



World Age Group Competition Rules



ACROBATIC GYMNASTICS

Approved by the FIG Executive Committee, February, 2012

Updated after the Intercontinental Judges' Course, February 2013



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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 2013. These rules are guided by the current FIG Statutes, General Technical Regulations, the FIG Judges' Rules, the 2013 - 2016 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 Symposium in Berlin in 2011.

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 2013 - 2016. 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. He is the artist of the drawings found in the Compulsory Element Tables and Appendix 1.

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

Ms. Tonya Case	USA	<i>President</i>
Ms. Irina Nikitina	RUS	<i>Vice President</i>
Mr. Karl Wharton	GBR	<i>Secretary</i>
Ms. Rosy Taeymans	BEL	<i>Member</i>
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Mrs. Wiesława Milewska	POL	<i>Member</i>
Miss Sabrina Hegele	GER	<i>Athlete Member</i>

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 52.
- 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 Seniors in Continental Championships may not compete in the Age Group Competitions. Individuals who have competed as Seniors, but who are in newly formed age group pairs or groups are eligible. Pairs or groups who have competed in the 12-18 or 13-19 age groups in any FIG approved competition, including continental championships, may not compete in the 11-16 age group.
- A gymnast may only participate in one Age Group and unit (pair/group) during same competition (WAGC).
- A Pair/Group can only move up in age groups, i.e. from 11-16 to 12-18 or from 12-18 to 13-19.
- A gymnast can move down in age groups, i.e from 13-19 to 12-18 if belongs to a different unit* (pair/group).

Note: * Is considered a different unit when in a pair one partner change and in a group two or more partners change.

1.5 Maximum Delegation Size

Head of Delegation	1	
Team Manager	1	As per FIG Accreditation Rules
Coaches		As per FIG Accreditation Rules
Competitors	52	No more than 2 per event category and age group
Medical Doctor	1	
Paramedical Staff	1	
Judges	2	With FIG international brevet, excluding CJP or DJ appointed by the FIG TC-ACRO

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 two days between the conclusion of one event and the start of the next event.
- 2.2 There will be three age group events: 11-16, 12-18 and 13-19. There is no team event.
- 2.3 Competitive age is defined as the age of the gymnast on December 31st 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.
- 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 1 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 1, 2 and 3 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 1, 2, 3 or 4 judges.

If a federation presents only Category 4 judges, the federation is entitled to present one Category 4 judge for the 11-16 event and another Category 4 judge for the 12-18 and 13-19 events.

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 highest sum of the E-scores of the Balance and Dynamic exercises.
 - 2) If a tie remains, the tie will not be broken.

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:

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

2015 - 2016 Age Group Competitions

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

- 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 a 2" (second) tolerance before the automatic overtime of exercise penalty is applied. 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 as indicated in the table below.

Discipline	Balance	Dynamic	Individual Elements	
			Cat 1	Cat 2
Women's Pair*	Min 1v – Max 8v	Min 1v – Max 14 v	Min 1v – Max 10v	Min 1v – Max 10v
Men's Pair	Min 1v – Max 8v	Min 1v – Max 14 v		
Mixed Pair	Min 1v – Max 8v	Min 1v – Max 14 v		
Women's Group	Min 4v – Max 16v	Min 1v – Max 14v		
Men's Group	Min 4v – Max 16v	Min 1v – Max 10v		
*The co-efficient normally applied for WP balance and dynamic does not apply for 11-16				

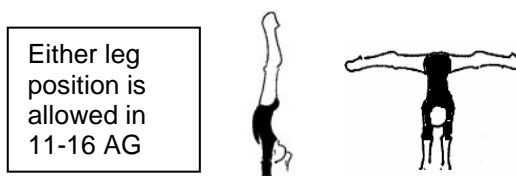
- 5.5 Each partner of a pair or group must perform a minimum of three (3) individual elements in both the balance and dynamic exercises. The elements may be selected from Appendix 6 or the FIG Tables of Difficulty. Additional individual elements may be performed, but may incur technical deductions.
- 5.6 Each pair or group may use simple entries, motions, links, catches and dismounts. These elements must:
- Be selected from the Compulsory Element Table, Appendix 6 or the FIG TOD
 - Not Exceed 5 values
 - Not exceed 3/4 rotation or more than 360 twist
 - Be included and clearly identified on the tariff sheet in the order of performance.
- 5.7 A penalty of 0.3 is applied when:
- Simple elements are performed, as per 5.6, which have not been identified on the tariff sheet. (This penalty is applied only one time per exercise.)
 - The elements are not drawn in the order performed. (This penalty is applied only one time per exercise.)

- 5.8 A penalty of 1.0 is applied when:
- A pair/group or individual element exceeds the stated maximum value.
 - A simple element as per 5.6 exceeds the maximum number of rotations, twists or the maximum value of 5.
 - A forbidden element is performed.

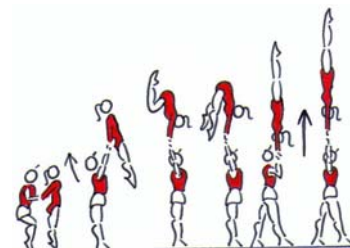
This penalty is applied for each violation, even if the performed element is not declared on the tariff sheet.

- 5.9 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.

- 5.10 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.



- 5.11 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. For each missing pair element, a 1.0 special requirement penalty is applied.
- 6.2 Each partner must perform a minimum of 3 individual elements selected from Category 1 for the balance exercise and Category 2 for the dynamic exercise. For each missing individual element, a special requirement penalty of 1.0 is applied.
- 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 8.
- 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. For each missing pyramid a 1.0 special requirement penalty is applied.
- 7.2 Each partner must perform three (3) individual elements from Category 1. For each missing individual element, a special requirement penalty of 1.0 is applied.
- 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 must be 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. (Value of the base position + the value of the top.)
- 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:

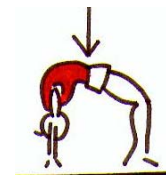
1. A column of three high for women and men.



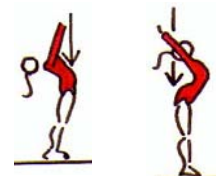
2. Stands on the shoulders with the base in splits without hands on the floor.



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. For each missing element, a 1.0 special requirement penalty is applied.
- 8.2 Each partner must perform three (3) individual elements from Category 2. For each missing individual element, a special requirement penalty of 1.0 is applied.
- 8.3 Four (4) group elements must be selected each 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 must be 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 will 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 the 3 individual elements either simultaneously or in immediate succession.
- 9.2 Additional individual elements, to a maximum of 6 may be performed.
- 9.3 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.
- 9.4 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.
- 9.5 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.

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

10.9 **TARIFF SHEETS 11-16**

A Tariff Sheet is the illustrated declaration (by hand drawing or computer generated) of the pair/group and individual elements which are to be performed. All elements to be performed must be included on the tariff sheet. They must be drawn in the order of performance. (If the elements are out of order, a 0.3 penalty for incorrect tariff sheet applies.)

Compulsory elements must include the Row and Value as indicated in the Compulsory Tables.

Optional elements which are used to meet requirements **must** be identified as Optional Elements. If they are selected from Appendix 6, they must be identified with the Appendix 6 page number, ID number, and difficulty value. If they are selected from the Tables of Difficulty, they must be identified by the TOD page number, ID number and value.

Simple elements, as per Article 5.6 must be included on the tariff sheet. They should be identified according to their source: Compulsory element table, Appendix 6, or Tables of Difficulty. The page number, ID number and difficulty value must be indicated.

Failure to declare any performed element will result in a 0.3 penalty for incorrect tariff sheet. Additional penalties will be applied if the element is not within the correct value range or is a forbidden element.

SECTION IV

AGE GROUP 12 – 18

Article 11 STRUCTURE OF COMPETITION

Qualifications:

- If
- 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 highest sum of the E-scores of the Balance and Dynamic exercises
 - 2) If there is still a tie, the tie will not be broken

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

- current
- 12.1 All exercises, Balance, Dynamic and Combined, are composed in accordance with the FIG Technical Regulations, Code of Points and Tables of Difficulty for Acrobatic Gymnastics except as noted in Articles 12.6 - 12.8 below.
- and
- 12.2 The Difficulty of an exercise will be calculated in accordance with the FIG Code of Points the 12-18 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 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 will be applied.

- 12.6 In the balance exercise, each partner must perform a minimum of 3 individual elements to a maximum of 6 from Category 1. For each missing individual element, a special requirement penalty of 1.0 is applied.
- 12.7 In the dynamic exercise, each partner must perform a minimum of 3 individual elements ,to a maximum of 6, one of which must be a salto from Category 2. For each missing individual element, a special requirement penalty is applied.
- 12.8 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 this Special Requirement.
- 12.9 In the combined exercise, all partners must perform (4) individual elements, 2 from Category 1 and 2 from Category 2. One of the Category 2 elements must be a salto. For each missing individual element, a special requirement penalty of 1.0 is applied. (See 12.8 for missing salto penalties.) Additional individual elements may be performed to a maximum of 6.

