

# **FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE**



## **RULES**

for

### **FIG Age Group Competitions**

#### **ACROBATIC GYMNASTICS**

**(AGC- ACRO)**

**2010 – 2012**

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

## Dedication

**These Age Group Rules are dedicated to Konrad Zielinski who retired from the FIG Technical Committee for Acrobatic Gymnastics in December 2008. He was the original author of the programme.**

## Introduction

*The FIG Acrobatic Gymnastics Age Group events aim specifically to:*

- *Increase the education of new and more experienced athletes who are working towards participation in senior World Events.*
- *Provide a context for coach and judge education in the preparation of young athletes for world class participation.*
- *Offer opportunity for coaches, judges and athletes new to the world class arena to work alongside and collaboratively with world experts for the growth and development of Acrobatic Gymnastics.*
- *Offer spectators and media a stimulating spectacle of developing talent and an education in the competitive rules of Acrobatic Gymnastics*
- *Identify the stars of the future and to educate them in the responsibilities, which their positions demand.*

*The FIG technical Committee for Acrobatic Gymnastics wishes all participants success, pleasure and hope in their involvement.*

*Tonya Case*

A handwritten signature in black ink that reads "Tonya Case". The signature is written in a cursive style with a large, sweeping initial 'T'.

President: FIG Technical Committee for Acrobatic Gymnastics

## 1. PARTICIPATION

- 1.1 Athletes per National Team may not exceed 30.
- 1.2 National teams may include no more than two pairs or two groups in a particular discipline category in any Age Group Event.
- 1.3 Each athlete may compete in one discipline only and one Age Group only.
- 1.4 Pairs and Groups who have ever previously competed, in the World Championships, World Cup, World Games or senior Continental Union Championships may not compete in the World Age Group Competitions. Individuals who have competed as seniors, but are now in newly formed groups or pairs, are eligible.
- 1.5 Maximum size of delegation
- |                    |           |   |
|--------------------|-----------|---|
| Head of Delegation | 1         |   |
| Team Manager       | 1         |   |
| Coaches            | 3         |   |
| Competitors        | 30        | No more than 2 per category and age group   |
| Doctor             | 1         |   |
| Physiotherapist    | 1         |   |
| Judges             | 2         | With international brevet<br>Excludes any Chair or DJ1 appointed by the FIG TC-Acro |
| <b>Total</b>       | <b>39</b> |   |

## 2. THE EVENTS

- 2.1 There will be two age group events 11-16 and 12-19; there is no team event.
- 2.2 Ages will be those in the year of competition.
- 2.3 The age difference between partners in Pairs and Groups cannot exceed 6 years
- 2.4 Each Age Group event will include 5 disciplines:
- Women / Girls' Pairs
  - Men's / Boy's Pairs
  - Mixed Pairs
  - Women's / Girls' Trios
  - Men's / Boys Fours

- 2.5 The emphasis of the Age Group competitions is on perfecting technical and artistic performance rather than on difficulty.

### 3 JUDGES

- 3.1 Two (2) Chairs of Judges' Panel Judges will be appointed by the FIG TC-Acro, following draw by the TC from Category I judges. They can not officiate in any other role during the age group events and are regarded as neutral to federations.
- 3.2 Five Difficulty Judges (D1) will be appointed by the FIG TC-Acro, following a draw by the TC, from Category 1 and 2 judges of the participating countries. If they do not officiate in any other role during the age group events, they are regarded as neutral to federations and are extra to team numbers (3<sup>rd</sup> judge). If the DJ1 is one of the 2 judges from a federation (see Article 9), the judge will be drawn as an Execution and Artistry Judge, when not officiating as DJ1.
- 3.3 Additional Difficulty Judges (D2) for each event category are drawn from the judges registered for the competition.
- 3.4 Each participating federation is entitled to present 2 Category 1, 2, 3 or 4 judges (excluding any CJP or DJ1), but not more than one Category 4 judge from a federation may be drawn for the 12-19 event. If two Category 4 are presented, either may take the drawn position in any particular event category.
- 3.5 Federations with qualified FIG Brevet Judges **MUST** present a minimum of one judge. If none, the federation is fined, in accordance with Technical Regulations 2009.
- 3.6 Every judge is guaranteed to judge once as either a Technical (B) or Artistic (C) judge.
- 3.7 Judges not drawn to officiate during a specific session may be used as line judges.

