

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



ACROBATIC GYMNASTICS WORLD AGE GROUP COMPETITION

11yrs to 16 yrs



Compulsory Elements Table

Original author of the programme – Konrad Zielinski (POL)

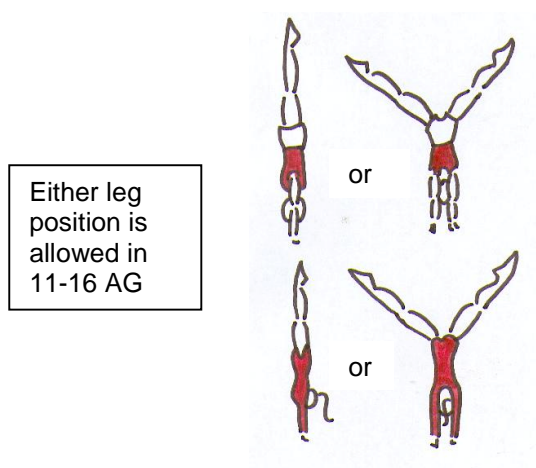
Approved by the FIG Executive Committee (May 2005) and updated by the FIG
Acrobatics TC (May 2009) and will be Effective from January 1st 2010




























Drawings by Karl Wharton – FIG Acrobatics TC

PLEASE NOTE:

For developmental reasons in both pair and group balance and dynamic elements a handstand may be performed with legs in either straddle or straight position.

There is no need to identify the specific leg position on the tariff sheet.



ROW I	 3"	 3"	 3"	 3"	 3"	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 6					
VALUE	-	0.1	0.1	0.1	0.2						
ROW II	 3"	 3"	 3" OR  3"		 3"						
VALUE	-	0.1	0.1		0.2						
ROW III	 3"	 3"	 3"	 Power 3"	 Power 3"	 Power 3"	 Power 3"	 Power 3"			
VALUE	-	-	0.1	0.2	0.2	0.3	0.3				
ROW IV	 OR  3"		 3"		 3"		 3"	 3"	 3"	 3"	 3"
VALUE	-		-		0.1		0.2	0.2			


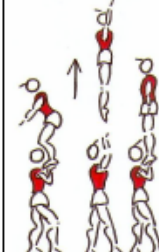

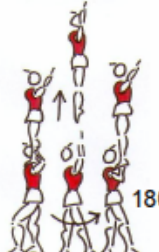

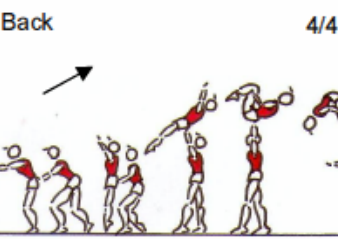
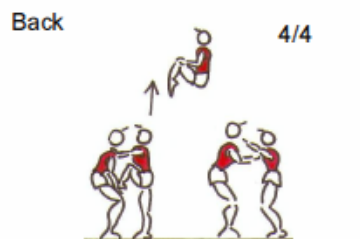
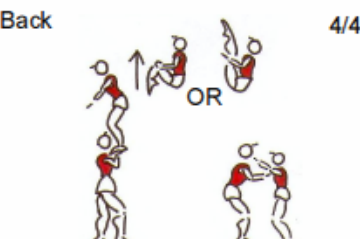
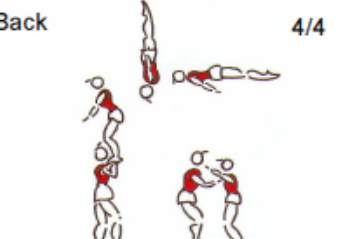
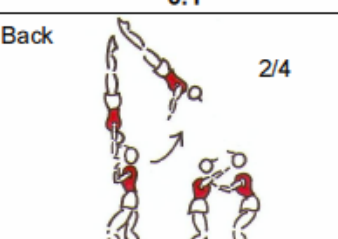
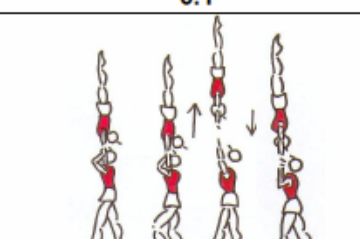
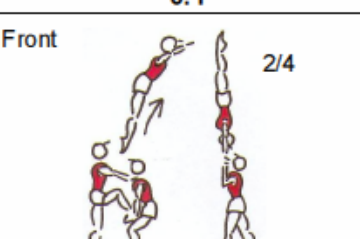
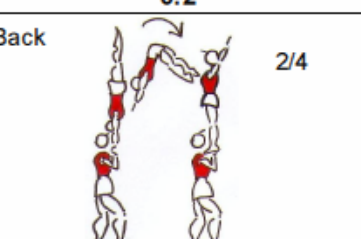
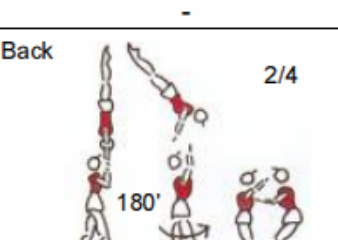
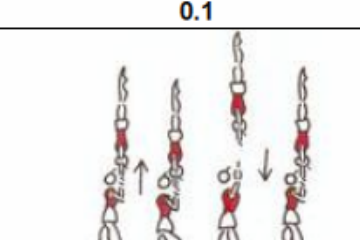
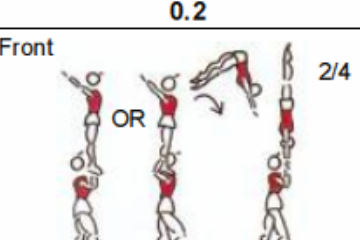
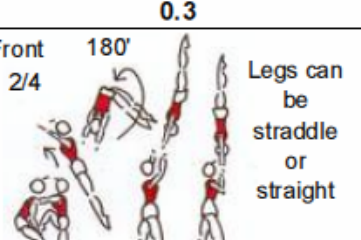
ROW I				<div>2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14</div>	
VALUE	-	0.1	0.2		
ROW II	Back 4/4 	Back 1/4 	Back OR 4/4 	Back 4/4 	
VALUE	0.1	0.2	0.2	0.3	
ROW III	Front 1/4 	2/4 	Front 1/4 	2/4 180' Legs can be straddle or straight	
VALUE	0.1	0.2	0.2	0.3	
ROW IV	Back 4/4 	Back 4/4 	Back 4/4 		
VALUE	0.2	0.2	0.3		