**12.10 Forbidden balance elements for groups:
(See pictures in Article 7.6 above.)**

- two
1. A column of three high for women or four high for men.
 2. Stands on shoulders with 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 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 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 12-18 EVENTS

- 13.1 All exercises are judged in accordance with the 2013 - 2016 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.

SECTION V

AGE GROUP 13 - 19

Article 14. STRUCTURE OF COMPETITION

Qualifications:

- If
- 14.1 Each pair and group performs one Balance and one Dynamic exercise.
 - 14.2 The places after qualifications are determined by the sum of scores from the two exercises: Balance and Dynamic.
 - 14.3 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.
 - 14.4 Competitors cannot participate in the Final without competing in both the Balance and Dynamic qualifying events.
 - 14.5 Tie Break from Qualifications into Finals:
 - 1) The highest sum of the E-scores of the Balance and Dynamic exercises
 - 2) If a tie remains, the tie will not be broken

Finals:

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

Article 15 COMPOSITION OF EXERCISES

- current
- 15.1 All exercises, Balance, Dynamic and Combined, are composed in accordance with the FIG Technical Regulations, Code of Points and Tables of Difficulty for Acrobatic Gymnastics, except as noted in articles below.
- and
- 15.2 The Difficulty of an exercise will be calculated in accordance with the FIG Code of Points the 13 - 19 Age Group Difficulty Conversion Table in the Tables of Difficulty.
 - 15.3 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 will be applied.
 - 15.4 All elements to be performed must be declared on the Tariff Sheet.
 - 15.5 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 will be applied.

- 15.6 In the balance exercise, each partner must perform a minimum of 3 individual elements, to a maximum of 6 individual elements from Category 1. For each missing individual element, a special requirement penalty of 1.0 is applied.
- 15.7 In the dynamic exercise, each partner must perform a minimum of 3, to a maximum of 6 individual elements, one of which must be a salto from Category 2. For each missing individual element, a special requirement penalty of 1.0 is applied.
- 15.8 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.
- 15.9 In the combined exercise, all partners must perform (4) individual elements, 2 from Category 1 and 2 from Category 2. One of the Category 2 elements must be a salto. For each missing individual element, a special requirement penalty of 1.0 is applied. (See 15.8 for missing salto penalties.) Additional individual elements may be performed to a maximum of 6.
- 15.10 **Forbidden balance elements for groups:**
(See pictures in Article 7.6 above.)
1. A column of three high for women or four high for men.
 2. Stands on shoulders with 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 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 hips or glutei with the base in exaggerated curvature of the spine (lordosis).

two



ACROBATIC GYMNASTICS

World Age Group Competition

APPENDICES



Appendix 1:	CJP and DJ Penalties (ACRO Code of Points Article 46)
Appendix 2:	Artistry Judging (ACRO Code of Points, Article 47)
Appendix 3:	Execution Judging (ACRO Code of Points, Article 48)
Appendix 4:	Measurement Procedure (ACRO Code of Points Appendix
1)	
Appendix 5:	Compulsory Elements Table
Appendix 6:	Optional Elements Table (ACRO TOD)
Appendix 7:	11-16 Tariff Sheet Example

TABLES OF FAULTS AND PENALTIES

2013 CODE OF PONTS - ARTICLE 46: CJP AND DJ PENALTIES

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

46.2 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 (See Appendix 4)	0.1 - 0.3
3. Difference in heights of partners is at or below the suprasternal point of the next tallest partner (See Appendix 4)	0.3 - 0.5
4. Poor Sportsmanship on the Field of Play	0.5
5. Late Tariff Sheet	0.3 per exercise
6. Re-start without justification	0.3
7. Music containing words	0.5
8. Failure to present to the judges at the start or end of exercise	0.3
9. Stepping over the boundary line	0.1 each time
10. Landing on two feet outside the boundary	0.5 each time
11. Falling outside the boundary	1.0 each time
12. Ending before or after music	0.3
13. Failure to observe publicity rules. (National Identification not clearly visible on attire.)	0.2
14. Adjustment of attire. Loss of accessories. Skirt does not fall back on hips.	0.1 each time
15. All attire infringement penalties.	0.3 each occurrence
16. Immodest attire. (For example, neckline too low.)	0.5
17. Use of forbidden attire. (For example, character outfit.)	0.5
18. Verbal coaching of partner	0.1
19. Coaching from sidelines	0.3
20. Markings, mat, or coach present on the floor	0.5
21. Physical assistance by the coach	1.0

46.3 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 for one second	0.3 time fault
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

ARTICLE 47: ARTISTIC FAULTS

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

- Small Faults to Serious Faults: 0.1 – 0.5

The Tables of Artistic Faults are intended to provide Artistry Judges with a general guide to the range of errors that can occur in performance.

Penalties are applied for the following Artistry aspects:

Choreography	Maximum 3.0
Musicality	Maximum 3.0
Element Selection	Maximum 2.0
Partnership	Maximum 2.0

A maximum penalty of 0.5 can be deducted for each criteria within the Artistry aspects above.

47.2 CHOREOGRAPHY (Artistic Composition)

Criteria for Evaluation	Slight 0.1	Significant 0.3	Serious 0.5
USE OF SPACE			
1. Composition does not use entire floor: (e.g. quadrants, diagonals, perimeters, center)	One portion of floor unused	1/3 of floor not used	1/2 floor not used
2. All levels, high, medium, low, are not used	Slight lack of use	One level unused	Work is on one level
VARIETY			
3. Choreographic steps, pathways, changes in partner relationship lack variety, as required by the music selection.	Slight lack of 1 or 2 aspects	Lacking in several aspects	Lacking in most aspects
4. Choreography lacks creativity and personal identity.	Slight lack	Moderate lack	No personal identity
CHOREOGRAPHY PERFORMANCE			
5. Lack of Amplitude, either in fullness of movement or in subtlety and modulation.	Slight lack	Lacking in parts	Lacking throughout
6. Synchronization errors in the performance of choreography or individual elements.	A few errors	Several errors	Errors throughout

Maximum Deduction is 3.0. (0.5 for each Criterion)

47.3 MUSICALITY and EXPRESSION

Criteria for Evaluation	Small 0.1	Significant 0.3	Serious 0.5
MUSIC SELECTION			
1. Not appropriate for age, level of competition, ability of gymnasts	Less than ideal	Lacking in some aspects	Completely inappropriate
2. Lack of harmonization between selection of music, and overall performance, lack of story or musical theme.	Slight lack of harmony	Loss of harmony in several places	Music is only background
FLOW			
3. The exercise lacks logical continuous flow, cohesive with the rhythm and speed of the music. For example, pauses before difficult elements.	Slight loss of flow	Loss of flow in several parts	Loss of flow throughout
EXPRESSION			
4. Partners do not project emotion of music or inconsistent between partners	Slight lack of emotion	Lack of emotion or inconsistent	No emotion portrayed
5. Facial expression does not match music, is different when it should be similar, or lacks variety when variety is indicated.	Slight lack or mismatch of expression	Significant lack of expression or difference of expression	Minimal expression or total mismatch
6. Body expression does not match music, is different when it should be similar, or lacks variety when variety is indicated.			

Maximum Deduction is 3.0. (0.5 for each Criterion)

47.4 ELEMENT SELECTION

Criteria for Evaluation	Small 0.1	Significant 0.3	Serious 0.5
1. Creativity of entries into and exits from elements of difficulty.	Slight lack	Few original	All common
2. Selection of elements uncharacteristic of discipline.	0	0	0.5
Balance			
1. Repetition of shape of holds or points of support.	Some similar elements	Several types similar	Repeated use of similar elements
2. Repetition of mounts, motions or entries.			
Dynamic			
1. Repetition of the same salto shape or similar types of rotation.	Some similar elements	Several types similar	Repeated use of similar elements
2. Repetition of similar catch positions.			
Combined			
1. Lack of variety in balance element selection.	Slight lack of variety	Moderate lack of variety	Most elements similar
2. Lack of variety in dynamic element selection.			

Maximum Deduction is 2.0. (0.5 for each Criterion)

47.5 PARTNERSHIP

Criteria for Evaluation	Small 0.1	Significant 0.3	Serious 0.5
1. Lack of visible relationship between partners.	Slight lack of relationship	Significant lack of relationship	No relationship evident
2. Lack of symmetry impacts ability to highlight performance of partner(s).	Slight lack	Significant lack	Lacking throughout
3. Manner lacks distinction and uniformity, impacting chemistry when working together or apart.	Slight loss of uniformity	Significant loss of uniformity	Lacking throughout
4. Relationship not maintained throughout.	Slight loss of relationship	Obvious loss during performance	Relationship lost during most of exercise.

