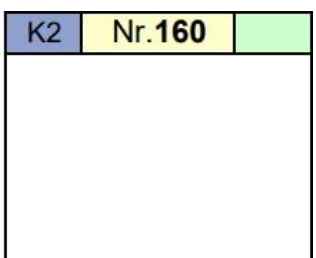
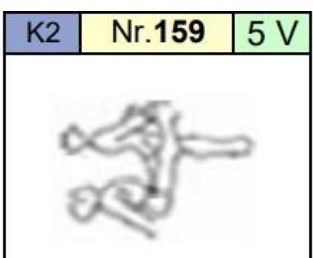
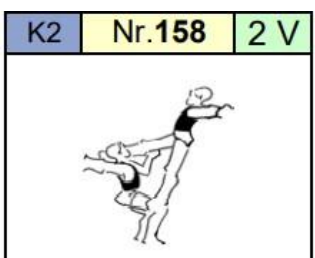
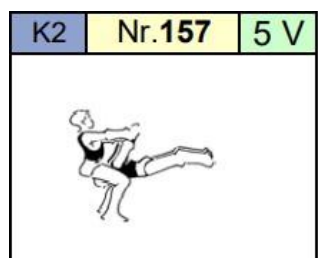
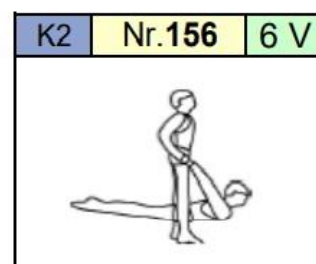
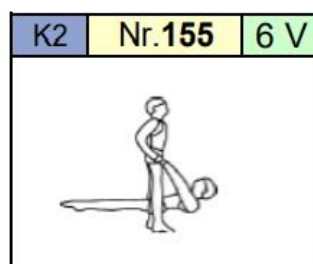
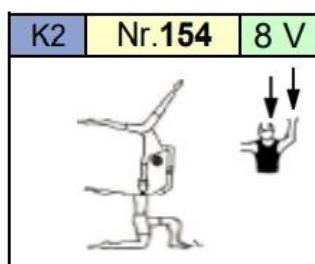
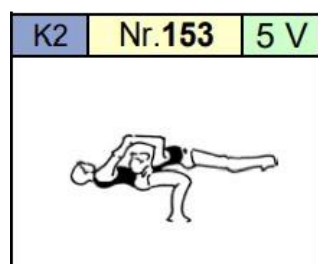
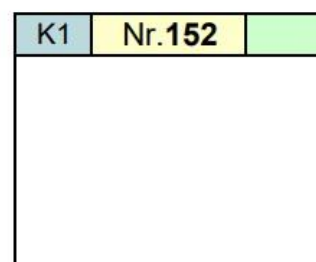
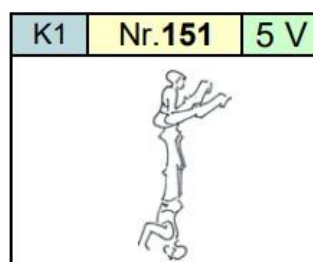
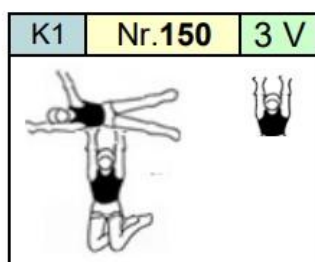
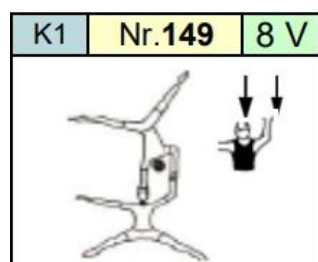
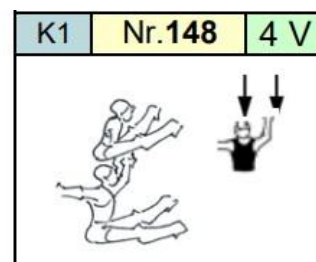
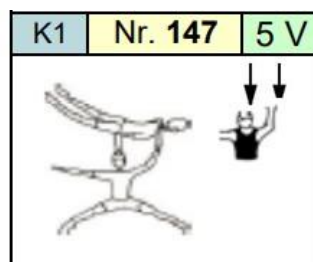
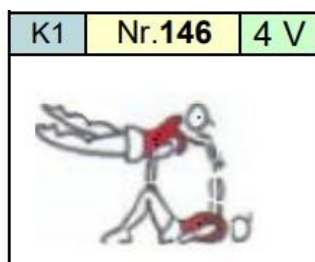
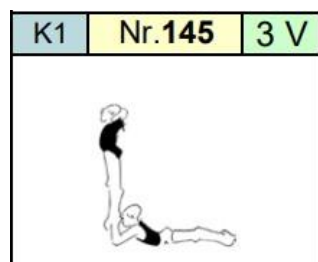


