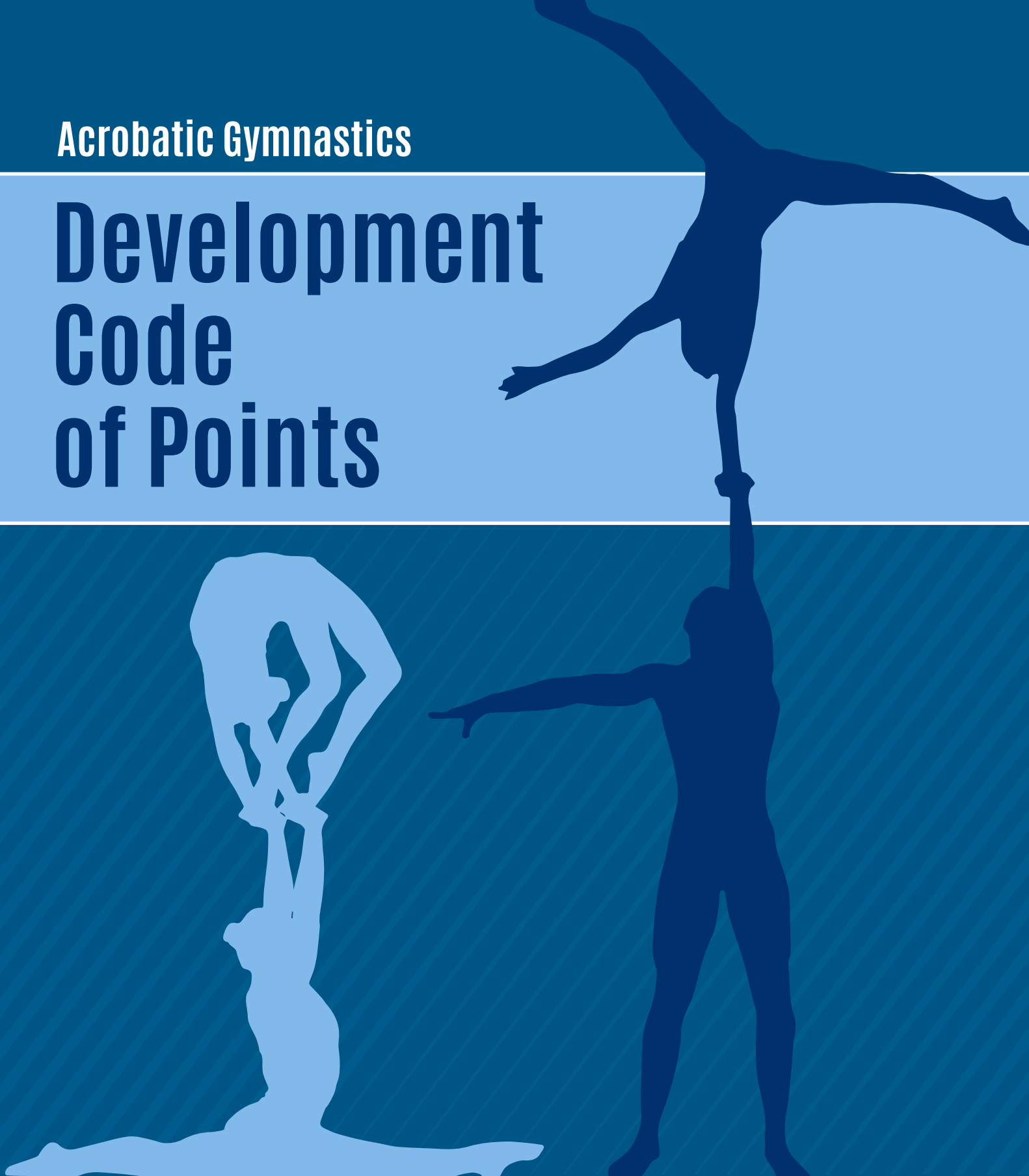


Acrobatic Gymnastics

Development Code of Points



USA GYMNASTICS.

2022-2024
ACROBATIC GYMNASTICS
DEVELOPMENT PROGRAM
CODE OF POINTS

Version: Revised February 17, 2022

USA Gymnastics
1099 N. Meridian St., Suite 800
Indianapolis, IN 46204
www.usagym.org

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Introduction

The USA Acrobatic Gymnastics Competitive Program is a coordinated program that prepares athletes for the highest level of competition. It is based on International Gymnastics Federation (FIG) rules and is generally designed to prepare the USA competitor for the strictest possible interpretation of these rules when the athlete reaches the elite level. The Development Program was developed with the belief that all athletes must have a solid foundation of basic skills in order to advance safely. Its 10 levels are progressive in nature.

The Development Program begins at level 2, which provide training in beginning skills for recreational activity and in preparation for competition.

Levels 2–8 are compulsory levels. At each of these levels, athletes perform one combined exercise (Levels 2–7) or two exercises, balance and dynamic (Level 8).

- Levels 2-5 can be competed by athletes with no previous exposure to competitive acrobatics. Athletes compete one exercise; skills are compulsory and fully choreographed.
- Level 6 performs one exercise with compulsory skills. The music and choreography at this level are chosen by the coach and/or athletes.
- Level 7 performs one exercise; athletes choose different elements from balance, dynamic, and individual categories. Coaches/athletes choose the choreography of the exercise.
- Level 8 athletes perform two exercises—balance and dynamic. At this level, the choice of elements is from a combination of compulsory and optional elements. Optional elements are chosen from the level 8 compulsory skills or the FIG ToD.

Levels 9 and 10 are optional levels. Coaches/athletes choose the music and choreography of the exercise.

- Levels 9 and 10 perform two exercises—balance and dynamic.
- Elements are selected from the optional elements provided in the FIG Tables of Difficulty (TOD). Special requirements define the types of elements performed

Athlete Level Restrictions (Athletes competing in more than one pair/group):

- 2 Levels different = OK
- More than 2 levels different = Send in petition
- Must be in a different category (WG vs WP) if competing in the same position.
- If competing the same category (2 WG) athlete must be competing different position (Top vs Middle/Base)

Athletes competing on the international track may not compete on the Development track.

General Information

GENERAL

At Levels 2–7, pairs and groups perform one combined exercise. The combined exercise contains balance skills (static holds), dynamic skills (with flight), and individual elements (choreography and individual elements). Level 8 pairs and groups perform two exercises, balance and dynamic.

Levels 2-5 exercises consist of compulsory skills along with compulsory music. Music is assigned to each event.

At Levels 2, 3, and 4, pairs may be in any combination of two athletes and groups may be in any combination of three athletes. Gender is not specified, and partners may be shared or switched at any time for training purposes.

At levels 5 and above there are 7 categories of competition:

- Women's Pair (WP) 2 girls
- Men's Pair (MP) 2 boys
- Mixed Pair (MxP) 1 girl and 1 boy
- Women's Group (WG) 3 girls
- Men's Group (MG) 4 boys
- Mixed Trio (MxT) 1 boy + 2 girls, 2 boys + 1 girl, or 3 boys (same rules as WG)
- Mixed Group (MxG) 3 boys + 1 girl, 2 boys + 2 girls, 1 boy + 3 girls, or 4 girls (same rules as MG)

Skills are defined for each level. Balance, dynamic, and individual skills are integrated into one pair exercise and one group exercise.

The maximum length of the exercise for Levels 2–7 is 2:30 The maximum length of the exercise for Level 8-10 is 2:30 for balance, and 2:00 for dynamic. Overtime exercises are penalized –0.3.

Stylistic variations of compulsory skills are permitted as long as they do not change the character of the skill. This leniency pertains mostly to handstands, for which legs may be together, split, straddle, stag, or double stag but may not be in overarch, deep arch, reverse planche, or yogi positions. On occasion, a specific leg position is required and must be performed (e.g., front attitude). In a pair/group skill for which an arch position is performed, a leg variation is allowed, such as one leg bent at the knee. In Levels 5–7 skills, support for a supported arch is allowed anywhere from the top's waist/hips to the seat; support is not allowed on the legs or thighs.

Mixed Trio: Level 5-Sr.Elite Mixed Trios (MxT) will follow the rules for Women's Group (WG).

Mixed Group: Level 5-Sr. Elite Mixed Groups (MxG) will follow the rules for Men's Group (MG).

(Exception: Skills that are performed on head may be performed on hands for female partners when necessary.)

DIFFICULTY

The Difficulty Judge (DJ) takes penalties for any skills that are not credited. If the incorrect skill is performed in an exercise, time-fault penalties will not apply for the missed skill but may apply to the skill that was performed. (If a different skill is performed than what is on the tariff sheet, and that skill fulfills the special requirement, special requirement credit will be given. A -0.3 incorrect tariff sheet penalty will be taken by the DJ).

If a pair/group skill or individual element is spotted (with physical assistance by a coach or third party not included in the pair or group) for any reason, a -1.0 CJP penalty applies and the skill will not receive difficulty credit. Therefore, that skill cannot be used to satisfy special requirements. Physical assistance can also negatively impact the artistry score, since it distracts from the overall performance quality of the routine.

CJP and DJ penalties are taken from the total score to determine the adjusted total score.

Required holds for pair balance skills and fixed pyramids for Women's/Men's/Mixed Groups in Levels 2–8 are 3". The penalty for short holds is -0.3 per second for all levels. If a pair/group static hold skill is attempted but not completed or is held for less than 1", it is not credited and a deduction is taken by the Execution Judges of -0.5 for incompleteness of the skill or -1.0 for a fall. A maximum time-fault penalty of -0.9 is taken by the DJ.

In pairs, some balance skills require motion of the base and in groups, some skills are transitional, meaning there is motion by the base and/or middle. These skills require a 3" hold in the finish position. Static hold requirements are noted in the drawings and descriptions of the skills. The penalty for a short hold in any part of the skill is -0.3 per second, taken by the DJ from the difficulty score.

If the skill is attempted but not completed, a -0.3 time-fault penalty applies per second for short holds and/or incomplete portions through the entire skill, up to a maximum penalty of -0.9.

1. If a pair/group attempts the skill but does not complete it—holding no part of the skill—the maximum time-fault penalty is -0.9. The pair/group may receive a missing special requirement penalty for the skill.
2. If the beginning of the skill is performed but the final hold is not completed (or held for less than 1", a -0.9 time-fault penalty applies and the pair/group loses difficulty credit.

EXECUTION

The maximum execution score is 10.0. Deductions for execution errors are taken from the maximum score. Execution judges may take up to -1.0 in execution deductions for each pair/group skill, individual element, or individual element series in total. Individual elements performed NOT in a series for level 2–8 may receive a maximum execution deduction of -1.0 per individual element (all partners combined). Execution deductions are listed in the Table of Technical Faults in the Judging Criteria section of this document on page 67.

Individual elements level 2-8:

Individual elements performed in a series (with no choreography or pair/group elements between) may receive a maximum of -1.0 execution deduction for each series **per partner**.

Individual elements performed separately (with choreography or pair/group elements between) may receive a maximum of -1.0 execution deduction **per pair group**.

Individual elements level 9-10 and all FIG levels:

Individual elements performed in a series (with no choreography or pair/group elements between) may receive a maximum of -1.0 execution deduction for each series **per partner**.

Individual elements performed separately (with choreography or pair/group elements between) may receive a maximum of -1.0 execution deduction **per partner**.

ARTISTRY

The maximum artistry score is 10.0; the minimum score is 5.0. For Levels 2-6, no artistry score is given; pair/groups only receive an execution score and DJ/CJP penalties. Artistry criteria is described in the Artistic Judging section of this document on page 65.

FINAL SCORE

The final score is the sum of the DJ/CJP penalties, the average execution score plus the average artistry score. For Levels 8–10, the final scores of both balance and dynamic exercises will be added together, creating a combined score.

- Levels 2-6:
 - Final score = execution average, doubled – CJP/DJ penalties.
 - Note: Levels 2-6 do not receive an artistry score.
 - Note: Levels 2-6 do not receive a difficulty score but will receive difficulty penalties that are applied to the total score when necessary.
- Levels 7 & 8:
 - Final score = execution average, doubled + artistry average – CJP/DJ penalties.
 - Note: Levels 7-8 do not receive a difficulty score but will receive difficulty penalties that are applied to the total score when necessary.
- Levels 9 & 10:
 - Final score = execution average, doubled + artistry average + difficulty – CJP/DJ penalties.
 - Difficulty score is calculated by dividing difficulty value by 100. (maximum = maximum for the level.)
- International track follows FIG rules and score calculation.

Levels 6-8 Individual Elements



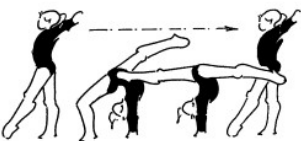
Levels 6-7: Athletes must choose one individual element from each category (three total). One balance, one flexibility, and one agility or tumbling individual element must be chosen from the FIG ToD or the choices presented on page 9. Partners may perform the same elements or choose different elements, but these must be performed at the same time. (Same category at the same time)

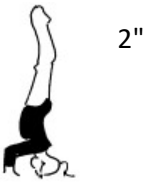


- Balance (static) individual elements must be held for 2"
- If a balance (static) element is held for less than 2", a -0.3 DJ penalty will be applied.
- If a balance (static) element is held for less than 1", a -0.6 DJ penalty will be applied and the individual element will not receive special requirement credit.


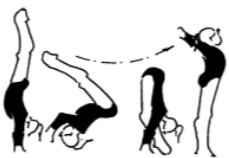
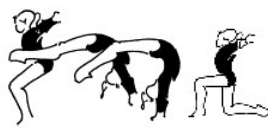
Level 8 Balance: Athletes may choose any three individual elements from the balance, flexibility, and agility options presented on page 9. Partners may perform the same elements or choose different elements, but these must be performed at the same time. Categories may be repeated.


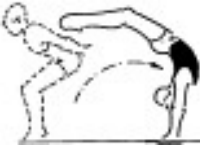

Level 8 Dynamic: Athletes may choose any of the tumbling options listed on page 9 OR choose three different tumbling individual elements from the TOD. One of the elements chosen may be repeated for SR credit. (Ex. Round off – back handspring – back handspring.) Partners may perform the same elements or choose different elements, but these must be performed at the same time.

Individual Element Examples

	Example 1	Example 2	Example 3
Flexibility			
	Bridge - 063	Split - 060	Back Walkover - 070

	Example 1	Example 2	Example 3
Balance (Static)			
	Headstand - 005	Chest Stand - 009	Crocodile - 003

	Example 1	Example 2	Example 3
Agility			
	Aerial Cartwheel – 136D	Handstand Front Pike Roll - 088	Back Handspring to Knee – 116B

	Example 1	Example 2	Example 3
Tumbling			
	Round Off - 126	Back Handspring - 126	Front Handspring - 126

Level 2-4 Requirements

Levels 2-4 are the introductory levels to the Development Program.