AGE GROUP 11 - 16

BALANCE EXERCISE

MEN'S PAIR


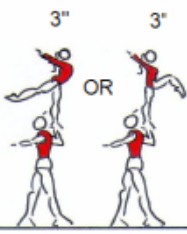


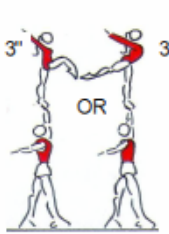
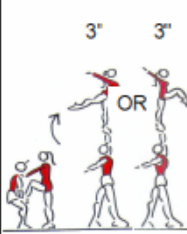
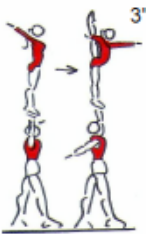

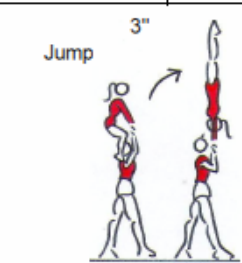
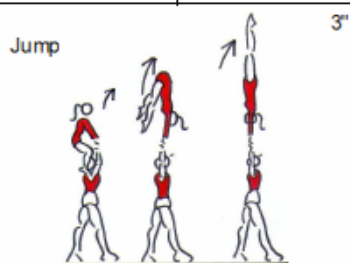
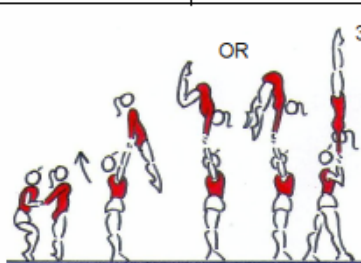
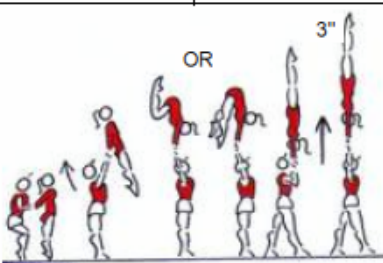
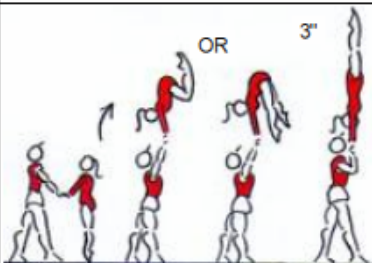
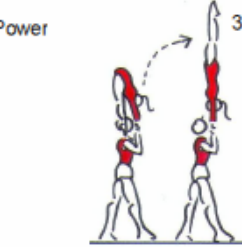
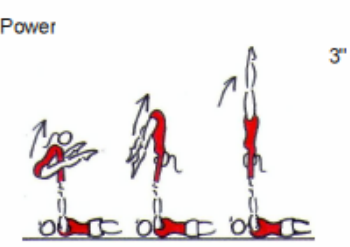
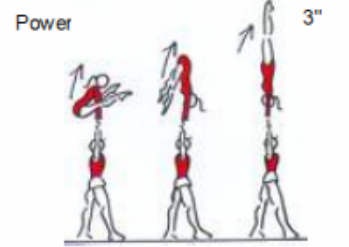
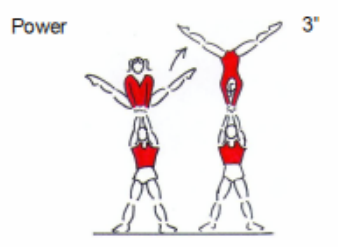
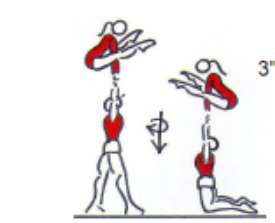
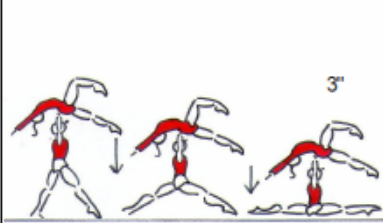
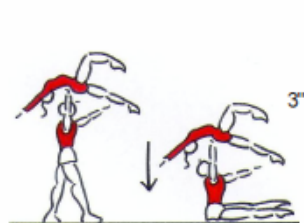
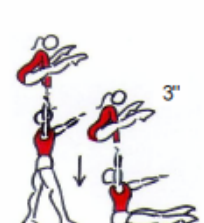
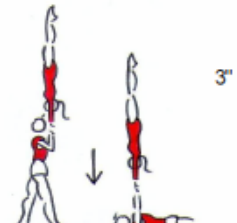