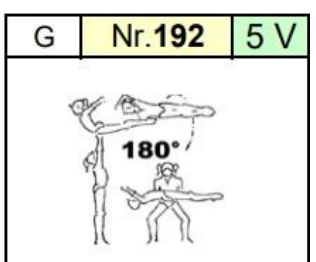
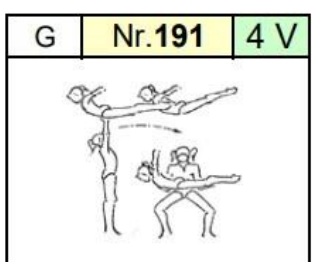
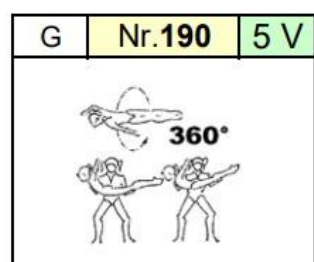
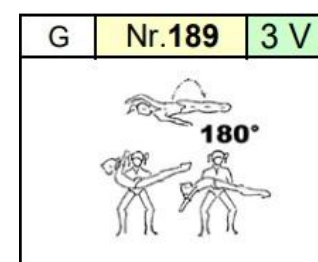
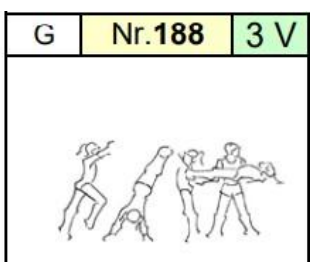
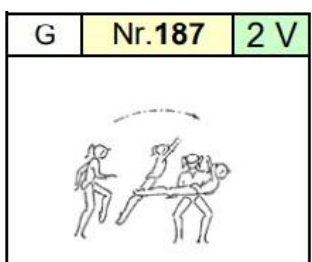
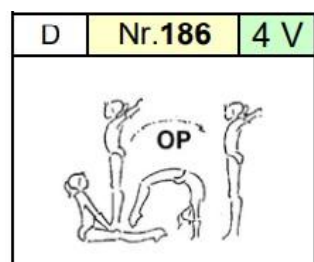
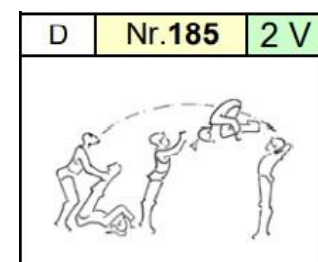
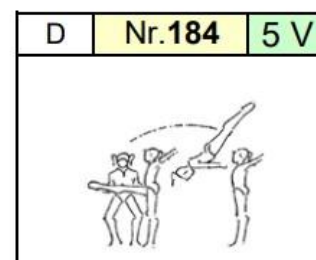
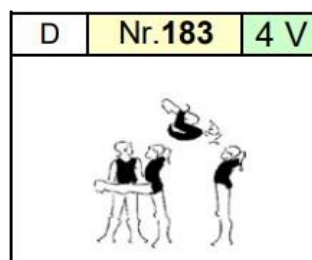
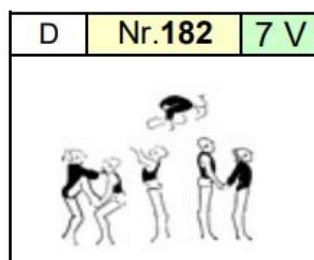
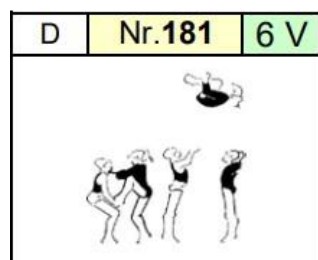
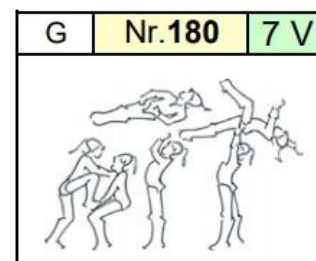
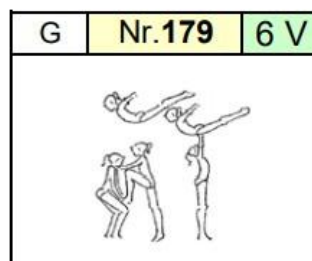
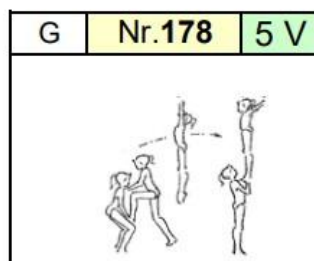
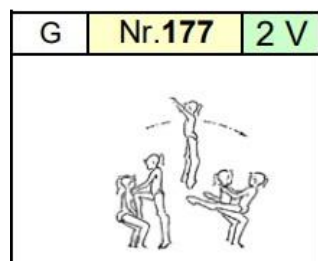
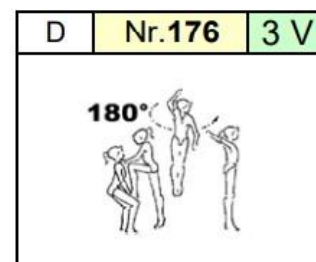
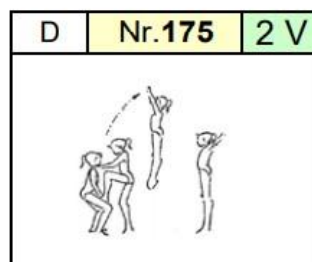
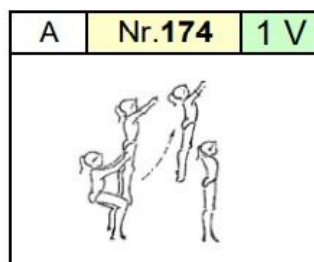
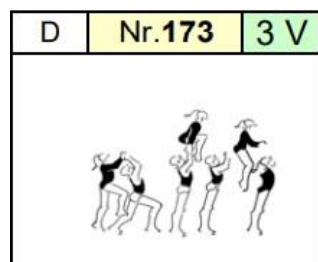
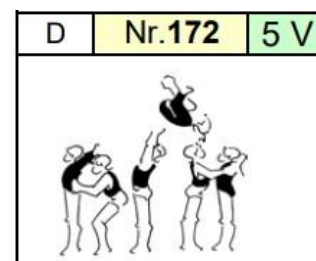
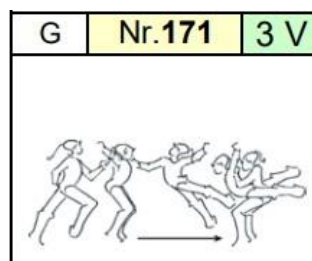
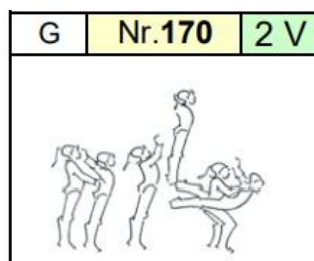
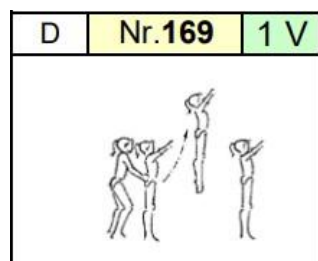