Maximum Deduction is 2.0. (0.5 for each Criterion)

2013 CODE OF POINTS - ARTICLE 48: TECHNICAL FAULTS

- 48.1 Tables summarizing the seriousness of different kinds of technical faults are provided in Articles 48.5 – 48.10.
- 48.2 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
 - Significant Faults 0.3
 - Serious Faults 0.5 or 1.0
- 48.3 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.
- 48.4 **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 in the performance of pair/group elements, individual elements or choreography. 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.

48.5 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	0.3	0.5
2. Lack of full extension of knees/ elbows/ ankles in elements requiring full extension	0.1	0.3	

48.6 BODY SHAPE, ANGLE AND LINE

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Handstands off vertical or ideal positions	0.1	0.3	0.5
2. Back arch and/or hip flexing when trying to maintain a straight position	0.1	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	0.3	0.5
5. Leg split less than 180° or causing hips to twist, in split-leg handstands, walkovers, sitting	0.1	0.3	0.5

48.7 HESITATIONS, STEPS and SLIPS

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Hesitation of top or readjustments in climbing or transitions	0.1	0.3	
2. Hesitation in a motion phase of an element stopping smooth flow	0.1		
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

48.8 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	0.3	0.5
2. Base switching from heels to toes or taking steps when trying to stabilize a hold or when catching	0.1	0.3	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		

48.9 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

48.10 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 millimetre 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. 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 art 11)
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 0.1 for 11-16 and 12-18 and 0.3 for 13-19 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 0.3 for 11-16 and 12-18 and 0.5 for 13-19.
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.
15. In application to groups, relative to the tallest partner, the next tallest must exceed the suprasternal point by one centimetre and so on.
16. 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.

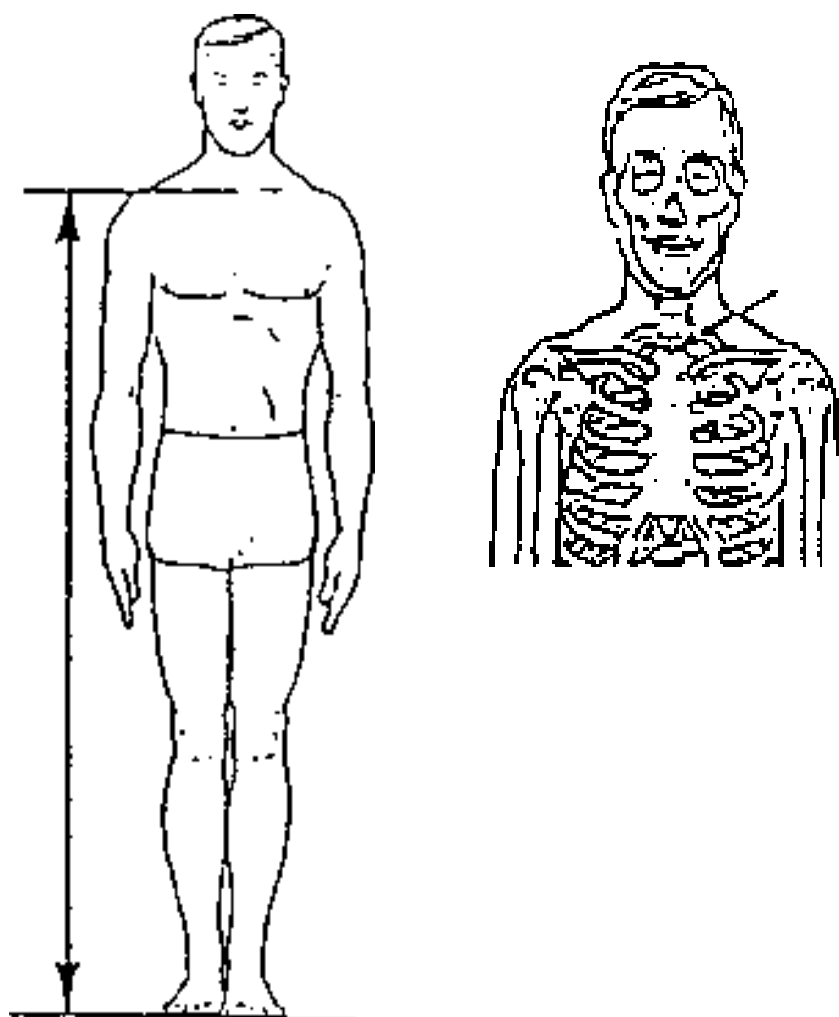
The Suprasternal Point

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.

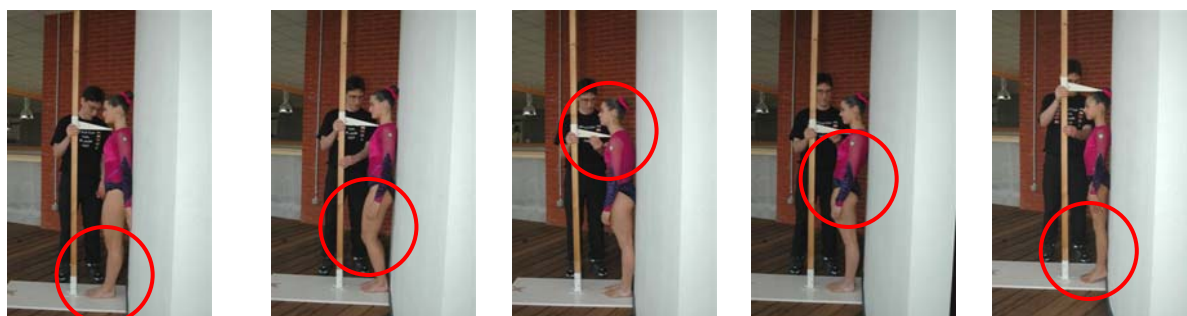
The apparatus must meet with the type and standards outlined in the Apparatus Regulations.



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 lifted

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



ACROBATIC GYMNASTICS
WORLD AGE GROUP COMPETITION
11 years to 16 years



APPENDIX 5

Compulsory Elements Table

Original author of the programme – Konrad Zielinski (POL)
Drawings by Karl Wharton (GBR) FIG ACRO TC

AGE GROUP 11 - 16

BALANCE EXERCISE

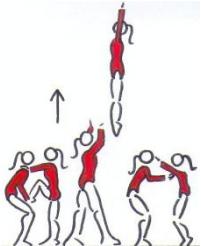
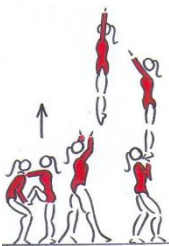
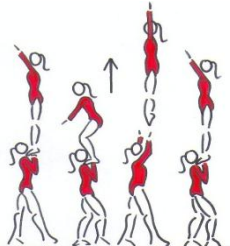

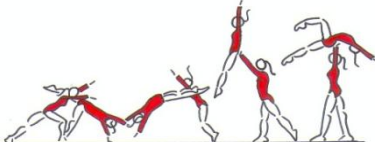
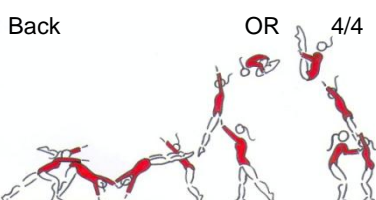
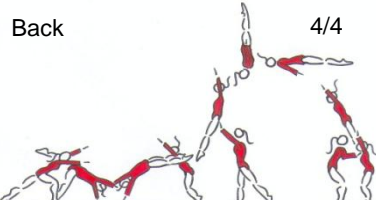


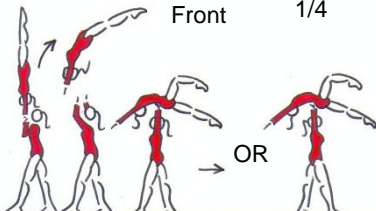
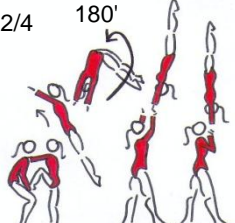
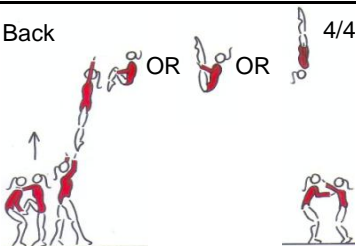
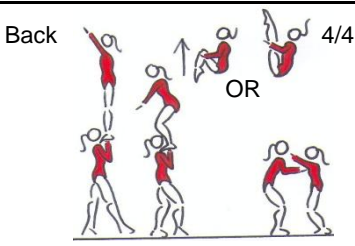
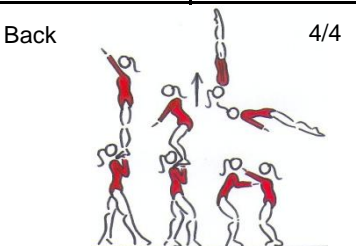
WOMEN'S PAIR

