

KIAC

RISING STARS · 2027

LOCAL COMPETITION RULES

Handstand Blocks

LEVELS 1 — 4



KEILA INTERNATIONAL ACRO CUP · 10-11 APRIL 2027 · KEILA, ESTONIA

WHAT THIS COMPETITION IS

Blocks at KIAC

A **handstand blocks competition** runs alongside the acrobatics tournament. It is an individual event on two blocks, open to any accredited gymnast — bases and tops alike — for an entry fee of **15 €** on top of the acrobatics entry.

There are four levels. **Levels 1 to 3 are set routines:** a fixed sequence of holds, performed in a fixed order, with nothing to declare in advance. **Level 4 is a free routine** built from an element table and declared on a tariff sheet. Judging follows the **Acro Block Rules 2023**.

RULES THAT APPLY IN EVERY LEVEL

AGE	The competitor must be at least 7 years old . There is no upper age limit.
ONE CATEGORY	A competitor may enter one category only in one competition.
BLOCKS	The organiser provides acro blocks of approximately 40 cm . A competitor may use their own blocks — in that case the coach or supporter changes the blocks before and after the routine.
EXECUTION SCORE	Judges mark execution (E-score) according to the FIG Code of Points, starting from 10.0 .
MISSING ELEMENT	-1.0 for every missing element.
HOLDS	Every mandatory element must show a hold of 3 seconds . -0.3 for each missing second.
ORDER	-0.3 if the elements are performed in the wrong order.
EXTRA LANDINGS	-1.0 for any extra landing between elements that is not marked in the routine.
AWARDS	The three best competitors in each category are awarded.

AGE GROUPS

Competitors are ranked within age groups. The age groups differ between the set routines and the free routine.

LEVEL	AGE GROUPS
Levels 1, 2 and 3	7-9 · 10-12 · 12 and over
Level 4	7-12 · 12 and over

The organiser reserves the right to change the age groups depending on the number of entries received in each group.

This is an organiser's summary in English. It follows the Acro Block Rules 2023 and the official element sheet. Where it differs from those documents, the originals decide. The illustrations on the following pages are taken from the official sheet — **the picture is the rule**: each element must be performed in the position shown.

SET ROUTINE

Level 1

POSITION	HOLD	ELEMENT
1		3" Tuck hold kägarhoid
2		3" L-sit, legs together koos nurkhoid
DOWN		
3		3" Straddle hold harknurkhoid
4		3" Crocodile krokodill
DOWN		
5		3" Foot balance, free leg held back at 45° jalg 45° tahahoid
6		3" Foot balance, free leg bent with the foot touching the supporting leg puutehoid

HOW IT MUST BE PERFORMED

- ♦ All the elements must be performed **in this particular order** and in the position shown in the picture.
- ♦ Motions going into an element and exits must be performed firmly. **Straight legs are not mandatory.**
- ♦ The motion from the straddle hold to the crocodile must be performed with **straight legs**.
- ♦ From the first leg balance to the second one, the **feet are not allowed to touch the acro blocks**.

SET ROUTINE

Level 2

POSITION	HOLD	ELEMENT
1		3" L-sit, legs together koos nurkhoid
2		3" Straddle hold harknurkhoid
3		3" Crocodile krokodill
DOWN		
4		3" 2-on-1 straddle hold 2-1 harknurkhoid
DOWN		
5		3" Choose one of three vali üks — crocodile variation, foot balance or handstand

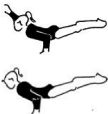
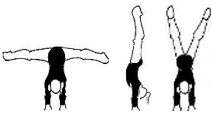
HOW IT MUST BE PERFORMED

- ♦ All the elements must be performed **in this particular order** and in the position shown in the picture.
- ♦ The motion from the pike hold to the straddle hold must be performed with **straight legs and arms**.
- ♦ The motion from the straddle hold to the crocodile must be performed with **straight legs**.
- ♦ For the last element there are three options. **You must perform one of them.**

Level 2 is Level 1 without the tuck hold, with the two-on-one hold added and a free choice at the end — the natural next routine for a gymnast who has finished a season in Level 1.

SET ROUTINE

Level 3

POSITION	HOLD	ELEMENT
1		3" Foot balance, free leg held front above 90° jala hoie ees, üle 90°
2		3" Swallow pääsuke
DOWN		
3		3" 2-on-1 hold 2-1 nurkhoid
DOWN		
4		3" Straddle hold harknurk
5		3" Crocodile krokodill
6		3" 2-on-1 crocodile or one-arm crocodile 2-1 krokodill või 1 käega krokodill
DOWN		
7		3" Handstand — any of the positions shown kätelseis

HOW IT MUST BE PERFORMED

- ♦ All the elements must be performed **in this particular order**.
- ♦ The motion into the handstand is **optional**. A straddle press to handstand, with a 1-second stop in the straddle position, earns a bonus of **+0.5**.
- ♦ From the first leg balance to the second one, the **feet are not allowed to touch the acro blocks**.
- ♦ The motion from the straddle hold to the crocodile must be performed with **straight legs**.