ROW I						<div>2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 6</div>			
VALUE	-		0.1	0.1	0.2				
ROW II									
VALUE	-	0.1	0.1	0.2	0.2	0.2		0.3	
ROW III									
VALUE	-		0.1		0.2		0.2		0.3
ROW IV									
VALUE	-	0.1		0.2		0.3	0.3		

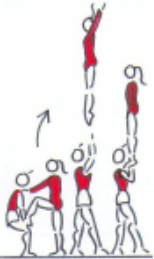
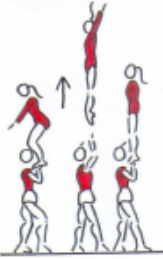

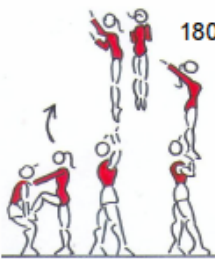
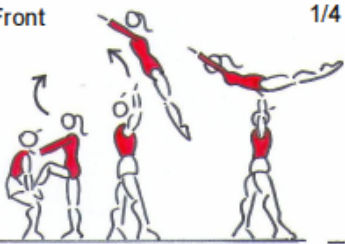

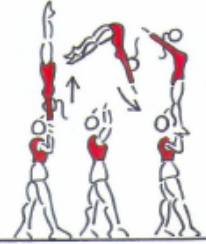
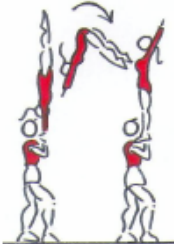
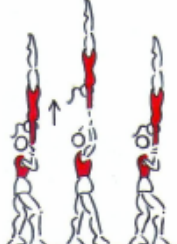
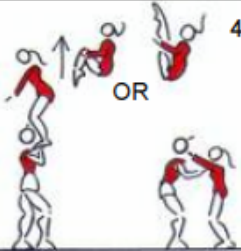
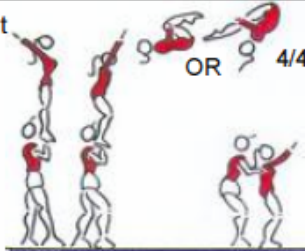
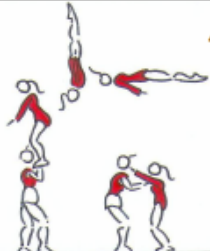
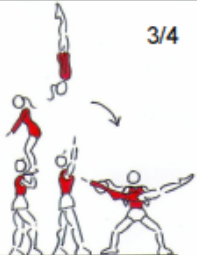
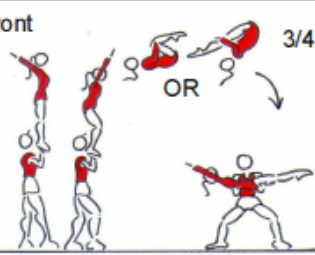
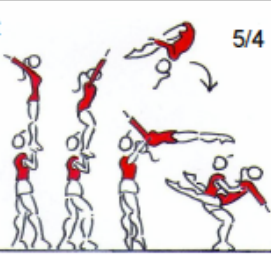