ROW I						2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 8	
VALUE	-	0,1	0,1	0,1	0,2		
ROW II			 OR 				
VALUE	-	0,1	0,1		0,2		
ROW III				 Power	 Power	 Power	 Power
VALUE	-	-	0,1	0,2	0,2	0,3	0,3
ROW IV	 OR 		 ↓ ↓ 		 ↓ ↓ 		 ↓ ↓
VALUE	-		-		0,1	0,2	0,2

AGE GROUP 11 - 16

DYNAMIC EXERCISE

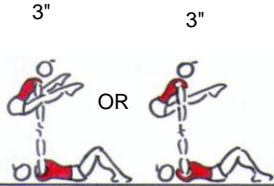

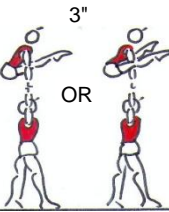
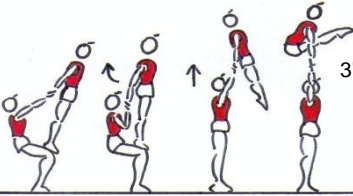
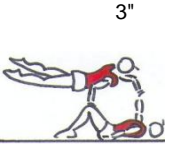




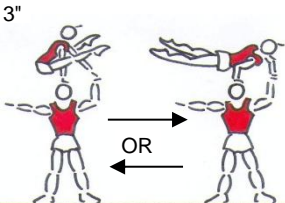
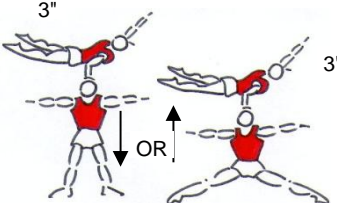
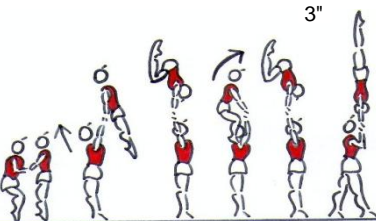
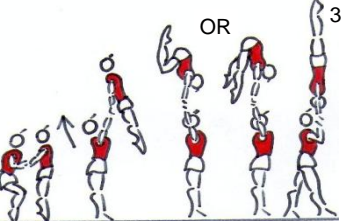
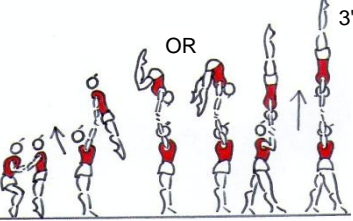
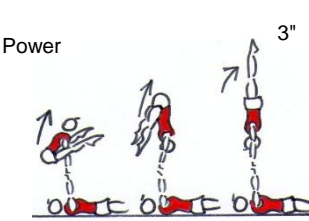
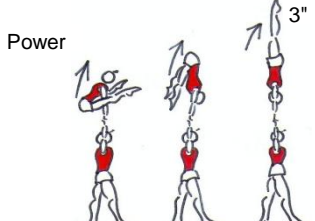
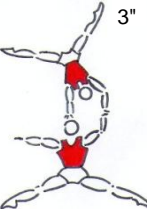
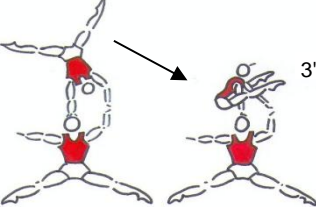
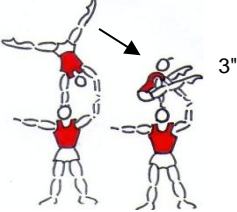
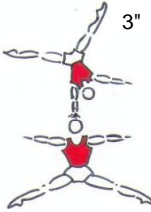
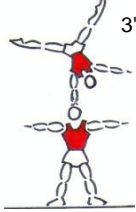
WOMEN'S PAIR

ROW I				<div>2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14</div>		
VALUE	-	0,1	0,2			
ROW II	Back 4/4 	Back 1/4 	Back OR 4/4 	Back 4/4 		
VALUE	0.1	0,2	0,2	0,3		
ROW III	Front 1/4 	2/4 	Front 1/4 	2/4 180° 	Legs can be straddle or straight	
VALUE	0.1	0,2	0,2	0,3	0,3	
ROW IV	Back 4/4 	Back 4/4 	Back 4/4 			
VALUE	0.2	0.2	0,3			

AGE GROUP 11 - 16

BALANCE EXERCISE

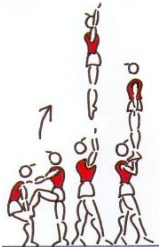
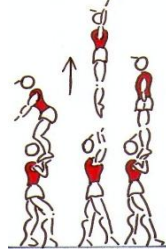
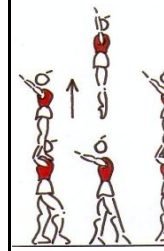

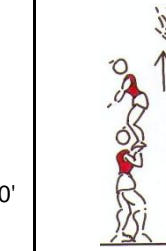
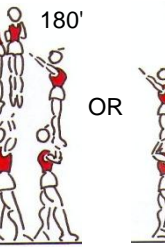
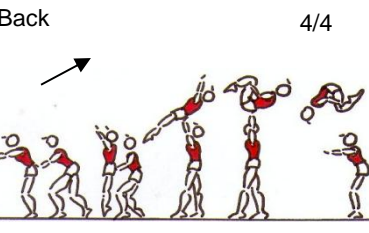
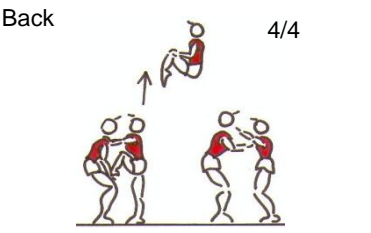
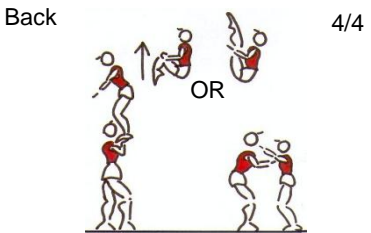
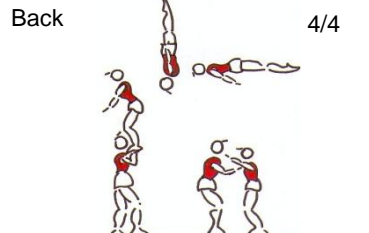
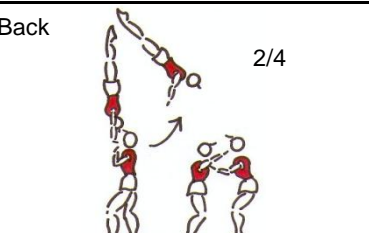
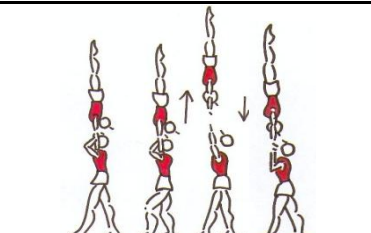
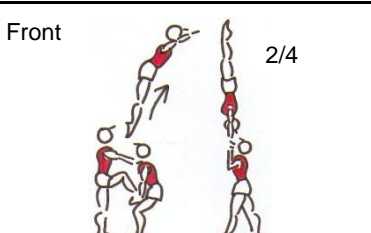
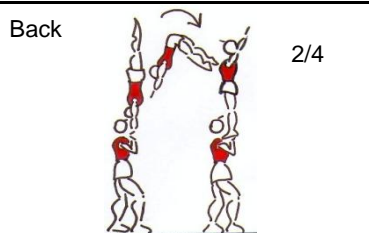
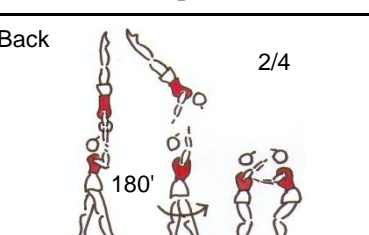
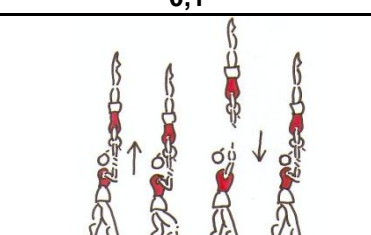
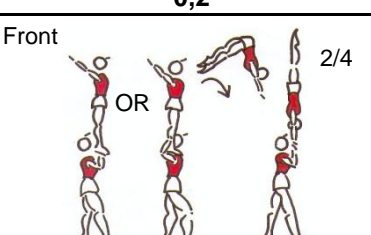
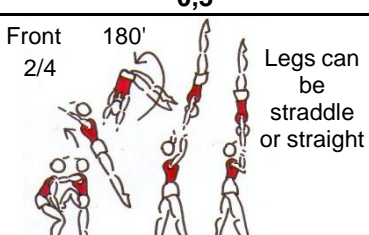
MEN'S PAIR