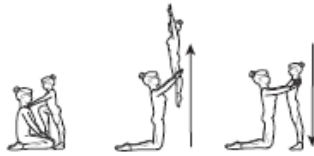
Level Type	Compulsory
Number (Type) of Exercise	One (combined).
Music/Choreography	<p>Compulsory music is provided and must be used in the performance of the exercise. Music is provided for the following events: Level 2 Pair, level 2 group, level 3 pair, level 3 group, level 4 pair, and level 4 group. Music may be found on the USAG website at http://usagym.org/pages/acro/music/level5_comp.html.</p> <ul style="list-style-type: none"> • If the wrong music is used for the competitive event, a -1.0 penalty will be taken by the DJ. • Manual fading of the music during competition is not allowed. A -1.0 penalty will be taken by the CJP for manually fading the music. • At all levels, if a routine is performed without music for whatever reason, a DJ penalty of -1.0 applies. If the music begins but cuts off in the middle, this penalty does not apply. <p>Compulsory choreography is provided and must be performed in the exercise. Choreography can be found at http://usagym.org/pages/acro/video/level5_compulsory.html.</p> <ul style="list-style-type: none"> • Any attempt at Level 2-4 choreography will receive credit. • If no attempt at choreography is made, a one-time CJP penalty of -1.0 is applied.
Order of Skills/Individual Elements	<ul style="list-style-type: none"> • Skills must be performed in order as written. The order of skills/individual elements for each event is pictured and detailed in this section. • A -0.3 DJ penalty applies for skills/individual elements performed out of order.
Maximum Length of Exercise	<ul style="list-style-type: none"> • Music maximum length is 2:30. • A -0.3 CJP penalty applies if the exercise starts or ends after the music.
Special Requirements	<ul style="list-style-type: none"> • The pair/group must complete the pair/group and individual element from each row. If more than one option is provided, they must choose and complete 1 of the options. • All partners must complete the individual element(s) for special requirement credit. • A -1.0 SR penalty will be taken by the DJ for each missing pair/group or individual element.
Restrictions	<ul style="list-style-type: none"> • No additional pair/group skills, or individual elements of value are allowed. The penalty for additional skills is a -1.0 DJ penalty to be taken no more than one time in each exercise. Execution deductions apply.
Difficulty	<ul style="list-style-type: none"> • There is no difficulty score at levels 2-5. The DJ will take SR/DJ penalties for missing elements, and short holds for balance elements

	<p>that are held for less than 3" (less than 2" balance for individual elements)</p> <ul style="list-style-type: none"> • If a fall occurs and SR credit will be taken, a pair/group or individual element may be repeated for SR credit. • Pair/group and individual elements must be performed in the order they are indicated on the tariff sheet or will receive a -0.3 incorrect tariff sheet penalty. (Element order is compulsory)
Special Conditions	<ul style="list-style-type: none"> • Level 2-4 exercises may be performed on a strip of tumbling mats if a suitable floor is not available. • Level 2-4 pairs may be 2 girls, 2 boys, or 1 girl and 1 boy. • Level 2-4 groups may be 3 girls, 2 girls and 1 boy, 1 girl and two boys, or 3 boys.
Individual Element Clarifications	<ul style="list-style-type: none"> • Scales do not need to be horizontal for credit. However, if scales are below horizontal, execution deductions will apply. • Athletes may take two steps with either hands or feet to get into the bridge position. After two movements, applicable execution deductions apply. • For levels 2-4, execution judges may take up to -1.0 in execution deductions for each individual element in total (all partners combined).
Pair/Group Skill Clarifications	<ul style="list-style-type: none"> • Minimal flight is required for credit; execution deductions for amplitude still apply. • Timing for balance skills, including pair/group skills and individual elements, should be counted the same. Coaches and judges should count as follows: "one thousand one, one thousand two, one thousand three."

Level 2 Pair

Athletes must complete each row. -1.0 special requirement deduction for each missing row.

1A



Toe Pitch on Knees: Base sits on knees and creates toe pitch position. Top places hands on Base's shoulders and places 1 foot in Base's hands. Top jumps to perform straight jump. Base supports landing.

2A



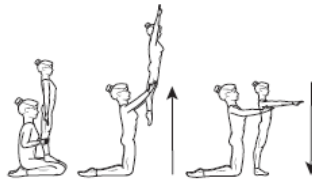
Mountain on Table: Base in table position. Top faces base and places hands on shoulders of base. Top steps up to place feet onto thighs of base to form a straight legged mountain position. Hold 3"

3A



Bridge: All partners lie down in pencil. Push up to Bridge. Feet should be together with legs straight. Athletes must show control.

4A



Straight Jump Off Thighs: Base sits on knees. Base supports Top to stand on base's thighs facing same direction. Top performs straight jump off to landing position on floor. Base sits up during jump to assist and support Top's landing.

5A



Straddle on Thighs: Base sits on knees. Top performs a straddle position on Base's thighs. Base supports Top's legs. Hold 3"

6A



Forward Roll: Both partners perform forward roll and end standing.

Level 2 Group

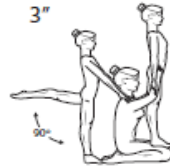
Athletes must complete each row. -1.0 special requirement deduction for each missing row.

1A



T-Lift: Top forms T position with arms straight and out to the side. Bases place hands under arm/shoulder (armpit) gripping Top. All bend and Bases lift Top up and down. Top and Bases show landing position.

2A



Column Pyramid: Base sitting on knees on floor. Middle stands on Base's thighs facing the same direction, with support of Base. Top stands behind Base, places hands on Base's shoulders and performs rear scale. Hold 3".

3A



Forward Roll: All partners perform forward roll and end standing.

4A



Basket: Top sits on basket. Bases squat, then return to stand. Top may have hands on shoulders of Bases. Bases return Top to floor.

5A



Bridge: All partners lie down in pencil. Push up to Bridge. Feet should be together with legs straight. Athletes must show control.

6A



Plank Pyramid: Bases lie down side by side, knees bent with feet on floor. Top stands over Bases to place hands on each Base's knee(s). Bases lift Top to plank position. Support may be anywhere on Top's legs. Hold for 3".

Level 3 Pair

Athletes must complete each row. -1.0 special requirement deduction for each missing row.

1A



Toe Pitch on Knees: Base sits on knees and creates toe pitch position. Top places hands on Base's shoulders and places 1 foot in Base's hands. Base pitches Top to perform straight jump. Base supports landing.

2A



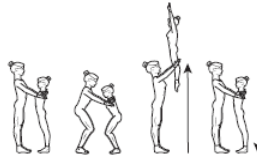
Supported Handstand on Floor: Base sits on both knees. Top stands in front of Base, facing either direction, and places hands on floor. Base supports Top in standing press to handstand position. Base supports Top's waist or legs. Hold 3".

3A



Bridge: All partners lie down in pencil. Push up to Bridge. Feet should be together with legs straight. Athletes must show control.

4A



T-Lift: Partners face each other. Top forms T position with arms straight and out to the side. Base places hands under shoulders/armpits. Both bend and Base lifts Top up and down (no release). Top and Base show landing position.

5A



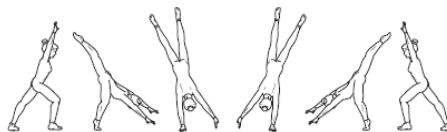
Hand Support: Base lies on back with knees up and feet on floor. Top and Base grip hands facing the same direction. Top places both feet on knees of Base to form supported pike position. Hold 3"

6A



Stand on Shoulders: Base sits on knees. Top stands behind or to the side of Base. Base assists Top with both hands to climb onto shoulders of Base facing same direction (show control.) Top steps or jumps down to floor in front of Base while holding hands (No release).

7A



Cartwheel: Both partners perform 1 cartwheel.

Level 3 Group

Athletes must complete each row. -1.0 special requirement deduction for each missing row.

1A



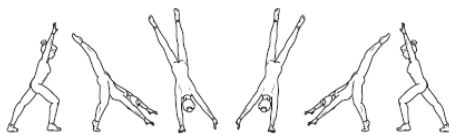
Toe Pitch: Bases sit on knees and create toe pitch position. Top steps into hands of bases. Top bends and jumps, straightening legs. Bases sit up and pitch Top to perform straight jump. Top lands with support from bases.

2A



Column Pyramid: Base sitting on knees on floor. Middle stands on Base's thighs facing the same direction, with support of Base. Top climbs up onto Base's shoulders. Once on shoulders, Top may hold hands of Middle or place hands on Middle's shoulders. Hold 3".

3A



Cartwheel: All partners perform 1 cartwheel.

4A



Jump to Catch: Bases face each other. Top runs and jumps (or jumps from standing) to forearm catch on stomach.

5A



Bridge: All partners lie down in pencil. Push up to Bridge. Feet should be together with legs straight. Athletes must show control.

6A



Handstand Pyramid: Base sitting on knees on floor. Middle stands facing Base. Top stands to the side of Base and cartwheels or jumps to handstand on thighs of Base. Base supports Top's waist or legs. Middle supports anywhere on legs of Top. Hold for 3".

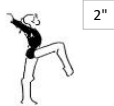



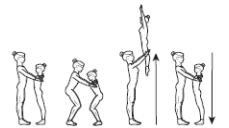



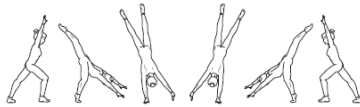
7A



Basket: Top climbs up and stands on basket. Tops raises arms up (shows control). Top brings arms down and climbs down or jumps down from basket while holding bases.

Level 4 Pair

Athletes must complete each row. -1.0 special requirement deduction for each missing row.

1A	 <p>2"</p>
2A	 <p>Toe Pitch: Base creates toe pitch position. Top places hands on Base's shoulders and places 1 foot in hands of Base. Top jumps into a pencil position. Base then stands up to support landing. (Base is not required to lift or pitch)</p>
3A	 <p>Assisted Press to Handstand on Floor: Base sits on floor or on both knees. Top places hands on the floor in front of Base and holds a straddle position facing either direction. Base assists top in straddle and in press to handstand position. Base supports Top's waist or legs. Hold 3"</p>
4A	 <p>Bridge: All partners lie down in pencil. Push up to Bridge. Feet should be together with legs straight. Athletes must show control.</p>
5A	 <p>T-Boost: Partners face each other. Base supports under Top's shoulders/arms (armpits). Both bend and Base boosts while Top jumps. Base releases arms, then catches arms to support landing position on floor.</p>
6A	 <p>Hand Support: Base lies on back with knees up and feet on floor. Top and Base grip hands facing the same direction. Top places one or both feet on knees of Base. Top lifts one leg off of knee support. Hold 3"</p>
7A	 <p>Stand on Shoulders: Base sits on knees. Top stands behind or to the side of Base. Base assists Top with both hands to climb onto shoulders of Base facing the same direction. Base in kneeling position on one or both knees (not sitting on heels) show control. Top steps or jumps off shoulders to landing position on floor.</p>
8A	 <p>Straddle on Thighs: Base sits on knees. Top performs straddle position with hands on Base's thighs. Base supports Top's legs. Hold 3"</p>
9A	 <p>Cartwheel: Both partners perform 1 cartwheel.</p>

Level 4 Group

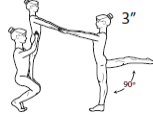
Athletes must complete each row. -1.0 special requirement deduction for each missing row.

1A



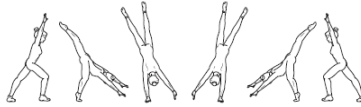
Toe Pitch: Top steps up into toe pitch position. Top bends and jumps into a pencil position and lands on floor. Bases support landing. (Bases are not required to lift or pitch)

2A



Column: Base in Chair position. Top or Middle stands on Base's thighs facing the same direction, with support of Base. Remaining partner holds hands of partner standing on thighs and performs a scale. Hold 3"

3A



Cartwheel: All partners perform 1 cartwheel.

4A



Jump to Catch: Bases face each other. Top runs and jumps (or jumps from standing) to forearm catch on stomach. Bases throw top and catch on stomach (No link required.)

5A



Bridge: All partners lie down in pencil. Push up to Bridge. Feet should be together with legs straight. Athletes must show control.

6A



Scale: All partners perform attitude scale. Hold 2"

7A



Candlestick Pyramid: Base lies down with knees bent and feet on floor. Top straddles Base's torso, places hands on Base's knees, and leans shoulders into Base's hands. Top jumps or presses into shoulderstand position. Top may start on floor or place feet on Base's knees. Middle may assist Top in motion to shoulderstand. Middle supports Top's legs in shoulderstand. Hold 3"

8A



Basket: Top climbs up and stands on basket. Bases bend their knees and return to standing, Top does not bend. (Top may place hands on Bases' heads for support during skill)

9A



Double Lunge Pyramid: Bases on one knee beside each other. Top performs a straddle with hands on Bases' thighs. Bases support Top's legs in straddle position. Hold 3"

Level 5 Requirements












Level 5 is a compulsory level with compulsory music, choreography, and elements.

Level Type	Compulsory
Number (Type) of Exercise	One (combined).
Music/Choreography	<p>Compulsory music is provided and must be used in the performance of the exercise. Music is provided for the following events: Women's Pair, Mixed Pair, Women's/Mixed Group, Men's Pair, and Men's/Mixed Group. Music may be found on the USAG website at http://usagym.org/pages/acro/music/level5_comp.html.</p> <ul style="list-style-type: none"> • If the wrong music is used for the competitive event, a -1.0 penalty will be taken by the DJ. • Manual fading of the music during competition is not allowed. A -1.0 penalty will be taken by the CJP for manually fading the music. • At all levels, if a routine is performed without music for whatever reason, a DJ penalty of -1.0 applies. If the music begins but cuts off in the middle, this penalty does not apply. <p>Compulsory choreography is provided and must be performed in the exercise. Choreography can be found at http://usagym.org/pages/acro/video/level5_compulsory.html.</p> <ul style="list-style-type: none"> • Any attempt at Level 5 choreography will receive credit. • If no attempt at choreography is made, a one-time CJP penalty of -1.0 is applied.
Order of Skills/Individual Elements	<ul style="list-style-type: none"> • Skills must be performed in order as written. The order of skills/individual elements for each event is pictured and detailed in this section. • A -0.3 DJ penalty applies for skills/individual elements performed out of order.
Maximum Length of Exercise	<ul style="list-style-type: none"> • Music maximum length is 2:30. • A -0.3 CJP penalty applies if the exercise starts or ends after the music.
Special Requirements	<ul style="list-style-type: none"> • The pair/group must complete the pair/group and individual element from each row. If more than one option is provided, they must choose and complete 1 of the options. • All partners must complete the individual element(s) for special requirement credit. • A -1.0 SR penalty will be taken by the DJ for each missing pair/group or individual element.
Restrictions	<ul style="list-style-type: none"> • No additional pair/group skills, or individual elements of value are allowed. The penalty for additional skills is a -1.0 DJ penalty to be taken no more than one time in each exercise. Execution deductions apply. • Linking between dynamic elements is allowed, but control must be shown. Execution deductions apply.