## AGE GROUP 11-16 EVENTS

### 4 Competition Structure

#### Qualifications

- 4.1 Each pair and group presents one Balance and one Dynamic exercise.
- 4.2 The exercise is composed of compulsory and optional elements
- 4.3 Places after the qualifications are determined by the sum of scores from the two exercises, Balance and Dynamic.
- 4.4 The top 8 proceed to a Final with not more than one from each federation in each event category. If there are less than 12 entries to a category, only 6 will proceed to the Final.
- 4.5 If there are less than 4 **countries** participating in a category, no medals will be awarded; tokens of participation will be given.

#### Tie Break from Qualifications into Finals

- 1) Balance and Dynamic Execution and Artistry Scores
- 2) The highest Execution + Artistry score from one exercise: Balance  
**Or** Dynamic
- 3) The highest Execution score from one exercise: Balance **or**  
Dynamic
- 4) The highest Artistry Score from one exercise: Balance **or** Dynamic
- 5) If a tie still remains both go to the Final

#### Finals

- 4.6 One Balance **OR** Dynamic Exercise of the Pair or Group's choice.
- 4.7 Marking starts from Zero.

#### Tie Breaking in the Final

- 1) The Execution score
- 2) The highest rank after qualifications
- 3) If a tie still remains both take the same place

## 5. Composition and Evaluation of Exercises

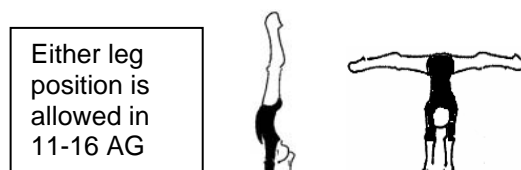
### General Rules

- 5.1 In the Qualifications, each participant must present one Balance and one Dynamic Exercise, which must be choreographed and performed to music.
- 5.2 Exercise length must not exceed 2' 30". There is no minimum length.
- 5.3 Each Pair/Group, in one exercise, must perform the compulsory elements illustrated in the Compulsory Element Table.

Additional elements are not permitted unless they are used as entries, motions, catches and dismounts and are clearly identified on the tariff sheet and identified as NV (0) value. If elements are performed and have not been identified as NV (0) on the tariff sheet there is a deduction of 1.0

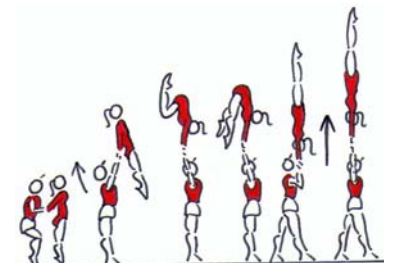
They must also perform the required number of optional elements which **must** be selected from the FIG Tables of Difficulty 2009 -2012. The optional elements **cannot** be taken from the Compulsory Element Table.

- 5.4 For each missing element, there is a deduction of 1.0
- 5.5 For each additional element there is a deduction of 1.0
- 5.6 Entries, motions, catches and dismounts **may be used from the 11 – 16 age group compulsory elements tables** without penalty but they must be included on the tariff sheet and identified as NV (0) value.
- 5.7 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.



- 5.8 If a pair or group element exceeds the stated maximum value, a penalty mark of 1.0 is taken for failing to observe the Special Requirements rule.

- 5.9 Elements that go from low arm to high arm as indicated in the compulsory tables must be performed first to low arm then moving into high handstand as one motion, but the low position must be included in the motion.