FREE ROUTINE

Level 4

Level 4 is recommended for gymnasts able to perform a more skilled routine than Level 3. The routine is **optional — the gymnast builds it — and a tariff sheet must be filled in.**

CONTENT	At least 10 different 3-second holds . −1.0 per missing element.
ELEMENT SOURCE	Elements are chosen from the element table on pages 7–10 and may be performed in any order the gymnast prefers .
NO REPEATS	The same element may not be performed twice .
LANDINGS	Only two landings are allowed between elements, and they must be marked on the tariff sheet. −1.0 for each extra landing.
MOTIONS	The motions between elements must be performed with straight legs . The knees may be bent when moving into the first element of the routine.
ORDER	−0.3 if the elements are not performed in the order shown on the tariff sheet.
UNDECLARED ELEMENTS	If the gymnast performs an element that is not on the tariff sheet there is no deduction — but no value either .
DIFFICULTY	Difficulty values are printed with each element on pages 7–10, and motion values on page 11. The total difficulty value is divided by 10 to give the D-score.

ELEMENT CATEGORIES

Elements are divided into four colour-coded categories, and each category contains lettered groups **A–G**. A group may contain several elements.

CAT.	COLOUR	ELEMENTS
1	Orange	Both hands included moves
2	Yellow	Foot balance
3	Green	2-on-1 hand balance
4	Blue	One hand holds

MOTIONS

A **motion** is a transition from one lettered group to another within the same category, and it earns extra points. Transitions between different categories are **not** motions, and neither are changes of position inside the same group.

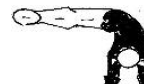
- ♦ The finishing position of a motion must be held for **3 seconds** and taken from the element table.
- ♦ The starting position may be a **1-second hold with a value of 0**, or an element with a value — which is then added to the difficulty score.
- ♦ One-second holds are marked on the tariff sheet with a picture and a value of 0. They do **not count as elements**, so the same position may be used again even if it already appears in the routine.
- ♦ As long as the elements are different, the **same motion may be performed several times**.

CATEGORY 1 · DIFFICULTY VALUES

Both hands included moves

Seven groups, **1A** to **1G**. Where two pictures share a code, either position may be performed for that element.

Every element is a **3-second hold**. The code goes on the competition card; the number below it is the difficulty value. Each group has its own colour, and the colours mean the same letter on every element page.

1A	1B	1C	1D	1E	1F	1G
 1A 1 1.0	 1A 2 1.0	 1A 3 2.0	 1A 4 3.0	 1B 1 1.0	 1C 1 6.0	
 1C 2 8.0	 1C 3 9.0	 1D 1 4.0	 1D 2 4.0	 1D 3 5.0	 1E 1 6.0	
 1E 2 6.0	 1E 3 7.0	 1E 4 8.0	 1E 5 9.0	 1E 6 8.0	 1F 1 6.0	
 1F 2 7.0	 1G 1 6.0	 1G 2 7.0				

CATEGORY 2 · DIFFICULTY VALUES

Foot balance

Six groups, **2A** to **2F**. Group **2F** is the both feet balance group.

Every element is a **3-second hold**. The code goes on the competition card; the number below it is the difficulty value. Each group has its own colour, and the colours mean the same letter on every element page.

2A 2B 2C 2D 2E 2F

 <p>2A 1 2.0</p>	 <p>2A 2 2.0</p>	 <p>2A 3 2.0</p>	 <p>2B 1 4.0</p>	 <p>2B 2 5.0</p>	 <p>2B 3 6.0</p>
 <p>2C 1 5.0</p>	 <p>2C 2 6.0</p>	 <p>2D 1 4.0</p>	 <p>2D 2 5.0</p>	 <p>2D 3 6.0</p>	 <p>2D 4 6.0</p>
 <p>2E 1 5.0</p>	 <p>2E 2 6.0</p>	 <p>2E 3 7.0</p>	 <p>2F 1 2.0</p>	 <p>2F 2 2.0</p>	 <p>2F 3 2.0</p>

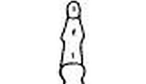
CATEGORY 3 · DIFFICULTY VALUES

2-on-1 hand balance

Six groups, **3A** to **3F**. Groups 3A and 3B contain a single element each and carry no number.

Every element is a **3-second hold**. The code goes on the competition card; the number below it is the difficulty value. Each group has its own colour, and the colours mean the same letter on every element page.

3A 3B 3C 3D 3E 3F

 <p>3A 2.0</p>	 <p>3B 2.0</p>	 <p>3C 1 7.0</p>	 <p>3C 2 9.0</p>	 <p>3C 3 10.0</p>	 <p>3D 1 6.0</p>
 <p>3D 2 7.0</p>	 <p>3E 1 7.0</p>	 <p>3E 2 7.0</p>	 <p>3E 3 8.0</p>	 <p>3E 4 9.0</p>	 <p>3E 5 10.0</p>
 <p>3E 6 9.0</p>	 <p>3F 1 7.0</p>	 <p>3F 2 8.0</p>			

CATEGORY 4 · DIFFICULTY VALUES

One hand holds

Six groups, **4A** to **4F**. The four elements of group **4F** are coded **E14, E15, E17, E16** on the source sheet rather than 4F 1–4 — check the code with the head judge before writing them on a card.

