

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



FONDÉE EN 1881

WORLD AGE GROUP COMPETITION

Rules 2017-2020



ACROBATIC GYMNASTICS

Approved by the FIG Executive Committee



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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 2017. These rules are guided by the current FIG Statutes, General Technical Regulations, the FIG Judges' Rules, the 2017 - 2020 Acrobatic Gymnastics Code of Points and Tables of Difficulty.

This publication has been revised to reflect the changes that were made to the ACRO Code of Points 2017 – 2020. The basic principles which provide the foundation for the Age Group Program are unchanged.

The Appendix is to eliminate the need for developing countries to consult multiple documents to construct exercises. Appendix 6 contains elements 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 eliminate 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 2017 - 2020. 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 – 2016 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 2013-2016 have contributed to the revision of the World Age Group Competition Rules:

Ms. Rosy Taeymans	BEL	<i>President</i>
Ms Tonya Case	USA	<i>Vice President</i>
Ms. Irina Nikitina	RUS	<i>Vice President</i>
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Mr. Yuriy Goliak	UKR	<i>Member</i>
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INTRODUCTION

The FIG Acrobatic Gymnastics Age Group Events aim specifically to:

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

SECTION I

Article 1: PARTICIPATION

- 1.1 Athletes per National Team may not exceed 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 as 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 only if he/she belongs to a different unit* (pair/group).

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

1.5 Maximum Delegation Size

Head of Delegation	1	
Team Manager		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
Men's Group
Mixed Pairs
Women's Group
Men's 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, (COP, 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.
- 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 except for **new** countries who are in the first cycle of participating.
- 3.5 Every judge is guaranteed to judge a minimum of one time 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. If 30 or more units, 10 go 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 and the starting order for the finals will be decided by draw

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:

2017 – 2018/ 2021 – 2022 Age Group Competitions

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

2019 – 2020/ 2023 – 2024 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:
 - 1) The highest E-score of the Balance/Dynamic exercise prevails.
 - 2) The highest sum of the E and A scores of the balance/Dynamic exercise prevails. If there is still a tie, the tie will not be 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 Music of all exercises has a maximum duration of 2 minutes. There is a 2" (second) tolerance before the overtime of exercise penalty is applied. There is no minimum length. The first note of the music indicates the beginning of the time of the exercise. The first move made by one or more competitors from the start position is considered as the "start" of an exercise. The end of an exercise is the **static position** of partners, which must coincide with the end of the music.
- 5.3 Each pair/group, in one exercise, must perform as in the drawings (See table of variations allowed), 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
Women's Pair*	Min 1v – Max 9v	Min 1v – Max 14 v	Min 1v – Max 10v
Men's Pair	Min 1v – Max 9v	Min 1v – Max 14 v	
Mixed Pair	Min 1v – Max 9v	Min 1v – Max 14 v	
Women's Group	Min 1v – Max 16v	Min 1v – Max 14v	
Men's Group	Min 1v – Max 16v	Min 1v – Max 10v	
<i>*The co-efficient normally applied for WP balance and dynamic does not apply for 11-16</i>			

- 5.5 Each partner of a pair or group must perform 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.
- 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
- 5.7 A penalty of 0.3 is applied for incorrect Tariff Sheet (element order, wrong element,..) This penalty is applied only **one time** per exercise.
- 5.8 All Special Requirements must be met within the declared elements on the Tariff sheet

5.9 A penalty of 1.0 is applied when:

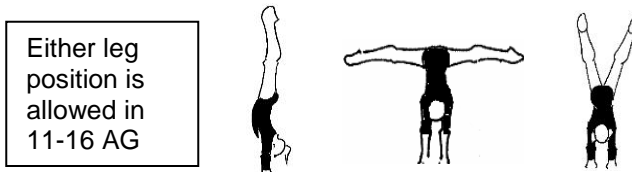
- A pair/group or individual element exceeds the stated maximum value.
- A simple element as per Art. 5.6 exceeds the maximum number of rotations, twists or the maximum value of 5.
- A forbidden element is performed.

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

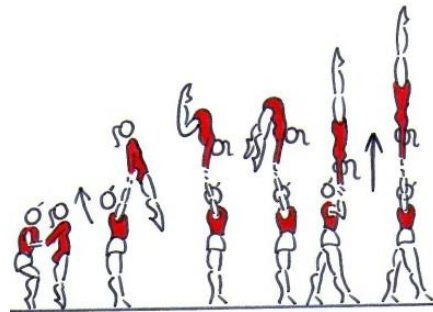
5.10 Only 2 dismounts are allowed for difficulty. A maximum of 3 dismounts in the exercise are allowed. The landings of all dynamic elements and dismounts with a value greater than 1 must be supported. If the landing is performed without support, a 0.5 penalty is applied for each occurrence.

Exceptions: Support is optional for dismounts from “cannon-ball” elements and the 5/4 gainer salto from wrap.

5.11 For developmental reasons, in both pair and group balance and dynamic elements, **all handstands** may be performed with legs in either a straddle or any allowed positions or with legs together to the ankle. There is no need to identify the specific leg position on the tariff sheet.