ROW I						<div>2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14</div>			
VALUE	0.1	0.1	0.1	0.2	0.2				
ROW II									
VALUE	0.1	0.1	0.1	0.2					
ROW III									
VALUE	-	0.1	0.2	0.3					
ROW IV									
VALUE	-	0.1	0.2	0.3					

AGE GROUP 11 - 16

BALANCE EXERCISE

MIXED PAIR


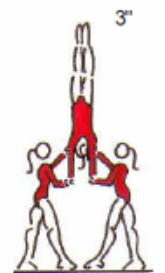


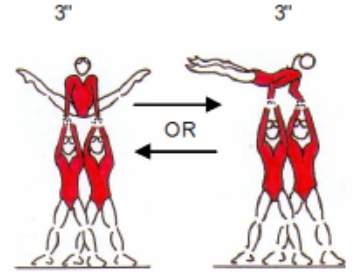
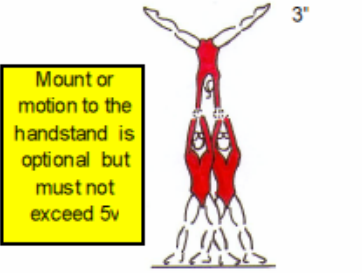
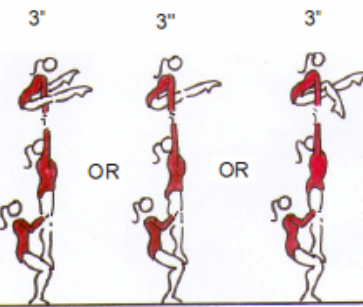
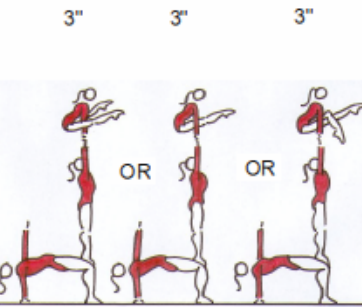
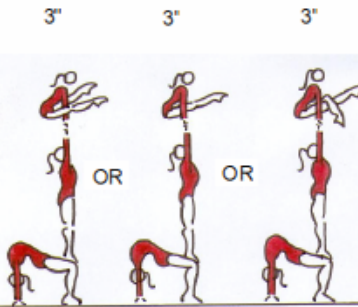
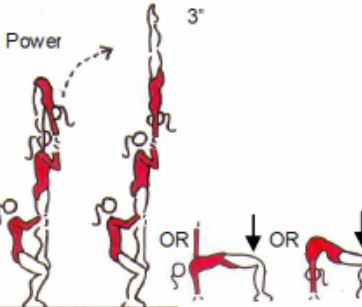
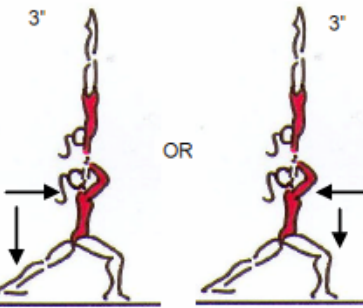
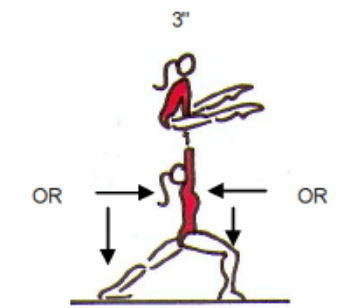
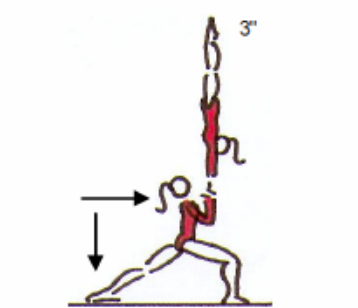
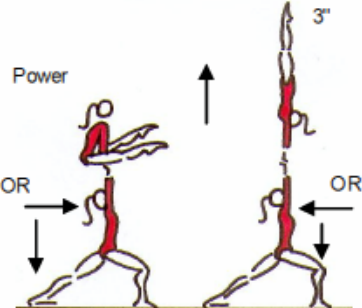
ROW I									2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 6
VALUE	-	0.1	0.1	0.2	0.2	0.3	0.3	0.3	
ROW II									
VALUE	-	0.1	0.1	0.2	0.2	0.3	0.3	0.3	
ROW III									
VALUE	-	0.1	0.2	0.3					
ROW IV									
VALUE	0.1	0.1	0.1	0.2	0.2				

