



ACRO KLOKAN CUP

1st FEBRUARY 2025



Dear Acrobatic Friends,

we would like to invite you for international competition in Acrobatic Gymnastics:

KLOKAN CUP 2025

Organiser: Acrobatic Gymnastics Club TJ Bohemians Prague
Date: Saturday 1st February 2025
Venue: Sports Hall TJ Bohemians, Prague 10, Slovenská 2

Provisional programme (Saturday, 1st February):

8:30	warm up
9:30	judges meeting
10:00	Start of the competition
10:10	Youth (combined exercise)
13:45	Youth class results announcement
14:00 - 14:30 break	
14:30	Age group 1 st routine (balance/tempo)
15:15	Master class – 1 st exercise (balance or tempo)
16:30	Age group– 2 nd exercise (balance/tempo)
17:15	Master class – 2 nd exercise (combined)
18:45	Age group, Master class results announcement

Categories: “Youth” (rules below), “Age group 11 – 16” (rules 2025-28 – Pre-Youth), **Master Class** (12-18, 13-19 = Youth 12-18, juniors 13-19, seniors all together)

Definitive entry: **January 8th 2025**

Entry should be send to: info@akrobatickagymnastika.cz

Costs and payment:

Competition only: Starting fee 30 Eur / gymnasts - payment in cash in Euro upon arrival or

Package: 200 € / 5.000 CZK per person per competition package

15th of January 2025 – deadline for bank transfer

(Bank transfer in CZK or Euro - detailed info below)

Or 31st of January 2025 – payment in cash in Euro upon arrival

Competition package includes:

- Competition starting fee and entry



Czech Gymnastics Federation
Zátopkova 100/2, P.O. BOX 40
Tel./Fax: +420 242429260
www.gymfed.cz
e: cgf@gymfed.cz



Oddíl akrobatické gymnastiky
TJ Bohemians Praha
Izraelská 6, Praha 10
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- Accommodation (2 nights)
- Meals: Friday dinner, Saturdays lunch and Saturday´s dinner / evening party
- Transport on Saturday - hotel – gym hall - hotel

Accommodation: hotel Duo, [Teplická 492, 190 00 Praha 9](#)

Music and Tariff sheets: deadline **January 22th**
Send to **klokancup@gmail.com**
(this email is only for collecting music and TS)

Please use this format to identify the tariff sheets and music:

Category_Discipline_Exercise_Name_Name_Namec

Y / AG / M _W2 / M2 / Mx2/ W3 / M4 _ Bal / Dyn / Com_Name_Name_Name

Example:

Y_W2_Com_Novakova_Horakova

M_W3_Dyn_Jagrova_Flekova_Cervenkova

Additional information:

- Each team must bring at least one judge
- Medals for first three places, diploma for all participants
- Cup for the best score of the category
- Final program and schedule will be available a week before the competition
- All participants are advised to have adequate insurance coverage
- Each group pays travel expenses to Prague and back

Payment details

- Bank transfer: the invoice will be issued according to the definitive entry prior the payment, payment in CZK – 5000 or EURO 200 per person till 15th of January 25

Address: Izraelská 6; Praha 10, 100 00
Bank: Komerční banka a.s.
Account number: 18436101/0100
IBAN: CZ8001000000000018436101
BIC: KOMBCZPPXXX

- Or payment in cash upon arrival – invoice will be issued afterwards

- **Contact to LOC: info@akrobatickagymnastika.cz**

Looking forward to seeing you in Prague!



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Categories and rules

„YOUTH RULES“:

- age limit is maximum 15 years; one combined exercise max. duration 2'30"; evaluation: all pairs together and all groups together.
- 3 individual elements (no category requirement)

Pairs:

- choose 2 balance elements from the WAGC Compulsory Elements Table 11-16, + 1 optional balance element from the FIG Tables Of Difficulty or Appendix 4. (3 statics hold of 3" is the minimum requirement in the routine)
- choose 2 dynamic elements from the WAGC Compulsory Elements Table 11-16, + 1 optional dynamic element from the FIG Tables Of Difficulty or Appendix 4. (**at least 1 element has to be a catch**)
- Optional elements may be from 11-16 difficulty tables, but different row
 - Max difficulty value given for compulsory element 0,5.
 - Max difficulty for optional element: 1-9 balance, 1-14 dynamic.

Groups:

- choose 1 pyramid from the Compulsory Elements Table Age Group 11-16, + 1 optional pyramid from the FIG Tables Of Difficulty or Appendix 4 (only 2 statics holds of 3" are necessary in the routine)
- choose 2 dynamic elements from the Compulsory Elements Table 11-16, + 1 optional dynamic element from the FIG Tables Of Difficulty or Appendix 4. (**at least 1 element has to be a catch**)
- optional elements may be selected from 11-16 difficulty tables, but different row
 - Max difficulty value given for compulsory element 0,5.
 - Max difficulty for optional element: 4-16 balance, 1-14 dynamic (1-10 M4).

AGE GROUP 11-16 (= Pre-Youth 11-16):

- balance and tempo exercise due to the FIG Youth and Junior Rules 2025 - 2028

MASTER CLASS:

- no age limits

2 routines (balance or dynamic ex. and combined exercise) according to FIG rules, Code of points 2025-2028, no difficulty limit, but maximal DV due to Juniors 13-19 (Balance: 120, Dynamic: 110, Combined: 180)



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