ROW I							<div>2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 8</div>	
VALUE	-		0,1	0,1	0,2			
ROW II								
VALUE	-	0,1	0,1	0,2	0,2	0,2	0,3	
ROW III								
VALUE	-		0,1		0,2		0,2	0,3
ROW IV								
VALUE	-	0,1		0,2		0,3	0,3	

AGE GROUP 11 - 16

DYNAMIC EXERCISE


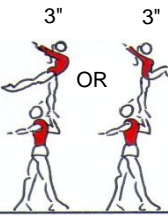


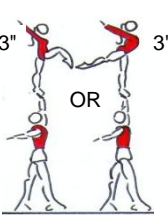
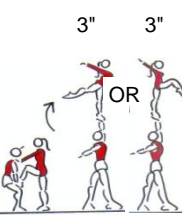
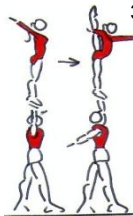

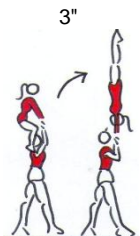
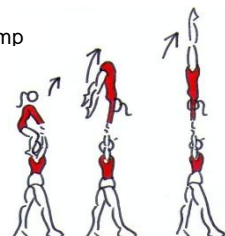
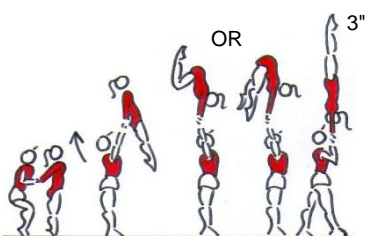
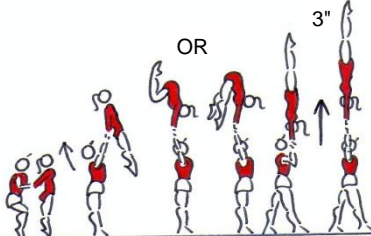
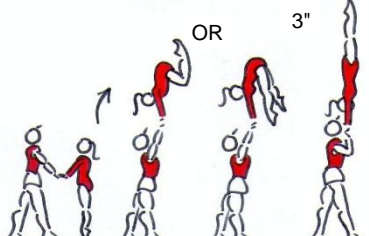
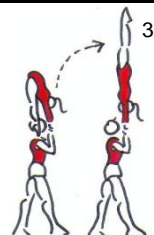
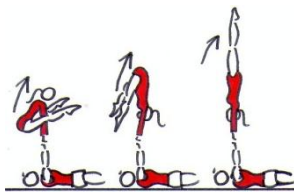
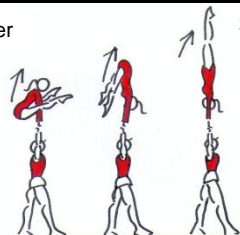
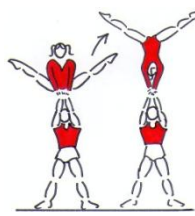
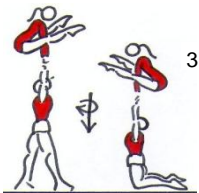
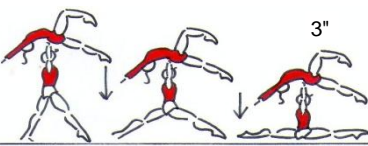
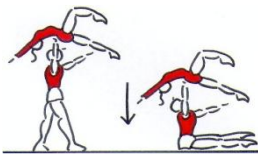
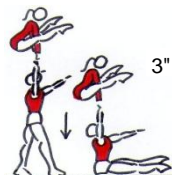
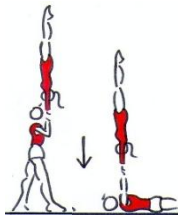
MEN'S PAIR

ROW I							2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14	
VALUE	0,1	0,1	0,1	0,2	0,2			
ROW II					Support of men's landing is obligatory			
VALUE	0,1	0,1	0,1	0,2				
ROW III								
VALUE	-	0,1	0,2	0,3				
ROW IV					Legs can be straddle or straight			
VALUE	-	0,1	0,2	0,3				

AGE GROUP 11 - 16

BALANCE EXERCISE

MIXED PAIR

ROW I									2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 8
VALUE	-	0,1	0,1	0,2	0,2	0,3	0,3	0,3	
ROW II									
VALUE	-	0,1	0,1	0,2	0,3				
ROW III									
VALUE	-	0,1	0,2	0,3					
ROW IV									
VALUE	0,1	0,1	0,1	0,2	0,2				

AGE GROUP 11 - 16

DYNAMIC EXERCISE


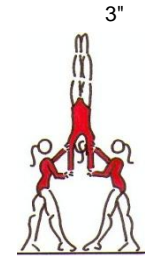


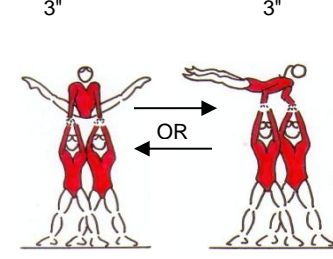
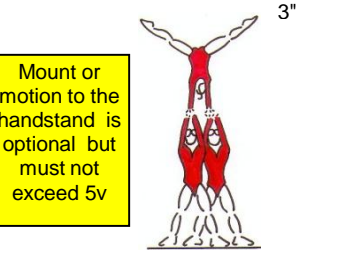
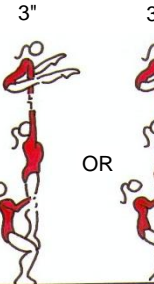
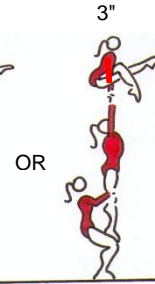
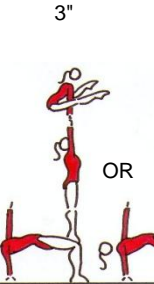
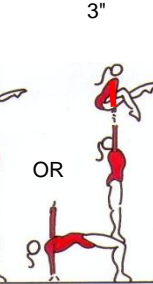
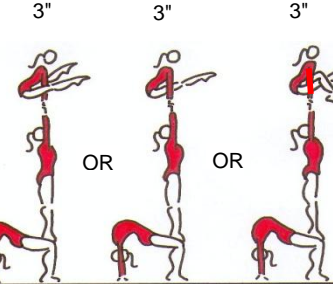
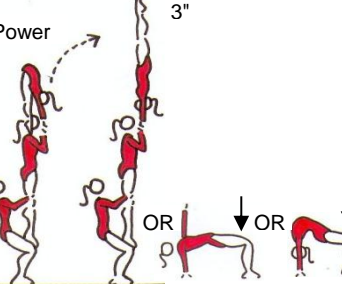
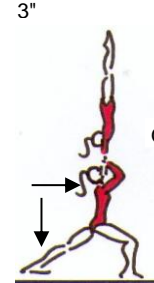
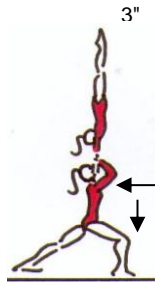
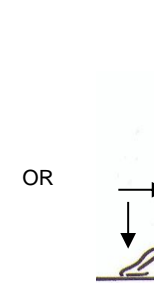
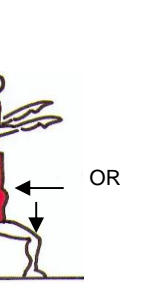
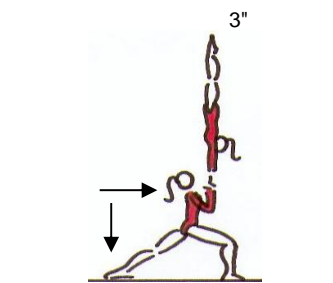
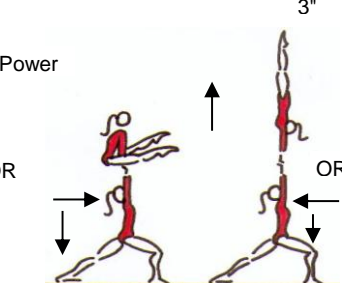
MIXED PAIR

ROW I					2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14
VALUE	-	-	0,1	0,1	
ROW II	Front 	Front 	Back 	Back 	
VALUE	-	0,1	0,2	0,2	0,2
ROW III	Back 	Front 	Back 		
VALUE	-	-	0,1		
ROW IV	Back 	Front 	Front 	Back 	
VALUE	-	-	0,2	0,2	

AGE GROUP 11 - 16

BALANCE EXERCISE

WOMEN'S GROUP

ROW I						 <div>Mount or motion to the handstand is optional but must not exceed 5v</div>	<div>1 OPTIONAL PYRAMID HELD 3" DIFFICULTY MINIMUM 4 MAXIMUM 16</div>
VALUE	-	-	0,1	0,1	0,3	0,3	
ROW II							
VALUE	0,2	0,2	0,2	0,2	0,2	0,3	
ROW III							
VALUE	-	0,1	0,1	0,2	0,2	0,3	