Difficulty	<ul style="list-style-type: none"> • There is no difficulty score at levels 2-5. The DJ will take SR/DJ penalties for missing elements, and short holds for balance elements that are held for less than 3" (less than 2" balance for individual elements) • If a fall occurs and SR credit will be taken, a pair/group or individual element may be repeated for SR credit. • Pair/group and individual elements must be performed in the order they are indicated on the tariff sheet or will receive a -0.3 incorrect tariff sheet penalty. (Element order is compulsory)
Special Conditions	<ul style="list-style-type: none"> • Level 2-5 exercises may be performed on a strip of tumbling mats if a suitable floor is not available.
Individual Element Clarifications	<ul style="list-style-type: none"> • Scales do not need to be horizontal for credit. However, if scales are below horizontal, execution deductions will apply. • Athletes may take two steps with either hands or feet to get into the bridge position. After two movements, applicable execution deductions apply. • For level 5, execution judges may take up to -1.0 in execution deductions for each individual element in total (all partners combined).
Pair/Group Skill Clarifications	<ul style="list-style-type: none"> • Minimal flight is required for credit; execution deductions for amplitude still apply. • Timing for balance skills, including pair/group skills and individual elements, should be counted the same. Coaches and judges should count as follows: "one thousand one, one thousand two, one thousand three."













Level 5 Women's Pair

Athletes must complete each row. -1.0 special requirement deduction for each missing row.

1A		2"
All partners perform a rear scale. Hold 2"		
2A		
Base forms a toe pitch position. Top puts hands on Base's shoulders and one foot in Base's hands. Top jumps and straightens legs while base pitches to perform a toe pitch straight jump. Base supports landing.		
3A		3"
Top stands to the side of base. Base sits on both knees. Top cartwheels or jumps to handstand on Base's thighs. Base supports Top in handstand. Hold 3"		
4A		3"
From handstand, Top presses down to straddle. Base supports top during motion and hold. Hold 3".		
5A		
All partners lie down in pencil. Push up to Bridge. Feet should be together with legs straight. Athletes must show control.		
6A		
Partners stand and face each other. Base holds Top's waist or legs. Base boosts, and Top jumps to perform a boost straight jump. Base supports landing.		
7A		3"
Top stands straddling Base's torso, leans shoulders into Base's hands, and puts hands on Base's legs. Top may jump or press to shoulderstand position from floor or Base's knees. Hold 3"		
8A		
Top climbs up to Base's shoulders. Top dismounts in front of base. (Top holds Base's hands through skill.)		
9A		
All partners perform a round off.		
10A		
Base holds Top under arms. Top jumps, and Base lifts top to fish/wrap position.		
11A		3"
Top leans over Base's head to front support with hands on Base's knees and legs supported by Base. Hold 3".		








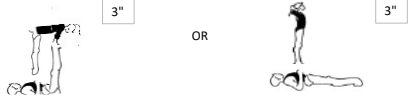



Level 5 Men's Pair

Athletes must complete each row. -1.0 special requirement deduction for each missing row.

1A		2"	
All partners perform a rear scale. Hold 2"			
2A			
Top climbs up to Base's shoulders. Top dismounts in front of base. (Top holds Base's hands through skill.)			
3A		3"	
Base lays down with hips up. Top performs tuck, pike, or straddle on bases knees. Hold 3"			
4A		3"	
Top leans over Base's head to front support with hands on Base's knees and legs supported by Base. Hold 3".			
5A			
All partners lie down in pencil. Push up to Bridge. Feet should be together with legs straight. Athletes must show control.			
6A			
Top on back with knees bent and head between base's feet. Base grips Top's hands, Top rolls into ball, then Base lifts and Top rolls out through arch position to standing. (No release.)			
7A		3"	
Top stands straddling base's torso, leans shoulders into Base's hands, and puts hands on base's knees. Top may jump or press to shoulderstand position from floor or base's knees. Hold 3"			
8A			
All partners perform a round off.			
9A			
Partners stand and face each other. Base holds Top's waist or legs. Base boosts, and Top jumps to perform a boost straight jump. Base supports landing.			
10A		3"	
	OR		3"
Base on back with their elbows by their sides in a low bent arm position with legs straight up. Top holds Base's feet and steps into base's hands. Hold 3" OR Base on back with their elbows by their sides in a low bent arm position. Top steps into Base's hands. Hold 3"			
11A			
Base forms a toe pitch position. Top puts hands on Base's shoulders and one foot in Base's hands. Top jumps and straightens legs while base pitches to perform a toe pitch straight jump. Base supports landing.			









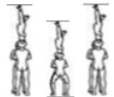

Level 5 Mixed Pair

Athletes must complete each row. -1.0 special requirement deduction for each missing row.

1A	
All partners perform a rear scale. Hold 2"	
2A	
Top climbs up to Base's shoulders. Top dismounts in front of base. (Top holds Base's hands through skill.)	
3A	
Base holds top under arms. Top jumps, and base lifts top to fish/wrap position.	
4A	
All partners lie down in pencil. Push up to Bridge. Feet should be together with legs straight. Athletes must show control.	
5A	
Base kneels on both knees and sits back on heels, facing front. Top stands on one side of base and cartwheels or tucks up to supported handstand on base's knees, facing base. Hold 3"	
6A	
From handstand, Top presses down to straddle. Base supports top during both motion and hold. Hold 3". "	
7A	
Top on back with knees bent and head between base's feet. Base grips Top's hands, Top rolls into ball, then Base lifts and Top rolls out through arch position to standing. (No release.)	
8A	
Base on back with their elbows by their sides in a low bent arm position with legs straight up. Top holds Base's feet and steps into base's hands. Hold 3" OR Base on back with their elbows by their sides in a low bent arm position. Top steps into Base's hands. Hold 3"	
9A	
All partners perform a round off.	
10A	
Top stands straddling Base's torso, leans shoulders into base's hands, and puts hands on base's knees. Top may jump or press to shoulderstand position from floor or base's knees. Hold 3"	
11A	
Base forms a toe pitch position. Top puts hands on Base's shoulders and one foot in Base's hands. Top jumps and straightens legs while base pitches to perform a toe pitch straight jump. Base supports landing.	

Level 5 Women's Group

Athletes must complete each row. -.1.0 special requirement deduction for each missing row.

1A		Top steps up into toe pitch position. Top bends and jumps as Bases pitch to perform toe pitch straight jump. Bases support landing.
2A		Base in chair position. Top stands on Base's thighs facing same direction, with support of Base. Middle performs a handstand on the floor in front of partners. Top supports Middle's legs or feet. Hold 3".
3A		All partners perform a round off.
4A		Bases face each other. Top jumps to forearm catch on stomach. Top may jump from standing or run. Top should jump from two feet.
5A		Top in forearm catch on stomach. Bases throw top in 180 or 360 twist (Log Roll) and catch Top on stomach or back.
6A		All partners perform a rear scale. Hold 2"
7A		Top stands straddling base's torso, leans shoulders into Base's hands, and puts hands on Base's legs/knees. Top may jump or press to shoulderstand position from floor or base's knees. Middle may support Top in entry to shoulderstand. Middle supports Top in shoulderstand with one hand on Top's foot or leg. Hold 3".
8A		All partners lie down in pencil. Push up to Bridge. Feet should be together with legs straight. Athletes must show control.
9A		Bases face each other and create a basket position. Top climbs up to stand on basket. Bases bend their knees, then return to stand.
10A		Bases on one knee side by side. Top performs a straddle or pike on Bases' thighs. Bases support Top in straddle hold. Hold 3".

Level 5 Men's Group

Athletes must complete each row. -1.0 special requirement deduction for each missing row.

1A	
2A	
3A	
4A	
5A	
6A	
7A	
8A	
9A	

Level 6 Requirements

Level 6 is a compulsory level with compulsory elements, optional music, and optional choreography.

Level Type	Compulsory
Number (Type) of Exercise	One (combined).
Music/Choreography	<ul style="list-style-type: none"> The exercise must be performed to music of coach/athlete choice. At all levels, if a routine is performed without music for whatever reason, a DJ penalty of –1.0 applies. If there is an equipment malfunction, no penalty applies.
Order of Skills/Individual Elements	<ul style="list-style-type: none"> Skills must be performed in order as written. The order of skills/individual elements for each event is pictured and detailed in this section. A –0.3 DJ penalty applies for skills/individual elements performed out of order.
Maximum Length of Exercise	<ul style="list-style-type: none"> Music maximum length is 2:30. A –0.3 CJP penalty applies if the exercise starts or ends after the music.
Special Requirements	<ul style="list-style-type: none"> The pair/group must complete one pair/group element from each row. 3 Individual elements must be chosen from the ToD or the examples provided on page 9. One Balance, one flexibility, and one agility OR tumbling individual. (Same category at the same time, for this level agility and tumbling are considered the same category) All partners must complete the individual element(s) for special requirement credit. A -1.0 SR penalty will be taken by the DJ for each missing pair/group or individual element.
Restrictions	<ul style="list-style-type: none"> No additional pair/group skills of value are permitted in the exercise. A –1.0 DJ penalty applies for additional skills performed, to be taken no more than one time in each exercise. Execution deductions apply. Additional individual elements may be performed without penalty. Execution deductions apply. Linking between dynamic elements is allowed, but control must be shown. Execution deductions apply.
Difficulty	<ul style="list-style-type: none"> There is no difficulty score at level 6. The DJ will take SR/DJ penalties for missing elements, and short holds for balance elements that are held for less than 3" (less than 2" balance for individual elements) If a fall occurs and SR credit will be taken, a pair/group or individual element may be repeated for SR credit. Pair/group and individual elements must be performed in the order they are indicated on the tariff sheet or will receive a -0.3 incorrect tariff sheet penalty. (Element order is compulsory)
Special Conditions	<ul style="list-style-type: none"> Level 6 exercises may be performed on a strip of tumbling mats if a suitable floor is not available.

Individual Element Clarifications	<ul style="list-style-type: none"> • Individual elements may be chosen from the choices provided on page 9 or chosen from the TOD. • Partners must perform individual elements simultaneously. They may be different skills but from the same category. • Scales do not need to be horizontal for credit. However, if scales are below horizontal, execution deductions apply. • For level 6, execution judges may take up to –1.0 in execution deductions for each individual element in total (all partners combined).
Pair/Group Skill Clarifications	<ul style="list-style-type: none"> • “Hooking” the legs on the elbows prior to performing a straddle is considered additional support and incurs a –0.5 execution deduction. • Minimal flight is required for credit; execution deductions for amplitude still apply. • Timing for balance skills, including pair/group skills and individual elements, should be counted the same. Coaches and judges should count as follows: “one thousand one, one thousand two, one thousand three.” • Please note: On all dynamic skills, tops have the option to bend or not bend their knees going into skills. The technique is at the coach’s discretion. • Be aware that choreographic lifts, rolls, and jumps do incur execution deductions if errors occur.

Level 6 Women's Pair

Athletes must complete each row. -1.0 special requirement deduction for each missing row.

1A

Tumbling Individual Element

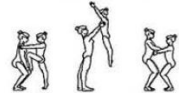
All partners perform 1 Tumbling element chosen from the Tumbling Individual elements (or FIG ToD). Each partner may choose to perform the same or different elements.

2A



Base sits on knees. Top performs straddle on Base's thighs/knees. Base supports straddle, and supports top in press to handstand. Base supports handstand. Hold 3"

3A



Base forms a toe pitch position. Top puts hands on Base's shoulders and one foot in Base's hands. Top jumps and straightens legs while base pitches to perform a toe pitch straight jump. Base supports landing.

4A



Base in table position. Top performs tuck, pike, or straddle on Base's thighs/knees. Hold 3"

5A



Base in lunge position. Top performs handstand on Base's thigh/knee. Base supports handstand. Hold 3"

6A



Base sits on knees. Top climbs up to low foot-to-hand on Base (show control.) Base must support Top's feet. Support should be under Top's feet. Top's feet may rest on Base's shoulders.

7A

Flexibility Individual Element

All partners perform 1 Flexibility element chosen from the Flexibility Individual Elements (or FIG ToD). Each partner may choose to perform the same or different elements.

8A



Base on back with arms straight up. Top performs tuck, pike, or straddle on Base's hands. Hold 3"

9A



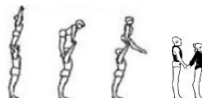
Partners face each other. Base holds top at waist or legs. Base boosts, and Top jumps to perform a boost straight jump. Base supports landing - LINK (immediate succession) - Base lifts top to fish/wrap position.

10A

Static Individual Element

All partners perform 1 Static element chosen from the Static Individual Elements (or FIG ToD). Each partner may choose to perform the same or different elements.




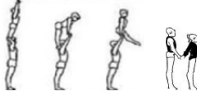





11A



Top climbs up to standing on Base's shoulders. Base supports Top's legs. Top takes Base's hands and steps or jumps to the floor in front of Base (no release.)




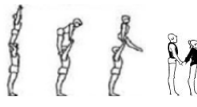

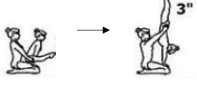
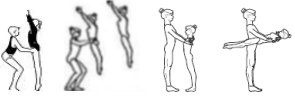


Level 6 Men's Pair

Athletes must complete each row. -1.0 special requirement deduction for each missing row.

1A	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h3>Tumbling Individual Element</h3> </div> <p>All partners perform 1 Tumbling element chosen from the Tumbling Individual elements (or FIG ToD). Each partner may choose to perform the same or different elements.</p>	
2A		<p>OR</p> 
3A	 <p>Base in lunge position. Top performs handstand on Base's thigh/knee. Base supports handstand. Hold 3"</p>	
4A	 <p>Top standing on Base's shoulders. Base supporting Top's legs. Top takes Base's hands and steps or jumps to the floor in front of Base (no release.)</p>	
5A	 <p>Base on back with legs bent and arm(s) straight up. Top performs a croc with one hand on Base's knee(s) and one hand on Base's hand(s). Hold 3"</p>	
6A	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h3>Flexibility Individual Element</h3> </div> <p>All partners perform 1 Flexibility element chosen from the Flexibility Individual Elements (or FIG ToD). Each partner may choose to perform the same or different elements.</p>	
7A	 <p>Base forms a toe pitch position. Top puts hands on Base's shoulders and one foot in Base's hands. Top jumps and straightens legs while base pitches to perform a toe pitch straight jump. Base supports landing.</p>	
8A	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h3>Static Individual Element</h3> </div> <p>All partners perform 1 Static element chosen from the Static Individual Elements (or FIG ToD). Each partner may choose to perform the same or different elements.</p>	
9A	 <p>Base sits on knees. Top climbs up to low foot-to-hand on Base (show control.) Base must support Top's feet. Support should be under Top's feet. Top's feet may rest on Base's shoulders.</p>	
10A	 <p>Base on back with arms straight up. Top performs tuck, pike, or straddle on Base's hands. Hold 3"</p>	
11A	 <p>Top on back with knees bent and head between base's feet. Base grips top's hands, top rolls into ball, and as top rolls out base lifts top to standing through arch position. (No release required.)</p>	




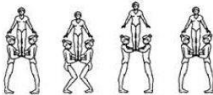
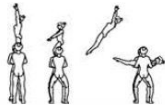


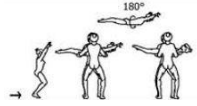
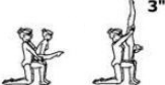
Level 6 Mixed Pair

Athletes must complete each row. -1.0 special requirement deduction for each missing row.

