

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



FONDÉE EN 1881

World Age Group Competition Rules



ACROBATIC GYMNASTICS

Effective: January 1, 2012

Approved: FIG Executive Committee, February 2011



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PREAMBLE

The Fédération Internationale de Gymnastique (FIG), Acrobatic Gymnastics Technical Committee is pleased to present the ratified World Age Group Competition Rules, effective January 2012. These rules are guided by the current FIG Statutes, General Technical Regulations, the FIG Judges' Rules, the 2009 – 2012 Acrobatic Gymnastics Code of Points and Tables of Difficulty.

The format of this publication has been altered significantly to reflect the format changes that were made to the ACRO Code of Points 2009 – 2012. Repetitions have been eliminated, and rules simplified. The resulting document has fewer pages and should be more easily understood. The basic principles which provide the foundation for the Age Group Program are unchanged. The rules themselves are essentially unchanged, except to reflect clarifications that have been published in recent newsletters, and those changes which were discussed during the Round Table in Poland in 2010.

The addition of the Appendix is to eliminate the need for developing countries to consult multiple documents to construct exercises. Appendix 6 contains elements selected from the FIG Tables of Difficulty which may be used as optional elements for the 11-16 exercises. They are intended to provide new coaches with direction in skill selection, and to prevent the need for the use of the FIG Tables of Difficulty. However, Appendix 6 does not prevent the use of the Tables of Difficulty by more experienced coaches and athletes. The remaining Appendices are excerpts taken from the ACRO Code of Points 2009 – 2012. This will minimize the need for new countries to consult the Code of Points for the 11-16 Age Group.

ACKNOWLEDGEMENTS

The Acrobatic Gymnastics Technical Committee wishes to acknowledge the great contribution of Mr. Konrad Zielinski and his wife Gizela in the creation of the Age Group Program. Their efforts to develop the sport on a world-wide basis have played an essential role in our history and can never be forgotten. The ACRO TC would also like to acknowledge the contributions of Mr. Karl Wharton, 2009 – 2012 ACRO TC member and secretary. The skills found in the Compulsory Element Tables and Appendix 1 are his drawings.

All members of the FIG Acrobatic Gymnastics Technical Committee 2009-2012 have contributed to the revision of the 2012 World Age Group Competition Rules:

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INTRODUCTION

The FIG Acrobatic Gymnastics Age Group Events aim specifically to:

- Support the development of countries new to Acrobatic Gymnastics by providing a structured program for training gymnasts with an emphasis on appropriate skill selection, execution and artistry.
- Assist the growth and development of new athletes through experience and education.
- Provide a context for judge and coach education in the preparation of age group athletes for world class competition.
- Offer the opportunity for athletes, coaches and judges new to the world class arena to work in collaboration with world experts for future growth and development.
- Identify the stars of the future and to educate them in the responsibilities which their positions demand.
- Present spectators and media with a stimulating spectacle of developing talent and promote understanding of the competitive rules of Acrobatic Gymnastics.

SECTION I

Article 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 event category in any Age Group event.
- 1.3 Each athlete may compete in one discipline only and in one Age Group only.
- 1.4 Pairs or groups who have competed in World Championships, World Cup, World Games or as seniors in Continental Championships may not compete in Age Group Competitions. Individuals who have competed as seniors, but who are in newly formed partnerships, are eligible. Pairs or groups who have competed in the 12-19 age group in any FIG approved competition, including continental championships, may not compete in the same partnership in the 11-16 age group. Individuals who have competed in the 12-19 age group but are in newly formed pairs or groups, are eligible to compete in the 11-16 age group.
- 1.5 **Maximum Delegation Size**

Head of Delegation	1	
Team Manager	1	
Coaches		As per FIG Accreditation Rules
Competitors	30	No more than 2 pairs/groups per event category and age group
Doctor	1	
Physiotherapist	1	
Judges	2	With FIG international brevet, excluding CJP or DJ appointed by the FIG ACRO TC

Article 2 THE EVENTS

- 2.1 There must be no overlap of the World Age Group Competition with World Championships. There must be a minimum of one day between the two events.
- 2.2 There will be two age group events: 11-16 and 12 – 19. There is no team event.
- 2.3 Competitive age is the age of the gymnast on December 31 of the current year. For example, a gymnast who turns 16 on December 29 is considered age 16 during the entire year, from January 1 until December 31.

The age difference between partners in pairs and women’s groups cannot exceed 6 years. The maximum age difference between partners men’s group may not exceed 7 years.
- 2.4 The competition will include 5 disciplines in each age group:

Women’s Pairs	Women’s Group
Men’s Pairs	Men’s Group
Mixed Pairs	

SECTION II

Article 3 JUDGES

- 3.1 Two (2) Chair of Judges' Panels will be appointed by the FIG TC-ACRO. They are normally FIG Category I Brevet Judges. They cannot officiate in any other role during the age group events and are regarded as neutral to federations.
- 3.2 A minimum of four and a maximum of ten Difficulty judges will be appointed by the FIG TC-ACRO, from Category I and II 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 in addition to the delegation. If the DJ is one of the two judges nominated by the Federation, (See article 9), the judge will be drawn as an Execution and Artistry Judge when not officiating as a DJ.
- 3.3 Each participating federation is entitled to present two Category I, II, III or IV judges. Only one category IV judge from a federation may be drawn for the 12-19 event. If two Category IV Judges are presented, either may take the drawn position in any particular event category. In the draw, priority will be given to the judges with highest ratings.
- 3.4 Federations with a qualified FIG Brevet Judge MUST present a minimum of one judge. If no judge is presented, the federation is fined in accordance with the Technical Regulations.
- 3.5 Every judge is guaranteed to judge once as either a Technical or Artistry judge.
- 3.6 Judges not drawn to officiate during a specific session may be used as line or time judges.

SECTION III

AGE GROUP 11-16

Article 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 Ranking after the qualifications is 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 category. If there are less than 12 entries to a category, only 6 will proceed to the Final.
- 4.5 Competitors cannot participate in the Final without competing in both the Balance and Dynamic qualifying events.
- 4.6 Tie Break from Qualifications into Finals:
 - 1) The sum of 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

- 4.7 Marking starts from Zero.
- 4.8 In the final, pairs and groups will present one exercise, as pre-determined by category, either Balance or Dynamic. The exercise to be presented in the final will be rotated between categories every two years as follows:

2012/2015 - 2016 Age Group Competitions

Women's Pairs:	Balance
Mixed Pairs:	Dynamic
Men's Pairs:	Balance
Women's Groups:	Dynamic
Men's Groups:	Balance

2013 – 2014/ 2017 – 2018 Age Group Competitions

Women's Pairs:	Dynamic
Mixed Pairs:	Balance
Men's Pairs:	Dynamic
Women's Groups:	Balance
Men's Groups:	Dynamic

- 4.9 Tie Breaking in the Final: Ties are not broken.
- 4.10 If there are less than 4 countries participating in a category, no medals will be awarded. Certificates of participation will be presented.

Article 5 COMPOSITION OF EXERCISES

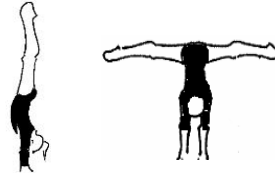
General Rules

- 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 The Exercise length must not exceed 2'00". There is no minimum length.
- 5.3 Each pair/group, in one exercise, must perform the compulsory elements illustrated in the Compulsory Element Table.
- 5.4 Each pair/group must also perform the required number of optional elements. The optional elements cannot be taken from the Compulsory Element Table. The optional elements may be selected from Appendix 6 or the FIG Tables of Difficulty. If elements are selected from the Tables of Difficulty, they must be within the difficulty range indicated in the Compulsory Element Table.
- 5.5 Each partner of a pair or group must perform a minimum of three (3) individual elements in both the balance and dynamic exercises. The elements may be selected from Appendix 6 or the FIG Tables of Difficulty. Additional individual elements may be performed, but may incur technical deductions.
- 5.6 Simple entries, motions, links, catches and dismounts are permitted. These elements may be selected from the Compulsory Element Table, or Appendix 6. There is no penalty for the use of these elements if they are included on the tariff sheet and clearly identified as NV (0) value.

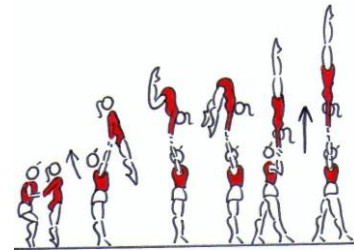
Simple entries, motions, links, catches and dismounts also may be selected from the FIG Tables of Difficulty. Entries, motions and links must not exceed value 5. Catches and dismounts must not exceed value 1. The elements must be clearly identified on the tariff sheet as NV. If the elements selected from the TOD exceed the maximum value, a penalty of 1.0 will be applied.
- 5.7 If additional elements are performed and have not been identified on the tariff sheet there is a deduction of 1.0.
- 5.8 If a pair/group or individual element exceeds the stated maximum value, a penalty mark of 1.0 is taken for failing to observe the Special Requirement Rule. (This penalty applies even if the element is not declared on the tariff sheet.)
- 5.9 Performance of a forbidden element will result in a penalty of 1.0.

- 5.10 Only 2 dismounts are allowed for difficulty. One additional dismount may be performed as an optional element. The landings of all valued dynamic elements and valued dismounts with a value greater than 1 must be supported. If the landing is performed without support, a 1.0 penalty is applied for each occurrence. Exception: Support is optional for dismounts from “cannon-ball” elements and the 5/4 gainer salto from wrap.
- 5.11 For developmental reasons, in both pair and group balance and dynamic elements, a handstand may be performed with legs in either a straddle or straight position. There is no need to identify the specific leg position on the tariff sheet.

Either leg position is allowed in 11-16 AG



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



Article 6 PAIRS: Balance and Dynamic Exercises

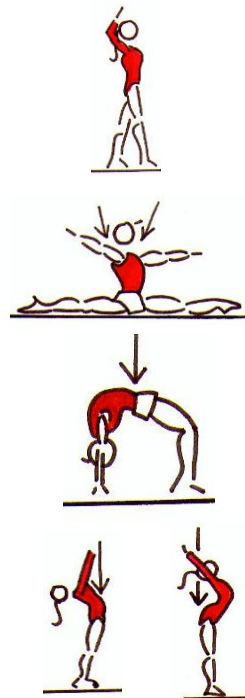
- 6.1 Each pair balance and dynamic exercise must include 6 pair elements.
- 6.2 Each partner must perform 3 individual elements selected from Category 1 for the balance exercise and Category 2 for the dynamic exercise.
- 6.3 There must be four (4) compulsory pair elements, each selected from a different row, I, II, III and IV of the Compulsory Element Table, i.e. one from Row I, one from Row II etc.
- 6.4 There must be a maximum of two (2) optional pair elements with a minimum value one (1) selected from either Appendix 6 or the FIG Tables of Difficulty. (See General Rule 5.4.) The two (2) optional elements must be static holds of 3 seconds.
- 6.5 In balance exercises, the difficulty of the optional element must be a minimum of value 1 and a maximum of value 6.
- 6.6 In dynamic exercises, the difficulty of the optional elements must be a minimum of 1 value and a maximum of value 14.