AGE GROUP 11 - 16

DYNAMIC EXERCISE


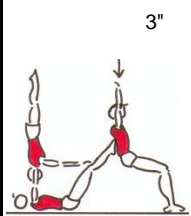
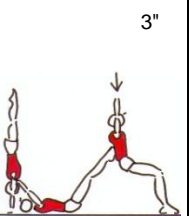
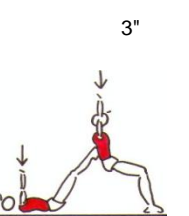
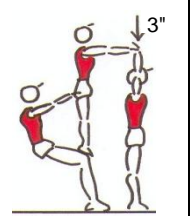
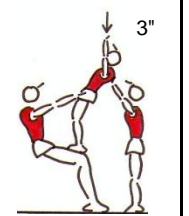
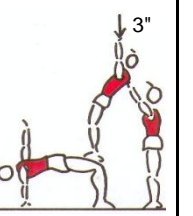
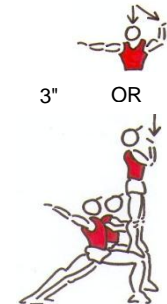
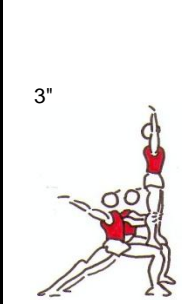
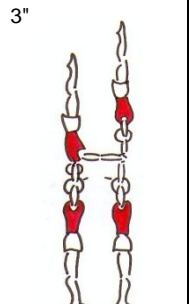
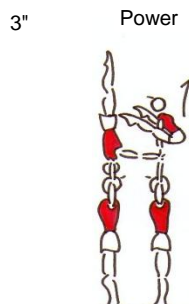
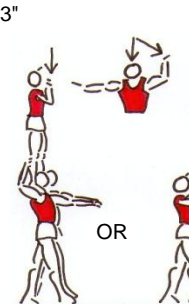
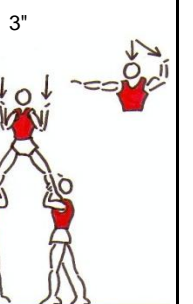
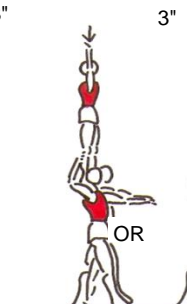
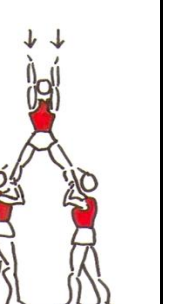

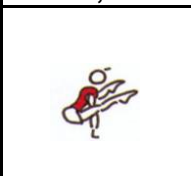
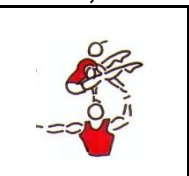
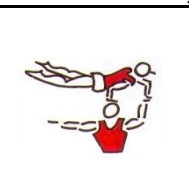


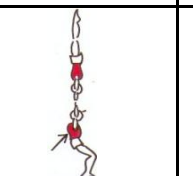
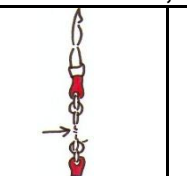
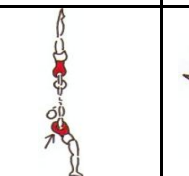


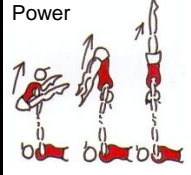
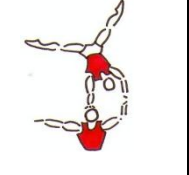
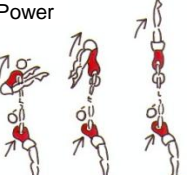

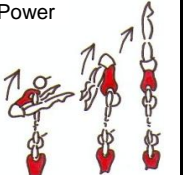
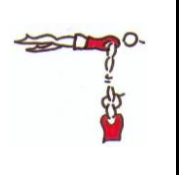
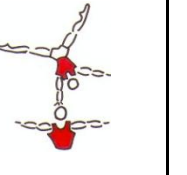
WOMEN'S GROUP

ROW I					
VALUE	-	0,1	0,1	0,1	0,2
ROW II					<div>2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14</div>
VALUE	-	0,1	0,2	0,2	
ROW III					
VALUE	-	0,2	0,2	0,3	
ROW IV					
VALUE	0,1	0,1	0,2	0,3	0,3

AGE GROUP 11 - 16

BALANCE EXERCISE

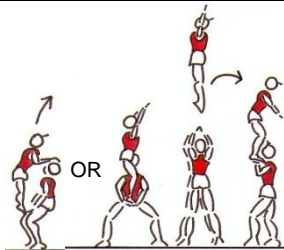

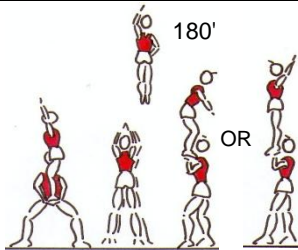
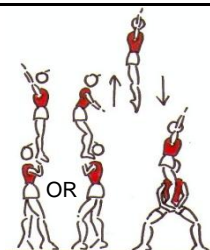
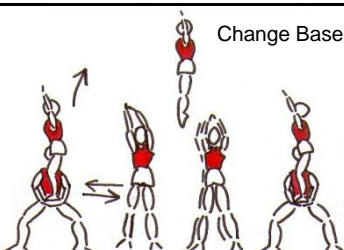
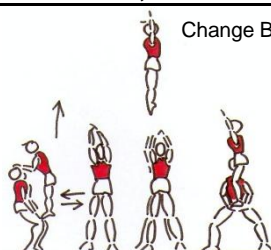
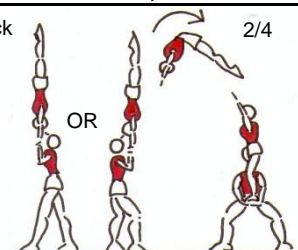
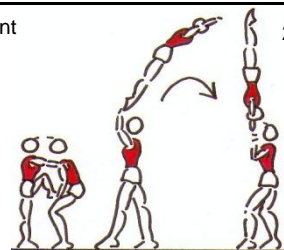
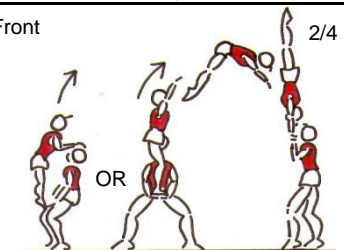
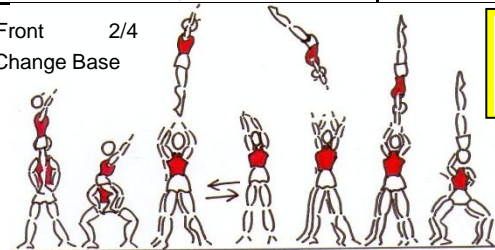
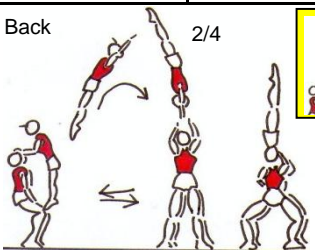
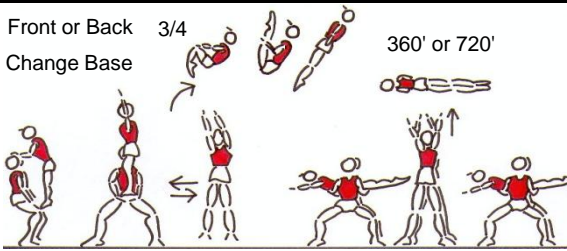
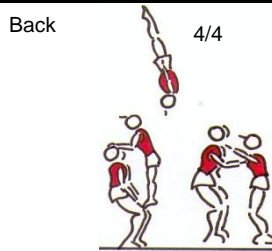
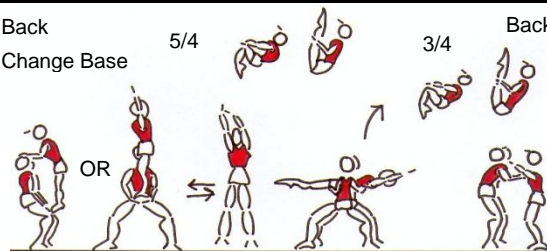
MEN'S GROUP

ROW I								<div>1 OPTIONAL PYRAMID DIFFICULTY MINIMUM 4 MAXIMUM 16</div>		
	VALUE	-	-	-	-	-	-			
ROW II										
	VALUE	0,1	0,2	0,2	0,4		0,5		0,5	
										
