

ALBERTA GYMNASTICS

Acrobatic Gymnastics

Technical Handbook

2026-2027

AGF ACROBATIC TECHNICAL HANDBOOK

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AGF ACROBATIC HANDBOOK

1. GENERAL

This handbook was written to provide a clear directive by setting criteria upon which the AGF Sport Development Committee and Acro Subcommittee will make decisions related to the sport of acrobatic gymnastics within the province of Alberta. It also provides guidelines for athletes, coaches, judges, and officials within the process.

It is reviewed, revised, and updated by the SDC as required and will be in effect for the 2026-2028 Competitive Seasons (July 2026-June 2028).

2. SPORT DEVELOPMENT – ACRO SUBCOMMITTEE

A. Mission

i. To set out rules and guidelines for AGF athletes, coaches, competitions, and judges.

ii. To relay information from Gymnastics Canada (GCG), World Gymnastics (WG), USA Gymnastics (USAG), and PAGU.

B. Goals

i. To encourage growth of the sport of acrobatic gymnastics in Alberta

ii. To support participation in recreational and competitive acrobatic gymnastics programs and events in Alberta

iii. To ensure consistency and fairness by defining policies, rules, processes and procedures to be followed by participants in the sport of Acrobatic Gymnastics in Alberta

iv. To collaborate with other PTSOs to support the overall growth and development of acrobatic gymnastics in Canada

C. Subcommittee Members

i. Are comprised of 2-3 AGF members, who are nominated by the AGF community and approved at the SDC annual meeting, and the AGF Sport Development Manager.

ii. Must meet regularly with both the Sport Development Committee, the Acro Subcommittee, and SDC Manager

iii. Positions are a two-year commitment

3. ACROBATIC PROGRAM DOCUMENTS:

A. AGF hosted competitions will be governed by the following rules and policies:

i. GymCan Technical Documents: https://activitymessenger-assets-ca.s3.ca-central-1.amazonaws.com/documents/f62cf6ca6db9d66152865f031b3c10a3/2026-Acro-Technical-Regulations---EN.pdf

ii. WG Acro Code of Points: https://www.gymnastics.sport/publicdir/rules/files/en_1.1 - ACRO CoP 2025-2028.pdf

iii. WG Acro Table of Difficulty: https://www.gymnastics.sport/publicdir/rules/files/en_2025-2028 ACRO Table of Difficulty.pdf

iv. WG Youth and Junior Rules: https://www.gymnastics.sport/publicdir/rules/files/en_1.5 - Youth & Junior Rules 2025-2028.pdf

v. USDP: https://static.usagym.org/PDFs/Acro/Rules/devcop_2528.pdf

4. LEVEL CATEGORIES (NOT MEMBERSHIP TIERS)

A. National Level:

i. USAG Levels 7-10

ii. WG Age Group levels

iii. WG Aspire

B. Provincial Level:

i. USAG Levels 2-6

ii. Excel Blocks (individual athletes compete)

C. Competitive Disciplines: applied within each level

i. Women's Pair (WP) – 2 women in a unit

ii. Men's Pair (MP) – 2 men in a unit

iii. Mixed Pair (MxP) – 1 man and 1 woman in a unit

iv. Women's Group (WG) – 3 women in a unit

v. Men's Group (MG) – 4 men in a unit

D. Inclusive Categories (invitational only):

i. Mixed Group (MG3) – any mix of men and women in a group of 3 (skills and rules defined in WG Table of Difficulty and CoP)

ii. Mixed Group (MG4)—any mix of men and women in a group of 4 (skills and rules defined in MG Table of Difficulty and CoP)

5. ELIGIBILITY

A. Athletes: athletes competing in AGF Sanctioned competitions must:

i. Be registered members of AGF in the developmental category

ii. Comply with AGF's regulations for Alberta Team Representatives, including but not limited to the AGF Code of Conduct

B. Coaches: coaches participating in AGF Sanctioned competitions must:

i. Be registered members of AGF and in good standing

ii. Comply with current AGF NCCP certification requirements

iii. Adhere to all Code of Conduct and Code of Ethics manuals

iv. Have the appropriate Police Check, Child and Youth Intervention Checks (within last 3 years) and Respect in Sport for Activity Leaders (or the equivalent)

C. Judges: judges participating in AGF Sanctioned competitions must:

i. Be registered members of AGF in good standing

ii. Comply with current AGF Certification requirements for Judging

iii. Adhere to all code of Conduct and Code of Ethics manuals

iv. Have the appropriate Police Check, Child and Youth Intervention Checks (within last 3 years) and Respect in Sport for Officials

D. Age:

i. An athlete's age on December 31st of a calendar year determines their competitive age at a competition

ii. Age Categories for DP Levels at Provincial Championships may be separated into age categories if there are more than 8 units registered in a single level/event. This is determined by the event organizers.

