



# e-MIAC'21 Virtual Maia International Acro Cup

4-6 June 2021

## Technical Rules Competition Format

AGE CATEGORY	Age Gaps	Competition Program						Simplified Competition Program
		Set Balance	Set Dynamic	Balance routine	Dynamic routine	Combined routine	2 Trick contest	
<b>YOUTH</b>	8 years old - 16 years old	X	X			X		<b>COMBINED</b> SET OF BALANCE ELEMENTS (Balance Pairs - 3 elements / Balance Groups – 2 pyramids – same proportion of compulsory and optional elements as in YOUTH COMBINED – see rules in page 3) SET OF DYNAMIC ELEMENTS (Dynamic – 3 elements – in separate sets – same proportion of compulsory and optional elements as in YOUTH COMBINED – see rules in page 3)
<b>AGE GROUP 1</b>	9 years old - 17 years old (7 years difference maximum)	X	X	X	X			<b>BALANCE ROUTINE</b> <b>DYNAMIC ROUTINE</b> SET OF BALANCE ELEMENTS (Balance Pairs - 6 elements / Balance Groups – 3 pyramids - same proportion of compulsory and optional elements as in AG1 ROUTINES – see rules in page 3) SET OF DYNAMIC ELEMENTS – 6 elements - same proportion of compulsory and optional elements as in AG1 ROUTINES – see rules in page 3)
<b>AGE GROUP 2</b>	10 years old - 19 years old	X	X	X	X	X*	X	<b>BALANCE ROUTINE</b> <b>DYNAMIC ROUTINE</b> <b>COMBINED</b> (Combined only if you are competing in ALL-AROUND for the Finals) SET OF BALANCE ELEMENTS (Balance Pairs – 5 to 8 elements / Balance Groups – 2-3 pyramids) SET OF DYNAMIC ELEMENTS (6 to 8 elements) <b>2-Trick Contest</b> (see rules on page 3 of Directives)
<b>JUNIOR</b>	11 years old - 20 years old	X	X	X	X	X*	X	<b>BALANCE ROUTINE</b> <b>DYNAMIC ROUTINE</b> <b>COMBINED</b> (Combined only if you are competing in ALL-AROUND for the Finals) SET OF BALANCE ELEMENTS (Balance Pairs – 5 to 8 elements / Balance Groups – 2-3 pyramids) SET OF DYNAMIC ELEMENTS (Dynamic – 6 to 8 elements) <b>2-Trick Contest</b> (see rules on page 3 of Directives)
<b>SENIOR</b>	minimum 12 years old	X	X	X	X	X*	X	<b>BALANCE ROUTINE</b> <b>DYNAMIC ROUTINE</b> <b>COMBINED</b> (Combined only if you are competing in ALL-AROUND for the Finals) SET OF BALANCE ELEMENTS (Balance Pairs – 5 to 8 elements / Balance Groups – 2-3 pyramids) SET OF DYNAMIC ELEMENTS (Dynamic – 6 to 8 elements) <b>2-Trick Contest</b> (see rules on page 3 of Directives)

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