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		

AGE GROUP 11 - 16

DYNAMIC EXERCISE

MEN'S GROUP

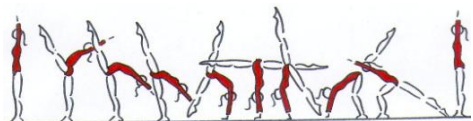













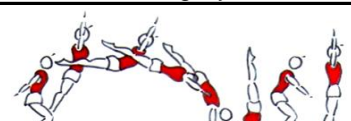
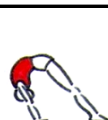
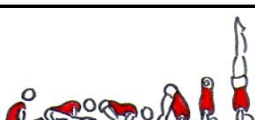
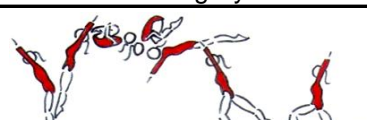
ROW I	 OR	 180°	 OR 180°	<div>2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 10</div>	
VALUE	-	-	0,1	0,1	
ROW II	 OR	 Change Base	 Change Base	 OR Back 2/4	
VALUE	-	0,1	0,2	0,2	
ROW III	 Front 2/4	 OR Front 2/4	 Front Change Base 2/4	 Back 2/4	
VALUE	-	0,1	0,1	0,2	
ROW IV	 Front or Back Change Base 3/4 360° or 720°	 Back 4/4	 OR Back Change Base 5/4 3/4 Back	Support of men's landing is obligatory	
VALUE	0,1	0,1	0,3		

Support of men's landing is obligatory

Balance Exercise

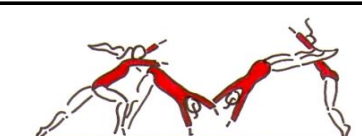
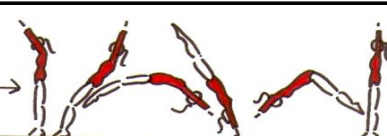

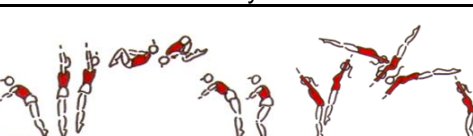
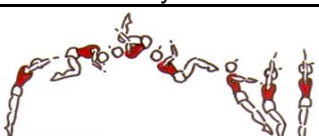
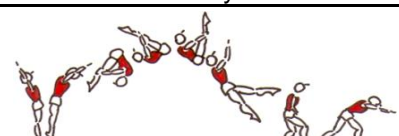
Each partner of a pair or group must perform 3 optional individual elements selected from the examples outlined below and / or from Category 1 of the FIG Tables of Difficulty. Each partner must show one:-

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 11 years to 16 years







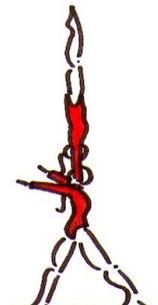

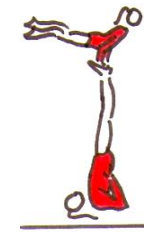


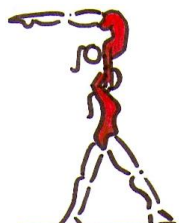





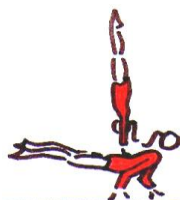


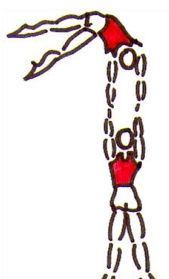
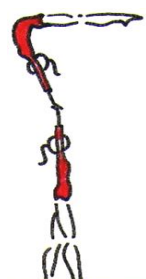

APPENDIX 6

Optional Elements Table

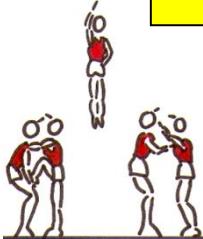
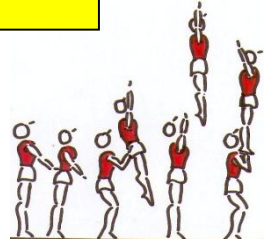

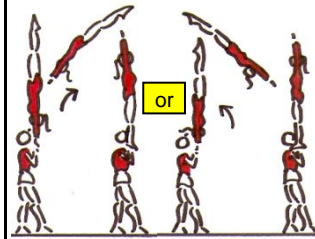
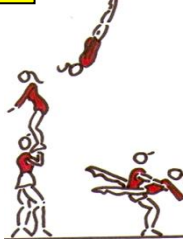


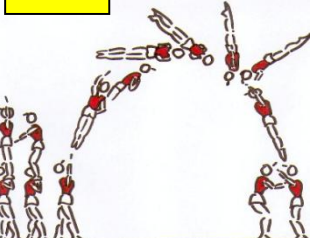
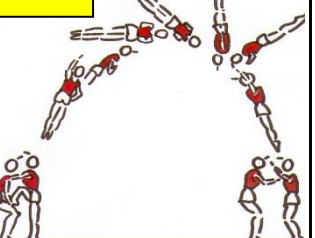
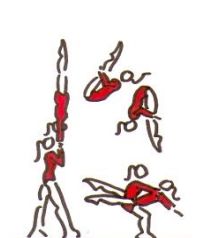
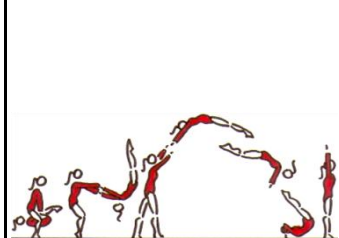
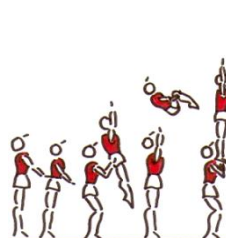




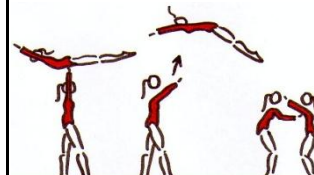

Drawings by Karl Wharton (GBR) FIG ACRO TC

January 2013








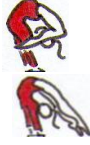
































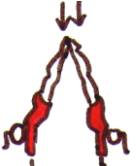








EXAMPLES OF PAIR OPTIONAL BALANCE - MINIMUM VALUE 1 - MAXIMUM VALUE 8

BALANCE							
							
Value	1	2 3	3	3	2	2	4
ID Code	AG P1	AG P2	AG P3	AG P4	AG P5	AG P6	AG P7
BALANCE							
Value	4	2	3	5	6	4	7
ID Code	AG P8	AG P9	AG P10	AG P11	AG P12	AG P13	AG P14
BALANCE							
Value	7	8	8	8	8	7	
ID Code	AG P15	AG P16	AG P17	AG P18	AG P19	AG P20	



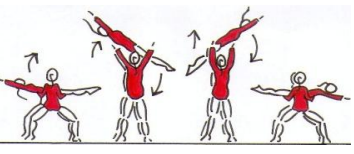

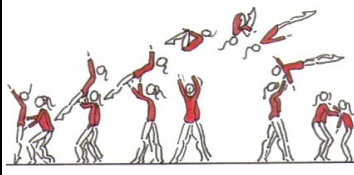



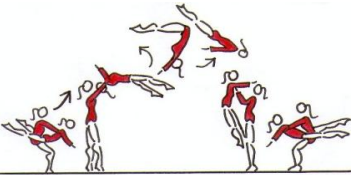


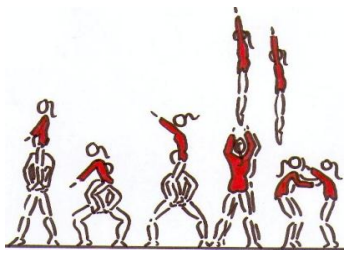


EXAMPLES OF PAIR OPTIONAL DYNAMIC ELEMENTS - MINIMUM VALUE 1 - MAXIMUM VALUE 14

DYNAMIC SKILL	 <div>0/4 + 180° or 360°</div>	 <div>0/4</div>	 <div>Back 3/4</div>	 <div>Front 2/4 or</div>	 <div>Back 5/4</div>	 <div>0/4</div>  <div>Front 4/4</div>
	Value	1 (180°) 2 (360°)	2	2	6	7
ID Code	AG D1	AG D2	AG D3	AG D4	AG D5	AG D6
DYNAMIC SKILL	 <div>Back 4/4 + 360°</div>	 <div>Back 4/4 + 360°</div>	 <div>Back 7/4</div>		 <div>Back 4/4</div>	 <div>Back 8/4</div>
	Value	12	12	8	10	12
ID Code	AG D7	AG D8	AG D9	AG D10	AG D11	AG D12
EXAMPLE OF EXIT	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 included and clearly identified on the tariff sheet.					
	 <div>Front 1/4</div>	 <div>Front 1/4</div>	 <div>Back 2/4</div>	 <div>Back 1/4</div>	 <div>Back 1/4</div>	
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	


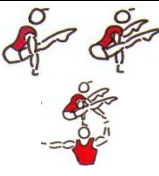
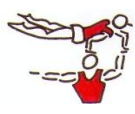






