



MAIA INTERNATIONAL
ACRO CUP

e-MIAC XV

(15th edition)

VIRTUAL EDITION

Maia, Portugal – 4th – 6th JUNE 2021 (new dates)

All info: www.maiaacropcup.com



1. General Information

This Competition will take place **ONLINE** from 4 to 6 June 2021. **e-MIAC'21** is opened to National, Regional and Club Teams. **e-MIAC will not be a live competition but it will be LIVE BROADCAST on INTERNET. All the events will be previously video recorded and then sent to the OC. A panel of judges will provide the scoring and between 4 and 6 June, e-MIAC will be released online.**

There will be a Team Competition for Youth, Age Group 1, Age Group 2, Junior and Senior. **The Team classification is defined by the sum of the marks of 3 pairs or groups** (no matter if they are repeated; example: 3 Mix Pairs or 2 Men Four and 1 Women Pair).

This competition is being prepared in accordance with the FIG regulations and rules **with the following age groups and categories:**

AGE CATEGORY	Age Gaps	Simplified Competition Program
<u>YOUTH</u>	8 years old - 16 years old	COMBINED ROUTINE and/or set of elements (Balance Pairs - 3 elements / Balance Groups – 2 pyramids and/OR Dynamic – 3 elements – in separate sets – same proportion of compulsory and optional elements as in YOUTH COMBINED – see rules in page 3)
<u>AGE GROUP 1</u>	9 years old - 17 years old (7 years difference maximum)	BALANCE and/or DYNAMIC ROUTINE and/or set of elements (Balance Pairs - 6 elements / Balance Groups – 3 pyramids and/OR Dynamic – 6 elements – in separate sets – same proportion of compulsory and optional elements as in AG1 ROUTINES – see rules in page 3)
<u>AGE GROUP 2</u>	10 years old - 19 years old (8 years difference maximum)	BALANCE and/or DYNAMIC ROUTINE and COMBINED (<i>Combined only if you are competing in ALL-AROUND</i>) and/or set of elements (Balance Pairs – 5 to 8 elements / Balance Groups – 2-3 pyramids and/OR Dynamic – 6 to 8 elements – in separate sets)
<u>JUNIOR</u>	11 years old - 20 years old (8 years difference maximum)	BALANCE and/or DYNAMIC ROUTINE and/or COMBINED (<i>Combined only if you are competing in ALL-AROUND</i>) and/or set of elements (Balance Pairs – 5 to 8 elements / Balance Groups – 2-3 pyramids and/OR Dynamic – 6 to 8 elements – in separate sets)
<u>SENIOR</u>	minimum 12 years old	BALANCE and/or DYNAMIC ROUTINE and/or COMBINED (<i>Combined only if you are competing in ALL-AROUND</i>) and/or set of elements (Balance Pairs – 5 to 8 elements / Balance Groups – 2-3 pyramids and/OR Dynamic – 6 to 8 elements – in separate sets)

TO THANK YOU ALL FOR THESE AMAZING 15 YEARS OF ACRO HISTORY:

2021 will be a different edition but the spirit and the goals of MIAC remain the same:

To gather all the friends and Acro enthusiasts in one common celebration of our sport.

Thank You!

2. Provisional Schedule

8 May – Deadline for Nominative Entry

21-25 May – Recording of the Routines and sending the videos to OC

25 May – Deadline for sending the videos to Organizing Committee

26-30 May – Judging period

4-6 June – Live Broadcast

3. Organizing Committee

ACRO CLUBE DA MAIA

Rua de Almorode, 185, C - 4470-213 – Maia – PORTUGAL - +351 22 9410731

Info: www.maiaacrocup.com

Email: maiaacrocup@gmail.com

4. Competition Program

	Competition Program					
	Set Balance	Set Dynamic	Balance	Dynamic	Combined	2 Trick
Youth	X	X			X	
Age Group 1	X	X	X	X		
Age Group 2	X	X	X	X	X*	X
Junior	X	X	X	X	X*	X
Senior	X	X	X	X	X*	X

*only required if you compete for the ALL-AROUND titles

Youth – COMBINED ROUTINE - 2 minutes of maximum duration

General Rules:

Pairs: choose 2 balance elements from 11-16 difficulty tables + 1 optional element from FIG tables and 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables (OPTIONAL can be from 11-16 difficulty tables but not from the same ROWS used on the compulsory elements).

Groups: choose 1 pyramid from 11-16 difficulty tables + 1 optional pyramid from FIG tables (**only 2 static holds of 3" are required in the routine**) and 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables (OPTIONAL can be from 11-16 difficulty tables but not from the same ROWS used on the compulsory elements)..

Individual: 3 individual elements must be executed – no matter if is cat1 or cat2 (**NO SALTO REQUIRED**).