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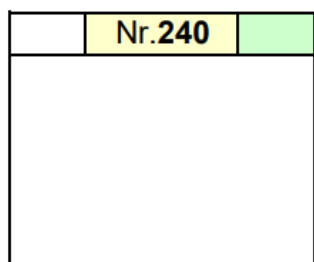
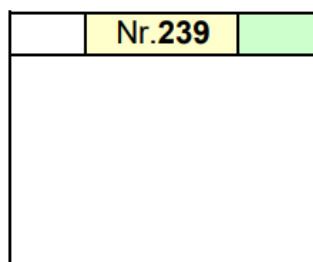
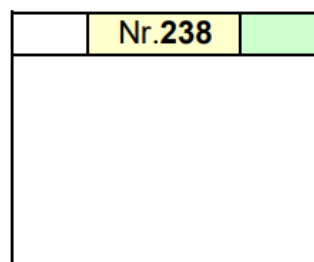
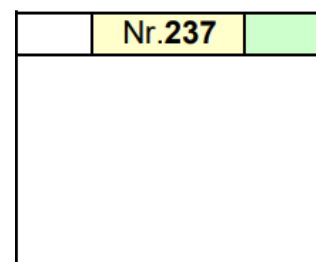
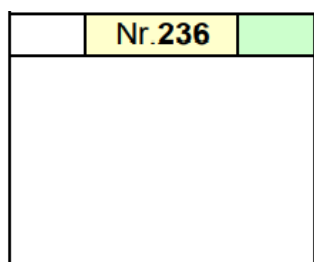
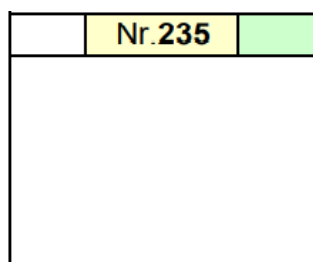
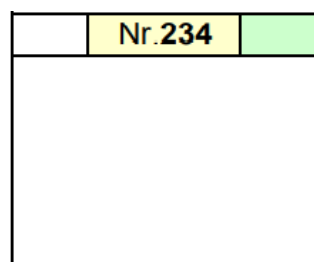
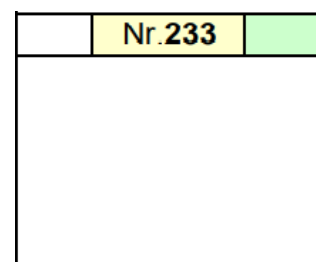
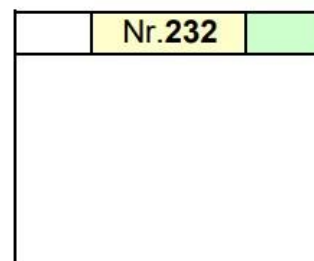
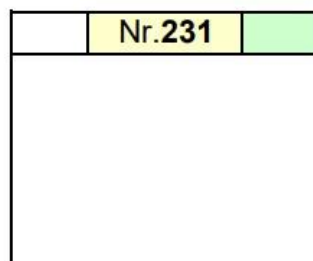
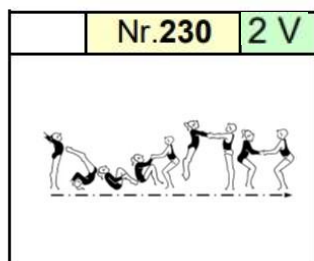
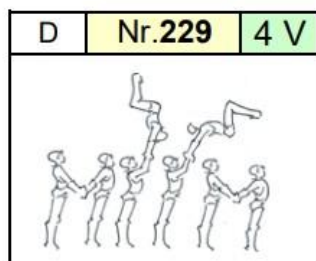
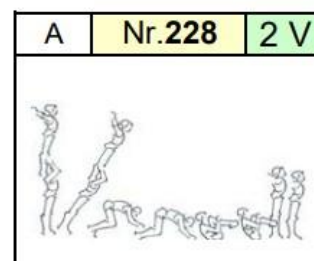
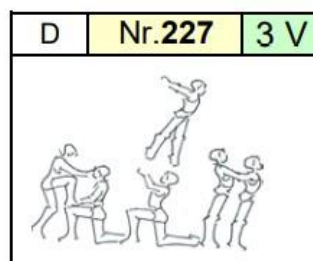
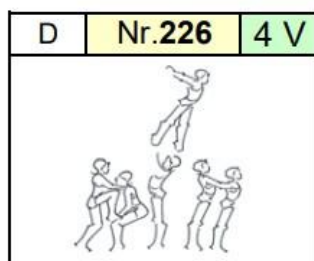