ROW I					<div>2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14</div>
VALUE	-	-	0.1	0.1	
ROW II	Front 1/4 	Front 2/4 	Back 2/4 	Back 2/4 	
VALUE	-	0.1	0.2	0.2	0.2
ROW III	Back 4/4 OR 	Front 4/4 OR 	Back 4/4 		
VALUE	-	-	0.1		
ROW IV	Back 3/4 	Front 3/4 OR 	Front 5/4 	Back 5/4 OR 	
VALUE	-	-	0.2	0.2	

AGE GROUP 11 - 16

BALANCE EXERCISE

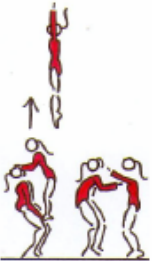
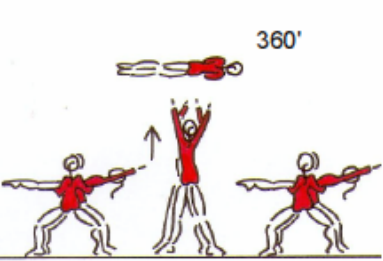
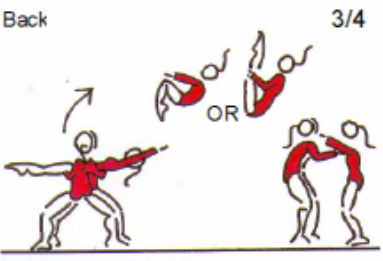
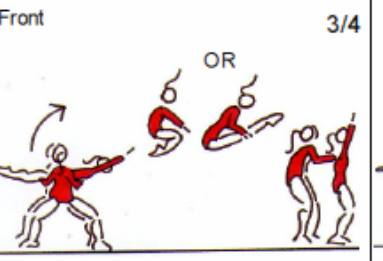
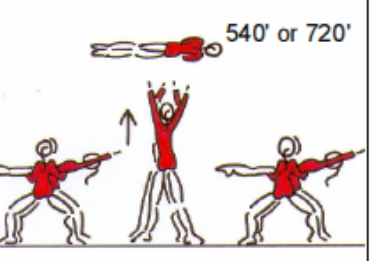
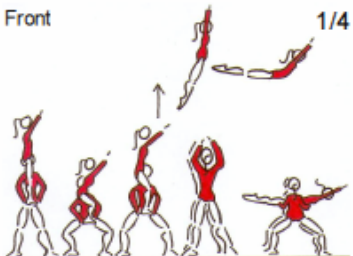
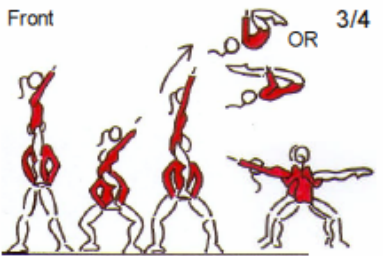
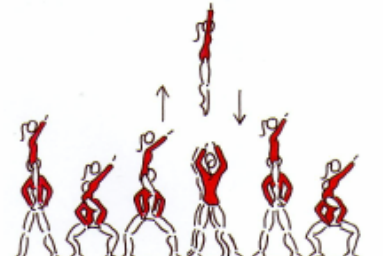
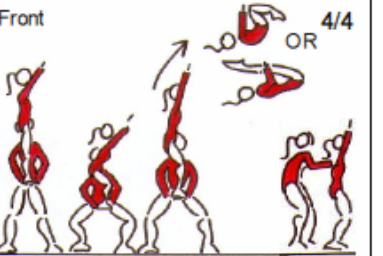
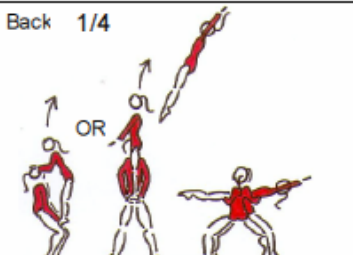
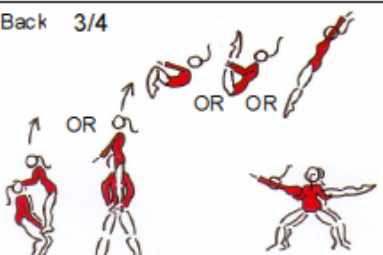
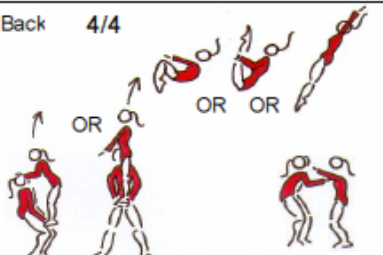
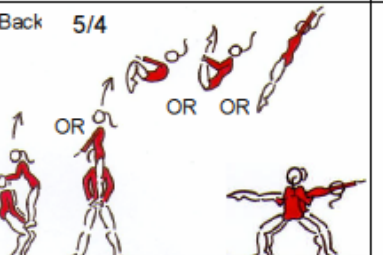
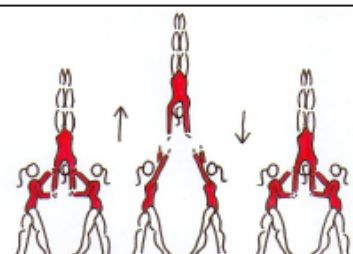