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



Article 6 PAIRS: Balance and Dynamic Exercises

6.1 Each pair balance and dynamic exercise must include 6 pair elements. For each missing pair element, a special requirement penalty of 1.0 is applied.

6.2 Each partner must perform 3 individual elements for the balance exercise and 3 for the dynamic exercise. For each missing individual element, a special requirement penalty of 1.0 is applied.

- 6.3 In the balance exercise, each partner must perform 1 balance, 1 flexibility, and 1 agility individual element selected from Appendix 6 or the TOD.
- 6.4 In the dynamic exercise, each partner must perform 3 tumbling elements selected from Appendix 6 or the TOD. One of the elements must be a salto.
- 6.5 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.
- 6.6 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.
- 6.7 In balance exercises, the difficulty of the optional element must be a minimum of value 1 and a maximum of value 8.
- 6.8 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. For each missing individual element, a special requirement penalty of 1.0 is applied.
- 7.3 In the balance exercise, each partner must perform 1 balance, 1 flexibility, and 1 agility individual element selected from Appendix 6 or the TOD. If this special requirement is not fulfilled a penalty of 1.0 is applied.
- 7.4 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.)
- 7.5 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.) This pyramid must be performed as separate construction.
- 7.6 Women's Group: The optional pyramid may be selected from one of the same categories used for the compulsory elements.

7.7 Forbidden Elements for Groups:

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



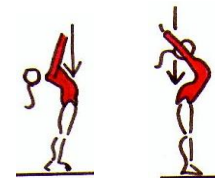
2. Stands on the shoulders with the base in splits without hands on the floor.



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 In the dynamic exercise, each partner must perform 3 tumbling elements selected from Appendix 6 or the TOD. If this special requirement is not fulfilled a penalty of 1.0 is applied. One of the elements must be a salto. If this special requirement is not fulfilled a 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 360/540 horizontal twist may not be used as an optional element.
- 8.6 A total of three (3) 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 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.
Clarification: In Balance the Round off can be used multiple times, however in Dynamic it may be used only ONE time.

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 the difficulty Value of the performed elements up to a max of 0,5:

D-Value of Compulsory Elements
0.0
0.1
0.2
0.3
0.4
0.5

- 10.6 The total score is determined by adding together:
 - 2X 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 Compulsory elements (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.

10.9 TARIFF SHEETS 11-16

A Tariff Sheet is the illustrated declaration, computer generated, of the pair/group and individual elements which are to be performed. **Only** elements to be performed for special requirements must be included on the tariff sheet. They must be drawn in the order of performance. If not, a 0.3 penalty for incorrect tariff sheet is applied.

Compulsory elements must include the Row, the box number 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.

SECTION IV

AGE GROUP 12 – 18

Article 11 STRUCTURE OF COMPETITION

Qualifications:

- 11.1 Each pair and group performs one Balance and one Dynamic exercise.
- 11.2 The places after qualifications are determined by the sum of scores from the two exercises: Balance and Dynamic.
- 11.3 The top 8 proceed to a Final with not more than one from one federation in each category. If there are less than 12 entries to a category, only 6 proceed to the final. If 30 or more units, 10 go 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 and the starting order for the finals will be decided by draw

Finals:

- 11.6 Each Pair and group performs one Combined exercise in the finals.
- 11.7 Marking starts from zero.
In case of a tie in points at any place in the Finals, the ranking will determined by the following criteria:
 - 1) The highest E score of the Combined exercise prevails.
 - 2) The highest sum of the E and A score of the Combined exercise prevails.If there is still a tie, the tie will not be broken.

- 11.8 If there are less than 4 countries participating in a category, no medals will be awarded. Certificates of participation will be presented.

Article 12 COMPOSITION OF EXERCISES

- 12.1 All exercises, Balance, Dynamic and Combined, are composed in accordance with the current FIG Technical Regulations, Code of Points and Tables of Difficulty for Acrobatic Gymnastics except as noted in Articles 12.5 - 12.11 below.
- 12.2 The Difficulty of an exercise will be calculated in accordance with the FIG Code of Points and the Tables of Difficulty. Difficulty is strictly limited:
- Balance: 80
 - Dynamic: 70
 - Combined: 100
- 12.3 Pair/groups may perform up to 20 values more than that given for the maximum difficulty mark. If they exceed 20 values over the maximum difficulty, a penalty of 1.0 will be applied.
- 12.4 If elements of Difficulty beyond the additional 20 values allowed are not declared on the Tariff Sheet, but are performed, a penalty of 1.0 will be applied with the exception of the very simple entries/exits max Value 5.
- 12.5 In the balance exercise, each partner must perform 3 individual elements (balance, flexibility agility). If this special requirement is not fulfilled a penalty of 1.0 is applied.
- 12.6 In the dynamic exercise, each partner must perform 3 tumbling elements. If this special requirement is not fulfilled a penalty of 1.0 is applied. One of these elements must be a salto. If this special requirement is not fulfilled a penalty of 1.0 is applied.
- 12.7 In the combined exercise, all partners must perform 3 individual elements. If this special requirement is not fulfilled a penalty of 1.0 is applied. One of these elements must be a salto, selected from agilities or tumbling. If this special requirement is not fulfilled a penalty of 1.0 is applied.
- 12.8 If the required salto is not performed by one 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.