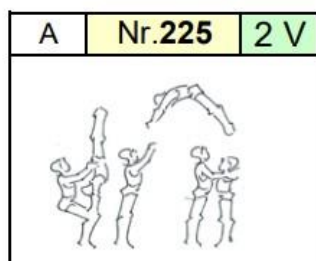
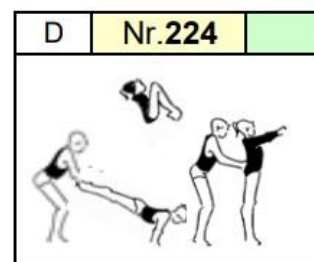
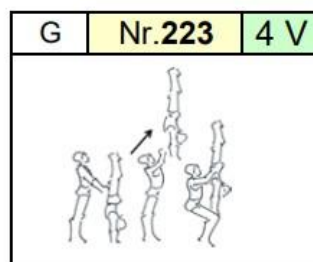
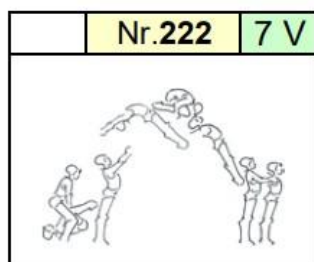
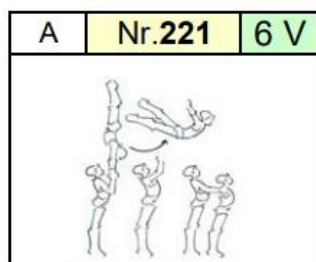
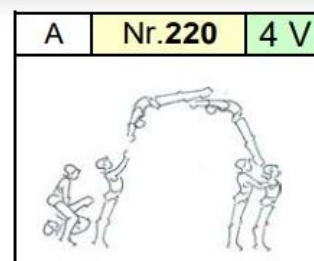
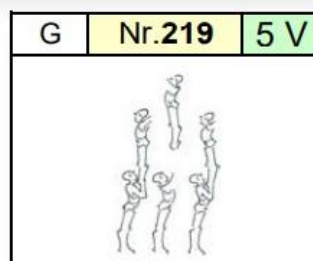
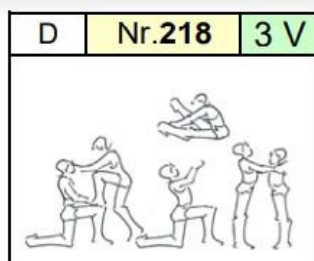
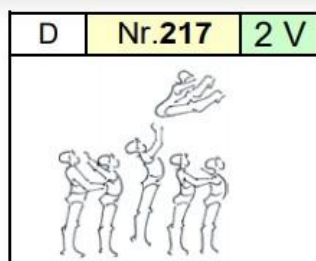
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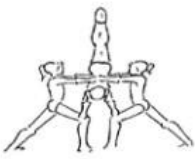
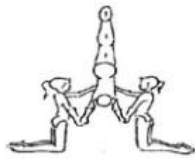
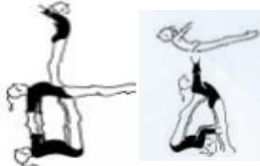
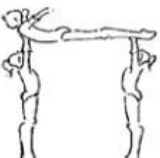
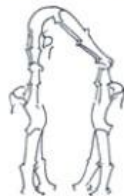
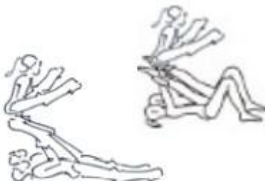