Age Group 1 / Age Group 2 / Junior / Senior – FIG Rules (ages according to page 2)

Each PG may enter 1 or all the routines (as explained in the Competition Program)!

For example, a YOUTH pair can do a set of Balance and the Combined.

For example, a JUNIOR trio can do a set of Dynamic Set, Balance, Dynamic and Combined routines (because they are in competition for the All-Around) and the 2-trick contest – entering 5 events for the same entry fee.

2-Trick Contest – Each partnership can perform 2 elements (see definition of element in the Code of Points). They will be evaluated in Execution and Difficulty as follow:

Difficulty Value + (Execution x 2).

For example:

Women Trio – performs a back tuck tripe from platform (v. 32) + double layout from pitch (v. 28) = 60 points // Execution score of 9,6 x 2 = 19,2 – Total score = 79,2.

Set of Exercises (Balance / Dynamic) – judging for Execution + Difficulty (no Artistry, no Music, no Choreography, no Individuals)

5. Competition attire

The competition apparel may under no circumstances hinder the athlete in their performance and execution and must guarantee that all movements can be executed in perfect safety. Advertising in the leotards or clothes is allowed. *You can compete using competition attire or, in alternance, you can use **tops and shorts**.*

6. Technical Rules

All the following FIG rules considered as valid in January 1st 2021:
Code of Points (2017 – 2021) / SAWAGG Rules (latest version)
FIG Newsletters

7. Drawing of Lots

The drawing for the starting order will be made in advance and it will take place on the May 15th.

8. Entry Fee

YOUTH - **20 € per gymnast**
AG1 / AG2 / JUNIOR / SENIOR - **30 € per gymnast**
Coaches - **5 € per coach**
Judge – **reduce 5 € per judge** (for example, if you enter 1 coach and 1 judge, there is nothing to pay for the Coach Entry)

9. Finance Obligations

Bank info:

Account Holder: Acro Clube da Maia
Account Holder Address: Rua de Almorode, 185, C; 4470-213 MAIA
Tel: (+351) 229 410 731
Bank: CAIXA CREDITO AGRICOLA MUTUO
Bank Address: Rua Castilho, 233; 1099-004 LISBOA
Tel: (+351) 213 809 900

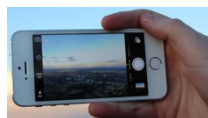
IBAN: PT50 0045 1441 4021 5021 5378 3
NIB: 0045 1441 40215021537 83
BIC/SWIFT: CCCMPTPL

PAYMENT OF ENTRY FEE MUST BE MADE ON NOMINATIVE ENTRY.

10. Video and Technical Requirements

- BACKGROUND SHOULD BE AS CLEAR AND UNIFORM AS POSSIBLE (one colour background is perfect)
- Video format (MPEG-4, MOV) – no video will be accepted using other formats
- Video codec (H.264/MPEG-4 AVC) – almost standard in all mobile phones (**GREAT VIDEO QUALITY; GOOD QUALITY IS NOT ENOUGH!**)
- Video resolution (starting in 1920x1080 to 4K)

- Frame rate: 30 or 60 fps
- Screen ratio: (16:9)
- Video orientation: **Landscape** (Horizontal)
- Size up to 200 MB per routine



- Most mobile phones have more than sufficient filming capability
 1. Record the videos from the judge perspective - centred with the middle of the floor.
 2. The phone can rotate without displacement, meaning that it can behave like the judge, seated on a chair moving the head but not able to walk around.
 3. You can zoom in and zoom out but an **immediate 0.5 penalty** will be given by CJP every time the video does not captures all the members of the partnership.

11. Tariff Sheets & Photo

A **photo of each delegation member must be placed** on the DROPBOX folder created specially to your delegation **by the Nominative Entry deadline (8 May)**.

The specification of the photo should be as follows:

File format; JPG, JPEG, PNG, TIFF

Dimensions: 190 pixels wide x 250 pixels high

The **tariff sheets** must be uploaded until the **May 25th**:

- Digital Tariff Sheets must be uploaded on the Dropbox folde - PLEASE IDENTIFY THE TARIFF SHEETS WITH THE P/G NUMBER (provided after the Nominative Entry).

12. Awards

Top 3 will receive a medal that we will send by mail.

All participants will receive diplomas (we will send them via email).

A MIAC t-shirt will be sent to ALL PARTICIPANTS by mail.

Important Dates

Nominative Entry deadline + Photo	8 May
Payment Entry Fee deadline	8 May
Tariff Sheet deadline	25 May
Recording and Sending the Routines Videos	21-25 May (no later than 25 May)
Live Broadcast on internet	4-6 June

e-MIAC'21
Virtual MIAC OC