## 6 Pairs: Balance and Dynamic

- 6.1 Each Pair Balance and Dynamic exercise must include 6 pair elements and 3 individual elements:
- 6.2 There must be four (4) compulsory pair elements, each selected from a different row I, II, III and IV of the Compulsory Element Table. i.e. one from Row I; one from Row II etc. *A penalty of 1.0 is given for each missing element.*
- 6.3 There must be a maximum of two (2) optional pair elements with minimum value one (1) selected from the FIG Tables of Difficulty 2009-12. The two (2) optional elements must be static holds of 3 seconds. A penalty of 1.0 is given for each additional or missing element.
- 6.4 In Balance Exercises, the difficulty of the optional element must be a minimum of value 1 and a maximum of value **6**.
- 6.5 In Dynamic exercises, the difficulty of the optional elements must be a minimum of 1 value and a maximum of value **14**.
- 6.6 Only 2 dismounts are allowed for difficulty. The landing of ALL Pair / Group elements must be supported. If the landing from a Pair / Group is performed without support, a 1.0 penalty is applied for each occurrence. One additional dismount can be performed as an optional element.
- 6.7 The difficulty of entries and motions must not exceed value 5; they are not counted in the Difficulty Value of exercises and are not considered as extra elements. They must be included on the tariff sheet, and identified as NV for No (0) Value.
- 6.8 Links may be performed between elements in the dynamic exercise but the value of the link must not exceed five (5) and must be included on the tariff sheet and identified as NV for no (0) value.
- 6.9 Catches and dismounts of Value 1 may be performed without difficulty value or extra element penalty. They must be included on the tariff sheet and identified as NV for No (0) Value.
- 6.10 The exercises are judged for technical and artistic merit, in accordance with the FIG Code of Points 2009-2012.
- 6.11 Entries, motions, catches and dismounts **may be used from the 11 – 16 age group compulsory elements tables** without penalty but they must be included on the tariff sheet and identified as NV (0) value.

## 7. Groups: BALANCE EXERCISE

- 7.1 Group Balance exercises must include three (3) different pyramids and three (3) individual elements.
- 7.2 Two (2) pyramids, each selected from a different row of the Compulsory Element Table (2009) must be included. The pyramids must be performed separately. (They may **not** be joined). A penalty of 1.0 will be given for any missing or additional group element.
- 7.3 A maximum of one (1) optional pyramid selected from the FIG Tables of Difficulty 2009 - 2012, with a minimum difficulty value of 4 and a maximum difficulty value of 16 for the static hold of all partners is allowed. A penalty of 1.0 will be given for any missing or additional group element of difficulty.
- 7.4 Entries and motions may be performed. The Difficulty must not exceed Value 5. They are not counted in the Difficulty Value of an exercise and are not considered as extra elements. They must be included on the tariff sheet, but identified as NV for No (0) Value.
- 7.5 Women's Group: The optional pyramid may be selected from one of the same categories used for the compulsory elements.
- 7.6 Women's Group and Men's Group: There is no requirement for the top to perform a handstand in the balance exercise.
- 7.7 The exercises are judged for Technical merit and Artistic merit, in accordance with the FIG Code of Points 2009 - 2012.
- 7.8 Entries, motions, catches and dismounts **may be used from the 11 – 16 age group compulsory elements tables** without penalty but they must be included on the tariff sheet and identified as NV (0) value.
- 7.9 Forbidden Elements for Men's and Women's Groups

The following elements are forbidden for the 11 – 16 Age Group.  
(Performance of a forbidden element will result in a penalty of 1.0)

1. A column of three or four high.

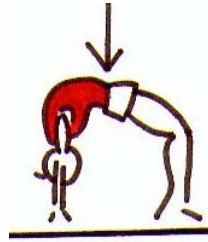


2. Stands on shoulders with base in splits without hands on the floor .

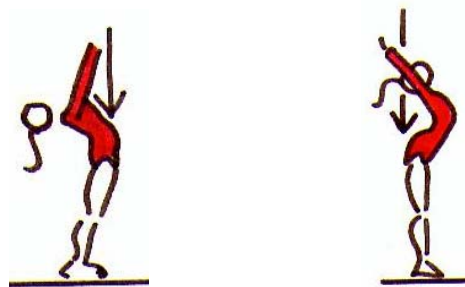




3. In groups stands on bases' hips and chest, with base in bridge support. (This does not apply to pairs). Trios and Fours may perform this type of element when there are 3 points of support.