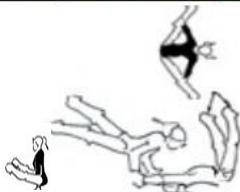


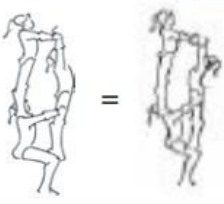
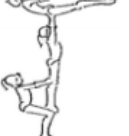
FISAC
DUO DINAMICO

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A Nr.201 4 V 	A Nr.202 3 V 	A Nr.203 4 V 	A Nr.204 6 V
A Nr.205 5 V 	A Nr.206 6 V 	A Nr.207 5 V 	A Nr.208 6 V
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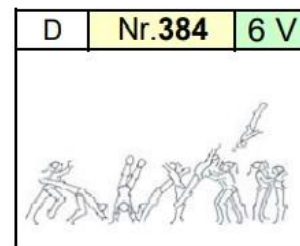
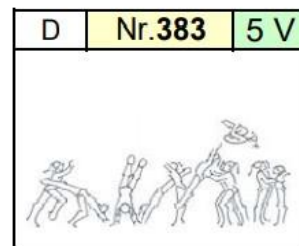
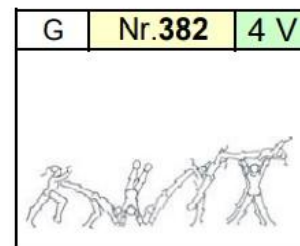
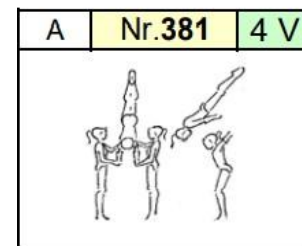
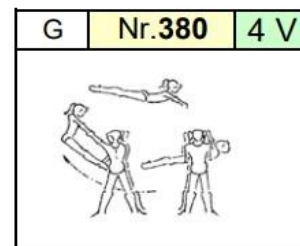
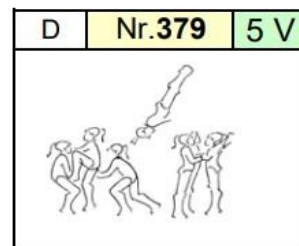
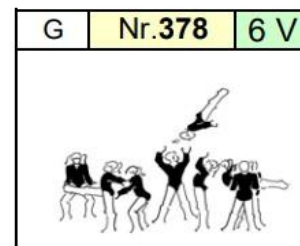
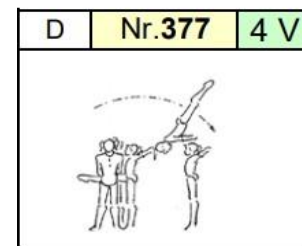
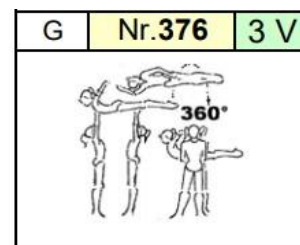
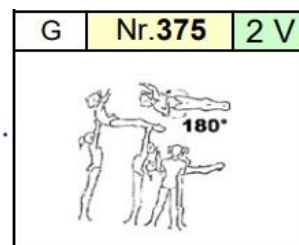
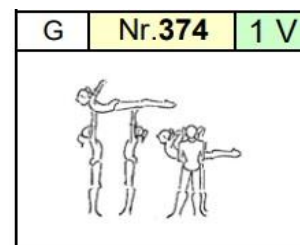
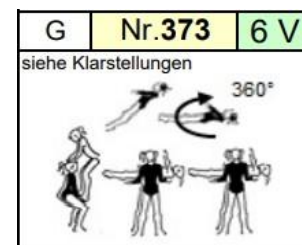
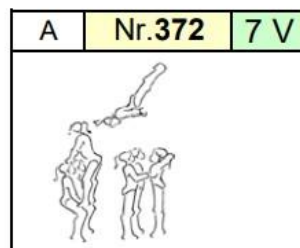
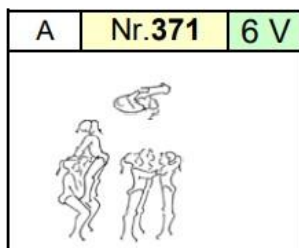
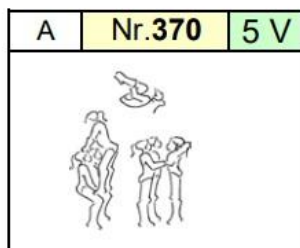
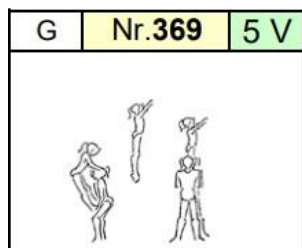
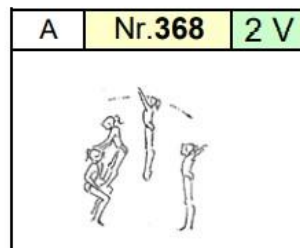
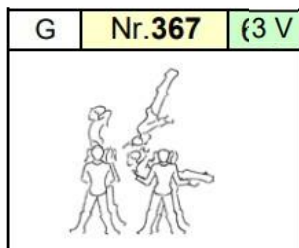
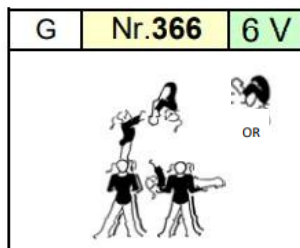
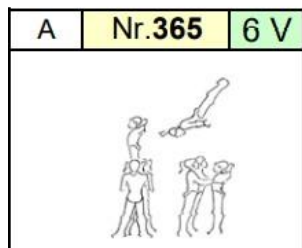
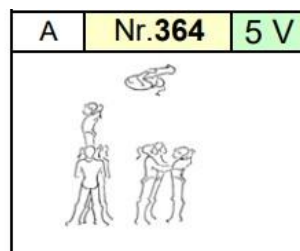
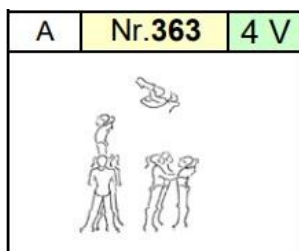
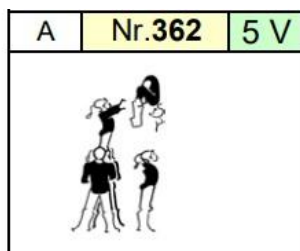
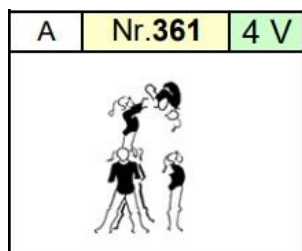