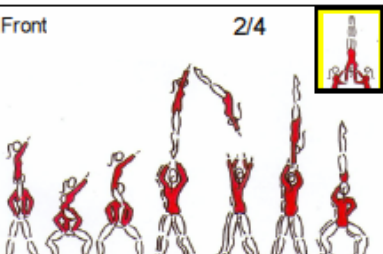
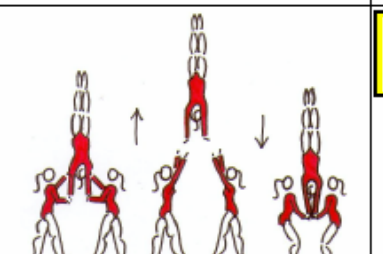
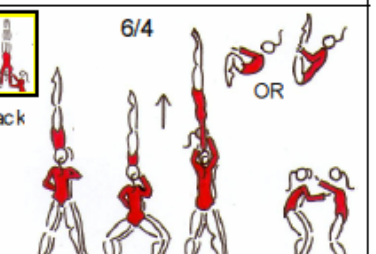
WOMEN'S GROUP


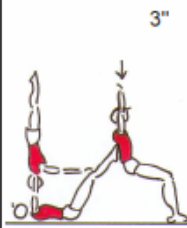
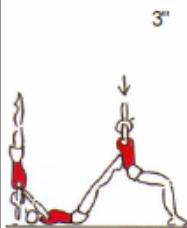
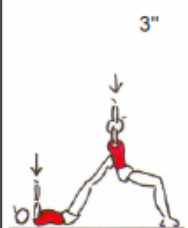
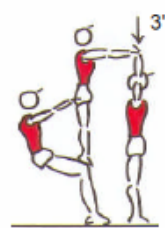
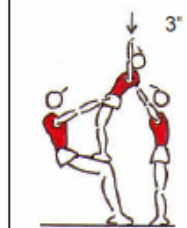
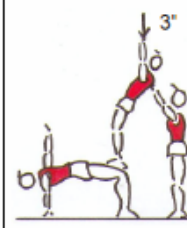
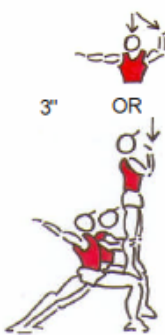
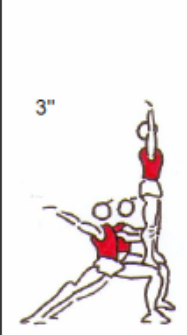
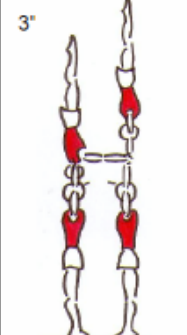
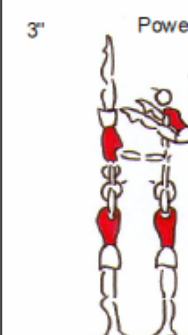
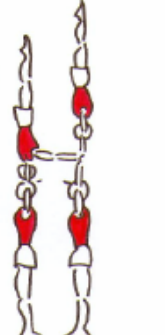
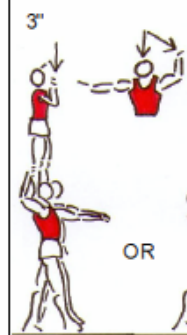
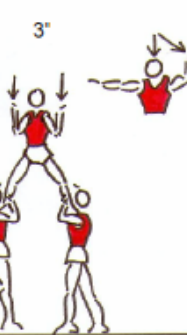
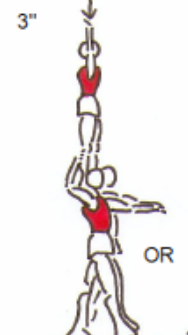