Men's group balance clarifications:

- 12.9 During the whole exercise the top can go to a position of no value, 2 times for this Age Group 12-18 . This is not a transitional pyramid but 2 separate pyramids.
- 12.10 Pyramids with 2 bases on the floor can be used 2 times in an exercise.
- 12.11 Age Group 12-18: one pyramid with 2 bases on the floor may be used for special requirements. However difficulty credit may be given for 1 transitional pyramid with 2 bases on the floor and for 1 separate pyramid construction with 2 bases on the floor.

**12.12 Forbidden balance elements for groups:
(See pictures in Article 7.7 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 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 hips or glutei with the base in exaggerated curvature of the spine (lordosis).

Forbidden dynamic elements for pairs and groups:

1. Salto's with rotation of 12/4 or greater.

Article 13. JUDGING 12-18 EVENTS

- 13.1 All exercises are judged in accordance with the 2017 - 2020 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:

- 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. If 30 units or more, 10 go 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 and the starting order for the finals will be decided by draw.

Finals:

14.6 Each Pair and group performs one Combined exercise in the finals.

14.7 Marking starts from zero.

In case of a tie in points at any place in the Finals, the ranking will be determined by the following criteria:

- 1) The highest E score of the Combined exercise prevails.
- 2) The highest sum of the E and A score of the Combined exercise prevails.
- 3) If there is still a tie, the tie will not be 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

15.1 All exercises, Balance, Dynamic and Combined, are composed in accordance with the current FIG Technical Regulations, Code of Points and Tables of Difficulty for Acrobatic Gymnastics, except as noted in articles 15.5 - 15.11 below.

15.2 The Difficulty of an exercise will be calculated in accordance with the FIG Code of Points and the Tables of Difficulty. Difficulty is strictly limited:

- Balance: 120
- Dynamic: 110
- Combined: 140

15.3 Difficulty is strictly limited. Pair/groups may perform up to 20 values more than that given for the maximum difficulty. If they exceed 20 values over the maximum difficulty, a penalty of 1.0 will be applied.

15.4 If elements of Difficulty beyond the additional 20 values allowed are not declared on the Tariff Sheet, but are performed, a penalty of 1.0 will be applied with the exception of the very simple entries/exits max Value 5.

15.5 In the balance exercise, each partner must perform 3 individual elements. (balance, flexibility agility.) If this special requirement is not fulfilled a penalty of 1.0 is applied.

15.6 In the dynamic exercise, each partner must perform 3 tumbling elements. If this special requirement is not fulfilled a penalty of 1.0 is applied. One of these elements must be a salto. If this special requirement is not fulfilled a penalty of 1.0 is applied.

15.7 If a salto is not performed by one 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.

- 15.8 In the combined exercise, all partners must perform 3 individual elements. If this special requirement is not fulfilled a penalty of 1.0 is applied. One of these elements must be a salto, selected from agilities or tumbling. If this special requirement is not fulfilled a penalty of 1.0 is applied.

Men's group balance clarifications:

- 15.9 During the whole exercise the top can go to a position of no value, 2 times for this Age Group 13-19. This is not a transitional pyramid but 2 separate pyramids.
- 15.10 Pyramids with 2 bases on the floor can be used 2 times in an exercise.
- 15.11 Age Group 13-19: one pyramid with 2 bases on the floor may be used for special requirements. However difficulty credit may be given for 1 transitional pyramid with 2 bases on the floor and for 1 separate pyramid construction with 2 bases on the floor.
- 15.12 **Forbidden balance elements for groups:
(See pictures in Article 7.7 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 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 hips or glutei with the base in exaggerated curvature of the spine (lordosis).

ACROBATIC GYMNASTICS

World Age Group Competition

APPENDICES



- Appendix 1:** CJP and DJ Penalties (ACRO Code of Points Article 43)
Artistry Judging (ACRO Code of Points, Article 44)
Execution Judging (ACRO Code of Points, Article 45)
- Appendix 2:** Measurement Procedure (ACRO Code of Points Appendix 1)
- Appendix 3:** Compulsory Elements Table
- Appendix 4:** Optional Elements Table (ACRO TOD)

APPENDIX 1

TABLES OF FAULTS AND PENALTIES

2013 CODE OF PONTS - ARTICLE 43: CJP AND DJ PENALTIES

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

43.2 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 of the next tallest partner by appendix 1.	0.1-1.0
3. Poor Sportsmanship on the Field of Play.	0.5
4. Late Tariff Sheet.	0.3 per exercise
5. Re-start of exercise without justification.	0.3
6. Music infringements (Music containing lyrics/words in more than one exercise-/not indicated on the correct TS..)	0.5
7. Failure to present to the judges at the start or end of exercise.	0.3
8. Stepping over the boundary line.	0.1 each time
9. Landing on two feet outside or falling outside the boundary.	0.5 each time
10. Starting before the music or Ending before or after the music.	0.3
11. Failure to observe publicity rules. (National Identification not clearly visible on attire.)	0.2
12. Adjustment of attire. Loss of accessories. Skirt does not fall back on the hips.	0.1 each time
13. Unless otherwise indicated in this table, all attire infringement penalties.	0.3 each occurrence
14. Immodest attire. (For example, neckline too low.)	0.5
15. Use of forbidden attire. (For example, character outfit.)	0.5
16. Verbal coaching of partner.	0.1
17. Coaching from sidelines (field of play).	0.3
18. Markings, mat (exception MG B&C),, or coach present on the floor.	0.5
19. Physical assistance by the coach.	1.0

43.3 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 / or more elements declared than allowed.	0.3

ARTICLE 44: ARTISTIC JUDGING

Artistic evaluation is not only “WHAT” the competitor(s) perform but also “HOW” they perform and “WHERE” they perform it.