1A	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h3>Tumbling Individual Element</h3> </div> <p>All partners perform 1 Tumbling element chosen from the Tumbling Individual elements (or FIG ToD). Each partner may choose to perform the same or different elements.</p>
2A	<div style="display: flex; align-items: center; justify-content: space-around;">  <div>3"</div> <div>OR</div> <div>  <div>3"</div> </div> </div> <p>Base on back with legs straight up. Top holds base's feet and steps into base's hands. Top stands on straight arms of Base while holding Base's feet. Hold 3" OR Top stands on straight arms of base without support. Hold 3"</p>
3A	<div style="text-align: center;">  <div>3"</div> </div> <p>Base in lunge position. Top performs handstand on Base's thigh/knee. Base supports handstand. Hold 3"</p>
4A	<div style="text-align: center;">  </div> <p>Top standing on Base's shoulders. Base supporting Top's legs. Top takes Base's hands and steps or jumps to the floor in front of Base (no release.)</p>
5A	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h3>Flexibility Individual Element</h3> </div> <p>All partners perform 1 Flexibility element chosen from the Flexibility Individual Elements (or FIG ToD). Each partner may choose to perform the same or different elements.</p>
6A	<div style="text-align: center;">  </div> <p>Base forms a toe pitch position. Top puts hands on Base's shoulders and one foot in Base's hands. Top jumps and straightens legs while base pitches to perform a toe pitch straight jump. Base supports landing.</p>
7A	<div style="text-align: center;">  <div>3"</div> </div> <p>Base sits on knees. Top performs straddle on Base's thighs/knees. Base supports straddle, and supports top in press to handstand. Base supports handstand. Hold 3"</p>
8A	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h3>Static Individual Element</h3> </div> <p>All partners perform 1 Static element chosen from the Static Individual Elements (or FIG ToD). Each partner may choose to perform the same or different elements.</p>
9A	<div style="text-align: center;">  </div> <p>Partners face each other. Base holds top at waist or legs. Base boosts, and Top jumps to perform a boost straight jump. Base supports landing - LINK (immediate succession) - Base lifts top to fish/wrap position.</p>
10A	<div style="text-align: center;">  <div>3"</div> </div> <p>Base on back with arms straight up. Top performs tuck, pike, or straddle on Base's hands. Hold 3"</p>
11A	<div style="text-align: center;">  <div>Top STEPS to position</div> <div>3"</div> </div> <p>Base sits on knees. Top climbs up to low foot-to-hand on Base (show control.) Base must support Top's feet. Support should be under Top's feet. Top's feet may rest on Base's shoulders.</p>

Level 6 Women's Group

Athletes must complete each row. -1.0 special requirement deduction for each missing row.

1A	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h3>Tumbling Individual Element</h3> </div> <p>All partners perform 1 Tumbling element chosen from the Tumbling Individual elements (or FIG ToD). Each partner may choose to perform the same or different elements.</p>
2A	 <p>Top steps up into toe pitch position. Top bends and jumps as Bases pitch to perform toe pitch straight jump. Bases support landing.</p>
3A	 OR  <p>Partners form half-column, with Top standing on Base's shoulders holding Middle's hands, arms, or shoulders. Hold 3". OR Base in table position. Middle in table position on Base. Top in tuck, pike, or straddle on Middle's knees/thighs. Hold 3"</p>
4A	 <p>Top stands on basket. Bases lift basket to chest height (no release). Basket must be raised to chest height of at least one Base with Base's legs straight to receive credit. No linking with next skill is permitted.</p>
5A	 <p>Top stands on basket. Group performs 1/4 back layout to forearm catch.</p>
6A	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h3>Flexibility Individual Element</h3> </div> <p>All partners perform 1 Flexibility element chosen from the Flexibility Individual Elements (or FIG ToD). Each partner may choose to perform the same or different elements.</p>
7A	 OR  <p>Bases on backs side by side with arms up OR Bases on knee(s) side by side with arms up. Bases use one hand to support the other to create a double support position. Top performs double support tuck, pike, or straddle on straight arms of bases. Hold 3".</p>
8A	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h3>Static Individual Element</h3> </div> <p>All partners perform 1 Static element chosen from the Static Individual Elements (or FIG ToD). Each partner may choose to perform the same or different elements.</p>
9A	 <p>Bases face each other. Top jumps to forearm catch on stomach. Top may jump from standing or run. Top should jump from two feet. - LINK - (in immediate succession) Bases throw top in 180 or 360 twist (Log Roll) and catch Top on stomach or back.</p>
10A	 <p>Bases on one knee side by side. Bases support Top in straddle on their knees/thighs. Top presses to handstand with assistance of one or both bases. Top finishes in handstand on Bases' knees/thighs with support from Bases. Hold 3"</p>

Level 6 Men's Group

Athletes must complete each row. -1.0 special requirement deduction for each missing row.

1A

Tumbling Individual Element

All partners perform 1 Tumbling element chosen from the Tumbling Individual elements (or FIG ToD). Each partner may choose to perform the same or different elements.

2A



Base 1 on back with legs up supporting Base 2. Base 2 in chair position with lower back/buttocks supported by Base 1's feet. Top places shoulders in Base 1's hands with hands on Base 1's legs. Top performs shoulderstand on Base 1. Middle stands on Base 2's thighs. Base 2 supports Middle's legs or waist. Hold 3"

3A



Bases and Middle create 3 man basket. Top stands on basket. Group performs 1/4 back layout to forearm catch on back. (Both Bases and Middle may support top in catch position.)

4A



Top stands on Middle's shoulders with Middle supporting Top's legs. Top jumps from Middle's shoulders and performs a 1/4 front layout to forearm catch on Base 1 and Base 2.

5A

Flexibility Individual Element

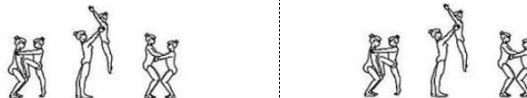
All partners perform 1 Flexibility element chosen from the Flexibility Individual Elements (or FIG ToD). Each partner may choose to perform the same or different elements.

6A



Base 1 and Base 2 stand side by side in lunges. Middle stands on Bases' thighs with support from one hand of each Base holding Middle's legs. Top stands on shoulders of Base 1 and Base 2. Top stands holding Middle's hands or shoulders for support. Hold 3"

7A



Base 1 forms a toe pitch position. Top puts hands on Base 1's shoulders and one foot in Base 1's hands. Top jumps and straightens legs while Base 1 pitches to perform a toe pitch straight jump. Base 1 supports landing. Base 2 and Middle perform the same skill at the same time, or in immediate succession.

8A

Static Individual Element

All partners perform 1 Static element chosen from the Static Individual Elements (or FIG ToD). Each partner may choose to perform the same or different elements.

9A



Base 1 and Base 2 side by side in table position. Top holds Middle's hands for support. Middle stands on thigh(s) of Base 1 and Base 2 with support from Top. Hold 3"

10A



Top steps up into toe pitch position on Base 1 and Base 2. Middle supports Top's legs. Group performs toe pitch straight jump. Bases support landing.

Level 7 Requirements

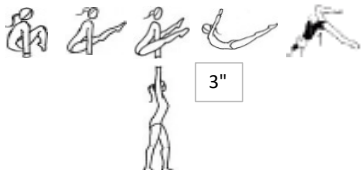
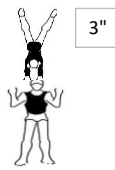
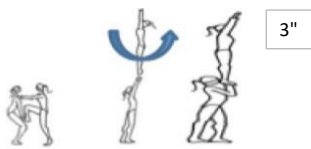
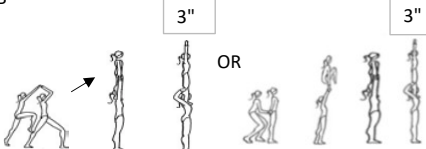
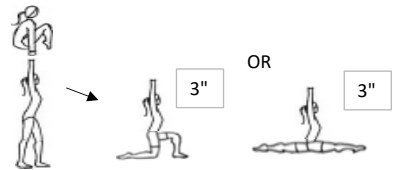
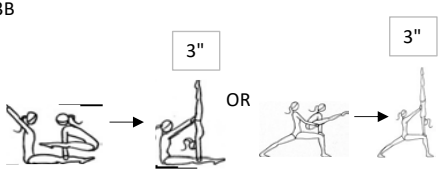
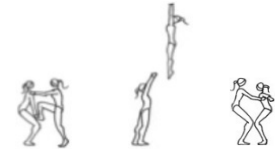
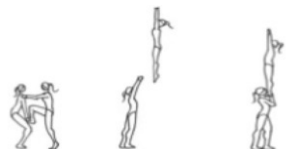

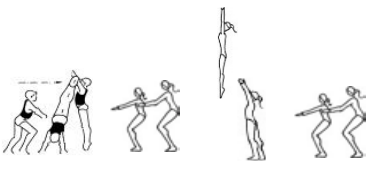
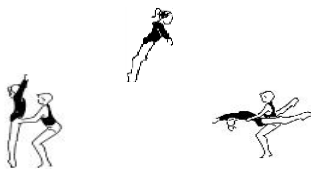



Level 7 continues the progression of compulsory levels and allows coaches/athletes to choose skills from two different rows. Select one skill per row from the compulsory skills tables in this section, either side A or B. Music and choreography are optional. Level 7 introduces the artistry score.

Level Type	Compulsory skills with music/choreography of coach/athlete choice.
Number (Type) of Exercise	One (combined).
Music/Choreography	<ul style="list-style-type: none"> The exercise must be performed to music of coach/athlete choice. At all levels, if a routine is performed without music for whatever reason, a DJ penalty of -1.0 applies. If there is an equipment malfunction, no deduction applies.
Order of Skills/Individual Elements	<ul style="list-style-type: none"> Skills/individual elements may be done in any order but must be declared on the tariff sheet. A -0.3 DJ penalty applies for skills/individual elements performed out of the order declared on the tariff sheet.
Maximum Length of Exercise	<ul style="list-style-type: none"> Music maximum length is 2:30. A -0.3 CJP penalty applies if the exercise starts or ends after the music.
Special Requirements	<ul style="list-style-type: none"> The pair/group must complete one pair/group element from each row. 3 Individual elements must be chosen from the ToD or the examples provided on page 9. One Balance, one flexibility, and one agility OR tumbling individual. (Same category at the same time, for this level agility and tumbling are considered the same category) All partners must complete the individual element(s) for special requirement credit. A -1.0 SR penalty will be taken by the DJ for each missing pair/group or individual element.
Restrictions	<ul style="list-style-type: none"> No additional pair/group skills of value are permitted in the exercise. A -1.0 DJ penalty applies for additional skills performed, to be taken no more than one time in each exercise. Execution deductions apply. Additional individual elements may be performed without penalty. Execution deductions apply. Linking between dynamic skills is permitted.
Difficulty	<ul style="list-style-type: none"> There is no difficulty score at level 7. The DJ will take SR/DJ penalties for missing elements, and short holds for balance elements that are held for less than 3" (less than 2" balance for individual elements) If a fall occurs and SR credit will be taken, a pair/group or individual element may be repeated for SR credit. (Execution deductions will apply) Pair/group and individual elements must be performed in the order they are indicated on the tariff sheet or will receive a -0.3 incorrect tariff sheet penalty. (Coaches choose order of elements)

Individual Element Clarifications	<ul style="list-style-type: none"> • Individual elements may be chosen from the choices provided on page 9 or chosen from the TOD. • Partners must perform individual elements simultaneously. They may be different skills but from the same category. • For level 7, execution judges may take up to –1.0 in execution deductions for each individual element in total (all partners combined). If the individual elements are performed in a series, execution judges may take up to -1.0 in execution deductions per series. • Be aware that choreographic lifts, rolls, and jumps do incur execution deductions if errors occur.
Pair/Group Skill Clarifications	<ul style="list-style-type: none"> • Timing for balance skills, including pair/group skills and individual elements, should be counted the same. Coaches and judges should count as follows: “one thousand one, one thousand two, one thousand three.” • Pair calf mount 3" hold (Box 2B for WP, MP, MxP): The following landings are acceptable for SR credit: (1) top landing with two feet, (2) top lands one foot at a time in immediate succession, and (3) top lands on one foot and the second foot drags up the base’s back. No credit is earned for the following: (1) one foot lands on base’s shoulders while the second foot is still touching calf of the base or (2) neither foot lands on the base’s shoulders. • On all dynamic skills, tops may or may not bend. This is considered technique. There must be flight for credit, but the technique used to achieve that flight is optional. • Handstands may be performed with any leg position as long as it does not change the overall characteristic of the skill.

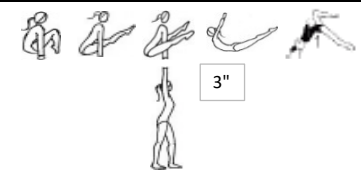
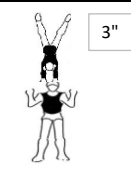
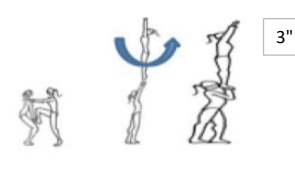
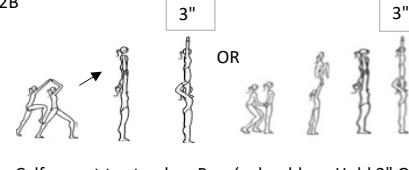
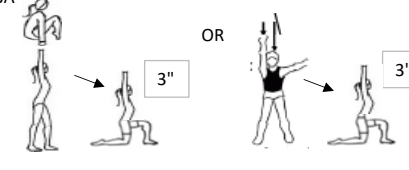
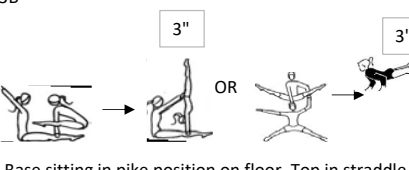
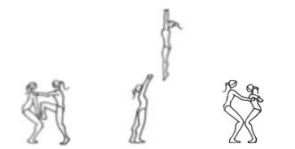
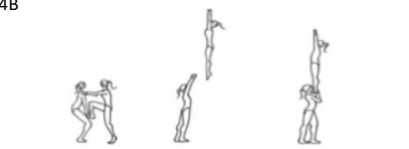

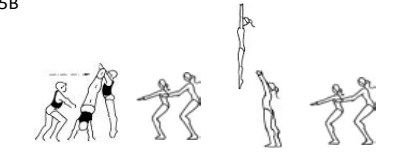
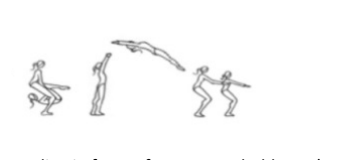


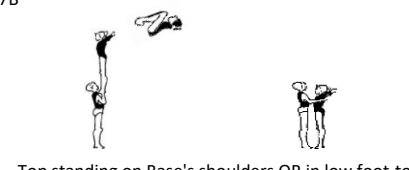
Level 7 Women's Pair

Choose 1 compulsory skill from each row. -1.0 special requirement deduction for each missing row.