4. Support on glutei or hips with base in exaggerated curvature of the spine (lordosis).



## 8 Groups: DYNAMIC EXERCISE

- 8.1 The group Dynamic exercises must include six (6) group elements and three (3) individual elements.
- 8.2 Four (4) group elements each selected from a different row of the Compulsory Element Table 2009. I.e. one from Row I; one from Row II etc. A penalty of 1.0 is taken for each missing or additional element.
- 8.3 A maximum of two (2) optional group elements selected from the FIG Tables of Difficulty 2009 - 2012 with a minimum difficulty value of 1 and a maximum difficulty value of 14 for women and 10 for men. A penalty of 1.0 is taken for each missing or additional element.
- 8.4 Only two (2) dismounts are allowed and evaluated for difficulty. The landing of ALL dismounts must be supported by the bases. If a dismount is performed without support, a penalty of 1.0 is applied for each occurrence. One additional dismount can be performed as an optional element.
- 8.5 Trio Dynamic Row 1: The horizontal twists must be performed exactly as drawn, from back to back (with the exception of 540° which starts on back but finishes on front). The horizontal twist from stomach may not be used as an optional element.
- 8.6 Catches and dismounts of value 1 may be performed without difficulty value or extra element penalty. They must be included on the tariff sheet and identified as NV for No (0) Value.
- 8.7 A total of four (4) horizontal catches may be performed in the trio dynamic exercises. However, artistry penalties for the repetition of elements should be applied as per the Code of Points.
- 8.8 Men's group may perform one (1) horizontal catch selected from the compulsory elements table and one (1) horizontal catch as an optional element from the FIG Tables of Difficulty.
- 8.9 Links may be performed between elements in the dynamic exercise but the value of the link must not exceed five (5) and must be included on the tariff sheet and identified as NV for no (0) value.
- 8.10 The exercises are judged for Technical and Artistic merit, in accordance with the FIG Code of Points 2009 - 2012.
- 8.11 Entries, motions, catches and dismounts **may be used from the 11 – 16 age group compulsory elements tables** without penalty but they must be included on the tariff sheet and identified as NV (0) value.

## 9

### Individual Elements

- 9.1 Each partner of a pair or group must perform at minimum three (3) individual elements in both the balance and dynamic exercises. A penalty of 1.0 will be given for each missing element. Additional elements may be performed. The partners must perform the individual elements either simultaneously or in immediate succession.
- 9.2 The individual elements are selected from the FIG Tables of Difficulty 2009 - 2012 as specified in the Compulsory Element Table 2009.
- 9.3 Each individual element must be a minimum one (1) value and a maximum of value ten (10). If an element exceeds 10 in value, a penalty mark of 1.0 is taken for failing to observe the Special Requirement rule.
- 9.4 In the **balance exercise**, each partner must perform Individual Elements from the three (3) different types: balance, agility and flexibility. A 1.0 Special Requirement deduction applies if ALL partners do not perform ALL three types.
- In the **dynamic exercise** one of the three (3) individual elements must be a salto (Category 2). If it is not performed by one (1) or more of the partners a deduction of 1.0 applies.
- 9.5 The use of choreographic elements is encouraged to enhance artistry.

### 10 Difficulty

- 10.1 Each element chosen from the COMPULSORY Difficulty Tables has a stated Difficulty Value, which is used to determine the Difficulty Value of the exercise.
- 10.2 Optional elements are **not** used in calculating the Difficulty Value of the exercise, although they must be performed to meet Special requirements.