Article 7 GROUPS: Balance Exercise

- 7.1 Group balance exercises must include three (3) different pyramids.
- 7.2 Each partner must perform three (3) individual elements from Category 1.
- 7.3 Two (2) pyramids, each selected from a different row of the Compulsory Element Table must be included. The pyramids must be performed as separate constructions. (They cannot be joined.)
- 7.4 A maximum of one (1) optional pyramid selected from Appendix 6 or the FIG Tables of Difficulty, with a minimum difficulty value of 4 and a maximum difficulty value of 16 for the static hold of all partners.
- 7.5 Women’s Group: The optional pyramid may be selected from one of the same categories used for the compulsory elements.

7.6 Forbidden Elements for Groups:

- 1. A column of three or four high.
- 2. Stands on the shoulders with the base in splits without hands on the floor.
- 3. Stands on the bases’ hips and chest, with the base in bridge, when there are only two points of support. (The rule does not apply to pairs.) This type of element may be performed when there are three points of support.
- 4. Support on hips or glutei with the base in exaggerated curvature of the spine (lordosis).



Article 8 GROUPS: Dynamic Exercise

- 8.1 The group dynamic exercises must include six (6) group elements.
- 8.2 Each partner must perform three (3) individual elements from Category 2.
- 8.3 Four (4) group elements each selected from a different row of the Compulsory Element Table, i.e. one from Row I, one from Row II etc.

- 8.4 Two (2) optional group elements selected from Appendix 6 or the FIG Tables of Difficulty with a minimum difficulty value of 1 and a maximum difficulty value of 14 for women and a maximum difficulty value of 10 for men.
- 8.5 Women's Groups Dynamic Row I: The horizontal twists must be performed exactly as drawn, from back to back (with the exception of the 540 twist which starts on back but finishes on stomach). The 360/540 horizontal twist from stomach may not be used as an optional element.
- 8.6 A total of four (4) horizontal catches may be performed in the women's group dynamic exercise. However, artistry penalties for the repetition of elements should be applied.
- 8.7 Men's group may perform one (1) horizontal catch selected from the Compulsory Element Table and one (1) horizontal catch as an optional element from either Appendix 6 or the FIG Tables of Difficulty.

Article 9 INDIVIDUAL ELEMENTS

- 9.1 Partners must perform individual elements either simultaneously or in immediate succession.
- 9.2 The individual elements may be selected from Appendix 6 or from the FIG TOD. Individual elements selected from the FIG Tables of Difficulty must not exceed value 10.
- 9.3 In the balance exercise, each partner must perform Category 1 individual elements from all three (3) different types: balance, agility and flexibility. A 1.0 Special Requirement deduction applies if all partners do not perform all three types. This penalty is applied one time per exercise, even if more than one partner fails to meet the Special Requirement.
- 9.4 In the dynamic exercise, one of the three (3) individual elements must be a salto from Category 2. If a salto is not performed by one (1) or more of the partners, a penalty of 1.0 is applied for failure to meet the Special Requirement. This penalty is applied one time per exercise, even if more than one partner fails to meet the Special Requirement.

Article 10 JUDGING 11-16 EVENTS

- 10.1 The emphasis of the Age Group competitions is on perfecting technical and artistic performance rather than on difficulty.
- 10.2 The exercises are judged for Technical and Artistic merit, in accordance with the current FIG Code of Points. (See Appendix 2 and Appendix 3)
- 10.3 Each element chosen from the COMPULSORY Difficulty tables has a stated difficulty Value, which is used to determine the Difficulty Value of the exercise.
- 10.4 Optional elements are not used in calculating the Difficulty value of the exercise, although they must be performed to meet Special Requirements.

10.5 The Difficulty Value of the exercise is calculated according to the following 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	10.0

10.6 The total score is determined by adding together:

- The average mark for Technical merit (Execution or E score)
- The average mark for Artistic merit (Artistry or A score)
- The Difficulty Value of the exercise which has a maximum score of 10.0 (D Score)

10.7 Penalties are taken from the Total Score by the Chair and DJ in accordance with the current FIG Code of Points. (See Appendix 1)

E score + A score + D score = Total Score – Penalties = Final Score

10.8 If four technical and four artistry judges are used, the average is determined by eliminating the high score and the low score, and taking the average of the middle two scores.

If only three technical and three artistry judges are used, the average is determined by taking the average of all three scores.

SECTION IV

AGE GROUP 12 – 19

Article 11 STRUCTURE OF COMPETITION

Qualifications:

- 11.1 Each pair and group performs one Balance and one Dynamic exercise.
- 11.2 The places after qualifications are determined by the sum of scores from the two exercises: Balance and Dynamic.
- 11.3 The top 8 proceed to a Final with not more than one from one federation in each category. If there are less than 12 entries to a category, only 6 proceed to the final.
- 11.4 Competitors cannot participate in the Final without competing in both the Balance and Dynamic qualifying events.
- 11.5 Tie Break from Qualifications into Finals:
 - 1) The sum of 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:

- 11.6 Each Pair and group performs one Combined exercise in the finals.
- 11.7 Marking starts from zero. Ties are not broken.
- 11.8 If there are less than 4 countries participating in a category, no medals will be awarded. Certificates of participation will be presented.

Article 12 COMPOSITION OF EXERCISES

- 12.1 All exercises, Balance, Dynamic and Combined, are composed in accordance with the current FIG Technical Regulations, Code of Points and Tables of Difficulty for Acrobatic Gymnastics.
- 12.2 The Difficulty of an exercise will be calculated in accordance with the FIG Code of Points and the 12-19 Age Group Difficulty Conversion Table in the Tables of Difficulty.
- 12.3 Difficulty is strictly limited. Pair/Groups may perform up to 20 values more than that given for the maximum difficulty mark of 10.0. If they exceed 20 values over the 10.0 difficulty mark, a penalty of 1.0 pts will be applied.
- 12.4 All elements to be performed must be declared on the Tariff Sheet.

12.5 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 pts will be applied.

12.6 **Forbidden Elements for Groups:**

1. A column of three or four high.



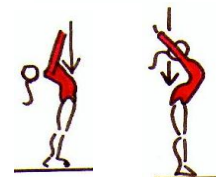
2. Stands on the shoulders with the base in splits without hands on the floor.



3. Stands on the bases' hips and chest, with the base in bridge, when there are only two points of support. (The rule does not apply to pairs.) This type of element may be performed when there are three points of support.



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



Forbidden dynamic elements for pairs and groups:

1. Saltos with rotation of 12/4 or greater.

Article 13 JUDGING 12-19 EVENTS

13.1 All exercises are judged in accordance with the 2009 – 2012 FIG Code of Points for Acrobatic Gymnastics and the prevailing Technical Regulations.

13.2 See also the FIG Rules for Judges and the Acrobatic Gymnastics Specific Rules for Judges.

ACROBATIC GYMNASTICS

World Age Group Competition

APPENDICES



- Appendix 1:** CJP and DJ Penalties (ACRO Code of Points Article 48)
- Appendix 2:** Artistry Judging (ACRO Code of Points, Article 49)
- Appendix 3:** Execution Judging (ACRO Code of Points, Article 50)
- Appendix 4:** Measurement Procedure (ACRO Code of Points Appendix 1)
- Appendix 5:** Compulsory Elements Table
- Appendix 6:** Optional Elements Table (ACRO TOD)

TABLES OF FAULTS AND PENALTIES

ARTICLE 48: CJP AND DJ PENALTIES

48.1 The penalties range from 0.1 – 1.00 as illustrated in the Tables of Faults.

48.2 FINAL SCORE PENALTIES BY CJP

CJP PENALTIES	Penalty
1. Duration of Exercise over the time limit	0.1 per second
2. Difference in heights of partners is less than one centimeter above the suprasternal point of the next tallest partner	Juniors: 0.3 Seniors: 0.5
3. Difference in heights of partners is at or below the suprasternal point of the next tallest partner	Juniors: 0.5 Seniors: 1.0
4. Late Tariff Sheet	0.3 per exercise
5. Re-start without justification	0.3
6. Stepping over the boundary line	0.1 each time
7. Landing on two feet outside the boundary	0.5 each time
8. Falling outside the boundary	1.0 each time
9. National Emblem not clearly visible on attire	0.3
10. Failure to observe publicity rules	0.3
11. Partner attire not identical or not complementary	0.3
12. Undergarments visible	0.3
13. Line of gymnastic trousers or legs of one piece suits not broken by light color.	0.3
14. Immodest neckline	0.3
15. Sleeves or legs of attire not close fitting (e.g. blouson sleeves)	0.5
16. Theatrical, religious, thematic, army or cabaret style attire (including hair accessories or theatrical make-up) Bikini style leotard, or impression of large area of nakedness	0.5
17. Wearing of jewelry, visible tattoos	0.3
18. Forbidden body part exposure	0.3 – 0.5
19. Adjustment of attire Loss of accessories (e.g. hair clips)	0.1 each time

48.3 FINAL SCORE PENALTIES BY DJ

DJ PENALTIES	Penalty
1. Time fault for each static pair/group element held less than declared amount of time	0.3 per second short
2. Static pair/group element held less than one second	0.9 time fault No difficulty value No SR credit
3. Individual static element held less than two seconds	0.3 per second short
4. Individual static element held less than one second	0.6 time fault No difficulty value No SR credit
5. Any element started and not completed	No difficulty value No SR credit
6. Each violation of Special Requirements for composition	1.0 for each violation
7. Performance of a Forbidden element	1.0 each time
8. Elements not performed in the order declared	0.3

Appendix 2

ARTICLE 49: ARTISTIC FAULTS

49.1 For Artistic Faults, deductions are made from the maximum score of 10.00 using the following scale of penalties:

- Small Faults 0.1 – 0.2
- Significant Faults 0.3
- Serious Faults 0.5 or 1.0

The Tables of Artistic Faults are intended to provide Artistry Judges with a general guide to the range of errors which can occur in performance. Penalties are applied for the following:

Musical Interpretation	Maximum 2.0
Choreography	Maximum 2.0
Element Selection	Maximum 2.0
Use of Space	Maximum 1.0
Presentation	Maximum 1.0
Mass and Maturity	Maximum 1.0
Technical and Physical Preparation	Maximum 1.0

49.2 MUSICAL INTERPRETATION

Criteria for Evaluation	Small 0.1 – 0.2	Significant 0.3	Serious 0.5
1. Exercise lacks logical continuous flow.	Slight lack of flow	Significant loss of flow in parts	Lack of flow throughout exercise
2. Lack of harmony between music and choreography	Slight lack of harmony	Some disharmony throughout exercise	Music and choreography do not match throughout exercise
3. Mood and Facial Expressions do not change or do not match the music selection. Partner facial expressions different when they should be similar.	Slight lack of variety in mood or expression	Significant lack of change in mood or expression	Only one portrayed when music requires more
4. Ability to project emotion of music between partners, or from partners out to spectators	Slight lack of emotion in parts of exercise	Lack of emotion over much of exercise, or inconsistent between partners	No emotion expressed, or only expressed by one partner creating disharmony
5. Development of a story or musical theme		Portrayed in parts of exercise	Music is only background
6. Smoothness of flow in entry to elements, or big fault or fall affecting flow of exercise and logical interpretation of the music.	Slip, trip, or collision breaking harmony 0.1 each time	Waiting or stopping for 4+ seconds before difficult element 0.3 each time	Waiting after big fault or fall disrupting harmony 0.5 each time
7. Numerous technical faults in performance of elements impacting the flow and logical interpretation of music.	Small Faults in 1 or 2 parts of the exercise	Several Significant Faults	Technical Faults throughout the Exercise

Maximum deduction for Musical Interpretation is 2.0.