<p>Row 1 (Static)</p>	<p>1A</p>  <p>High tuck, pike, straddle, front bird, or back bird 3"</p>	<p>1B</p>  <p>Low Handstand 3"</p>
<p>Row 2 (Mount)</p>	<p>2A</p>  <p>Toe pitch with 180° turn to low foot-to-hand (No release.) Hold 3"</p>	<p>2B</p>  <p>Calf mount to stand on Base's shoulders. Hold 3" OR Inlocate to stand on Base's shoulders. Hold 3" (Top's body position during mount is optional)</p>
<p>Row 3 (Transition)</p>	<p>3A</p>  <p>Top in high tuck, pike, straddle, front bird, back bird, or low handstand. Base transitions from stand to knee(s). Hold 3" OR from stand to splits 3".</p>	<p>3B</p>  <p>Base sitting in pike position on floor OR standing in lunge position. Top in straddle on Base's leg(s). Base supports Top in press to handstand. Base supports Top's handstand. Hold 3"</p>
<p>Row 4 (Toe Pitch)</p>	<p>4A</p>  <p>Toe pitch 0/4 straight jump to floor.</p>	<p>4B</p>  <p>Toe pitch 0/4 to low foot-to-hand catch.</p>
<p>Row 5 (Boost)</p>	<p>5A</p>  <p>Boost 1/4 front to forearm catch. (Top optional 180 twist).</p>	<p>5B</p>  <p>Top performs RO or RO flic, Base boosts Top in a straight jump. (Boost during Top's rebound).</p>
<p>Row 6 (Wrap or Forearm Catch)</p>	<p>6A</p>  <p>Front or back boost 1/4 to catch in wrap/fish.</p>	<p>6B</p>  <p>Handstand boost 1/4 front to forearm catch.</p>
<p>Row 7 (Dismount)</p>	<p>7A</p>  <p>Top standing in low foot-to-hand. 0/4 straight jump dismount to floor.</p>	<p>7B</p>  <p>Top standing in low foot-to-hand. 4/4 back or front tuck dismount to floor.</p>

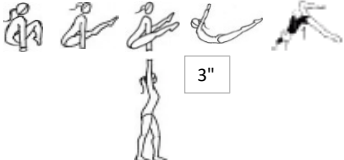

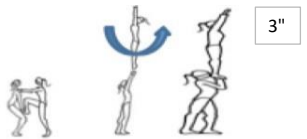






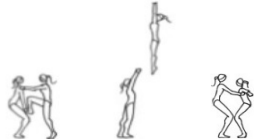
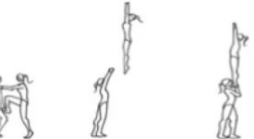

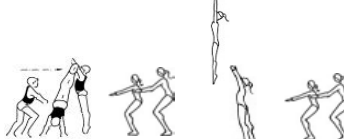

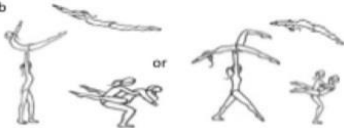


Level 7 Men's Pair

Choose 1 compulsory skill from each row. -1.0 special requirement deduction for each missing row.

Row 1 (Static)	<p>1A</p>  <p>High tuck, pike, straddle, front bird, or back bird 3"</p>	<p>1B</p>  <p>Low Handstand 3"</p>
Row 2 (Mount)	<p>2A</p>  <p>Toe pitch with 180° turn to low foot-to-hand (No release.) Hold 3"</p>	<p>2B</p>  <p>Calf mount to stand on Base's shoulders. Hold 3" OR Inlocate to stand on Base's shoulders. Hold 3" (Top's body position during mount is optional)</p>
Row 3 (Transition)	<p>3A</p>  <p>Top in high tuck, pike, straddle, or low handstand. Base transitions from stand to knee(s). Hold 3" OR Top in tuck, pike, straddle, or croc on Base's head (one hand in hand, one hand on head) from stand to knee(s) or sit. Hold 3".</p>	<p>3B</p>  <p>Base sitting in pike position on floor. Top in straddle on Base's legs. Base supports Top in press to handstand. Base supports Top's handstand. Hold 3" OR Base standing or sitting. Top in straddle on head (one hand in hand, one hand on head). Top transitions to croc. Hold 3"</p>
Row 4 (Toe Pitch)	<p>4A</p>  <p>Toe pitch 0/4 straight jump to floor.</p>	<p>4B</p>  <p>Toe pitch 0/4 to low foot-to-hand catch.</p>
Row 5 (Boost)	<p>5A</p>  <p>Boost 1/4 front to forearm catch (Top optional 180 twist)</p>	<p>5B</p>  <p>Top performs RO or RO flic, base boosts top in a straight jump (during top's rebound).</p>
Row 6 (Cannonball or forearm catch)	<p>6A</p>  <p>Top standing in front of Base. Base holds Top's hands/arms. Top jumps into cannonball swing to 1/4 front salto dismount (with release).</p>	<p>6B</p>  <p>Handstand boost 1/4 front to forearm catch.</p>
Row 7 (Dismount)	<p>7A</p>  <p>Top standing on Base's shoulders OR in low foot-to-hand. 0/4 straight jump dismount to floor.</p>	<p>7B</p>  <p>Top standing on Base's shoulders OR in low foot-to-hand. 4/4 back or front tuck dismount to floor.</p>

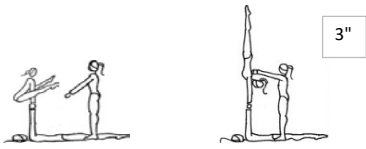
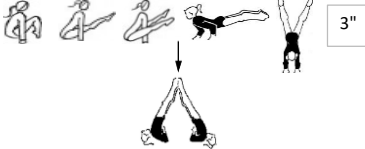


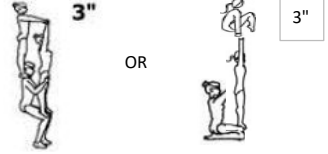
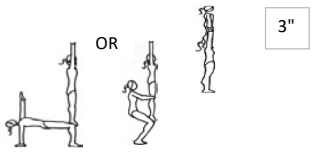
Level 7 Mixed Pair

Choose 1 compulsory skill from each row. -1.0 special requirement deduction for each missing row.

Row 1 (Static)	<p>1A</p>  <p>High tuck, pike, straddle, front bird, or back bird 3"</p>	 <p>Low Handstand 3"</p>
Row 2 (Mount)	<p>2A</p>  <p>Toe pitch with 180° turn to low foot-to-hand (No release.) Hold 3"</p>	<p>2B</p>   <p>Calf mount to stand on Base's shoulders. Hold 3" OR Inlocate to stand on Base's shoulders. Hold 3" (Top's body position during mount is optional)</p>
Row 3 (Transition)	<p>3A</p>   <p>Top in high tuck, pike, straddle, front bird, back bird, or low handstand. Base transitions from stand to knee(s). Hold 3" OR from stand to splits 3".</p>	<p>3B</p>   <p>Base sitting in pike position on floor OR standing in lunge position. Top in straddle on Base's leg(s). Base supports Top in press to handstand. Hold 3"</p>
Row 4 (Toe Pitch)	<p>4A</p>  <p>Toe pitch 0/4 straight jump to floor.</p>	<p>4B</p>  <p>Toe pitch 0/4 to low foot-to-hand catch.</p>
Row 5 (Boost)	<p>5A</p>  <p>Boost 1/4 front to forearm catch (Top optional 180 twist) OR Handstand Boost 1/4 front to forearm catch.</p>	<p>5B</p>  <p>Top performs RO or RO flic. Base boosts Top in a straight jump. (Boost during Top's rebound).</p>
Row 6 (Cannonball or wrap)	<p>6A</p>  <p>Top standing in front of Base. Base holds Top's hands/arms. Top jumps into cannonball swing to 1/4 front salto dismount (with release).</p>	<p>6B</p>  <p>Front bird or back bird 2/4 pitch to wrap OR 0/4 to forearm catch. (Top optional 180 twist)</p>
Row 7 (Dismount)	<p>7A</p>  <p>Top standing in low foot-to-hand. 0/4 straight jump dismount to floor.</p>	<p>7B</p>  <p>Top standing in low foot-to-hand. 4/4 back or front tuck dismount to floor.</p>


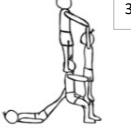
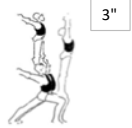

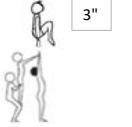
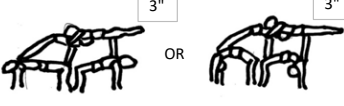


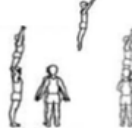

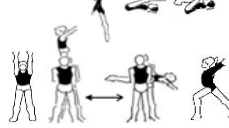
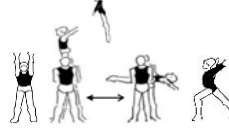
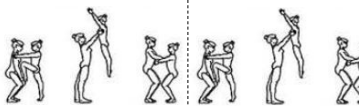
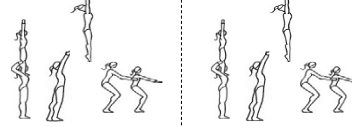
Level 7 Women's Group

Choose 1 compulsory skill from each row. -1.0 special requirement deduction for each missing row.

Row 1 (Cat. 1)	<p>1A</p>  <p>Base on back. Top in straddle on Base's hands without support from middle. Middle supports Top in press to handstand. Hold 3"</p>	<p>1B</p>  <p>Bases in candlestick teepee position. Top in tuck, straddle, pike, croc, or handstand on Bases' feet. Hold 3"</p>
Row 2 (Cat. 2)	<p>2A</p>  <p>Base in lunge position. Top in high tuck, pike, straddle, or low handstand on Base's hands. Middle in straddle, croc, or handstand on Base's back or front leg. Hold 3"</p>	<p>2B</p>  <p>Base on back with hips up. Top in tuck, pike, straddle, croc, or handstand on Base's hands. Middle in tuck, pike, straddle, croc, or handstand on Base's legs. Hold 3"</p>
Row 3 (Cat. 3)	<p>3A</p>  <p>Bases in half column position with base in chair position. Top stands on Base's shoulders while holding Middle's hand(s) or shoulder(s). Hold 3" OR Base on knees, Middle standing on Base's thighs. Top in high tuck, pike, or straddle on Middle's hands. Hold 3"</p>	<p>3B</p>  <p>Bases in half-column position (Base in table or chair position). Top standing on Middle's shoulders. Hold 3"</p>
Row 4 (Link)	<p>4A</p> <p>Toe pitch or basket 1/4 back or front layout to forearm catch LINK 360 log roll.</p>	<p>4B</p> <p>Handstand boost 1/4 front layout to forearm catch LINK 360 log roll.</p>
Row 5 (Dynamic or Dismount)	<p>5A</p> <p>Supported toe pitch 0/4 (middle boosts from behind) straight jump to floor. Bases support landing.</p>	<p>5B</p> <p>Top in forearm catch. 3/4 back or front tuck, pike, or layout to floor.</p>
Row 6 (Catch or Handstand Dismount)	<p>6A</p> <p>Basket 0/4 straight jump back to catch on basket.</p>	<p>6B</p> <p>Supported handstand 2/4 back or front tuck, pike, or layout to floor.</p>
Row 7 (Basket or Pitch Dismount)	<p>7A</p> <p>Basket or double toe pitch 0/4 straight jump off.</p>	<p>7B</p> <p>Basket or double toe pitch 4/4 back tuck to floor.</p>

Level 7 Men's Group

Choose 1 compulsory skill from each row. -1.0 special requirement deduction for each missing row.

Row 1 (Cat. 1)	<p>1A</p>  <p>Base 2 leans against Base 1's raised feet in chair position. Middle performs shoulderstand on Base 1. Top performs high tuck, pike, or straddle on Base 2. Hold 3"</p>	<p>1B</p>  <p>Base 2 leans against Base 1's raised feet in chair position. Top stands on Base 2's shoulders. Middle stands on Base 2's thighs, Base 2 supports Middle's waist or legs. Top holds Middle's hands or arms/shoulders. Hold 3"</p>
Row 2 (Cat. 1)	<p>2A</p>  <p>Base 1 and Base 2 in lunges side by side. Middle stands on Bases' thighs, Bases support Middle's legs. Top stands on Bases' shoulders with Bases supporting Top's legs. Hold 3"</p>	<p>2B</p>  <p>Base 1 and Base 2 in lunges side by side. Middle stands on Bases' thighs. Base 1 and Base 2 support Middle's legs. Top stands on Middle's shoulders. Middle supports Top's legs. Hold 3"</p>
Row 3 (Cat. 1)	<p>3A</p>  <p>Base 1 in chair position. Middle standing on Base 1's thighs. Top performs high tuck on Base 1. Middle supports Base 1's hands/arms. Hold 3"</p>	<p>3B</p>  <p>Base 1 and Base 2 in table OR bridge position facing each other. Middle in plank position with hands on knees and feet on shoulders of Base 1. Top in plank position with arms around waist/torso of Middle. Base 2 supports Top's leg(s) with 1 hand. Hold 3"</p>
Row 4 (Dismount)	<p>4A</p>  <p>Three-man basket. Group performs 3/4 back or front tuck, pike, or layout dismount to floor. Bases support landing.</p>	<p>4B</p>  <p>Top in forearm catch position. Group performs 3/4 back or front tuck, pike, or layout. Middle supports and throws Top's legs.</p>
Row 5 (Catch)	<p>5A</p>  <p>Top standing on Middle's shoulders. Top jumps to basket on Base 1 and Base 2.</p>	<p>5B</p>  <p>Three-man basket. Group performs 0/4 straight jump back to basket.</p>
Row 6 (Switch)	<p>6A</p>  <p>Top stands on Basket of Base 1 and Base 2. Group performs 3/4 front or back tuck, pike, or layout. Base 1 switches out and Middle switches in. Top lands in forearm catch of Middle and Base 2.</p>	<p>6B</p>  <p>Top stands on Basket of Base 1 and Base 2. Group performs 1/4 front or back layout. Base 1 switches out and Middle switches in. Top lands in forearm catch of Middle and Base 2.</p>
Row 7 (Pairs)	<p>7A</p>  <p>Top and Base 1 perform toe pitch 0/4 straight jump to floor. Base 1 supports landing. Middle and Base 2 perform the same skill at the same time, or in immediate succession.</p>	<p>7B</p>  <p>Top stands on Base 1's shoulders. Top performs 0/4 straight jump to floor. Base 1 supports landing. Middle and Base 2 perform the same skill at the same time, or in immediate succession.</p>

Level 8 Requirements

Level 8 introduces the concept of separate balance and dynamic routines with a choice of compulsory skills and optional elements.