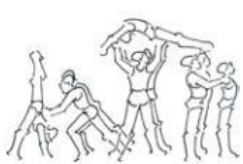
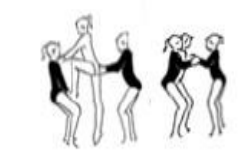
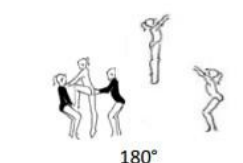
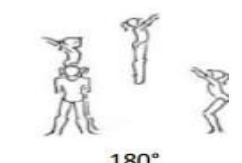
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K1	Nr.242	3 V	
K1	Nr.243	2 V	
K1	Nr.244	4 V	
K1	Nr.245	3 V	
K1	Nr.246	3 V	
K1	Nr.247	4 V	
K1	Nr.248	6 V	
K1	Nr.249	4 V	
K1	Nr.250	3 V	
K1	Nr.251	3 V	
K1	Nr.252	2 V	
K1	Nr.253	1 V	
K1	Nr.254	3 V	
K1	Nr.255	4 V	
K1	Nr.256	4 V	
K1	Nr.257	3 V	
K1	Nr.258	4 V	
K1	Nr.259	3 V	
K1	Nr.260	5 V	
K1	Nr.261	5 V	
K1	Nr.262	4 V	
K1	Nr.263	4 V	
K1	Nr.264	8 V	

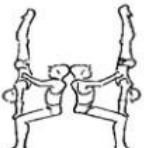
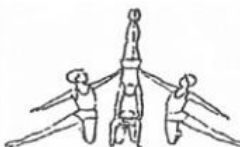
K2	Nr.265	2 V	K2	Nr.266	3 V	K2	Nr.267	3 V	K2	Nr.268	5 V
											
K2	Nr.269	4 V	K2	Nr.270	3 V	K2	Nr.271	4 V	K2	Nr.272	6 V
											
K2	Nr.273	2 V	K2	Nr.274	2 V	K2	Nr.275	3 V	K2	Nr.276	3 V
											
K2	Nr.277	4 V	K2	Nr.278	5 V	K2	Nr.279	6 V	K2	Nr.280	8 V
											
K2	Nr.281	8 V	K2	Nr.282	5 V	K2	Nr.283	3 V	K2	Nr.284	2 V
											
K2	Nr.285	3 V	K2	Nr.286	5 V	K2	Nr.287	4 V	K2	Nr.288	2 V
											

K3	Nr.289	1 V	K3	Nr.290	3 V	K3	Nr.291	2 V	K3	Nr.292	2 V
											
K3	Nr.293	3 V	K3	Nr.294	5 V	K3	Nr.295	4 V	K3	Nr.296	5 V
											
K3	Nr.297	7 V	K3	Nr.298	6 V	K3	Nr.299	6 V	K3	Nr.300	5 V
											
K3	Nr.301	8 V	K3	Nr.302	5 V	K3	Nr.303	5 V	K3	Nr.304	7 V
											
K3	Nr.305	7 V	K3	Nr.306	1 V	K3	Nr.307	2 V	K3	Nr.308	2 V
											
K3	Nr.309		K3	Nr.310		K3	Nr.311		K3	Nr.312	

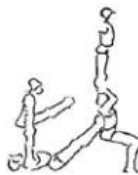
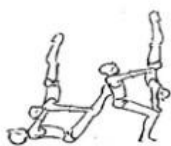
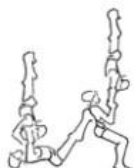
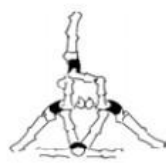
G	Nr.337	1 V	
G	Nr.338	2 V	
D	Nr.339	2 V	
G	Nr.340	2 V	
G	Nr.341	3 V	
G	Nr.342	3 V	
G	Nr.343	3 V	
A	Nr.344	2 V	
A	Nr.345	2 V	
G	Nr.346	3 V	
A	Nr.347	2 V	
A	Nr.348	3 V	
A	Nr.349	3 V	
G	Nr.350	4 V	
G	Nr.351	4 V	
A	Nr.352	2 V	
G	Nr.353	2 V	
G	Nr.354	2 V	
G	Nr.355	3 V	
G	Nr.356	4 V	
G	Nr.357	4 V	
G	Nr.358	4 V	
G	Nr.359	5 V	
G	Nr.360	4 V	

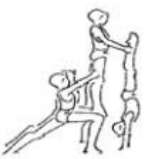
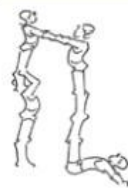
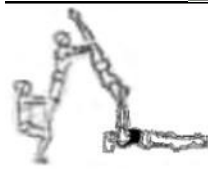
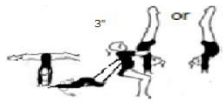