49.3 CHOREOGRAPHY

Criteria for Evaluation	Small 0.1 – 0.2	Significant 0.3	Serious 0.5
1. Lack of sufficient time for performance of choreography because the majority of exercise is devoted to elements of difficulty.	Slight lack of choreography	Obvious lack of time for choreography	Majority of exercise is performance of elements
2. Choreography does not create a pair/group identity through use of originality and creativity.	Slight lack of originality	Obvious lack of originality	No personal identity created
3. Lack of Amplitude in choreography	Some lack of amplitude in parts of exercise	Obvious lack of amplitude in parts of exercise	Lack of amplitude throughout entire exercise
4. Lack of variety and changes in partner relationships. (e.g. apart and together, mirror and side-by-side,)	Slight lack of variety	Only 3 or 4 relationships explored	Repeated use of the 1 or 2 types throughout exercise
5. Choreographic steps, leaps, turns etc. lack variety	Slight lack of variety	Obvious lack of variety	Repeated use of the same types of choreography
6. Synchronization errors in choreography or in performance of individual elements	Slight error 0.1 each time	Serious errors	
7. Technical mistakes in the performance of choreography.	Slight errors 0.1 each time	Serious errors	

Maximum deduction for Choreography is 2.0

49.4 ELEMENT SELECTION

Criteria for Evaluation	Small 0.2	Significant 0.3	Serious 0.5
1. The selection of pair/group elements lacks creativity and personal identity.		X	
2. Lack of variety in overall selection of pair/group and individual elements characteristic of exercise. (e.g. failure to use all types of individual elements in the balance exercise)	Slight lack of variety or repetition	Moderate lack of variety or repetition	Most elements similar
3. Selection of elements uncharacteristic of discipline		X	
Balance			
4. Repetition of shape of holds	Repeated 3 times	Repeated 4 times	Repeated more than 4 times
5. Repetition of points of support	Repeated 3 times	Repeated 4 times	Repeated more than 4 times
6. Repetition of similar mounts, entries, or motions	Two or three similar	More than three similar	Most elements similar
Dynamic			
7. Repetition of the same salto shape	Repeated 3 times	Repeated 4 times	Repeated more than 4 times
8. Repetition of similar types of rotation	Repeated 3 times	Repeated 4 times	Repeated more than 4 times
9. Repeated use of similar catch positions or landing positions	Repeated 3 times	Repeated 4 times	Repeated more than 4 times
Combined			
10. Uneven distribution of pair/group static and dynamic elements	Slight uneven distribution	Clear uneven distribution	Significant uneven distribution
(Note: In the Combined exercise, all balance and dynamic faults listed above are applied)			

Maximum deduction for Element Selection is 2.0.

49.5 USE OF SPACE

Criteria for Evaluation	Small 0.1 – 0.2	Significant 0.3	Serious 0.5
1. Choreography does not use entire floor: (e.g. quadrants, diagonals, perimeters, center)	1/3 not used	½ not used	Only 1/4 -1/3 used
2. Pair/group and individual elements not spread around the floor	1/3 not used	½ not used	Only 1/4 -1/3 used
3. Limited variety of pathways: (e.g. forward, backwards, sideways, curved etc.)		2 or 3 pathways used	1 or 2 pathways dominate
4. All levels, high, medium, low, are not used		Only 2 levels used	All work on one level
5. Elements unevenly distributed throughout the time of the exercise (e.g. all difficult elements in first minute of exercise.)	Slight uneven distribution	Obvious uneven distribution	All in 1 part of exercise

Maximum deduction for Floor and Space is 1.0.

49.6 PRESENTATION

Criteria for Evaluation	Small 0.1 – 0.2	Significant 0.3	Serious 0.5
1. Music containing words (Forbidden)			X
2. No clear start and/or end of exercise	False Start	Ending before music	Ending after the music
3. Failure to present to spectators or judges at start and end of exercise		X	
4. Assistance in performance	Verbal coaching of partner	Coaching from sidelines	Markings, mat, or coach present on floor Physical assistance 1.0
5. Display of poor sportsmanship in competition arena			X

Maximum deduction for Presentation is 1.0.

49.7 MASS/MATURITY, PREPARATION, PHYSICAL CONDITION

Criteria for Evaluation	Small 0.1 – 0.2	Significant 0.3	Serious 0.5
1. Partner selection illogical relative to body somatotypes	Clear but small difference	Obvious difference	Selection inappropriate
2. Difference in maturity between partners	Slight	Obvious	Adult/child Relationship
3. Technical Preparation between partners different	Slight difference between partners	Obvious differences in preparation	One partner poorly prepared in relation to other partner (s)
4. Physical Condition inappropriate for competition (e.g. overweight, or underweight)	Slight	Obvious	Inappropriate for competition

Maximum Deduction 2.0 (0.5 for each Criterion)

ARTICLE 50: TECHNICAL FAULTS

50.1 Tables summarizing the seriousness of different kinds of technical faults are provided in Articles 50.5 – 50.10.

50.2 Execution Faults are penalized by deductions from the maximum score of 10.00 each time they occur, using the following scale of penalties:

- Small Faults 0.1 – 0.2
- Significant Faults 0.3
- Serious Faults 0.5 or 1.0

50.3 Deductions for performance of a single element, including its entry, cannot be more than 1.0, but non-completion of elements, landings and falls are considered separately.

50.4 TABLES OF TECHNICAL FAULTS

The Tables that follow are intended to be a general guide to the penalties that may be applied for Technical Faults. It is impossible to list every technical fault. It is expected that Judges will use this guideline as a basis for taking deductions for faults not included in these Tables.

50.5 AMPLITUDE

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Loss of stretch or amplitude or body tightness in execution of an element knees/ elbows/ ankles slightly bent; arching of back and hip flex	0.1 – 0.2	0.3	0.5
2. Lack of full extension of knees/ elbows/ ankles in elements requiring full extension	0.1 – 0.2	0.3	

50.6 BODY SHAPE, ANGLE AND LINE

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Handstands off vertical or ideal positions	0.1 - 0.2	0.3	0.5
2. Back arch and/or hip flexing when trying to maintain a straight position	0.1 - 0.2	0.3	0.5
3. Bend of arms in handstands and angle of knee, ankles, wrists according to shape of handstand	0.1	0.3	0.5
4. Legs above or below ideal position in holds. (e.g. legs below horizontal when performing a lever hold)	0.1 - 0.2	0.3	0.5
5. Leg split less than 180° or causing hips to twist, in split-leg handstands, walkovers, sitting	0.1 - 0.2	0.3	0.5

50.7 HESITATIONS, STEPS and SLIPS

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Hesitation of top or readjustments in climbing or transitions	0.1- 0.2	0.3	
2. Hesitation in a motion phase of an element stopping smooth flow	0.1- 0.2		
3. Hops or steps in supporting, catching or landing. 1-2 small; 3 or 1 big step medium; 4+ serious	0.1	0.3	0.5
4. Slip of a foot or hand in climbing, balancing or transitions and in catching.			0.5

50.8 INSTABILITY

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Instability or tremor of base(s) or tops as element builds, in climbing, support, static holds or in making transitions/motions.	0.1-0.2	0.3	0.5
2. Base switching from heels to toes or taking steps when trying to stabilize a hold or when catching	0.1-0.2	0.3	More than 3 steps 0.5
3. Readjustment of positions after catching or before throwing, pitching or stabilizing a balance	0.1	0.3	
4. A light touch of a partner or light touch of the floor in order to maintain balance on a partner or in landing.	0.1		
5. Significant support or steadying of a partner to maintain balance on a partner or in landing.		0.3	
6. One foot, one hand or other part of the body going through a platform or slipping off the point of support on Dynamic catches/landings on partner.			0.5
7. Sliding or falling onto one knee or putting one hand to the floor or one leg, head or shoulder onto or against the partner.			0.5
8. Momentary pressing of bodies or shoulders against top, by base(s), to steady a top.		0.3	
9. Pressing of base(s) trunk(s) or shoulders against top to steady a serious problem in keeping stability or to prevent a fall.			0.5
10. Additional support of the partner(s) to prevent a fall. (e. g. because of failure to catch or to effect an exact dismount).			1.0
11. Loss of tempo in consecutive dynamic elements.	Not considered as a link		
12. Error in catching, causing slight re-adjustment before continuing.	0.1-0.2		

50.9 ROTATION

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Over or under rotation in turns, twists, or saltos by 30°		0.3	
2. Over or under rotation in turns, twists, or saltos by 45° or more			0.5
3. Under rotation of saltos requiring some assistance of partners to complete salto.			0.5
4. Under/over rotation of saltos which requires complete support of partner (s) to complete salto and/or to prevent a fall.			1.0

50.10 NON-COMPLETION OF ELEMENTS AND FALLS

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Non-completion of an element without a fall			0.5
2. Early completion of an element, which is logical and controlled, but which clearly stops performance of the element being completed.			0.5
3. The partner coming to the floor and landing unintentionally or illogically, without control, from a point of balance or support, but without a fall.			0.5
4. Non-completion of a partner or individual element which has started but a fall has not occurred			0.5 No Difficulty Value is given
5. Forward or backward roll following a landing without first showing a held position on feet.			0.5
6. One foot or hand slipping from point of support on partner and hands being used to prevent a fall.			0.5
7. Either feet or both hands sliding through a platform, off shoulders or other points of support on the partners' bodies when attempting to balance or in catching.			1.0
8. Fall to the floor or on (a) partner(s) from a pyramid or pair element or off a platform without a controlled or logical landing.			1.0
9. Either feet or hands slip off shoulders or other point of support resulting in supporter(s) having to prevent a fall.			1.0
10. An uncontrolled landing or fall to or on the floor made on head, seat, front, back or side, hands and knees together, both hands and feet or both knees.			1.0
11. Complete distortion of a pair/group or Individual Element.			1.0

PROCEDURE OF ATHLETE MEASUREMENT

1. Before competitions, athletes will be measured to the nearest millimeter by a professional anthropometrist (a person who measures human bodies) in the presence of **ONE** official of the member federation and the designated representative of the Acrobatic Gymnastic Technical Committee, who records all measurements.
 - The Federation official and TC representative present each sign the protocol confirming the recorded measurement.
 - At least 1 member of the TC ACRO be present for any re-measurement or measurement which is likely to be a contested measurement. In the case of any suspicion of an attempt to avoid correct measurement, 3 members of the Superior Jury, including the President, must be present.
2. Athletes in a partnership are obliged to present for measurement at the same time and must have their accreditation cards (tags) and passports with them. These are checked against the competition registration number for the partnership.
3. The Head of Delegation and coach have the responsibility to ensure presentation of their competitors for measurement.
4. Measurement may take place either before or after a training session on the scheduled days for measurement.
5. Athletes who have not presented for measurement on the scheduled days will be disqualified from participation in the competition. (See also COP Article 38 and TR 8.5) For exceptional circumstances, such as illness, the President of the Superior Jury may make arrangements for the athlete to be measured at another time.
6. When the partnership is evidently within the size toleration, the passport age will be registered, but measurement will only occur when data is wanted for research purposes. Measurement, when requested, is not an option for the coach or athlete. The Superior Jury will measure or re-measure any partnership during competition if there is question about size or there is doubt about the accuracy of the data provided by the technicians. A re-measurement, if requested or necessary, must take place by conclusion of the first qualification exercise. Otherwise, the original measurement stands for competition.
7. Re-measurement is taken as the best of the original and 2 other measurements. No more than these 3 measurements will be allowed. If an athlete obstructs the measurement being taken, after one warning the measurement process will stop and disqualification action is taken by the President of the Superior Jury. (See Article 10).
8. Athletes who perform as **supporting partners** (bases) are measured:
 - in bare feet wearing T-shirt or competition attire.
 - It must be possible for the suprasternal point (see diagram) to be felt by the technician making the measurement.
 - Athletes must stand in normal posture with feet together and knees pressed back. The shoulders and extremities are relaxed.