44.1 For Artistic the following Artistry criteria are evaluated in a **positive** way using the provided scale:

Partnership	Maximum 2.0
Expression	Maximum 2.0
Performance	Maximum 2.0
Creativity	Maximum 2.0
Musicality	Maximum 2.0

Artistry is judged on all the criteria in the Artistic Section of the COP by using the provided scale

44.2 DESCRIPTIONS of the criteria:

1. Partnership

Partnership selection that creates a logical relationship between individuals in pair or groups that is characterised by a visible connection.

2. Expression

- Making the audience understand your thoughts or feelings, character, attitude.
- Gymnasts convey a particular emotion

3. Performance

The act, process or art of performing by using amplitude, space, pathways, levels, Synchronization .

4. Creativity

Display imagination, originality, inventiveness, inspiration,
Variation in : composition , entries / exits, elements.

5. Musicality

Gymnasts express the music throughout the performance:

- Match movement and form to the rhythm, melody and mood of the music being played;
- Synchronise with music beats;
- Vary the magnitude or speed / tempo of movements with music ;
- Use expressive movements that are influenced by melody, variations in rhythm and mood or combinations of these.

44.3 SCALE FOR EACH CRITERIA

Excellent: 2.0	The routine includes/ demonstrates an outstanding level of the criteria
Very Good: 1.8 – 1.9	The routine includes/ demonstrates high level of the criteria
Good: 1.6 – 1.7	The routine includes/ demonstrates good level of the criteria
Satisfactory: 1.4 – 1.5	The routine includes/ demonstrates average level of the criteria
Poor: 1.2 – 1.3	The routine includes/ demonstrates low level of the criteria
Unacceptable: 1.0 – 1.1	The routine includes/ demonstrates an unacceptable level of the criteria

44.4 REFERENCE RANGE OF ARTISTIC SCORE:

- Excellent routines Score between 9.6 to 10
- Very good routines Score between 9.0 to 9.5
- Good routines Score between 8.0 to 8.9
- Satisfactory routines Score between 7.0 to 7.9
- Poor routines Score between 6.0 to 6.9
- Unacceptable routines Score between 5.0 to 5.9

ARTICLE 45: TECHNICAL FAULTS

45.1 Tables summarizing the seriousness of different kinds of technical faults are provided in Article 46.

45.2 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 0.2 - 0.3
- Serious Faults 0.5
- Fall 1.0

45.3 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.

45.4 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.

45.5 AMPLITUDE

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Loss of stretch or amplitude or body tightness in execution.	0.1	0.2-0.3	0.5
2. Lack of amplitude of flight in dynamic elements	0.1	0.2-0.3	0.5

45.6 BODY SHAPE, ANGLE AND LINE

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

45.7 HESITATIONS, STEPS and SLIPS

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Hesitation of top or readjustments in climbing or transitions	0.1	0.2-0.3	
2. Hesitation in a motion phase of an element stopping smooth flow	0.1	0.2-0.3	

3. Loss of power in a motion that result in a restart of the motion			0.5
4. Hops or steps in supporting, catching or landing. 1-2 small; 3 or 1 big step medium; 4+ serious	0.1	0.2-0.3	0.5
5. Slip of a foot or hand in climbing, balancing or transitions			0.5

45.8

INSTABILITY

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Instability or tremor of base(s) or tops as element builds, in climbing, support, static holds or in making transitions/motions.	0.1	0.2-0.3	0.5
2. Base switching from heels to toes or taking steps when trying to stabilize a hold or when catching	0.1	0.2-0.3	More than 3 steps - 0.5
3. Readjustment of positions after catching or before throwing, pitching or stabilizing a balance	0.1	0.2-0.3	
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.		0.2-0.3	
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.		0.2-0.3	
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).			0.5
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45.9 ROTATION

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Over or under rotation in turns, twists, or saltos		0.2-0.3	0.5
2. Under rotation of saltos requiring some assistance of partners to complete salto.		0.2-0.3	
3. Under/over rotation of saltos which requires complete support of partner (s) to complete salto and/or to prevent a fall.			0.5

45.10 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. 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
3. One foot or hand slipping from point of support on partner and hands being used to prevent a fall.			0.5
4. Either feet or hands slip off shoulders or other point of support resulting in supporter(s) having to prevent a fall.			0.5
5. Both 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 = FALL			1.0
6. 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.= FALL			1.0
7. Forward or backward roll following a landing without first showing a held position on feet. = FALL			1.0

8. 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. = FALL			1.0
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APPENDIX 2

PROCEDURE OF ATHLETE MEASUREMENT-AGE GROUPS

Before competitions, athletes will be measured to the nearest millimetre by a professional Anthropometrist (a person who measures human bodies) or a Medical Doctor or Physiotherapist in the presence of **ONE** official of the member federation and the designated representative(s) of the Acrobatic Gymnastic Technical Committee, who records all measurements.