#### 10.3 Conversion Table

Value of Compulsory elements	Difficulty Value
0.0	9.0
0.1	9.2
0.2	9.4
0.3	9.6
0.4	9.8
0.5	10

### Judging 11-16 Events

- 11.1 Technical and Artistry judging will be in accordance with the prevailing FIG Code of Points for Acrobatic Gymnastics 2009-2012.

Panels will normally be composed of:

- 11.2
- 4 Execution Judges (E Judges)
  - 4 Artistic judges (A Judges)
  - 1 Difficulty Judge (D Judges: Category 1 or 2)
  - 1 Chair (CJP Category 1)

## **12. Scores**

12.1 A score is determined by adding together:

- The average mark for Technical merit using the middle 2 of the 4 marks.
- The average mark for Artistic Merit using the middle 2 of the marks.
- The Difficulty Value of the exercise which is a maximum of 10.0.

12.2 Penalties are taken from the Start Value for the Difficulty Score by the Chair and DJ in accordance with Article 48 of the FIG Code of Points for Acrobatic Gymnastics 2009 - 2012.

## AGE GROUP 12 - 19

### 13. STRUCTURE OF COMPETITION

#### Qualifications:

- 13.1 Each pair and group performs one Balance and one Dynamic exercise.
- 13.2 The places after qualifications are determined by the sum of scores from the two exercises, Balance and Dynamic.
- 13.3 The top 8 proceed to a Final with not more than one from one federation in each discipline. If there are less than 12 entries to a category, only 6 may proceed to the final.
- 13.4 Competitors cannot participate in a Final without competing in both the Balance and Dynamic qualifying events.

#### Finals

- 13.5 Each pair and group performs one Combined exercise in finals.
- 13.6 Marking starts from zero
- 13.7 If there are less than 4 countries in a category, no medals will be awarded; tokens of participation will be given.

### 14. Composition of Exercises

- 14.1 All exercises, Balance, Dynamic and Combined, are composed in accordance with the FIG Technical Regulations and Code of Points and Tables of Difficulty for Acrobatic Gymnastics 2009 - 2012; there will be no team score.
- 14.2 The following elements are forbidden for the 12-19 Age Group.  
**(Performance of a forbidden element will result in a penalty of 1.0)**

- 1. A column of three or four high

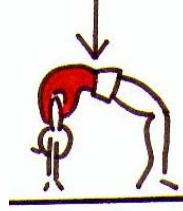


- 2. Stands on shoulders with base in splits without hands on the floor .

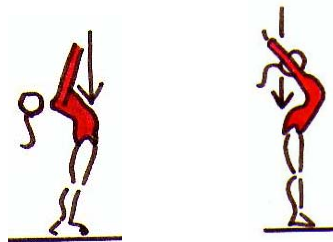


- 3 3 In groups stands on bases' hips and chest, with base in bridge support (this does not apply to pairs). Trios and Fours may perform this type of element when there are 3 points of support.

3



4. Support on glutei or hips with base in exaggerated curvature of the spine (lordosis)



5. Triple saltos

6. Middle standing in Mexican without support (free), while top is performing a stand on the middle

## **15. Difficulty**

- 15.1 The Difficulty of an exercise will be calculated in accordance with the Code of Points 2009-2012 and the Difficulty Conversion Table in the Tables of Difficulty (page 6e).
- 15.2 Up to 20 values more than that given for the maximum difficulty mark of 10.0 may be performed, but no more. If exceeded, a penalty of 1.0 will be given.
- 15.3 All elements to be performed must be declared on the Tariff Sheet.
- 15.4 If elements of Difficulty beyond the additional 20 values allowed are not declared on the Tariff Sheet but are performed a penalty of 1.0 will be given.

## **16. Judging 12-19 Age Group Events**

- 16.1 All exercises are judged in accordance with the FIG Code of Points for Acrobatic Gymnastics 2009 -12 and prevailing Technical Regulations

### **Note to Federations organising Age Group Competitions:**

**There must be no overlap of the Age Group Competition with a World Event.**

**There must be at least one day and preferably two between the events**

AGC-ACRO/ 06/05/2009 (updated 21/11/2009)