- The vertical height from the floor to the suprasternal point is made using an anthropometer with spirit level.
9. Athletes who perform as **tops** are measured:
 - in bare feet wearing T-shirt or competition attire.
 - standing erect, in normal posture with feet together, knees pressed back and looking straight ahead.
 - hair must not interfere with the technician's ability to measure to the top of the head (no buns, pony tails or plaits unless they go into the neck).
 - The technician measures from the floor to the top of the head.
 10. Athletes who perform as **middles** (second or third) are measured:
 - in bare feet wearing T-shirt or competition attire.
 - It must be possible for the suprasternal point (see diagram) to be felt by the technician making the measurement.
 - standing erect, in normal posture with feet together, knees pressed back.
 - Hair must not interfere with the technician's ability to measure to the top of the head (no buns, pony tails or plaits unless they go into the neck).
 - The technician measures from the floor to the top of the head **and** from the floor to the suprasternal point.
 11. Athletes who do not co-operate with the instructions of the technician for any reason will receive **one** warning only from the Superior Jury representative. Any further lack of co-operation will result in disqualification from competition.
 12. All ages and measurements are recorded and signed as correct by the technician and delivered to the Superior Jury. The Superior Jury determines which athletes receive a penalty for size intolerance.
 13. A deduction of 0.3 for 12-19 and 0.1 for 11-16 is made from the final score of each exercise performed, if the height of the shorter partner is less than one centimetre above the suprasternal point (see Diagram). If s/he is below the suprasternal notch, the penalty is 0.5 for 12-19 and 0.3 for 11-16.
 14. No deduction is taken if the height of the shorter partner exceeds by one centimetre or more the height of the suprasternal point of the partner who normally supports him/her. In the case of minimum height, a second measurement may be taken by the technician to confirm accuracy. The technician has the right to request the Superior Jury to also take a measurement if there might be **is** disagreement or question about the measurement. The Superior Jury decision will over-ride any previous decision made.
 14. In application to groups, relative to the tallest partner, the next tallest must exceed the suprasternal point by one centimetre and so on.
 15. In the event of an athlete trying to obstruct the measurement process, the pair/group will be disqualified from competition participation. The coach will be removed from the competition. The federation concerned will be given a warning during the competition. The matter will be referred to the Disciplinary Commission after the event. A repeat of cheating by competitors from the same federation at any time during the competition cycle will result in a sanction of the federation.

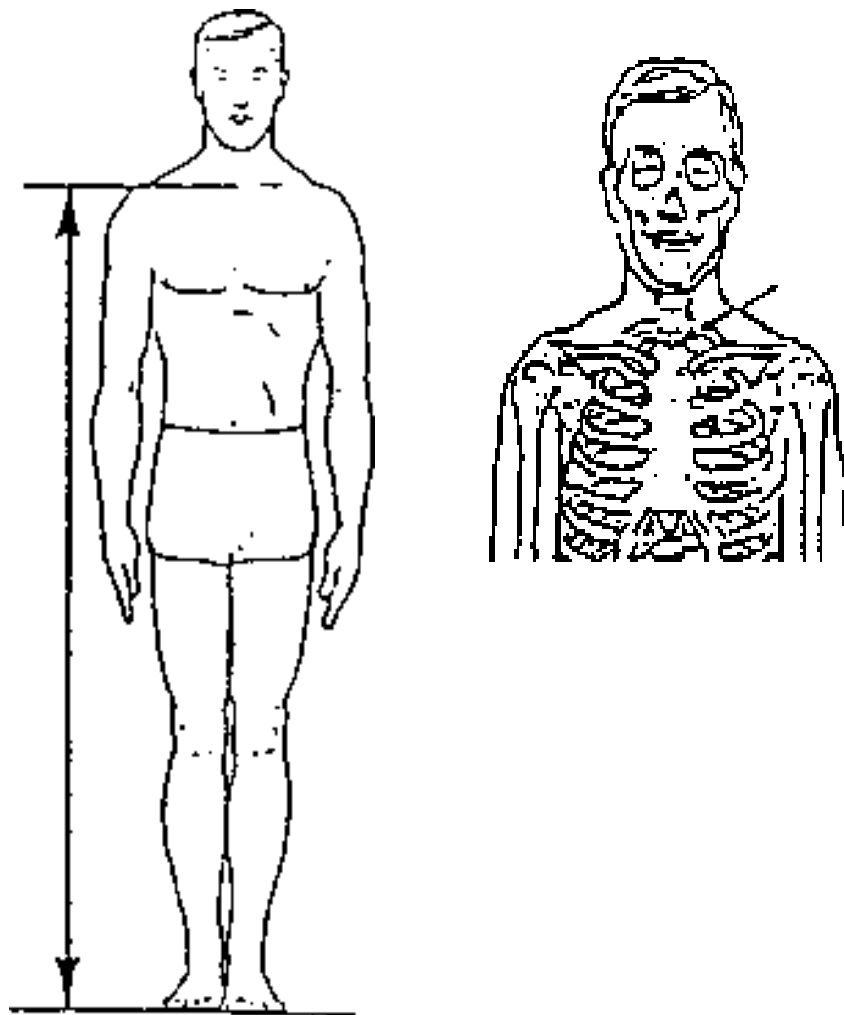
The Suprasternal Point

The inferior point of the jugular notch of the top of the breastbone (sternum).

Anthropometer

A rigid rod graduated in millimetres, giving a total range of 0 to 2,100 mm. with a straight crossbar or spirit level. The reading is taken on the vertical rod below the crossbar. Use of a spirit level ensures greater accuracy in the position of the crossbar.

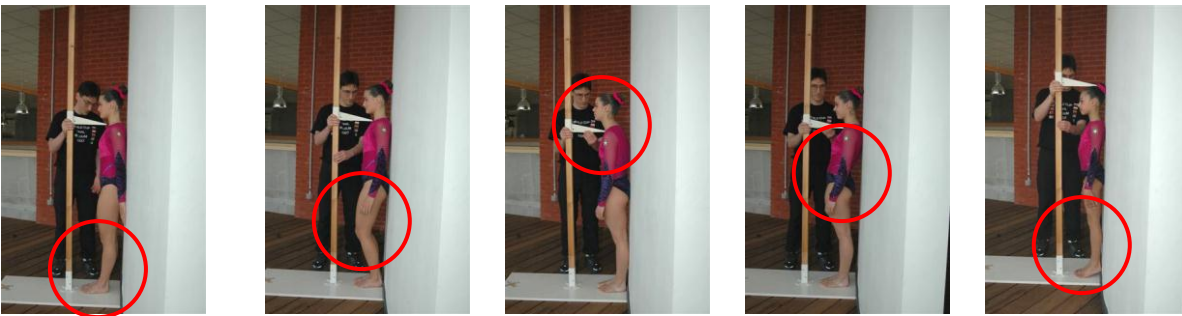
The apparatus must meet with the type and standards outlined in the Apparatus Regulations.



Correct Positions for Measurement



Errors in Position for Measurement



Error 1

Error 2

Error 3

Error 4

Error 5

Error 1: Feet not against the wall

Error 2: Knees bent

Error 3: Kyphosis forward

Error 4: Hips pushed to the front

Error 5: Heels lift

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



ACROBATIC GYMNASTICS
WORLD AGE GROUP COMPETITION
11yrs to 16 yrs



Appendix 5 Compulsory Elements Table







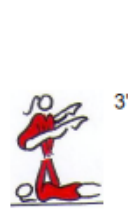





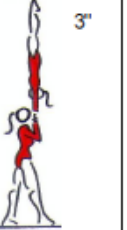

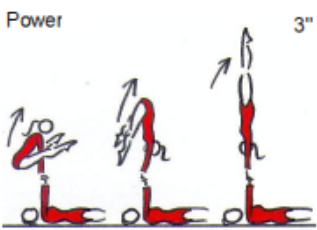
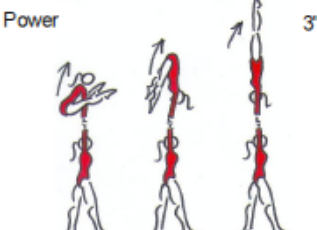
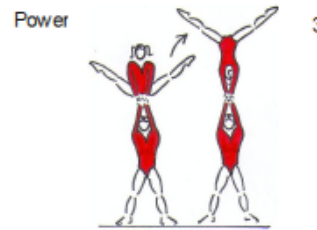
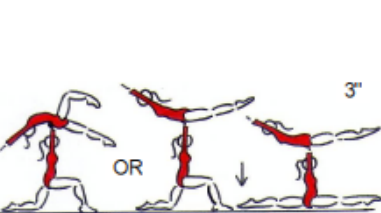
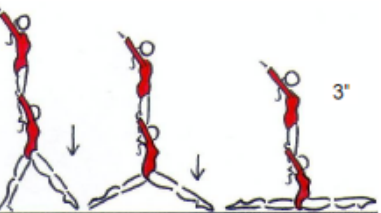
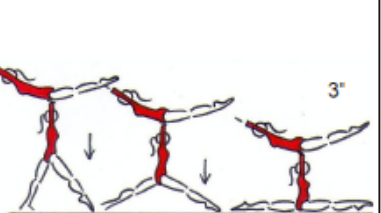
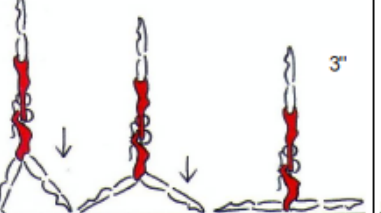
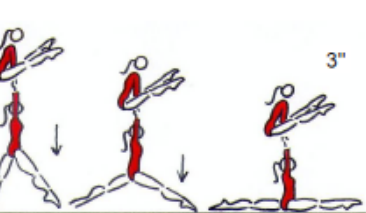
Original author of the programme – Konrad Zielinski (POL)
Drawings by Karl Wharton (GBR) FIG Acrobatics TC
Effective from January 1, 2012