1. The Federation official and TC representative present each sign the protocol confirming the recorded measurement.
2. At least 1 member of the TC ACRO shall be present for any re-measurement or measurement which is likely to be contested. 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.
3. 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.
4. The Head of Delegation and coach have the responsibility to ensure presentation of their competitors for measurement.
 - Measurement may take place either before or after a training session on the scheduled days for measurement.
 - 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.
 - 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.
5. Measurement, when requested, is not an option for the coach or athlete. The Superior Jury can and 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.
6. A re-measurement, if requested or necessary, must take place by conclusion of the first qualification exercise. Otherwise, the original measurement stands for the entire competition and can't be questioned anymore.
 - 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.

7. All Athletes who perform as **supporting partners** (bases), **middles** (second or third) or as tops are measured:
 - bare feet wearing T-shirt or competition attire.
 - Athletes must lie on the back, straight, on a line on the floor, in normal posture with feet together and knees pressed back. The shoulders are relaxed.
 - The horizontal length from the feet(heels) to the top of the head is measured using an Electronic measuring device for length.
8. 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.
9. 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.
10. The difference between partners allowed is **30 cm** (With a tolerance up to 30,9)
 - 31 cm up to 34,9 difference have the following deductions:

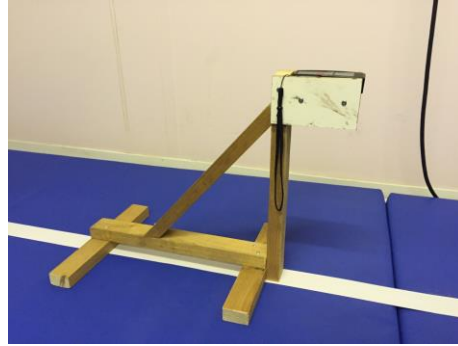
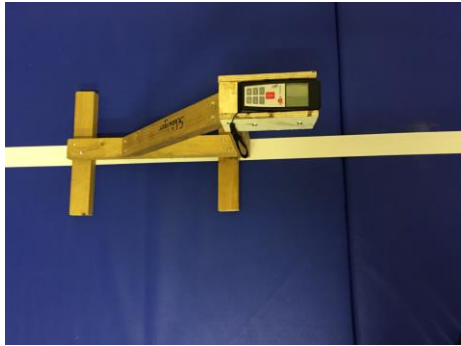
11 - 16	0.1
12 - 18	0.3
13 – 19	0,5
 - 35 cm and more difference between partners have the following deductions:

11-16	0.3
12-18	0.5
13-19	1.0
11. In application to groups, relative to the tallest partner, the difference to the next tallest partner will be measured according the rules above. The same applies to the next one.
12. 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.
13. The apparatus must meet with the type and standards:
 1. **An electronic laser device for length**
 2. **End side of this device must be fixed against the vertical plate of the tripod**

Example:



Prototype:



Correct Positions for Measurement



1. Heels against the wall
2. Knees pressed back
3. Head in a neutral position
4. The shoulders are relaxed.

Errors in Position for Measurement






















- Error 1: Heels not against the wall
- Error 2: Knees bent
- Error 3: Kyphosis forward (round back)
- Error 4: Lordosis (Hips pushed to the front)
- Error 5: Head not on the floor

APPENDIX 3


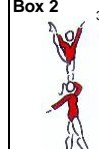



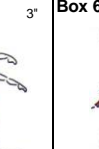


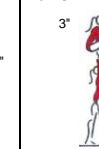
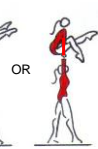



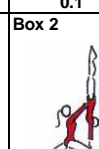
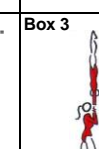
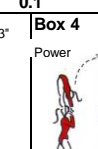
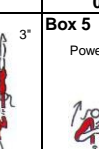

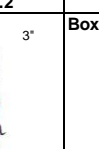
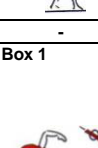
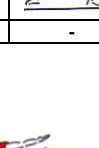
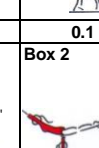
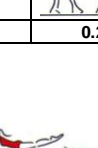
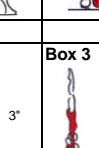
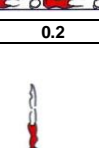
WAGC **Compulsory Elements Table 2017-2020**




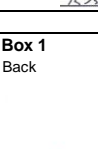

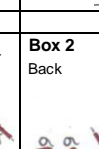
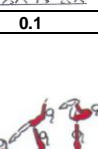