1. *When age categories are separated, the age of the oldest athlete in the unit identifies the age category the unit will compete in, regardless of the age of the younger athlete(s)*

iii. DP Level 5 and 6 are divided into two age categories and are only separated further if there are more than 8 unities registered in a single level, as described below:

1. *Level 5 – Age 11 and under*
2. *Level 5 – Age 12 and over*
3. *Level 6 – Age 12 and under*
4. *Level 6 – Age 13 and over*

iv. Aspire

1. *Only a single age category applies. Athletes must be within the ages defined by GymCan Youth Rules.*

v. Excel Blocks:

1. *Age groups will be separated if there are more than 10 athletes in a level*

vi. GymCan Age Eligibility:

1. *GC has age eligibilities that are different than outlined in the USDP and WG systems. Please refer to Gymcan Acro Regulations for more information.*

6. QUALIFYING TO CANADIANS ON TEAM ALBERTA:

A. 2027 Canadians: Units must meet the following criteria;

i. In all levels of attending, Units must achieve the recommended minimum scores, as outlined by the GymCan technical regulations for their level at a sanctioned Alberta competition.

ii. These scores must be obtained by the exact unit members that are registering for Canadians, not independently in other units.

iii. Athletes are required to compete at the Alberta Provincial Championships

1. *Petitions will be considered by the committee, regarding absence from the provincial championships due to medical, family or other extenuating circumstances, pending submission from the coach within a 5-day period at the conclusion of the championships.*

iv. Participation in Canadians is Self-funded.

7. AGF SANCTIONED EVENTS

A. 2027 Provincial Championships:

i. Levels Included:

1. *USDP Levels 4-10,*
2. *Excel Blocks,*
3. *Aspire (Ages 8-16),*
4. *Junior Base (*level only at Provincials, NOT included in the Canadian championships; scores achieved at Provincials would not be eligible for meeting Canadians criteria in this level)*
5. *WG Levels: Pre-Youth (age 11-16); Youth (Age 12-18); Junior (age 13-19); Senior (15+)*

ii. Competitive Format:

1. *Refer to the DP Code of Points and Rules and Regulations applicable to the current season*
2. *WG Levels: Ages must be within the guidelines, up to 2 years younger is permitted, out of age is otherwise prohibited*

B. Invitationals with AGF Sanctioning

i. To be eligible for AGF Sanctioning (and scores be admissible for Canadians qualification) Alberta based invitationals may acquire AGF Sanctioning by applying sixty days before the competition. Application Form

8. JUDGING IN ALBERTA:

A. Refer to the AGF Acro judge's handbook

9. TEAM ALBERTA

A. Athletes, Coaches, and Chaperones attending a Team Alberta event (e.g. Canadians, Gymfest, etc.) should ensure they meet all event requirements.

B. All participants must abide by the Team Alberta Code of Conduct.

C. All participants must submit medical forms, as requested, by their due date.

D. All participants should be AGF members in good standing.

E. Coaches must

i. Be C1 Acro trained or RPL Exempt (given by GymCan)

ii. Have a police check with vulnerable sector check within the last three years (from the end of the event)

iii. Have a Child and Youth Intervention Check within the last three years (from the end of the event)

iv. Have completed Respect in Sport for Activity Leaders, or the earlier equivalent

v. First Aid training is strongly encouraged

vi. All documentation must be submitted to AGF by March 1st

F. Team Alberta Uniform

i. Athletes must purchase and wear the required Team Alberta uniform (training suit for training, t-shirt for other times)

ii. Coaches must purchase and wear Team Alberta (or other AGF shirts) throughout the competition

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