AGE GROUP 11 - 16

BALANCE EXERCISE

WOMEN'S PAIR



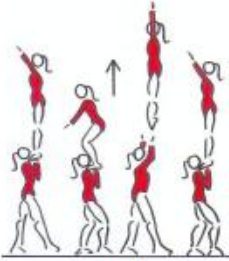






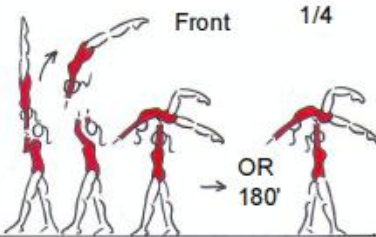

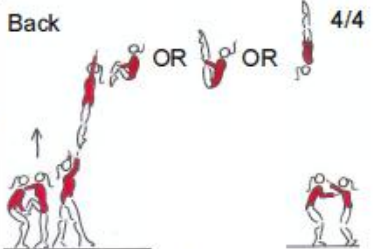
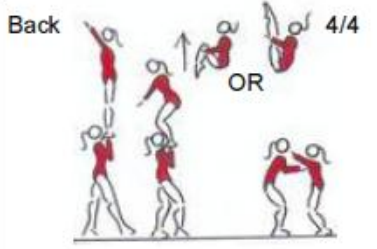
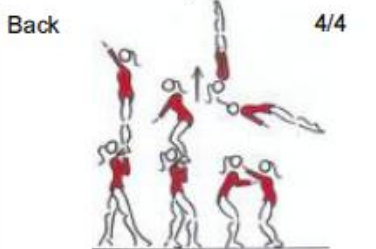
**2 OPTIONAL
ELEMENTS
DIFFICULTY
MINIMUM 1
MAXIMUM 6**

ROW I							
VALUE	-	0.1	0.1	0.1	0.2		
ROW II							
VALUE	-	0.1	0.1	0.1	0.2		
ROW III							
VALUE	-	-	0.1	0.2	0.2	0.3	0.3
ROW IV							
VALUE	-	-	0.1	0.1	0.2	0.2	

AGE GROUP 11 - 16

DYNAMIC EXERCISE

WOMEN'S PAIR

ROW I				<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14</p> </div>	
VALUE	-	0.1	0.2		
ROW II	<p>Back 4/4</p> 	<p>Back 1/4</p> 	<p>Back OR 4/4</p> 	<p>Back 4/4</p> 	
VALUE	0.1	0.2	0.2	0.3	
ROW III	<p>Front 1/4</p> 	<p>2/4</p> 	<p>Front 1/4 OR 180'</p> 	<p>2/4 180'</p> <p>Legs can be straddle or straight</p> 	
VALUE	0.1	0.2	0.2	0.3	0.3
ROW IV	<p>Back OR 4/4</p> 	<p>Back OR 4/4</p> 	<p>Back 4/4</p> 		
VALUE	0.2	0.2	0.3		

AGE GROUP 11 - 16

BALANCE EXERCISE

MEN'S PAIR

**2 OPTIONAL
ELEMENTS
DIFFICULTY
MINIMUM 1
MAXIMUM 6**


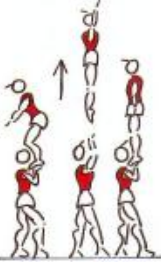

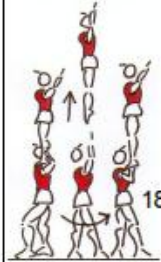
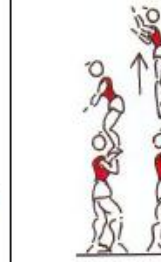
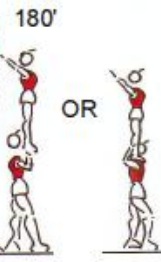
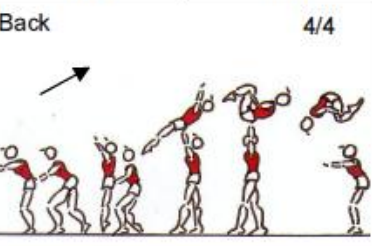
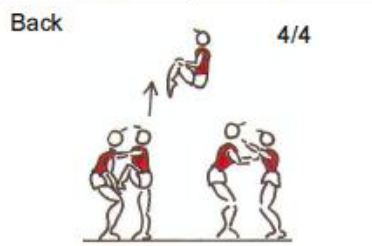
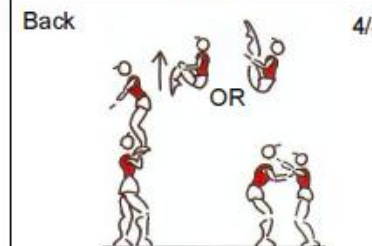
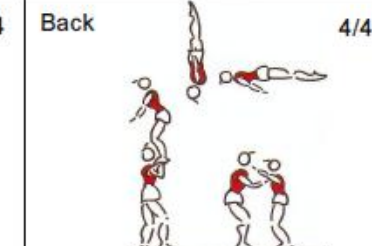
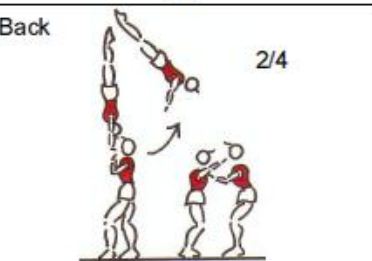
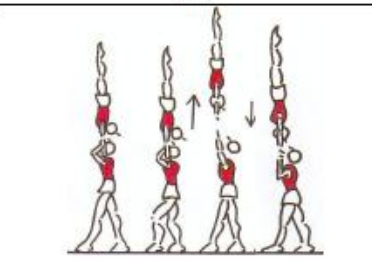
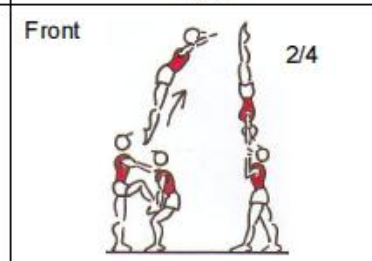
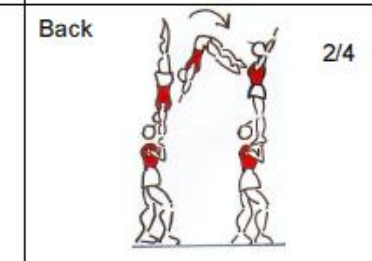
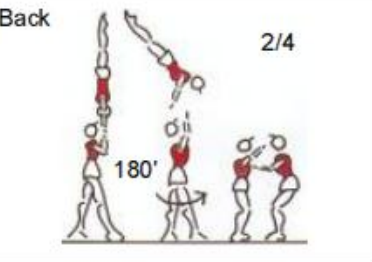
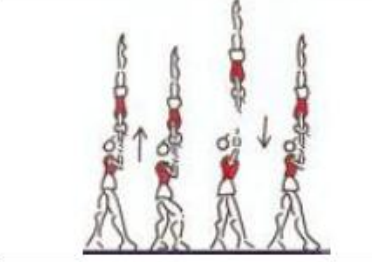
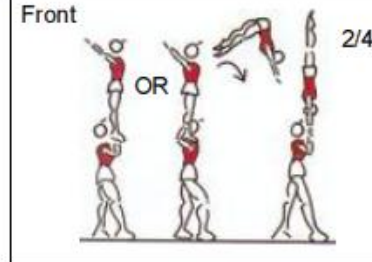
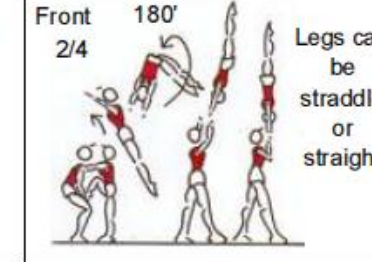
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<p>VALUE</p>	<p>-</p>	<p>0.1</p>	<p>0.1</p>	<p>0.2</p>					
<p>ROW II</p>									
<p>VALUE</p>	<p>-</p>	<p>0.1</p>	<p>0.1</p>	<p>0.2</p>	<p>0.2</p>	<p>0.2</p>	<p>0.2</p>	<p>0.3</p>	
<p>ROW III</p>									
<p>VALUE</p>	<p>-</p>	<p>0.1</p>	<p>0.1</p>	<p>0.2</p>	<p>0.2</p>	<p>0.2</p>	<p>0.2</p>	<p>0.3</p>	
<p>ROW IV</p>									
<p>VALUE</p>	<p>-</p>	<p>0.1</p>	<p>0.1</p>	<p>0.2</p>	<p>0.2</p>	<p>0.3</p>	<p>0.3</p>		

AGE GROUP 11 - 16

DYNAMIC EXERCISE

MEN'S PAIR


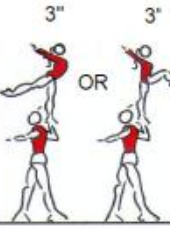


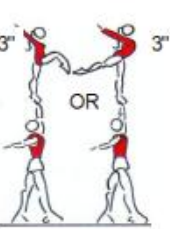

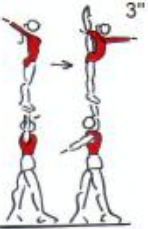




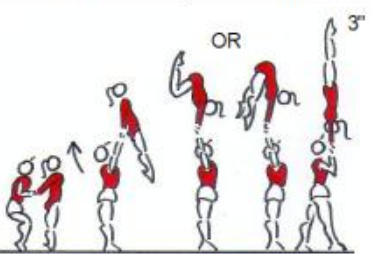
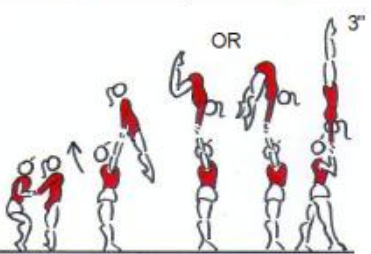
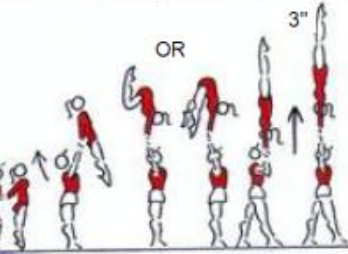
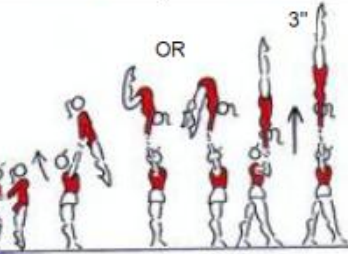
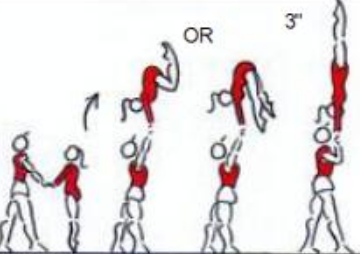
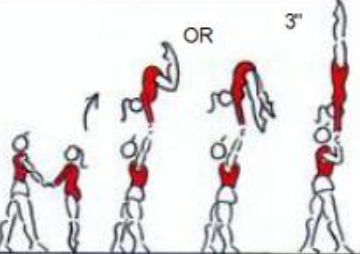
















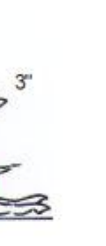
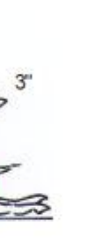
2 OPTIONAL
ELEMENTS
DIFFICULTY
MINIMUM 1
MAXIMUM 14