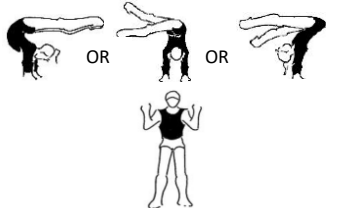


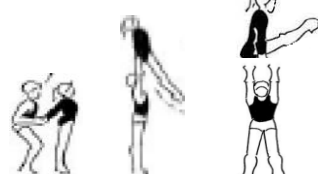
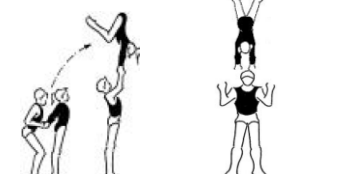

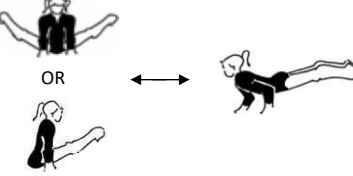
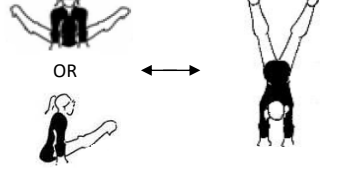
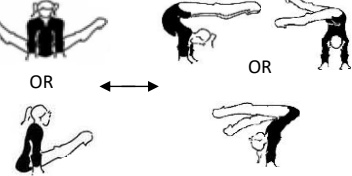
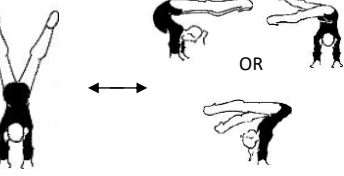
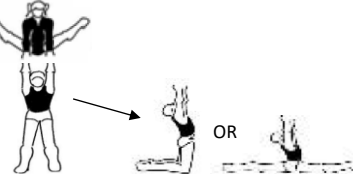
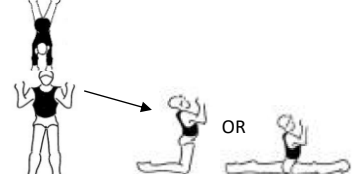
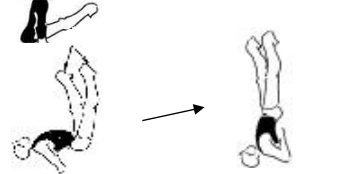
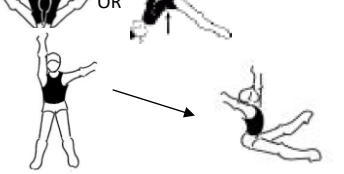
Level Type	Compulsory skills and optional skills with music/choreography of coach/athlete choice.
Number (Type) of Exercise	Two (Balance and Dynamic).
Music/Choreography	<ul style="list-style-type: none"> The exercise must be performed to music of coach/athlete choice. At all levels, if a routine is performed without music for whatever reason, a DJ penalty of –1.0 applies. If there is an equipment malfunction, no penalty applies.
Order of Skills/Individual Elements	<ul style="list-style-type: none"> Skills/individual elements may be done in any order but must be declared on the tariff sheet. A –0.3 DJ penalty applies for skills/individual elements performed out of the order declared on the tariff sheet.
Maximum Length of Exercise	<ul style="list-style-type: none"> Music maximum length is 2:30 for balance – 2:00 for dynamic. A –0.3 CJP penalty applies if the exercise starts or ends after the music.
Special Requirements	<ul style="list-style-type: none"> Pair Balance/Dynamic: Exercises consist of six balance/dynamic skills (4 compulsory, 2 optional) and three individual elements. Group Balance: Exercises consist of three balance pyramids (2 compulsory, 1 optional) and three individual elements. Group Dynamic: Exercises consist of six dynamic skills (4 compulsory, 2 optional), and three individual elements. Compulsory pair/group skills are chosen from the table of skills provided for each discipline. 1 skill per row is required. Optional elements are chosen from the table of skills provided (cannot repeat a box) or from the FIG ToD. Balance Individual Elements: 3 Individual elements must be chosen from the ToD or the examples provided on page 9. These individual elements must be chosen from balance, flexibility, or agility categories. Dynamic Individual Elements: 3 Individual elements must be chosen from the ToD or the examples provided on page 9. These individual elements must be chosen from the tumbling category. (One individual element may be repeated twice for SR credit. All partners must complete the individual element(s) for special requirement credit. A -1.0 SR penalty will be taken by the DJ for each missing pair/group or individual element.. Balance: Level 8 Women's Group and Men's Group must have an unsupported handstand by the middle or the top in at least one pyramid.

Restrictions	<ul style="list-style-type: none"> • No additional pair/group skills of value are permitted in the exercise. A –1.0 DJ penalty applies for additional skills performed, to be taken no more than one time in each exercise. Execution deductions apply. • Additional individual elements may be performed without penalty. Execution deductions apply. • Linking between dynamic skills is permitted.
Difficulty	<ul style="list-style-type: none"> • There is no difficulty score at level 8. The DJ will take SR/DJ penalties for missing elements, and short holds for balance elements that are held for less than 3" (less than 2" balance for individual elements) • Pair balance/dynamic exercises consist of six balance/dynamic skills (4 compulsory, 2 optional) and three individual elements. Women's and Men's Group balance exercises consist of three balance pyramids (2 compulsory, 1 optional) and three individual elements. Women's and Men's Group dynamic exercises consist of six dynamic skills (4 compulsory, 2 optional), and three individual elements. • Compulsory pair/group skills are chosen from the table of skills provided for each discipline. 1 skill per row is required. • Optional elements are chosen from the table of skills provided (cannot repeat a box) or from the FIG ToD. • Individual elements are chosen
Individual Element Clarifications	<ul style="list-style-type: none"> • NOTE: Partners must perform the 3 individual elements simultaneously, but they can be different. • For level 8, execution judges may take up to –1.0 in execution deductions for each individual element in total (all partners combined). If the individual elements are performed in a series, execution judges may take up to -1.0 in execution deductions per series. • Be aware that choreographic lifts, rolls, and jumps do incur execution deductions if errors occur.
Pair/Group Skill Clarifications	<ul style="list-style-type: none"> • Pairs: Mounts that are followed by a 3" hold may not be directly combined with another identical 3" hold. For example, calf mount to straddle that is held 3" may not be followed by another 3" straddle. • Handstands may be performed with any leg position as long as it does not change the overall characteristic of the element. • "Hooking" the legs on the elbows prior to performing a straddle is considered additional support and incurs a –0.5 execution deduction. • Timing for balance skills, including pair/group skills and individual elements, should be counted the same. Coaches and judges should count as follows: "one thousand one, one thousand two, one thousand three." • Please note: On all dynamic skills, the tops have the option to bend or not bend their knees going into skills. The technique is left up to the coaches. • Tuck, pike, and straddle are all considered different elements at level 8 for repetition. Each may be repeated twice for static hold and twice for transition.

Level 8 WP - Balance



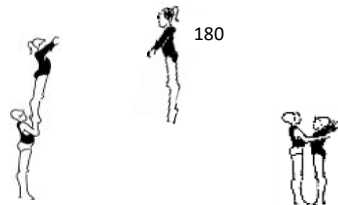

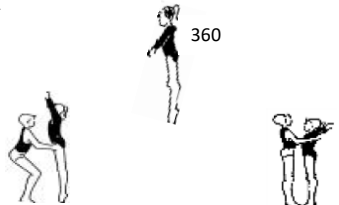




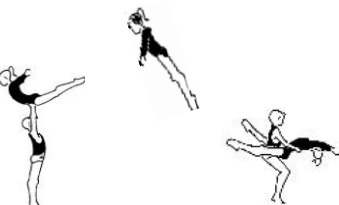
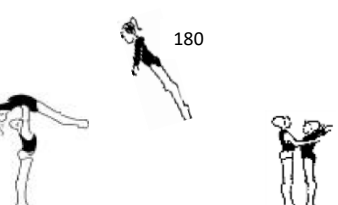

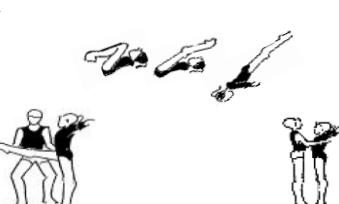

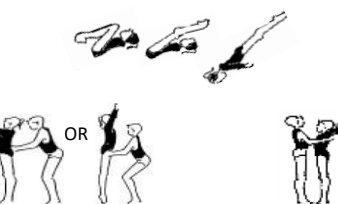

Choose 1 compulsory skill from each row, and 2 optional skills from the FIG ToD (Pair Balance Min V1). Compulsory skills may be used as optional skills. Boxes may not be repeated.

A 3" hold may only count for 1 compulsory or optional skill. Required a total of six (6) 3" holds. Identical holds (base+top) may not be repeated.

Row 1 (Handstand)	<p>1A</p>  <p>Low handstand 3"</p>	<p>1B</p>  <p>High handstand 3"</p>	<p>1C</p>  <p>Low arch handstand, low flag handstand, or low yogi handstand 3"</p>	<p>1D</p>  <p>Handstand on split plange position 3"</p>
Row 2 (Mount)	<p>2A</p>  <p>Calf mount to high tuck, pike, or straddle 3"</p>	<p>2B</p>  <p>Inlocate to high tuck or pike 3"</p>	<p>2C</p>  <p>Inlocate to low handstand 3" (tuck or pike)</p>	<p>2D</p>  <p>Cart-on to low handstand 3"</p>
Row 3 (Top Transition)	<p>3A</p>  <p>Straddle or pike transition to croc OR Croc transition to straddle or pike. The final position must be held for 3". Top on any rated base position.</p>	<p>3B</p>  <p>Straddle or pike press to handstand OR Handstand press down to straddle or pike. The final position must be held for 3". Top on any rated base position.</p>	<p>3C</p>  <p>Straddle or pike press to arch, flag, or yogi OR Arch, flag, or yogi press down to straddle or pike. The final position must be held for 3". Top on any rated base position.</p>	<p>3D</p>  <p>Handstand transition to arch, flag, or yogi OR Arch, flag, or yogi transition to straight handstand. The final position must be held for 3". Top on any rated base position.</p>
Row 4 (Base Transition)	<p>4A</p>  <p>Top in high tuck, pike, straddle, front bird, or back bird. Base transition from standing to two knees or splits 3"</p>	<p>4B</p>  <p>Top in low handstand. Base transition from standing to two knees or splits 3"</p>	<p>4C</p>  <p>Top in tuck, pike, straddle, or pancake on base's feet. Base transition from laying on back to candlestick position 3"</p>	<p>4D</p>  <p>Top in high 2:1 straddle or 1-arm back bird. Base transition from standing to sit 3"</p>

Level 8 WP - Dynamic



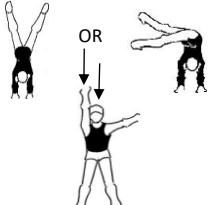
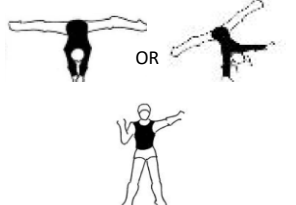
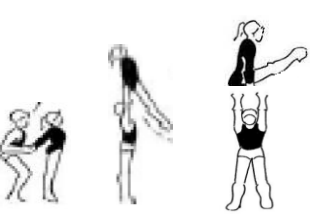
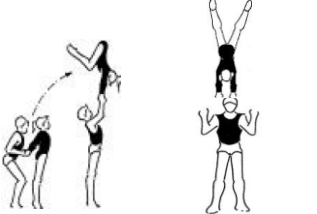
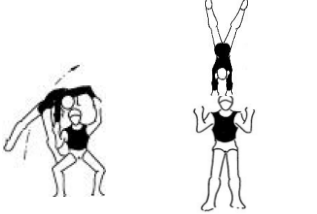
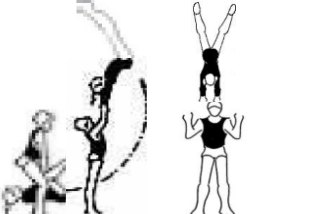
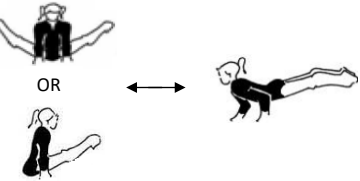
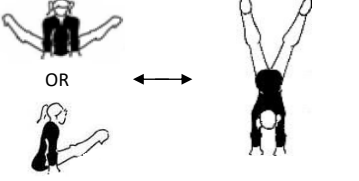
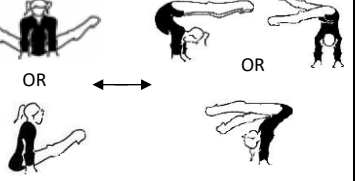
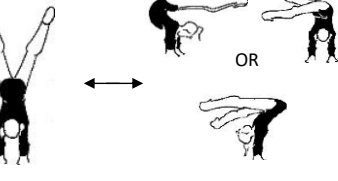
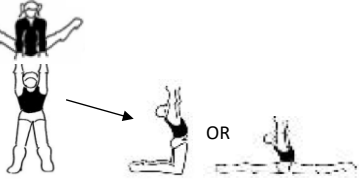
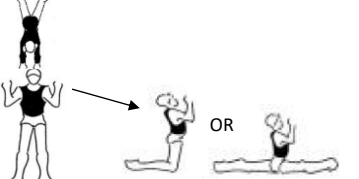
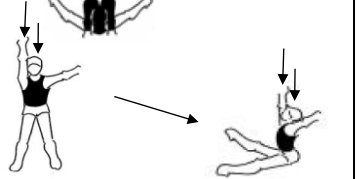
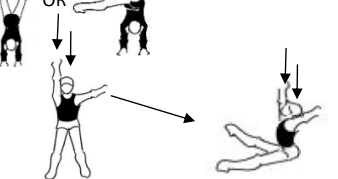
Choose 1 compulsory skill from each row, and 2 optional skills from the FIG ToD (Pair Dynamic V1-13). Compulsory skills may be used as optional skills. Boxes may not be repeated.