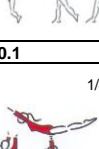
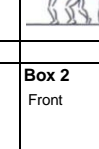
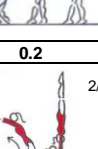
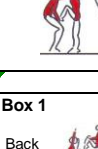
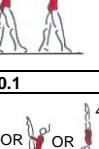
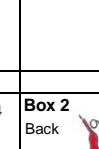
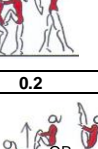
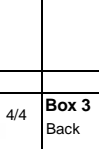
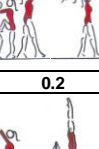
Original author of the programme – Konrad Zielinski (POL)
Drawings by Karl ACRO TC Wharton (GBR) FIG

Allowed variation Table 11- 16

A	    	A	     
	  	A	    

Handstands belonging to the same category are denoted by the letter that corresponds to the top letter of columns in the Tables of Difficulty-balance elements. Handstands belonging to the same category are considered as the same. The same system of categories must be applied to 1 arm and 2 on 1 handstands, straddles and footstands

AGE GROUP 11 - 16		BALANCE EXERCISE						WOMEN'S PAIR	
ROW I	Box 1  3"	Box 2  3"	Box 3  3"	Box 4  3"	Box 5  3"	Box 6  3"			2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 9
VALUE	-	0.1	0.1	0.1	0.1	0.2			
ROW II	Box 1  3"	Box 2  3"	Box 3  3" OR  3"	Box 4  3"	Box 5  3"				
VALUE	-	0.1	0.1	0.2	0.2				
ROW III	Box 1  3"	Box 2  3"	Box 3  3"	Box 4  3" Power	Box 5  3" Power	Box 6  3" Power	Box 7  3" Power		
VALUE	-	-	0.1	0.2	0.2	0.3	0.3		
ROW IV	Box 1  OR  3"	Box 2  3"	Box 3  3"	Box 4  3"	Box 5  3"				
VALUE	-	0.1	0.2	0.2	0.2				

AGE GROUP 11 - 16		DYNAMIC EXERCISE				WOMEN'S PAIR	
ROW I	Box 1 	Box 2 	Box 3 				2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14
VALUE	-	0.1	0.2				
ROW II	Box 1 Back  1/4	Box 2 Back  4/4	Box 3 Back  OR 4/4	Box 4 Back  4/4			
VALUE	0.1	0.2	0.2	0.3			
ROW III	Box 1 Front  1/4	Box 2 Front  2/4	Box 3  1/4 80°	Box 4 3/4 Front  Legs can be straddle or straight			
VALUE	0.1	0.2	0.2	0.3			
ROW IV	Box 1 Back  OR  OR  4/4	Box 2 Back  OR  4/4	Box 3 Back  4/4				
VALUE	0.2	0.2	0.3				

AGE GROUP 11 - 16		BALANCE EXERCISE					MEN'S PAIR		
ROW I	Box 1 3" OR 3" 	Box 2 3" 	Box 3 3" OR 3" 	Box 4 3" 				2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 9	
VALUE	-	0.1	0.1	0.2					
ROW II	Box 1 3" 	Box 2 3" 	Box 3 3" 	Box 4 3" 	Box 5 3" 	Box 6 3" OR 3" 	Box 7 3" OR 3" 		
VALUE	-	0.1	0.1	0.2	0.2	0.2	0.3		
ROW III	Box 1 3" 	Box 2 OR 3" 	Box 3 OR 3" 	Box 4 Power 3" 	Box 5 Power 3" 				
VALUE	-	0.1	0.1	0.2	0.2				0.3
ROW IV	Box 1 3" 	Box 2 3" 	Box 3 3" 	Box 4 3" 	Box 5 3" 				
VALUE	-	0.1	0.2	0.3	0.3				


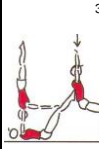
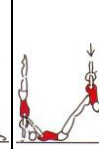
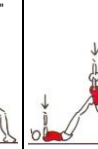

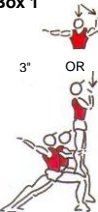




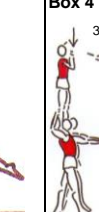



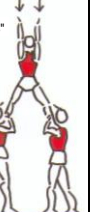
AGE GROUP 11 - 16		DYNAMIC EXERCISE				MEN'S PAIR	
ROW I	Box 1 	Box 2 	Box 3 	Box 4 180" 	Box 5 180" OR 180" 	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14	
VALUE	0.1	0.1	0.1	0.2	0.2		
ROW II	Box 1 Back 4/4 	Box 2 Back 4/4 	Box 3 Back OR 4/4 	Box 4 Back 4/4 	Support of men's landing is obligatory		
VALUE	0.1	0.1	0.1	0.2			
ROW III	Box 1 Back 2/4 	Box 2 	Box 3 Front 2/4 	Box 4 Back 2/4 			
VALUE	-	0.1	0.2	0.3			
ROW IV	Box 1 Back 2/4 180" 	Box 2 	Box 3 Front OR 2/4 	Box 4 2/4 180" Front Legs can be straddle or straight 			
VALUE	-	0.1	0.2	0.3			



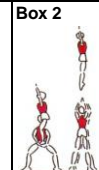


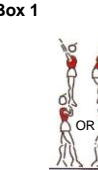





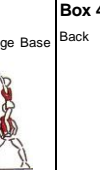
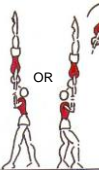
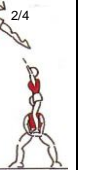