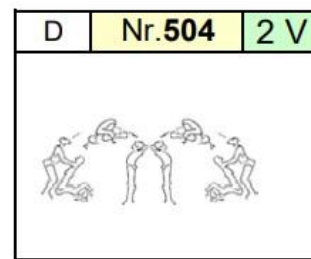
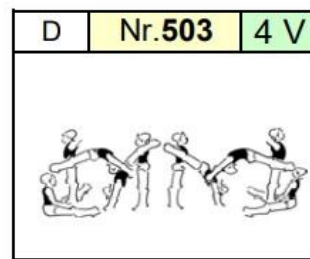
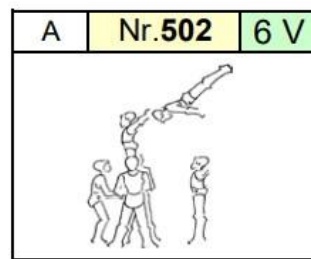
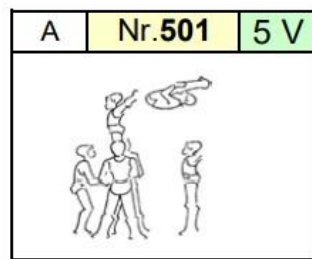
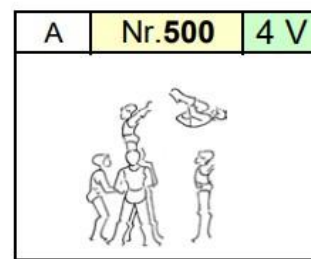
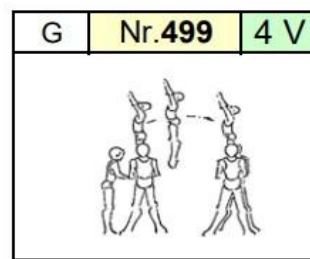
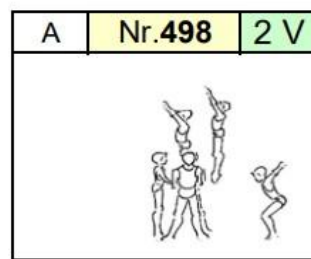
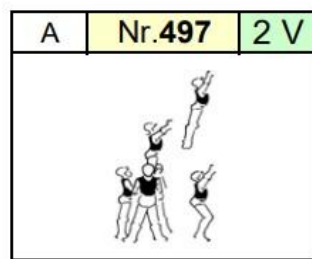
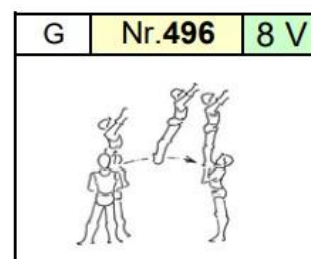
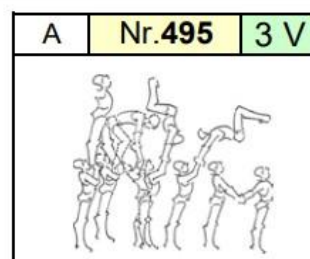
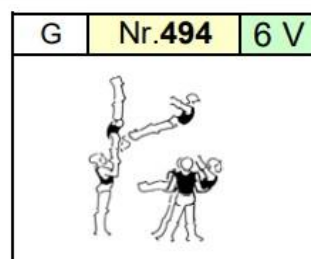
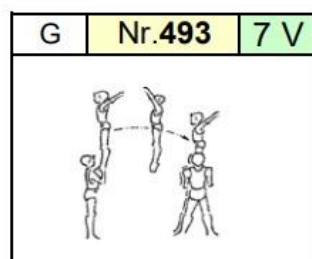
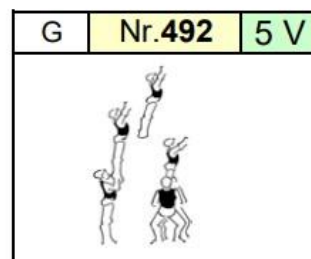
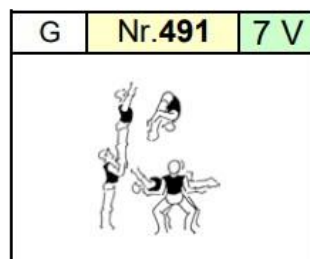
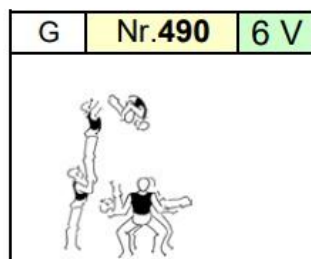
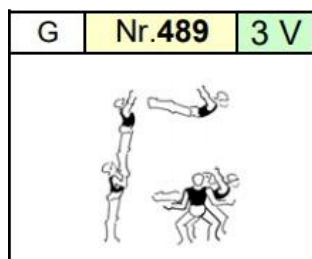
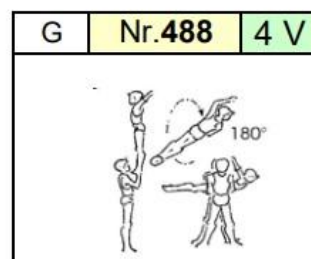
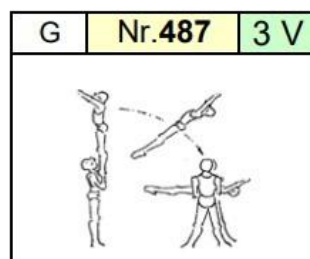
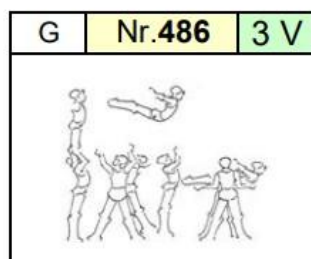
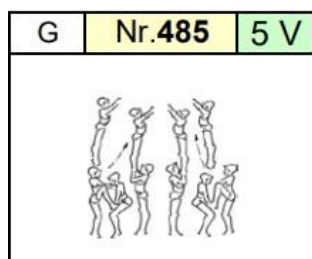
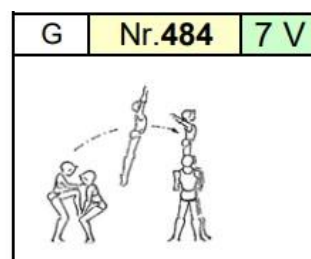
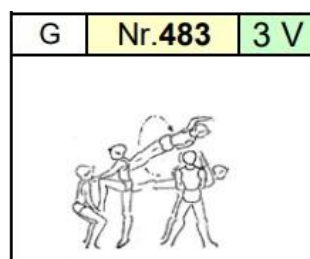
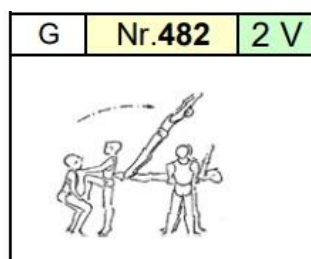
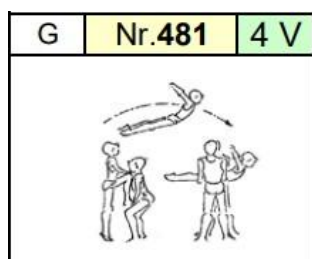
G	Nr.385	3 V	D	Nr.386	2 V	G	Nr.387	2 V	G	Nr.388	3 V
											