Every element is a **3-second hold**. The code goes on the competition card; the number below it is the difficulty value. Each group has its own colour, and the colours mean the same letter on every element page.

4A 4B 4C 4D 4E 4F

 <p>4A 4.0</p>	 <p>4B 1 4.0</p>	 <p>4B 2 6.0</p>	 <p>4C 1 8.0</p>	 <p>4C 2 9.0</p>	 <p>4D 1 10.0</p>
 <p>4D 2 10.0</p>	 <p>4D 3 11.0</p>	 <p>4D 4 13.0</p>	 <p>4D 5 12.0</p>	 <p>4D 6 13.0</p>	 <p>4D 7 12.0</p>
 <p>4E 1 10.0</p>	 <p>4E 2 11.0</p>	 <p>E14 10.0</p>	 <p>E15 11.0</p>	 <p>E17 13.0</p>	 <p>E16 13.0</p>

DIFFICULTY TABLE

Motion values

Read from the row to the column: the row is the group you leave, the column is the group you arrive in. Motions exist only **within** a category — a transition from one category to another earns nothing.

Category 1

FROM ↓ TO →	1A	1B	1C	1D	1E	1F	1G
1A	—	1.0	3.0	3.0	4.0	4.0	4.0
1B	1.0	—	5.0	3.0	5.0	5.0	5.0
1C	2.0	3.0	—	3.0	4.0	4.0	4.0
1D	1.0	3.0	1.0	—	1.0	1.0	2.0
1E	2.0	3.0	3.0	1.0	—	2.0	2.0
1F	2.0	3.0	3.0	1.0	2.0	—	2.0
1G	2.0	3.0	3.0	2.0	2.0	2.0	—

Category 2

FROM ↓ TO →	2A	2B	2C	2D	2E
2A	—	2.0	2.0	0.0	4.0
2B	2.0	—	3.0	0.0	5.0
2C	2.0	3.0	—	4.0	6.0
2D	0.0	4.0	3.0	—	5.0
2E	3.0	4.0	4.0	4.0	—

Category 3

FROM ↓ TO →	3A	3B	3C	3D	3E	3F
3A	—	2.0	4.0	4.0	5.0	5.0
3B	2.0	—	6.0	5.0	6.0	6.0
3C	3.0	4.0	—	4.0	5.0	5.0
3D	2.0	4.0	2.0	—	2.0	2.0
3E	3.0	4.0	3.0	2.0	—	3.0
3F	3.0	4.0	3.0	2.0	3.0	—

Category 4

FROM ↓ TO →	4A	4B	4C	4D	4E	4F
4A	—	3.0	10.0	12.0	12.0	12.0
4B	3.0	—	12.0	14.0	14.0	14.0
4C	5.0	7.0	—	4.0	3.0	4.0
4D	6.0	8.0	5.0	—	4.0	4.0
4E	6.0	8.0	3.0	4.0	—	4.0
4F	6.0	8.0	5.0	4.0	4.0	—

The final cell in the 4E and 4F rows carries a mislabelled heading on the source sheet. Both are read here as 4.0.

LEVEL 4 ONLY

The competition card

Levels 1 to 3 need no paperwork — the routine is set. **Level 4 requires a competition card**, filled in before the competition.

HOW TO FILL IT IN	Elements and motions are copied from the element table sheet . The code and the value then come through automatically.
AUTOMATIC TOTAL	The card counts the D-value on its own. The total is divided by 10 to give the D-score.
WHAT IS MARKED	Every 3-second hold, every motion, every landing, and every 1-second hold. One-second holds are marked with a picture and a value of 0 .
ORDER	Elements are listed in the order they will be performed.

WORKED EXAMPLE

A Level 4 card that opens with a foot-balance sequence and moves into both-hands holds:

CODE	2A1	2A3	2A→2B	2B1	2B→2D	2D1	2D→2C	2C1
Value	2.0	2.0	2.0	4.0	0.0	4.0	3.0	2.0

That opening is worth 19. A full card of 55 gives a D-score of **5.5**.

AT KIAC 2027

WHO CAN ENTER	Any accredited gymnast at the competition — bases and tops alike.
LEVELS	Four, entered by choice. A competitor enters one level only.
ENTRY FEE	15 € in addition to the acrobatics entry fee.
AGE GROUPS	Levels 1–3: 7–9, 10–12 and 12 and over. Level 4: 7–12 and 12 and over.
REGISTRATION	Handstand blocks entries are collected at a later date, after provisional registration . Delegations do not need to declare them with their acrobatics entry.

QUESTIONS AND CLARIFICATIONS

Ask before you build a Level 4 routine rather than at accreditation. Element codes, motion values and card questions are answered in the weeks before the competition.

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