<p>Row 1 (Foot to Hand)</p>	<p>1A</p>  <p>Toe Pitch 0/4 to low foot-to-hand.</p>	<p>1B</p>  <p>Low foot-to-hand 0/4 dismount to floor.</p>	<p>1C</p>  <p>Low foot-to-hand 0/4 +180 dismount to floor.</p>	<p>1D</p>  <p>Low foot-to-hand 0/4 straight jump to low foot-to-hand catch.</p>
	<p>2A</p>  <p>Boost 0/4+360 straight jump to floor.</p>	<p>2B</p>  <p>Boost 1/4 front to forearm catch. (Optional +180 to forearm catch)</p>	<p>2C</p>  <p>Handstand boost 1/4 front to forearm catch.</p>	<p>2D</p>  <p>RO rebound 1/4 back to back bird catch.</p>
	<p>3A</p>  <p>Front or back bird 0/4 throw to forearm catch. (optional +180 to forearm catch)</p>	<p>3B</p>  <p>Front or back bird 2/4 throw to fish/wrap catch. (optional +180 to wrap/fish catch)</p>	<p>3C</p>  <p>Front or back bird, 1/4+180 dismount to floor.</p>	<p>3D</p>  <p>Toe pitch 1/4 front layout to front bird catch. (Optional +180 to back bird catch)</p>
	<p>4A</p>  <p>Leg pitch 4/4 back tuck, pike, or layout to floor.</p>	<p>4B</p>  <p>Toe pitch 4/4 (back or front) tuck, pike, or layout to floor.</p>	<p>4C</p>  <p>Boost 4/4 (back or front) tuck, pike, or layout to floor.</p>	<p>4D</p>  <p>Low foot-to-hand 4/4 (back or front) tuck, pike, or layout to floor.</p>

Level 8 MP - Balance



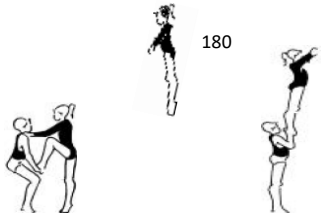

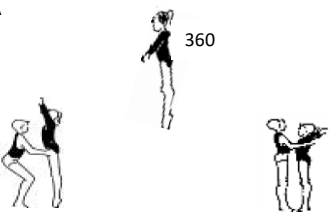

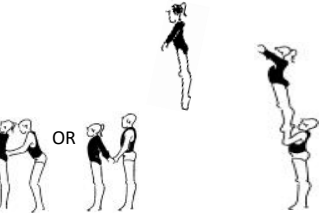
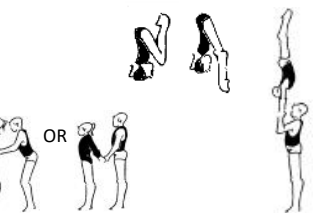

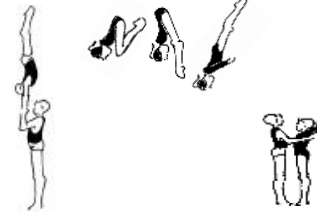
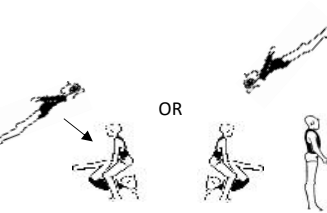
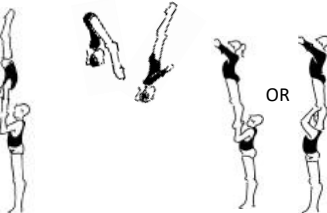
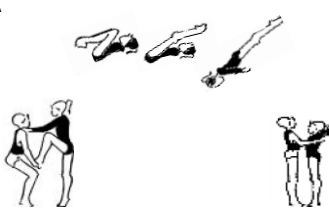
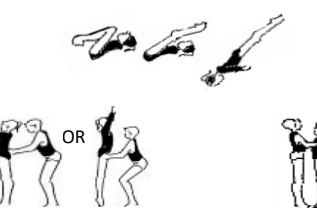


Choose 1 compulsory skill from each row, and 2 optional skills from the FIG ToD (Pair Balance Min V1). Compulsory skills may be used as optional skills. Boxes may not be repeated.

A 3" hold may only count for 1 compulsory or optional skill. Required a total of six (6) 3" holds. Identical holds (base+top) may not be repeated.

<p>Row 1 (Handstand)</p>	<p>1A</p>  <p>Low handstand 3"</p>	<p>1B</p>  <p>High handstand 3"</p>	<p>1C</p>  <p>Handstand on head 3", or flag handstand on head 3"</p>	<p>1D</p>  <p>Low 2:1 handstand 3", or low 1-arm handstand 3"</p>
<p>Row 2 (Mount)</p>	<p>2A</p>  <p>Inlocate to high tuck or pike 3"</p>	<p>2B</p>  <p>Inlocate to low handstand 3" (tuck or pike)</p>	<p>2C</p>  <p>Cart-on to low handstand 3"</p>	<p>2D</p>  <p>Cannonball to low handstand 3"</p>
<p>Row 3 (Top Transition)</p>	<p>3A</p>  <p>Straddle or pike transition to croc OR Croc transition to straddle or pike. The final position must be held for 3". Top on any rated base position.</p>	<p>3B</p>  <p>Straddle or pike press to handstand OR Handstand press down to straddle or pike. The final position must be held for 3". Top on any rated base position.</p>	<p>3C</p>  <p>Straddle or pike press to arch, flag, or yogi OR Arch, flag, or yogi press down to straddle or pike. The final position must be held for 3". Top on any rated base position.</p>	<p>3D</p>  <p>Handstand transition to arch, flag, or yogi OR Arch, flag, or yogi transition to straight handstand. The final position must be held for 3". Top on any rated base position.</p>
<p>Row 4 (Base Transition)</p>	<p>4A</p>  <p>Top in high tuck/pike/straddle/front bird/back bird. Base transition from standing to two knees or splits 3"</p>	<p>4B</p>  <p>Top in low handstand. Base transition from standing to two knees or splits 3"</p>	<p>4C</p>  <p>Top in tuck, pike, straddle, or croc on head. Base transition from standing, to sit 3"</p>	<p>4D</p>  <p>Top in handstand on head, or flag handstand on head. Base transition from standing, to sit 3"</p>

Level 8 MP - Dynamic



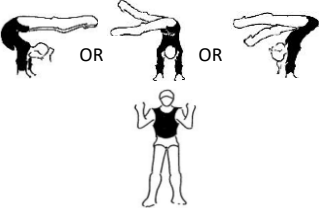
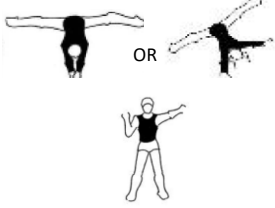
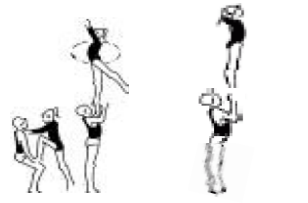
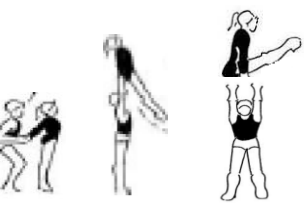
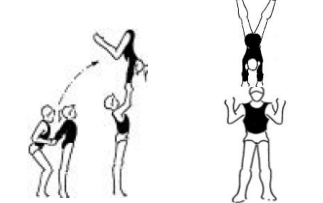
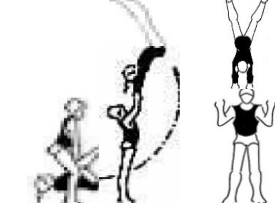
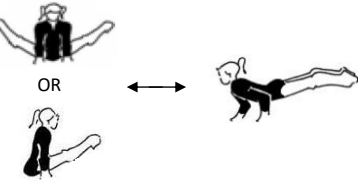
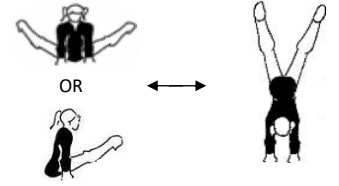
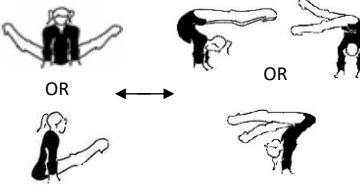
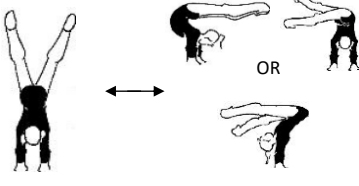
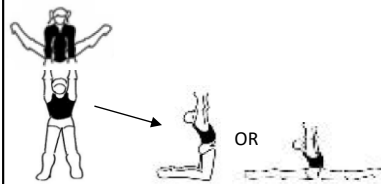
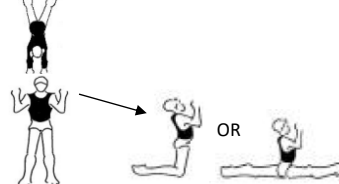
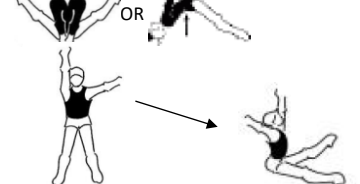
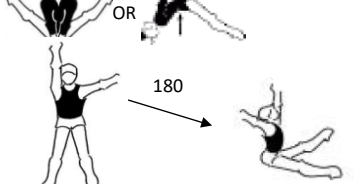
Choose 1 compulsory skill from each row, and 2 optional skills from the FIG ToD (Pair Dynamic V1-13). Compulsory skills may be used as optional skills. Boxes may not be repeated.

<p>Row 1 (Foot to Hand)</p>	<p>1A</p>  <p>Toe Pitch 0/4 to low foot-to-hand.</p>	<p>1B</p>  <p>Low foot-to-hand 0/4 dismount to floor.</p>	<p>1C</p>  <p>Toe Pitch 0/4 +180 to low foot-to-hand.</p>	<p>1D</p>  <p>Low foot-to-hand 0/4 straight jump to low foot-to-hand catch.</p>
<p>Row 2 (Boost)</p>	<p>2A</p>  <p>Boost 0/4+360 straight jump to floor.</p>	<p>2B</p>  <p>Handstand boost 2/4 front layout to floor.</p>	<p>2C</p>  <p>Boost or inlocate boost 0/4 to foot-to-hand catch.</p>	<p>2D</p>  <p>Boost or inlocate boost 2/4 front tuck or pike to hand-to-hand catch.</p>
<p>Row 3 (Hand to Hand)</p>	<p>3A</p>  <p>Toe pitch 2/4 front to hand-to-hand catch.</p>	<p>3B</p>  <p>Hand-to-hand 2/4 (front or back) dismount to floor. (gainer optional)</p>	<p>3C</p>  <p>Boost, RO rebound, or top jumps 1/4 back to cannonball OR Cannonball 1/4 front dismount to floor (optional +180)</p>	<p>3D</p>  <p>Hand-to-hand 2/4 back to foot-to-hand catch or catch on shoulders.</p>
<p>Row 4 (Salto)</p>	<p>4A</p>  <p>Toe pitch 4/4 (back or front) tuck, pike, or layout to floor.</p>	<p>4B</p>  <p>Boost 4/4 (back or front) tuck, pike, or layout to floor.</p>	<p>4C</p>  <p>Low foot-to-hand 4/4 (back or front) tuck, pike, or layout to floor.</p>	<p>4D</p>  <p>Low foot-to-hand 4/4 Gainer (back or front) tuck, pike, or layout to floor.</p>

Level 8 MxP - Balance



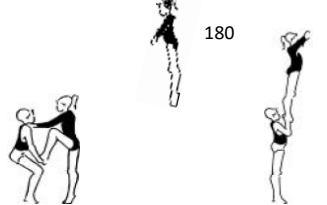


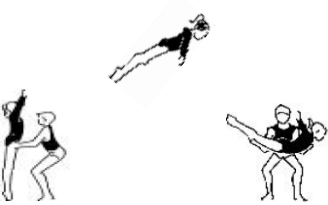

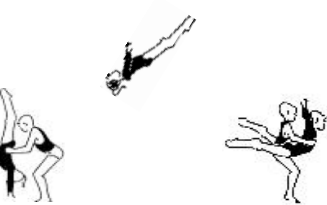
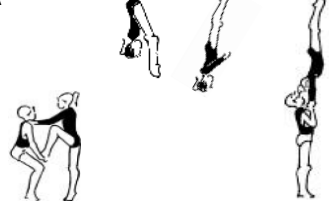

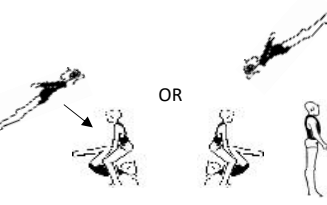


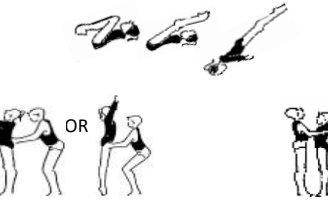

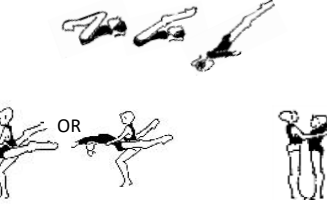
Choose 1 compulsory skill from each row, and 2 optional skills from the FIG ToD (Pair Balance Min V1). Compulsory skills may be used as optional skills. Boxes may not be repeated.

A 3" hold may only count for 1 compulsory or optional skill. Required a total of six (6) 3" holds. Identical holds (base+top) may not be repeated.