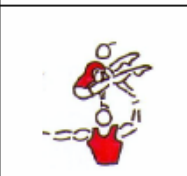
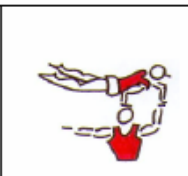

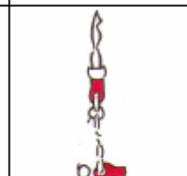





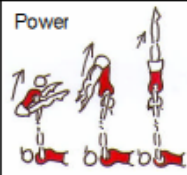
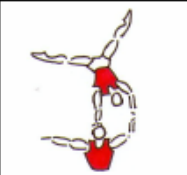
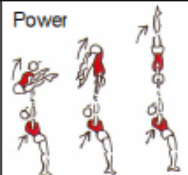

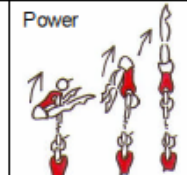
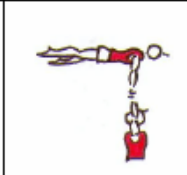

ROW I						 <div>Mount or motion to the handstand is optional but must not exceed 5v</div>	1 OPTIONAL PYRAMID HELD 3" DIFFICULTY MINIMUM 4 MAXIMUM 16
VALUE	-	-	0.1	0.1	0.3	0.3	
ROW II							
VALUE	0.2	0.2	0.2	0.3			
ROW III							
VALUE	-	0.1	0.2	0.3			

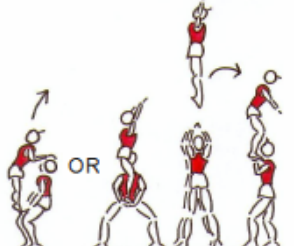
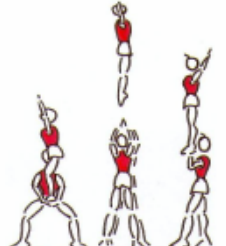

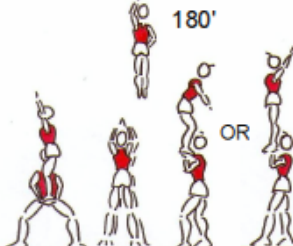
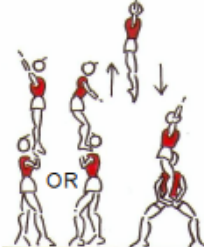


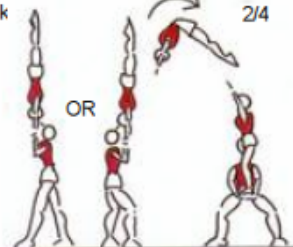

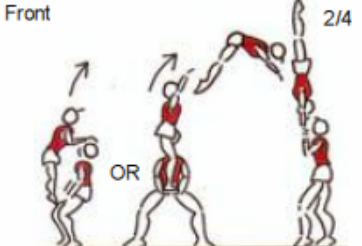
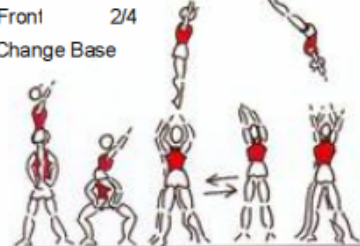
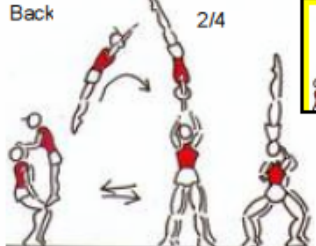

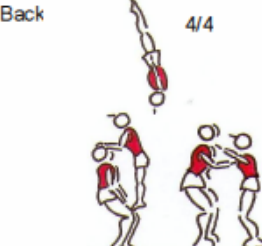
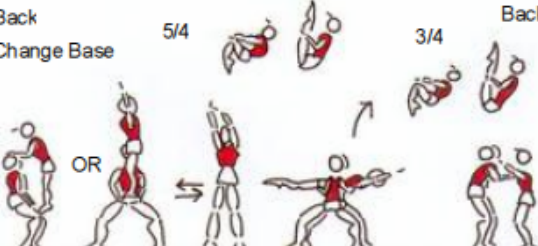
AGE GROUP 11 - 16