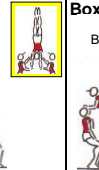
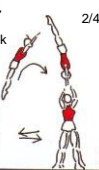
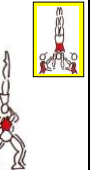
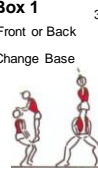


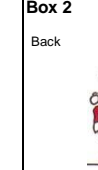






AGE GROUP 11 - 16		BALANCE EXERCISE							MIXED PAIR
ROW I	Box 1 3° 	Box 2 3° 	Box 3 3° 	Box 4 3° 	Box 5 3° 	Box 6 3° 3° 	Box 7 3° 	Box 8 3° 	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 9
VALUE	-	0.1	0.1	0.2	0.2	0.3	0.3	0.3	
ROW II	Box 1 3° Jump 	Box 2 3° Jump 	Box 3 3° 	Box 4 3° 	Box 5 3° 				
VALUE	-	0.1	0.1	0.2	0.2	0.3	0.3	0.3	
ROW III	Box 1 3° Power 	Box 2 3° Power 	Box 3 3° Power 	Box 4 3° Power 					
VALUE	0.1	0.1	0.2	0.3					
ROW IV	Box 1 3° 	Box 2 3° 	Box 3 3° 	Box 4 3° 	Box 5 3° 				
VALUE	0.1	0.1	0.1	0.2	0.2				

AGE GROUP 11 - 16		DYNAMIC EXERCISE					MIXED PAIR
ROW I	Box 1 	Box 2 	Box 3 180° 	Box 4 180° 			2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14
VALUE	-	-	0.1	0.1			
ROW II	Box 1 Front 1/4 	Box 2 Front 2/4 	Box 3 	Box 4 Back 2/4 	Box 5 Back 2/4 		
VALUE	-	0.1	0.2	0.3	0.3		
ROW III	Box 1 Back 4/4 	Box 2 Front 4/4 	Box 3 Back 4/4 				
VALUE	0.1	0.2	0.2				
ROW IV	Box 1 Front or Back 1/4 	Box 2 Back 3/4 	Box 3 Front 3/4 	Box 4 Front 5/4 	Box 5 Back 5/4 		
VALUE	-	0.1	0.1	0.2	0.2		

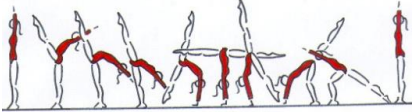

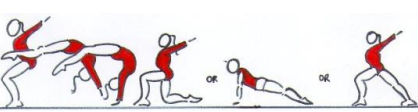

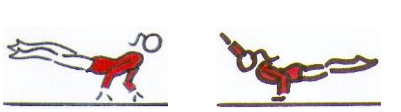




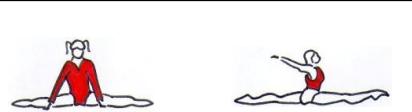




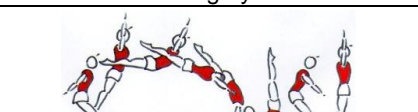





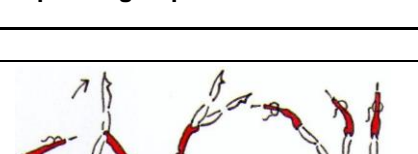
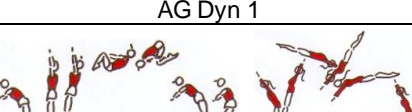


AGE GROUP 11 - 16		BALANCE EXERCISE					WOMEN'S GROUP
ROW I	Box 1 3"	Box 2 3"	Box 3 3"	Box 4 3"	Box 5 3" 3"	Box 6 3"	1 OPTIONAL PYRAMID HELD 3" DIFFICULTY MINIMUM 4 MAXIMUM 16
VALUE	-	-	0.1	0.1	0.3	0.3	
ROW II	Box 1 3"	Box 2 3" 3" 3"	Box 3 3" 3" 3"	Box 4 3" 3" 3"	Box 5 3"		
VALUE	0.1	0.2	0.2	0.2	0.3		
ROW III	Box 1 3"	Box 2 3"	Box 3 3"	Box 4 3"			
VALUE	-	0.1	0.2	0.4			

AGE GROUP 11 - 16		DYNAMIC EXERCISE				WOMEN'S GROUP
ROW I	Box 1 Front 2/4	Box 2 Back 3/4	Box 3 Front 3/4	Box 4 Front OR Back 360° 540° or 720°	Box 5 Front 4/4	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14
VALUE	0.1	0.1	0.1	0.1 0.2	0.3	
ROW II	Box 1 Front 1/4	Box 2 Front 3/4	Box 3 3/4	Box 4 Front 4/4		
VALUE	-	0.1	0.2	0.2		
ROW III	Box 1 Back 1/4	Box 2 Back 3/4	Box 3 Back 4/4	Box 4 Back 5/4		
VALUE	-	0.2	0.2	0.3		
ROW IV	Box 1	Box 2 Back 3/4	Box 3 Front 2/4	Box 4 Back 6/4	Box 5	
VALUE	0.1	0.1	0.2	0.3	0.4	