ROW I							
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





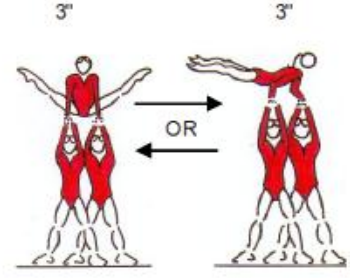
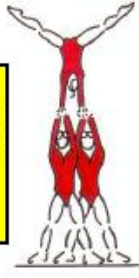
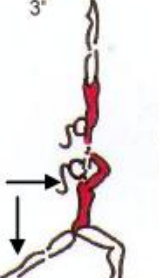
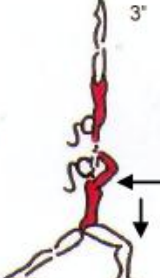
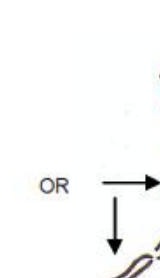
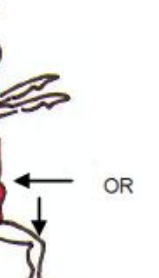
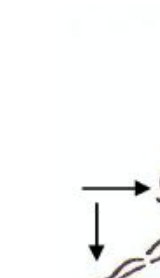
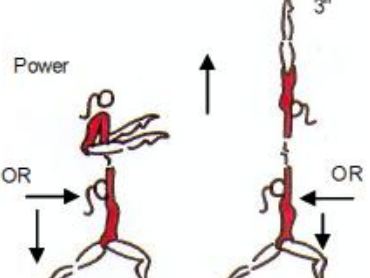






ROW I									<p>2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 6</p>
VALUE	-	0.1	0.1	0.2	0.2	0.3	0.3	0.3	
ROW II									
VALUE	-	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.3
ROW III									
VALUE	-	0.1	0.1	0.2	0.2	0.3	0.3	0.3	
ROW IV									
VALUE	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2

AGE GROUP 11 - 16

DYNAMIC EXERCISE

MIXED PAIR


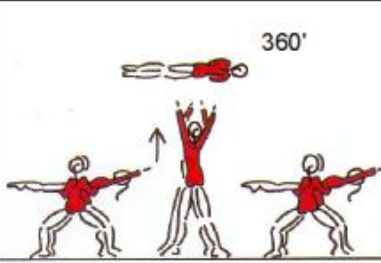
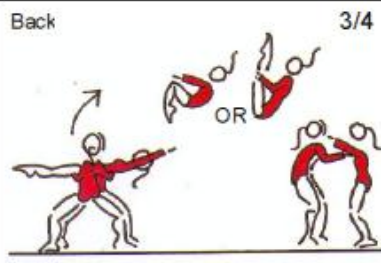
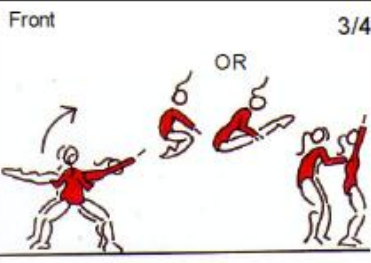
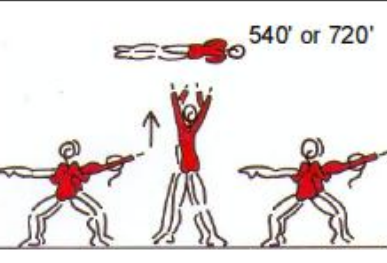
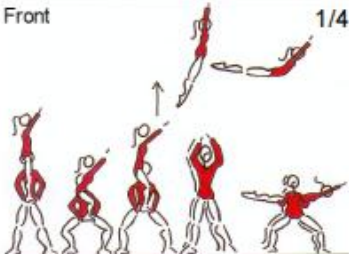
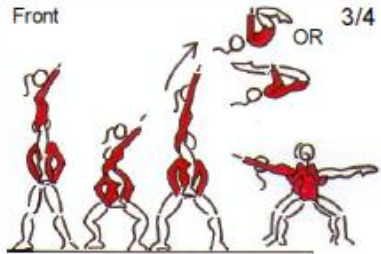
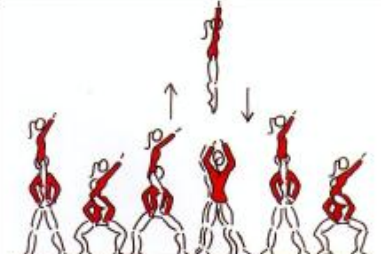
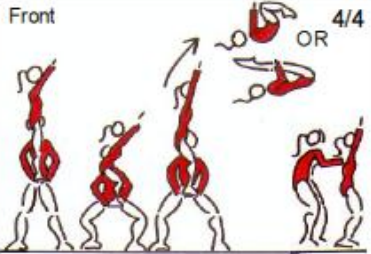
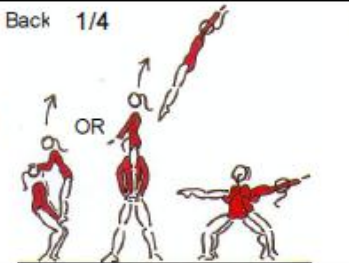
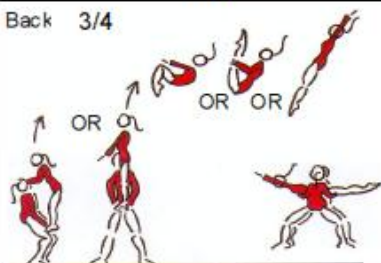
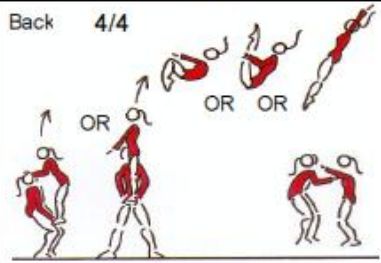
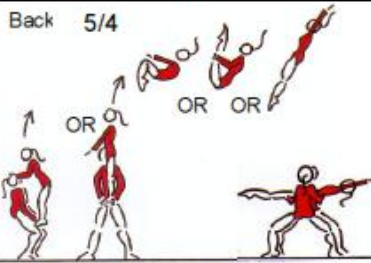
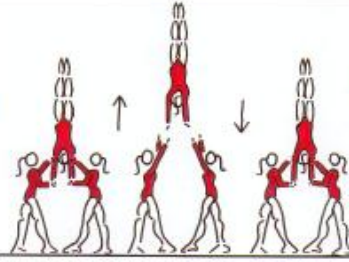
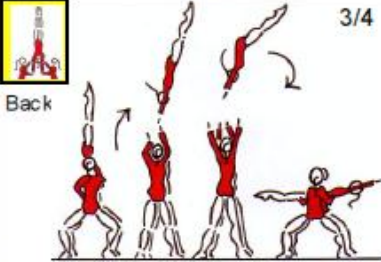

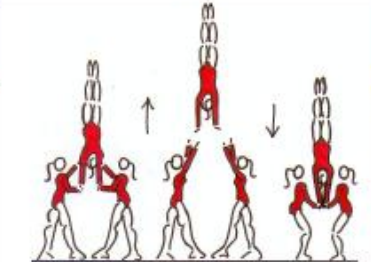
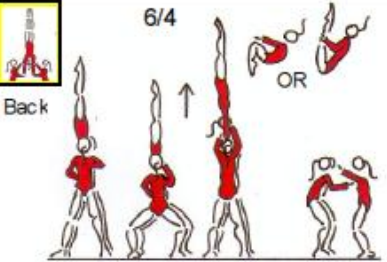
<p>ROW I</p>					<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14</p> </div>
<p>VALUE</p>	<p>-</p>	<p>-</p>	<p>0.1</p>	<p>0.1</p>	
<p>ROW II</p>	<p>Front 1/4</p>	<p>Front 2/4</p>	<p>Back 2/4</p>	<p>Back 2/4</p>	
<p>VALUE</p>	<p>-</p>	<p>0.1</p>	<p>0.2</p>	<p>0.2</p>	<p>0.2</p>
<p>ROW III</p>	<p>Back 4/4</p>	<p>Front 4/4</p>	<p>Back 4/4</p>		
<p>VALUE</p>	<p>-</p>	<p>-</p>	<p>0.1</p>		
<p>ROW IV</p>	<p>Back 3/4</p>	<p>Front 3/4</p>	<p>Front 5/4</p>	<p>Back 5/4</p>	
<p>VALUE</p>	<p>-</p>	<p>-</p>	<p>0.2</p>	<p>0.2</p>	

<p>ROW I</p>	 <p>3"</p>	 <p>3"</p>	 <p>3"</p>	 <p>3"</p>	 <p>3" 3"</p> <p>OR</p>	 <p>3"</p> <div data-bbox="1297 243 1438 430" style="background-color: yellow; border: 1px solid black; padding: 5px;"> <p>Mount or motion to the handstand is optional but must not exceed 5v</p> </div>	<div data-bbox="1816 203 2047 454" style="border: 1px solid black; padding: 10px;"> <p>1 OPTIONAL PYRAMID HELD 3" DIFFICULTY MINIMUM 4 MAXIMUM 16</p> </div>
<p>VALUE</p>	<p>-</p>	<p>-</p>	<p>0.1</p>	<p>0.1</p>	<p>0.3</p>	<p>0.3</p>	
<p>ROW II</p>	 <p>3"</p>	 <p>3"</p>	 <p>3"</p>	 <p>3"</p>	 <p>3"</p>	 <p>3"</p> <p>Power</p> <p>OR</p>	
<p>VALUE</p>	<p>0.2</p>	<p>0.2</p>	<p>0.2</p>	<p>0.2</p>	<p>0.2</p>	<p>0.3</p>	
<p>ROW III</p>	 <p>3"</p>	 <p>3"</p>	 <p>3"</p>	 <p>3"</p>	 <p>3"</p>	 <p>3"</p> <p>Power</p> <p>OR</p>	
<p>VALUE</p>	<p>-</p>	<p>0.1</p>	<p>0.1</p>	<p>0.2</p>	<p>0.2</p>	<p>0.3</p>	

AGE GROUP 11 - 16

DYNAMIC EXERCISE

WOMEN'S GROUP


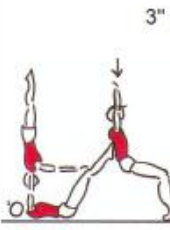
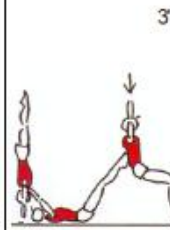
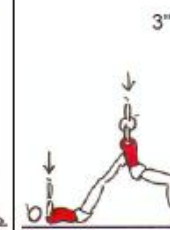
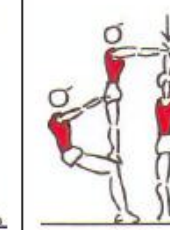
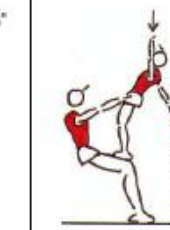
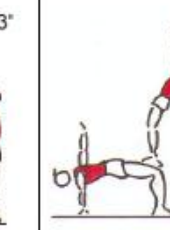
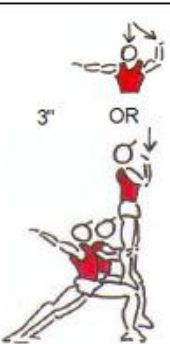