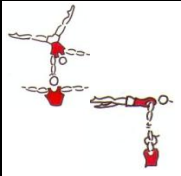

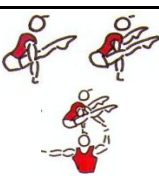







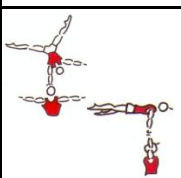
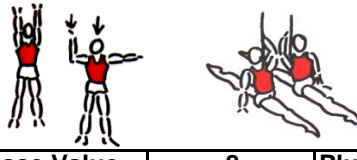
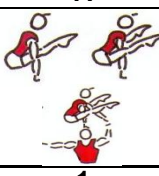
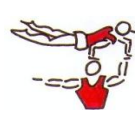






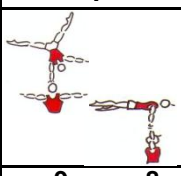

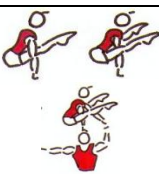







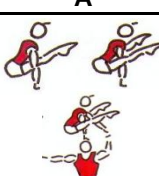




EXAMPLES OF WOMEN'S GROUP OPTIONAL BALANCE - MINIMUM TOTAL VALUE 4 - MAXIMUM TOTAL VALUE 16

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


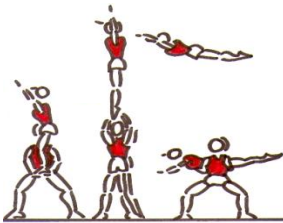
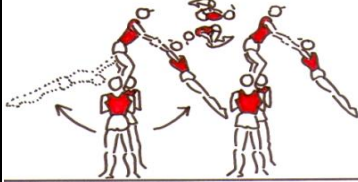
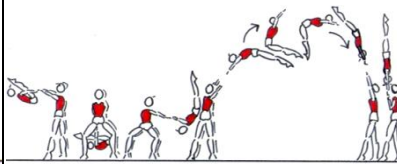
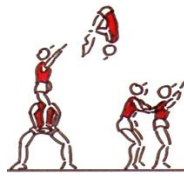
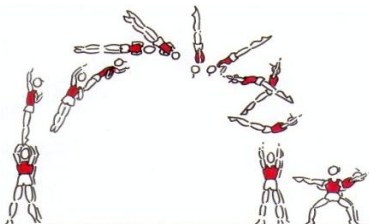
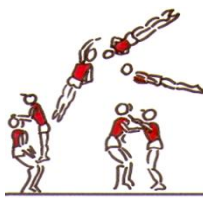
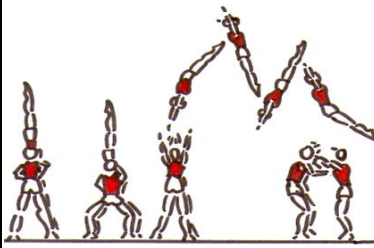
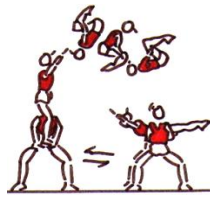
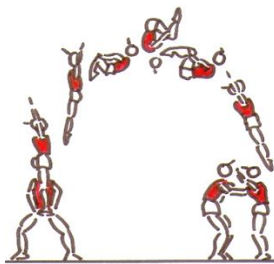
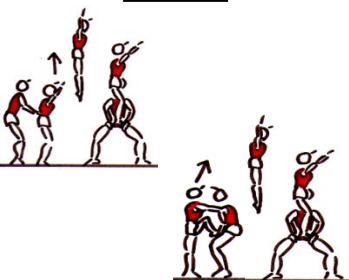
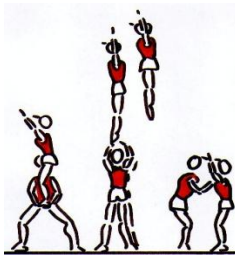
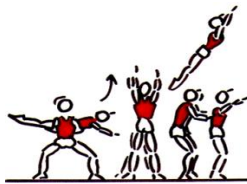
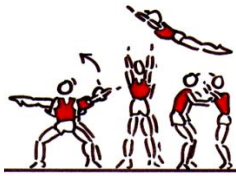
EXAMPLES OF WOMEN'S GROUP OPTIONAL DYNAMIC ELEMENTS - MINIMUM VALUE 1 - MAXIMUM VALUE 14

DYNAMIC SKILL					
	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					
	Value 4	3	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 included and clearly identified on the tariff sheet</p>				
		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	3	2	3	5	4	6	9	8
ID Code	AG MGB 1	Plus (+)	A	B	C	D	E	F	G	H	I	
												
Base Value	6	Plus (+)	1	2	3	2	3	5	4	6	9	8
ID Code	AG MGB 2	Plus (+)	A	B	C	D	E	F	G	H	I	
												
Base Value	8	Plus (+)	1	2	3	2	3	5	4	6	9	8
ID Code	AG MGB 3	Plus (+)	A	B	C	D	E	F	G	H	I	
												
Base Value	10	Plus (+)	2	3	4	3	4	6	5	X	X	
ID Code	AG MGB 4	Plus (+)	A	B	C	D	E	F	G	H	I	
												
Base Value	12	Plus (+)	2	3	4	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	<div>Back 1/4</div> 	<div>Front 1/4</div> 	<div>Front 4/4</div> 	<div>Front 3/4</div> 	<div>Front 4/4</div> 
	Value ID Code	1 AG MG D1	1 AG MG D2	10 AG MG D3	4 AG MG D4
DYNAMIC SKILL	<div>Back 5/4 + 360'</div> 	<div>Back 4/4 + 360'</div> 	<div>Back 6/4</div> 	<div>Front 7/4</div> 	<div>Back 8/4</div> 
	Value ID Code	7 AG MG D6	10 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 included and clearly identified on the tariff sheet.</p>				
	<div>0/4</div> 	<div>Front or Back 0/4</div> 	<div>Back 1/4</div> 	<div>Front 1/4</div> 	
Value ID Code	1 AG MG Entry 1	1 AG MG Exit 2	1 AG MG Exit 3	1 AG MG Exit 4	

Instruction how to use

Pairs Balance

- Box **1**: Identification (ID/#) of the **Static Holds**
 - Value in **A**
- Box **2**: Identification (ID/#) of **Mounts & Motions Top**
 - Value in **B**
- Box **3**: Identification (ID/#) of the **Static & Motions Base**
 - Value in **C**

Pairs Dynamic

- Box 1: not used
- Box 2: Identification (ID/#) of the Elements
 - Value in **B**
- Box 3: not used
- **D** : value of Links (*no coördinates!*)

Women's group Balance

- Box **1**: Identification (ID/#) of the Static Holds
 - Value in **A**
- Box **2**: Identification (ID/#) of Mounts & Motions Top
 - Value in **B**
- Box **3**: Identification (ID/#) of the Basic Pyramids
 - Value in **C**
- **D** not used

Women's group Dynamic

- Box 1: not used
- Box 2: Identification (ID/#) of the Elements
 - Value in **B**
- Box 3: not used
- **D** : value of Links (*no coördinates!*)

M4 Balance

- Box **1**: Identification (ID/#) of the Static Holds
 - Value in **A**
- Box **2**: Identification (ID/#) of Mounts & Motions Top
 - Value in **B**
- Box **3**: Identification (ID/#) of the Basic Pyramids & Transitions
 - Value in **C**
- **D** not used

M4 Dynamic

See Women's group

Individual Elements

- 1: coördinates of the individual elements
 - cat. 1: only ID/# number
 - Cat. 2: only page

A = PARTNER 1
B = PARTNER 2
C = PARTNER 3
D = PARTNER 4

	1				
Value	A	B	C	D	
SH		1			
Top		2			
Base		3			

	A	B	C	D
I1				

Names gymnasts + contactperson (Cellphone-nr)

Competition:

Nr:

										COUNTRY									
										LEVEL									
11-16		12-18		13-19		SEN				11-16		12-18		13-19		SEN			
Value																			
SH																			
Top																			
Base																			
10		11		12		13		14		15		16		17		18			
Value																			
SH																			
Top																			
Base																			
19		20				I1		I2		I3		I4		I5		I6			
Value																			
SH																			
Top																			
Base																			
19		20				I1		I2		I3		I4		I5		I6			
Value																			
SH																			
Top																			
Base																			
19		20				I1		I2		I3		I4		I5		I6			
Value																			
SH																			
Top																			
Base																			
19		20				I1		I2		I3		I4		I5		I6			
Value																			
SH																			
Top																			
Base																			
19		20				I1		I2		I3		I4		I5		I6			
Value																			
SH																			
Top																			
Base																			
19		20				I1		I2		I3		I4		I5		I6			
Value																			
SH																			
Top																			
Base																			
19		20				I1		I2		I3		I4		I5		I6			
Value																			
SH																			
Top																			
Base																			
19		20				I1		I2		I3		I4		I5		I6			
Value																			
SH																			
Top																			
Base																			