AGE GROUP 11 - 16		BALANCE EXERCISE					MEN'S GROUP			
ROW I	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 	1 OPTIONAL PYRAMID DIFFICULTY MINIMUM 4 MAXIMUM 16				
VALUE	-	-	-	-	-					
ROW II	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 	Box 6 	Box 7 	Box 8 	Box 9 	Box 10 
VALUE	0.1	0.2	0.3	0.5	0.5					
T1	T2	T3	T4	T5	T6	T7	T8	T9	T10	
VALUE	-	-	-	-	0.1	0.1	0.1	0.1	0.1	0.2
T11	T12	T13 Power	T14	T15	T16 Power	T17	T18			
VALUE	0.2	0.2	0.2	0.2	0.3	0.3	0.5	0.5		

AGE GROUP 11 - 16		DYNAMIC EXERCISE					MEN'S GROUP			
ROW I	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 10				
VALUE	-	-	0.1	0.1	0.3					
ROW II	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 	Box 6 	Box 7 	Box 8 	Box 9 	Box 10 
VALUE	-	0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
ROW III	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 	Box 6 	Box 7 	Box 8 	Box 9 	Box 10 
VALUE	-	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.2
ROW IV	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 	Box 6 	Box 7 	Box 8 	Box 9 	Box 10 
VALUE	0.1	0.1	0.1	0.1	0.3	0.3	0.3	0.3	0.3	0.3

Support of men's landing is obligatory

AGE GROUP 11 - 16	INDIVIDUAL ELEMENTS	PAIRS & GROUPS
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

APPENDIX 4

WAGC
Optional Elements Table 2017-2020

11-16

Drawings by Karl ACRO TC Wharton (GBR) FIG

EXAMPLES OF PAIR OPTIONAL BALANCE - MINIMUM VALUE 1 - MAXIMUM VALUE 8							
BALANCE							
Value	1	1 3	3	3	2	2	4
ID Code	AG P1	AG P2	AG P3	AG P4	AG P5	AG P6	AG P7
BALANCE							
Value	2	3	5	6	4	7	
ID Code	AG P8	AG P9	AG P10	AG P11	AG P12	AG P13	
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							
Value	1 (180°) 2 (360°)	2	2	6	7	1 (0/4) 8 (4/4)	
ID Code	AG D1	AG D2	AG D3	AG D4	AG D5	AG D6	
DYNAMIC SKILL							
Value	12	12	8	10	12	14	
ID Code	AG D7	AG D8	AG D9	AG D10	AG D11	AG D12	
EXAMPLE OF EXIT	<p>The following are examples of simple exits that may be used as optional elements (if they have value 1) or as exits from dynamic skills. If you use a simple exit and do not use it as an optional element it must be identified on the tariff sheet and awarded NO VALUE.</p>						
Value	0	0	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	3	5	7	5	6
ID Code	AG Trio 1	Plus (+)	A	B	C	D	E	F	G	H	I
Base Value	1	Plus (+)	1	3	x	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	x	2	5	7	9	7	8
ID Code	AG Trio 4	Plus (+)	A	B	C	D	E	F	G	H	I
Base Value	10	Plus (+)	2	4	5	3	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					
	0/4	Front 3/4	Front 2/4	Helicopter 2/4 + 180°	From standing start
	Value	1	2	2	4
ID Code	AG Trio D1	AG Trio D2	AG Trio D3	AG Trio D4	AG Trio D5
DYNAMIC SKILL					
	Round off entry Back 4/4	Front 6/4	Back 6/4	Back 8/4	
	Value	3	5	8	14
ID Code	AG Trio D6	AG Trio D7	AG Trio D8	AG Trio D9	
EXAMPLES OF ENTRY / EXIT					
	Back 1/4	Front or Back 0/4	Back 1/4	Front 1/4	
	Value	1	1	1	1
ID Code	AG Trio Entry 1	AG Trio Exit 2	AG Trio Exit 3	AG Trio Exit 4	

EXAMPLES OF MEN'S GROUP OPTIONAL BALANCE - MINIMUM TOTAL VALUE 4 - MAXIMUM TOTAL VALUE 16											
BASE POSITIONS			TOP POSITIONS								
Base Value	1	Plus (+)	1	2	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	5	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	7	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					
	Value 1	Value 1	Value 10	Value 4	Value 5
ID Code	AG MG D1	AG MG D2	AG MG D3	AG MG D4	AG MG D5
DYNAMIC SKILL					
	Value 7	Value 10	Value 9	Value 10	Value 10
ID Code	AG MG D6	AG MG D7	AG MG D8	AG MG D9	AG MG D10
EXAMPLES OF ENTRY / EXIT	<p>The following are examples of simple entries / exits that may be used as optional elements (if they have value 1) or as entries to or exits from dynamic skills. If you use a simple entry / exit and do not use it as an optional element it must be identified on the tariff sheet and awarded NO VALUE.</p>				
	Value 1	Value 1	Value 1	Value 1	Value 1
ID Code	AG MG Entry 1	AG MG Exit 2	AG MG Exit 3	AG MG Exit 4	