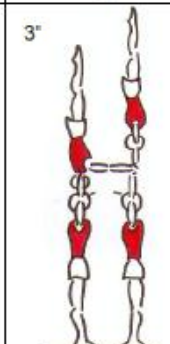
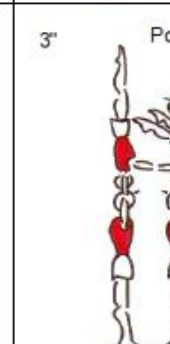
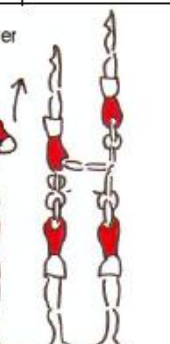


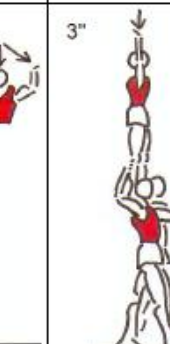


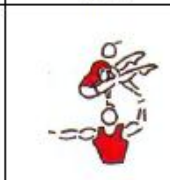
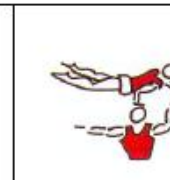
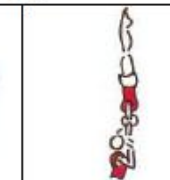
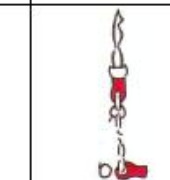
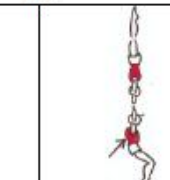


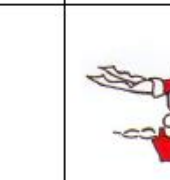


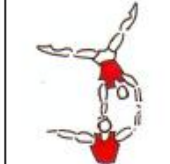
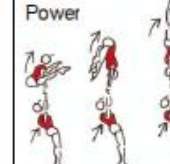
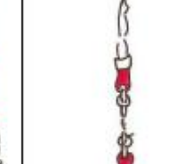
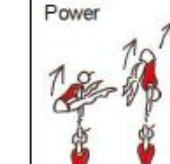
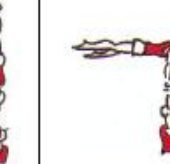
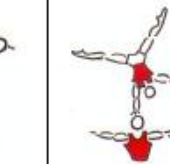
<p>ROW I</p>		<p>360°</p> 	<p>Back 3/4</p> 	<p>Front 3/4</p> 	<p>540° or 720°</p> 
<p>VALUE</p>	<p>-</p>	<p>0.1</p>	<p>0.1</p>	<p>0.1</p>	<p>0.2</p>
<p>ROW II</p>	<p>Front 1/4</p> 	<p>Front 3/4</p> 	<p>Front 4/4</p> 	<p>Front 4/4</p> 	<p>2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14</p>
<p>VALUE</p>	<p>-</p>	<p>0.1</p>	<p>0.2</p>	<p>0.2</p>	
<p>ROW III</p>	<p>Back 1/4</p> 	<p>Back 3/4</p> 	<p>Back 4/4</p> 	<p>Back 5/4</p> 	
<p>VALUE</p>	<p>-</p>	<p>0.2</p>	<p>0.2</p>	<p>0.3</p>	
<p>ROW IV</p>		<p>Back 3/4</p> 	<p>Front 2/4</p> 		<p>Back 6/4</p> 
<p>VALUE</p>	<p>0.1</p>	<p>0.1</p>	<p>0.2</p>	<p>0.3</p>	<p>0.3</p>

AGE GROUP 11 - 16

BALANCE EXERCISE

MEN'S GROUP

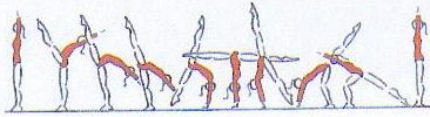


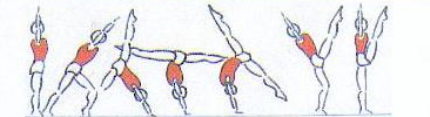










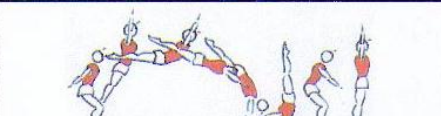

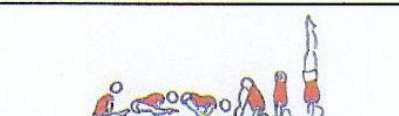

1 OPTIONAL
PYRAMID
DIFFICULTY
MINIMUM 4
MAXIMUM 16

ROW I										
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		

<p>ROW I</p>					<p style="border: 1px solid black; padding: 5px;">2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 10</p>
<p>VALUE</p>	<p>-</p>	<p>-</p>	<p>0.1</p>	<p>0.1</p>	
<p>ROW II</p>					
<p>VALUE</p>	<p>-</p>	<p>0.1</p>	<p>0.2</p>	<p>0.2</p>	
<p>ROW III</p>					
<p>VALUE</p>	<p>-</p>	<p>0.1</p>	<p>0.1</p>	<p>0.2</p>	
<p>ROW IV</p>					
<p>VALUE</p>	<p>0.1</p>	<p>0.1</p>	<p>0.3</p>		




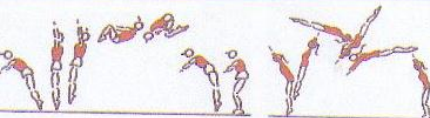


Balance Exercise

Each partner of a pair or group must perform 3 optional individual elements selected from the examples outlined below and / or from Category 1 of the FIG Tables of Difficulty. Each partner must show one:-
 1. Flexibility, 2. Balance, 3. Agility

Flexibility	Balance (Static 2")	Agility
		
AG Flex 1	AG Bal 1	AG Agility 1
		
AG Flex 2	AG Bal 2	AG Agility 2
		
AG Flex 3	AG Bal 3	AG Agility 3
		
AG Flex 4	AG Bal 4	AG Agility 4
		
AG Flex 5	AG Bal 5	AG Agility 5
		
AG Flex 6	AG Bal 6	AG Agility 6

Dynamic Exercise

Each partner of a pair or group must perform 3 optional individual elements selected from the examples outlined below and / or from Category 2 of the FIG Tables of Difficulty. Each member of a pair or group must include a salto.

		
AG Dyn 1	AG Dyn 2	AG Dyn 3
		
AG Dyn 4a / AG Dyn 4b	AG Dyn 5	AG Dyn 6

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE




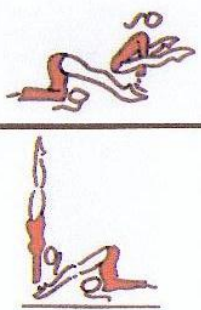


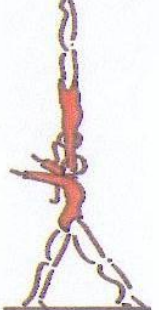














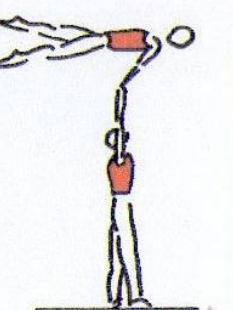
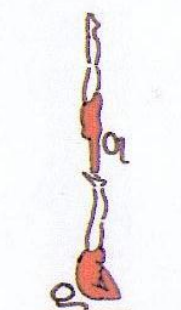
ACROBATIC GYMNASTICS WORLD AGE GROUP COMPETITION 11yrs to 16 yrs



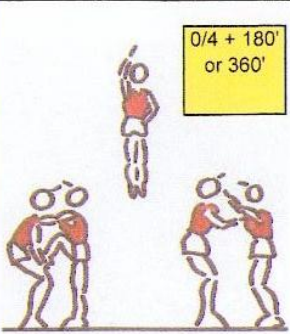
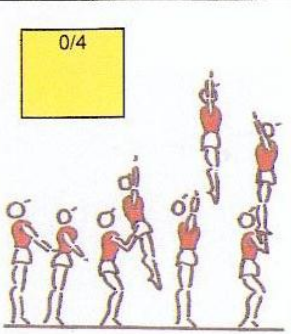
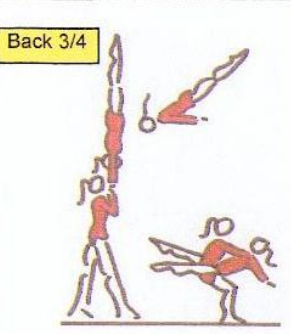
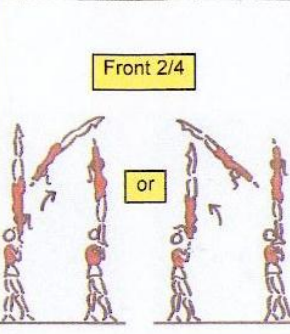
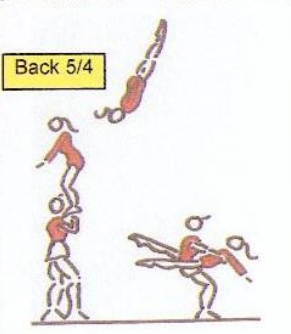
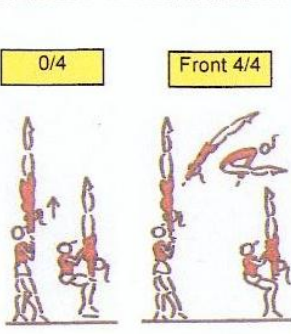
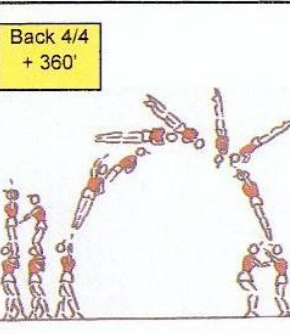
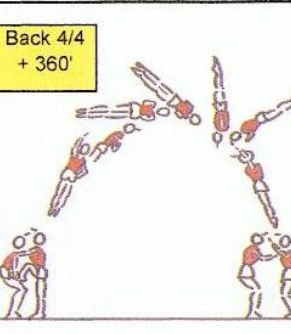
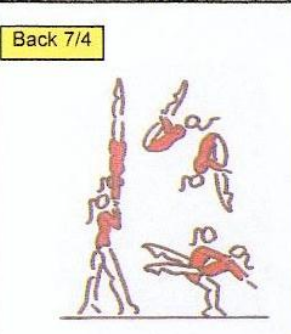