A	Nr.389	2 V	A	Nr.390	3 V'		Nr.391	3 V		Nr.392	6 V
					180°			180°			Back or front
	Nr.393	1 V		Nr.394			Nr.395			Nr.396	
											
	Nr.397			Nr.398			Nr.399			Nr.400	
	Nr.401			Nr.402			Nr.403			Nr.404	

K1	Nr.409	3 V	
K1	Nr.410	4 V	
K1	Nr.411	4 V	
K1	Nr.412	7 V	
K1	Nr.413	4 V	
K1	Nr.414	3 V	
K1	Nr.415	6 V	
K1	Nr.416	2 V	
K1	Nr.417	6 V	
K1	Nr.418	3 V	
K1	Nr.419	5 V	
K1	Nr.420	6 V	
K1	Nr.421	4 V	
K1	Nr.422	3 V	
K1	Nr.423	4 V	
K1	Nr.424	3 V	
K1	Nr.425	3 V	
K1	Nr.426	2 V	
K1	Nr.427	4 V	
K1	Nr.428	3 V	
K1	Nr.429	3 V	
K1	Nr.430	1 V	
K1	Nr.431	4 V	
K1	Nr.432	4 V	

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K2	Nr.433	3 V	
K2	Nr.434	5 V	
K2	Nr.435	4 V	
K2	Nr.436	4 V	
K2	Nr.437	2 V	
K2	Nr.438	3 V	
K2	Nr.439	9 V	
K2	Nr.440	5 V	
K2	Nr.441	4 V	
K2	Nr.442	6 V	
K2	Nr.443	10 V	
K2	Nr.444	6 V	
K2	Nr.445	2 V	
K2	Nr.446	6 V	
K2	Nr.447	4 V	
K2	Nr.448	3 V	
K2	Nr.449	4 V	
K2	Nr.450	4 V	
K2	Nr.451	10 V	
K2	Nr.452	4 V	
K2	Nr.453		
K2	Nr.454		
K2	Nr.455		
K2	Nr.456		

K3	Nr.457	1 V	
K3	Nr.458	5 V	
K3	Nr.459	6 V	
K3	Nr.460	8 V	
K3	Nr.461	3 V	
K3	Nr.462	5 V	
K3	Nr.463	6 V	
K3	Nr.464	6 V	
K3	Nr.465	6 V	
K3	Nr.466	7 V	
K3	Nr.467	8 V	
K3	Nr.468	1 V	
K3	Nr.469	4 V	
K3	Nr.470	7 V	
K3	Nr.471	5 V	
K3	Nr.472	6 V	
K3	Nr.473	2 V	
K3	Nr.474	4 V	
K3	Nr.475	6 V	
K3	Nr.476		
K3	Nr.477		
K3	Nr.478		
K3	Nr.479		
K3	Nr.480		



G	Nr.505	1 V	
G	Nr.506	2 V	
G	Nr.507	3 V	
G	Nr.508	1 V	
G	Nr.509	2 V	
G	Nr.510	3 V	
G	Nr.511	2 V	
A	Nr.512	7 V	
	Nr.513	3 V	
	Nr.514	3 V	
	Nr.515	2 V	
	Nr.516	2 V	
	Nr.517	4 V	
	Nr.518	8 V	
	Nr.519	8 V	
	Nr.520	3 V	
	Nr.521	2 V	
	Nr.522		
	Nr.523		
	Nr.524		
	Nr.525		
	Nr.526		
	Nr.527		
	Nr.528		