DYNAMIC EXERCISE

WOMEN'S GROUP

ROW I					
VALUE	-	0.1	0.1	0.1	0.2
ROW II					<div>2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14</div>
VALUE	-	0.1	0.2	0.2	
ROW III					
VALUE	-	0.2	0.2	0.3	
ROW IV					
VALUE	0.1	0.1	0.2	0.3	0.3

ROW I								<div>1 OPTIONAL PYRAMID DIFFICULTY MINIMUM 4 MAXIMUM 16</div>		
	VALUE	-	-	-	-	-	-			
ROW II										
	VALUE	0.1	0.2	0.2	0.4	0.5	0.5	0.5		
										
VALUE	-	-	-	-	0.1	0.1	0.1	0.1	0.1	0.2
										
VALUE	0.2	0.2	0.2	0.3	0.3	0.4	0.5	0.5		

ROW I					2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 10
VALUE	-	-	0.1	0.1	
ROW II					
VALUE	-	0.1	0.2	0.2	
ROW III					
VALUE	-	0.1	0.1	0.2	
ROW IV					
VALUE	0.1	0.1	0.3		

Each partner of a pair or group must perform three (3) individual elements selected from the specific Category 1 elements of the Tables of Difficulty. Minimum difficulty of each element is 1v with a maximum of 10v.

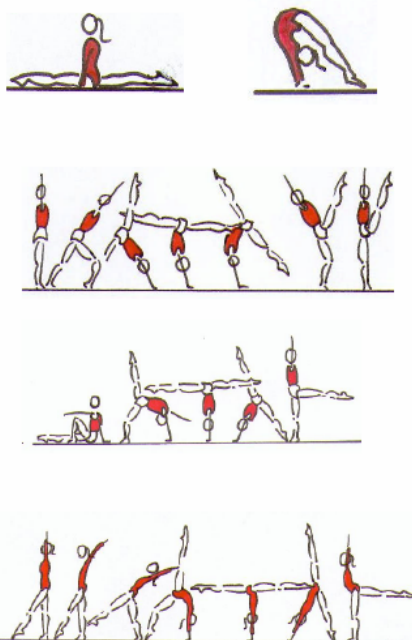
Balance Exercise

Each partner of a pair or group must perform 3 optional individual elements selected from Category 1 of the Tables of Difficulty. Each partner must show:

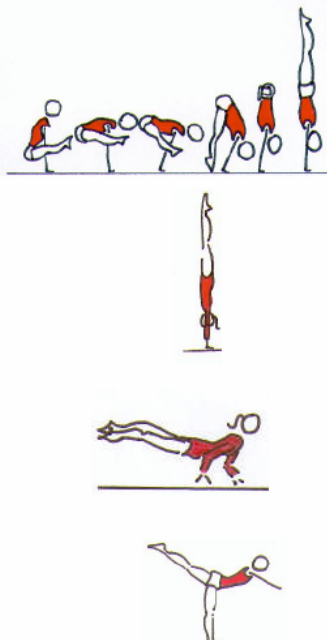
1. Flexibility, 2. Balance 3. Agility

Examples:

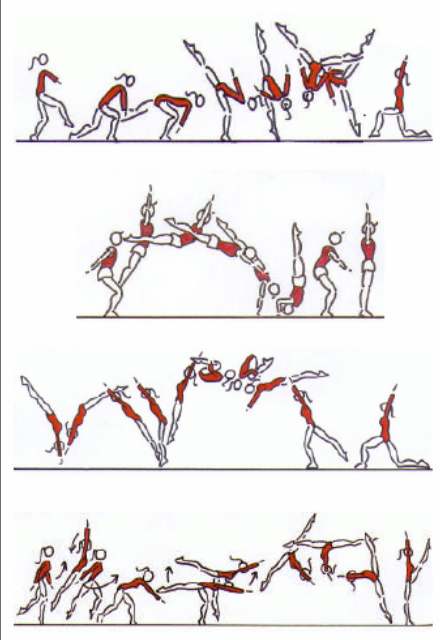
Flexibility



Balance (Static 2")



Agility



Dynamic Exercise:

Each partner of a pair or group must perform 3 individual elements selected from Category 2 of the Tables of Difficulty. A salto must be included.