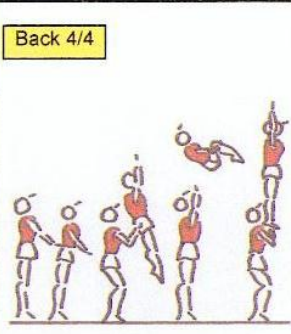
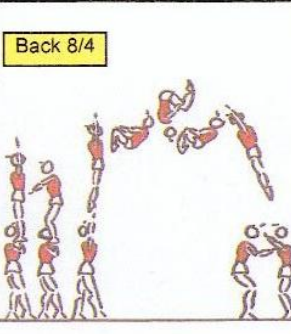
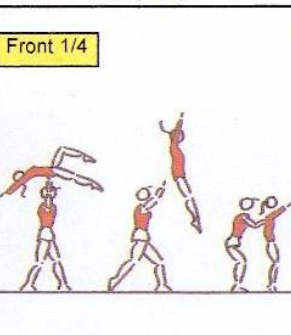
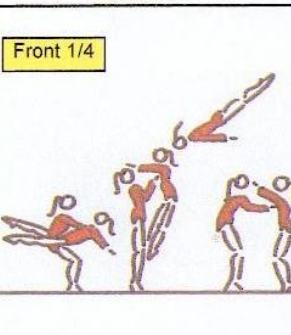
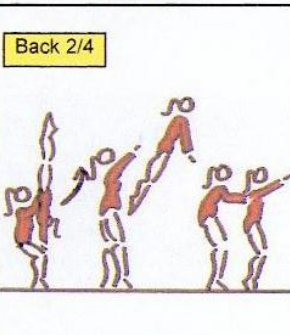
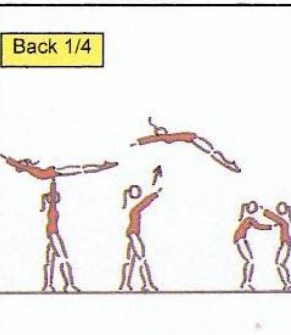
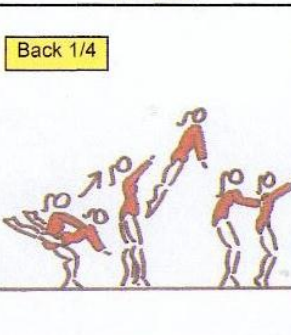
Appendix 6 Optional Elements Table

Drawings by Karl Wharton (GBR) FIG Acrobatics TC

EXAMPLES OF PAIR OPTIONAL BALANCE - MINIMUM VALUE 1 - MAXIMUM VALUE 6

BALANCE							
Value	1	1	1	1	2	2	2
ID Code	AG P1	AG P2	AG P3	AG P4	AG P5	AG P6	AG P7
BALANCE							
Value	2	2	3	4	4	4	6
ID Code	AG P8	AG P9	AG P10	AG P11	AG P12	AG P13	AG P14
BALANCE							
Value	6	6	6	6	6	6	6
ID Code	AG P15	AG P16	AG P17	AG P18	AG P19	AG P20	AG P21

EXAMPLES OF PAIR OPTIONAL DYNAMIC ELEMENTS - MINIMUM VALUE 1 - MAXIMUM VALUE 14

DYNAMIC SKILL						
	Value	1 (180°) 2 (360°)	2	4	6	7
ID Code	AG D1	AG D2	AG D3	AG D4	AG D5	AG D6
DYNAMIC SKILL						
	Value	8	8	8	10	12
ID Code	AG D7	AG D8	AG D9	AG D10	AG D11	AG D12
EXAMPLE OF EXIT	<p>The following are examples of simple exits that may be used as optional elements (if they have value 1) or as exits from dynamic skills. If you use a simple exit and do not use it as an optional element it must be identified on the tariff sheet and awarded NO VALUE.</p>					
	Value	0	0	1	1	1
ID Code	AG P Exit 1	AG P Exit 2	AG P Exit 3	AG P Exit 4	AG P Exit 5	

WOMEN'S GROUP OPTIONAL BALANCE - MINIMUM TOTAL VALUE 4 - MAXIMUM TOTAL VALUE 16

BASE POSITIONS			TOP POSITIONS								
Base Value	5	Plus (+)	1	3	4	2	5	7	9	7	8
Code	AG Trio 1	Plus (+)	A	B	C	D	E	F	G	H	I
Base Value	1	Plus (+)	1	3	4	2	5	7	9	7	8
Code	AG Trio 2	Plus (+)	A	B	C	D	E	F	G	H	I
Base Value	6	Plus (+)	1	3	4	2	5	7	9	7	8
Code	AG Trio 3	Plus (+)	A	B	C	D	E	F	G	H	I
Base Value	4	Plus (+)	1	3	4	2	5	7	9	7	8
Code	AG Trio 4	Plus (+)	A	B	C	D	E	F	G	H	I
Base Value	10	Plus (+)	2	4	5	3	x	x	x	x	x
Code	AG Trio 5	Plus (+)	A	B	C	D	E	F	G	H	I

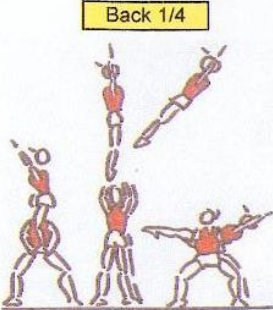
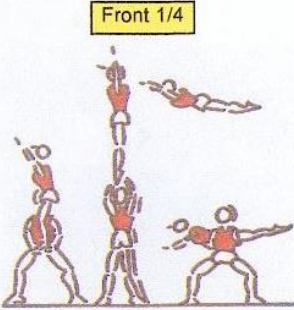
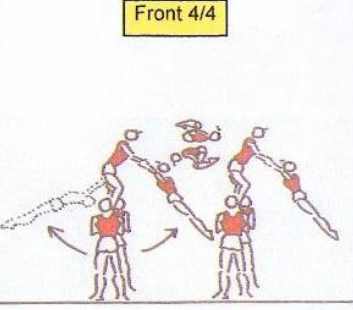
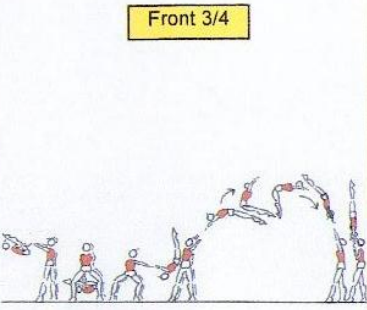

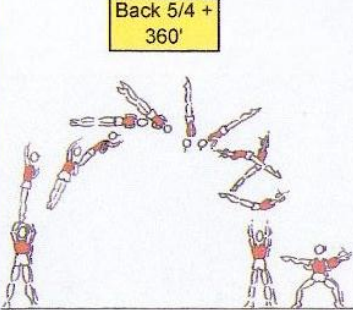

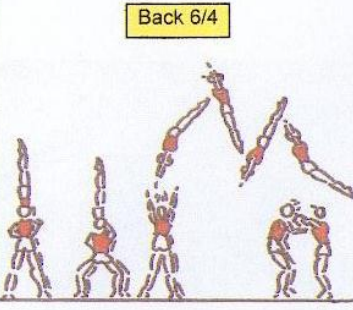
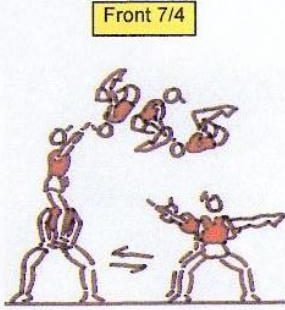
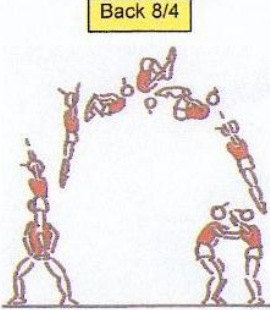
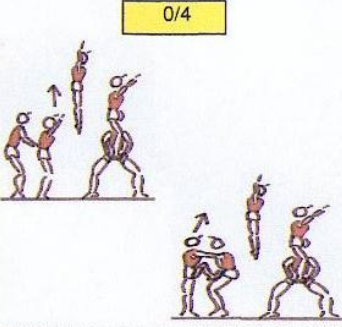
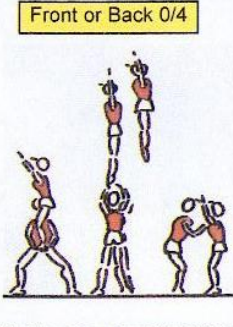
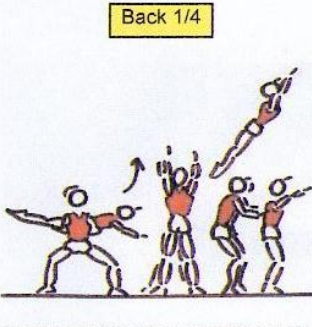
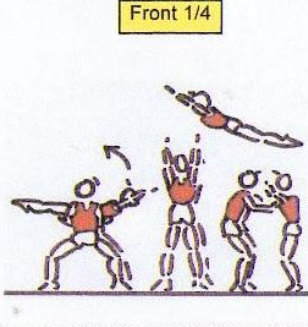
EXAMPLES OF WOMEN'S GROUP OPTIONAL DYNAMIC ELEMENTS - MINIMUM VALUE 1 - MAXIMUM VALUE 14

DYNAMIC SKILL	0/4	Front 3/4	Front 2/4	Helicopter 2/4 + 180'	From standing start Back 4/4
Value	1	2	2	3	3
ID Code	AG Trio D1	AG Trio D2	AG Trio D3	AG Trio D4	AG Trio D5
DYNAMIC SKILL	Front 4/4	Round off entry Back 4/4	Front 6/4	Back 6/4	Back 8/4
Value	4	4	5	8	14
ID Code	AG Trio D6	AG Trio D7	AG Trio D8	AG Trio D9	AG Trio D10
EXAMPLES OF ENTRY / EXIT	<p>The following are examples of simple entries / exits that may be used as optional elements (if they have value 1) or as entries to or exits from dynamic skills. If you use a simple entry / exit and do not use it as an optional element it must be identified on the tariff sheet and awarded NO VALUE.</p>	Back 1/4	Front or Back 0/4	Back 1/4	Front 1/4
Value	1	1	1	1	
ID Code	AG Trio Entry 1	AG Trio Exit 2	AG Trio Exit 3	AG Trio Exit 4	

EXAMPLES OF MEN'S GROUP OPTIONAL BALANCE - MINIMUM TOTAL VALUE 4 - MAXIMUM TOTAL VALUE 16

BASE POSITIONS			TOP POSITIONS								
Base Value	1	Plus (+)	1	2	2	2	3	4	4	6	8
ID Code	AG MGB 1	Plus (+)	A	B	C	D	E	F	G	H	I
Base Value	5	Plus (+)	1	2	2	2	3	4	4	6	8
ID Code	AG MGB 2	Plus (+)	A	B	C	D	E	F	G	H	I
Base Value	7	Plus (+)	1	2	2	2	3	4	4	6	8
ID Code	AG MGB 3	Plus (+)	A	B	C	D	E	F	G	H	I
Base Value	10	Plus (+)	2	3	3	3	4	5	5	X	X
ID Code	AG MGB 4	Plus (+)	A	B	C	D	E	F	G	H	I
Base Value	12	Plus (+)	2	3	3	3	4	X	X	x	x
ID Code	AG MGB 5	Plus (+)	A	B	C	D	E	F	G	H	I

EXAMPLES OF MEN'S GROUP OPTIONAL DYNAMIC ELEMENTS - MINIMUM VALUE 1 - MAXIMUM VALUE 10

DYNAMIC SKILL					
	Value ID Code	1 AG MG D1	1 AG MG D2	4 AG MG D3	4 AG MG D4
DYNAMIC SKILL					
	Value ID Code	7 AG MG D6	7 AG MG D7	9 AG MG D8	10 AG MG D9
EXAMPLES OF ENTRY / EXIT	<p>The following are examples of simple entries / exits that may be used as optional elements (if they have value 1) or as entries to or exits from dynamic skills. If you use a simple entry / exit and do not use it as an optional element it must be identified on the tariff sheet and awarded NO VALUE.</p>				
		Value ID Code	1 AG MG Entry 1	1 AG MG Exit 2	1 AG MG Exit 3