<p>Row 1 (Handstand)</p>	<p>1A</p>  <p>Low handstand 3"</p>	<p>1B</p>  <p>High handstand 3"</p>	<p>1C</p>  <p>Low arch handstand, low flag handstand, or low yogi handstand 3"</p>	<p>1D</p>  <p>Low 2:1 handstand or low 1-arm handstand 3"</p>
<p>Row 2 (Mount)</p>	<p>2A</p>  <p>Toe pitch 180 to low foot-to-hand 3"</p>	<p>2B</p>  <p>Inlocate to high tuck or pike 3"</p>	<p>2C</p>  <p>Inlocate to low handstand 3" (tuck or pike)</p>	<p>2D</p>  <p>Cannonball to low handstand 3"</p>
<p>Row 3 (Top Transition)</p>	<p>3A</p>  <p>Straddle or pike transition to croc OR Croc transition to straddle or pike. The final position must be held for 3". Top on any rated base position.</p>	<p>3B</p>  <p>Straddle or pike press to handstand OR Handstand press down to straddle or pike. The final position must be held for 3". Top on any rated base position.</p>	<p>3C</p>  <p>Straddle or pike press to arch, flag, or yogi OR Arch, flag, or yogi press down to straddle or pike. The final position must be held for 3". Top on any rated base position.</p>	<p>3D</p>  <p>Handstand transition to arch, flag, or yogi OR Arch, flag, or yogi transition to straight handstand. The final position must be held for 3". Top on any rated base position.</p>
<p>Row 4 (Base Transition)</p>	<p>4A</p>  <p>Top in high tuck/pike/straddle/front bird/back bird. Base transition from standing to two knees or splits 3"</p>	<p>4B</p>  <p>Top in low handstand. Base transition from standing to two knees or splits 3"</p>	<p>4C</p>  <p>Top in high 2:1 straddle or 1-arm back bird. Base transition from standing to sit 3"</p>	<p>4D</p>  <p>Top in high 2:1 straddle or 1-arm back bird. Base transition from standing 180 to sit 3"</p>


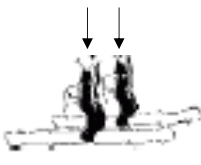

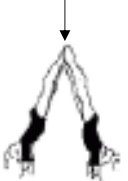
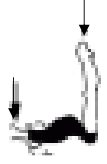


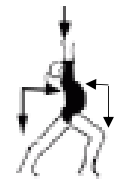
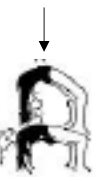

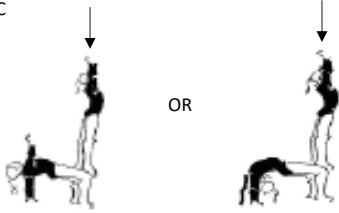

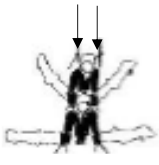



Level 8 MxP - Dynamic

Choose 1 compulsory skill from each row, and 2 optional skills from the FIG ToD (Pair Dynamic V1-13). Compulsory skills may be used as optional skills. Boxes may not be repeated.

<p>Row 1 (Foot to Hand)</p>	<p>1A</p>  <p>Toe Pitch 0/4 to low foot-to-hand catch.</p>	<p>1B</p>  <p>Low foot-to-hand 0/4 dismount to floor.</p>	<p>1C</p>  <p>Toe Pitch 0/4 +180 to low foot-to-hand.</p>	<p>1D</p>  <p>Low foot-to-hand 0/4 straight jump to low foot-to-hand catch.</p>
<p>Row 2 (Boost)</p>	<p>2A</p>  <p>Boost 1/4 to fish/wrap catch.</p>	<p>2B</p>  <p>Boost 1/4 throw to forearm catch. (Optional +180 to forearm catch)</p>	<p>2C</p>  <p>Handstand boost 1/4 front to forearm catch.</p>	<p>2D</p>  <p>Handstand boost 3/4 front to fish/wrap catch.</p>
<p>Row 3 (Hand to Hand)</p>	<p>3A</p>  <p>Toe pitch 2/4 front pike or layout to hand-to-hand catch.</p>	<p>3B</p>  <p>Hand-to-hand 2/4 (front or back) dismount to floor.</p>	<p>3C</p>  <p>Boost, RO rebound, or top jumps 1/4 back to cannonball OR Cannonball 1/4 front dismount to floor (optional +180)</p>	<p>3D</p>  <p>Hand-to-hand 2/4 back pike or layout to foot-to-hand catch.</p>
<p>Row 4 (Salto)</p>	<p>4A</p>  <p>Toe pitch 4/4 (back or front) tuck, pike, or layout to floor.</p>	<p>4B</p>  <p>Boost 4/4 (back or front) tuck, pike, or layout to floor.</p>	<p>4C</p>  <p>Low foot-to-hand 4/4 (back or front) tuck, pike, or layout to floor.</p>	<p>4D</p>  <p>Fish/Wrap throw (back or front) 5/4 tuck, pike, or layout to floor.</p>

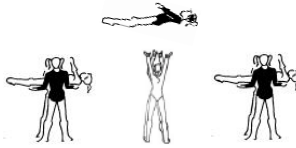

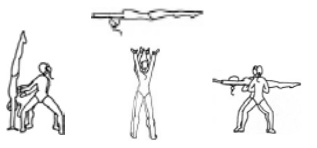

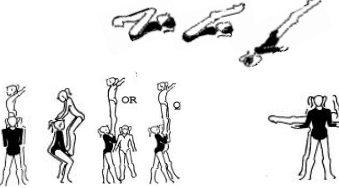
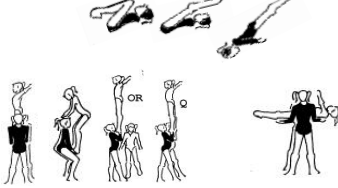
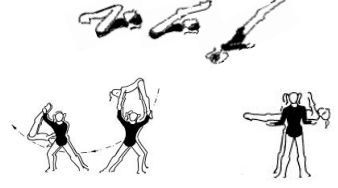
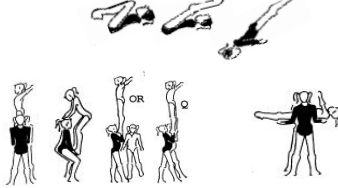
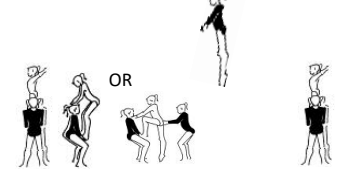
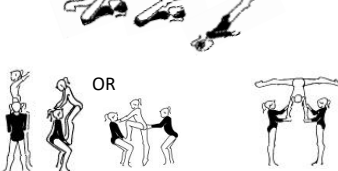

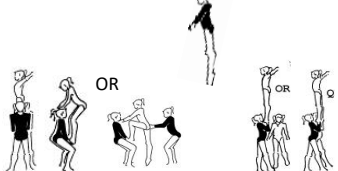

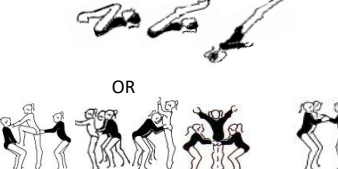


Level 8 WG - Balance

Choose 1 compulsory skill from two different rows, and 1 optional skill from the FIG ToD (WG Balance Min V1). Compulsory skills may be used as optional skills. Pyramid categories may not be repeated.
A 3" hold may only count for 1 compulsory or optional skill. Required a total of three (3) 3" holds. Identical holds (base+top) may not be repeated. (1 unsupported handstand required by Top or Middle)

<p>Row 1 (Category 1)</p>	<p>1A</p>  <p>Top in tuck, pike, straddle, croc, or handstand 3"</p>	<p>1B</p>  <p>Top in tuck, pike, straddle, croc, or handstand 3"</p>	<p>1C</p>  <p>Top in tuck, pike, straddle, croc, or handstand 3"</p>	<p>1D</p>  <p>Top in tuck, pike, straddle, croc, or handstand 3"</p>
	<p>2A</p>  <p>Top in tuck, pike, straddle, croc, or handstand 3" Middle in tuck, pike, straddle, croc, or handstand 3"</p>	<p>2B</p>  <p>Top in tuck, pike, straddle, croc, or handstand 3" Middle in tuck, pike, straddle, croc, or handstand 3"</p>	<p>2C</p>  <p>Top in tuck, pike, straddle, croc, or high/low handstand 3" Middle in 2:1 straddle, croc, or handstand 3"</p>	<p>2D</p>  <p>Top in tuck, pike, straddle, croc, or high/low handstand 3" Middle in straddle, croc, or handstand on the front or back leg of the base 3"</p>
	<p>3A</p>  <p>Top in tuck, pike, straddle, croc, or handstand 3"</p>	<p>3B</p>  <p>Top in tuck, pike, straddle, croc, or handstand 3"</p>	<p>3C</p>  <p>Top in tuck, pike, straddle, croc, or high/low handstand 3"</p>	<p>3D</p>  <p>Top in tuck, pike, straddle, croc, or high/low handstand 3"</p>
	<p>4A</p>  <p>Top in tuck, pike, straddle, croc, or handstand 3"</p>	<p>4B</p>  <p>Top in tuck, pike, straddle, croc, or handstand 3"</p>	<p>4C</p>  <p>Top in tuck, pike, straddle, croc, or handstand 3"</p>	<p>4D</p>  <p>Top in tuck, pike, straddle, croc, or handstand 3"</p>
<p>Row 4 (Category 4, 5, 6)</p>				

Level 8 WG - Dynamic

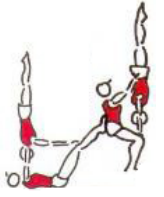
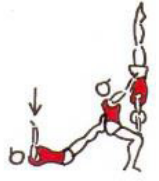
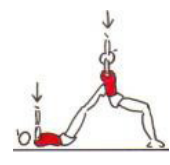
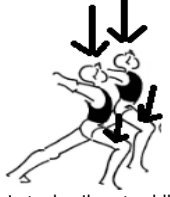



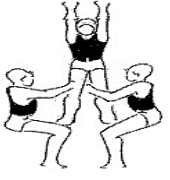
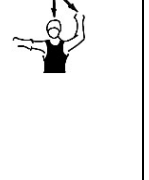
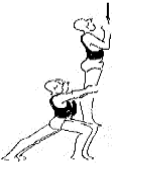
Choose 1 compulsory skill from each row, and 2 optional skills from the FIG ToD (WG Dynamic V1-13). Compulsory skills may be used as optional skills. Boxes may not be repeated.

Row 1 (Forearm Catch)	<p>1A</p> <p>360 - 540 - 720</p>  <p>Log roll 360, 540, or 720 twist.</p>	<p>1B</p>  <p>Helicopter 2/4 rotation.</p>	<p>1C</p>  <p>Handstand boost 1/4 (front or back) layout to forearm catch.</p>	<p>1D</p>  <p>Supported handstand 3/4 (front or back) tuck, pike, or layout to forearm catch.</p>
Row 2 (Forearm Catch)	<p>2A</p>  <p>Basket, double toe pitch, foot-to-hand, or double foot-to-hand 1/4 (front or back) tuck, pike, or layout to forearm catch.</p>	<p>2B</p>  <p>Basket, double toe pitch, foot-to-hand, or double foot-to-hand 3/4 (front or back) tuck, pike, or layout to forearm catch.</p>	<p>2C</p>  <p>Swing 4/4 (front or back) tuck, pike, or layout to forearm catch.</p>	<p>2D</p>  <p>Basket, double toe pitch, foot-to-hand, or double foot-to-hand 5/4 (front or back) tuck, pike, or layout to forearm catch.</p>
Row 3 (Catch)	<p>3A</p>  <p>Basket, double toe pitch, or toe pitch boost 0/4 straight jump to catch on basket.</p>	<p>3B</p>  <p>Basket, double toe pitch, or toe pitch boost 2/4 (front or back) tuck, pike or layout to catch in supported handstand.</p>	<p>3C</p>  <p>Supported handstand 0/4 throw to catch in supported handstand. (Bases must show release with both hands)</p>	<p>3D</p>  <p>Basket, double toe pitch, or toe pitch boost 0/4 straight jump to low foot-to-hand catch or double foot-to-hand catch.</p>
Row 4 (Salto)	<p>4A</p>  <p>Cradle 3/4 (front or back) tuck, pike, or layout dismount.</p>	<p>4B</p>  <p>Toe pitch boost, front/back boost, or scoop boost 4/4 (front or back) tuck, pike, or layout dismount.</p>	<p>4C</p>  <p>Basket, double toe pitch, foot-to-hand, or double foot-to-hand 4/4 (front or back) tuck, pike, or layout dismount.</p>	<p>4D</p>  <p>Supported handstand 6/4 (front or back) tuck, pike, or layout dismount.</p>

Level 8 MG - Balance

Choose 1 compulsory skill from each row, and 1 optional skill from the FIG ToD (MG Balance Min V1). Compulsory skills may be used as optional skills.
The optional skill may be selected from one of the same categories used for the compulsory skills. The top position may be repeated two times.

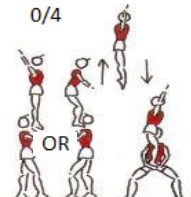
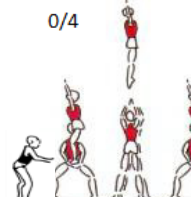
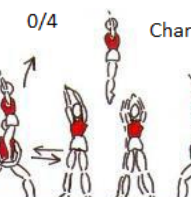
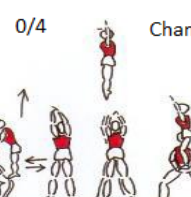
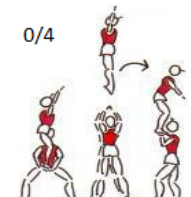
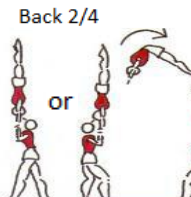
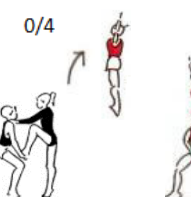
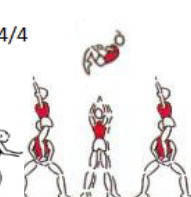

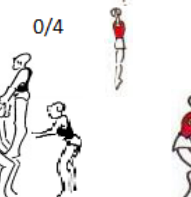


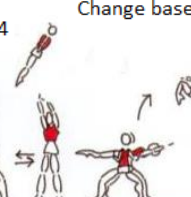
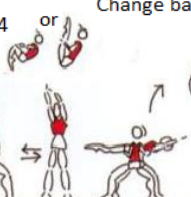

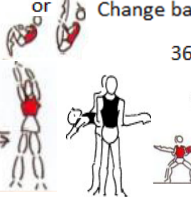
Row 1
(Category 1)

1A		1B		1C		1D	
	Top/Middle in shoulderstand. Top/Middle in supported handstand.		Top/Middle in tuck, pike, straddle, croc, or handstand. Top/Middle in supported handstand 3"		Top/Middle in tuck, pike, straddle, croc, or handstand 3"		Top/Middle in tuck, pike, straddle or croc 3"
2A		2B	 OR 	2C	 OR 	2D	
	Top in tuck, pike, straddle, croc, or handstand 3"		Top in tuck, pike, straddle, croc, or handstand 3"		Top in tuck, pike, straddle, croc, or handstand 3"		Top in low handstand 3"

Row 2
(Category 1)

Level 8 MG - Dynamic

Choose 1 compulsory skill from each row, and 2 optional skills from the FIG ToD (MG Dynamic V1-13). Compulsory skills may be used as optional skills. Boxes may not be repeated.

<p>Row 1 (Straight Jump)</p>	<p>1A</p>  <p>0/4</p> <p>Low foot-to-hand 0/4 straight jump to catch on basket.</p>	<p>1B</p>  <p>0/4</p> <p>3-man basket 0/4 straight jump to catch on basket.</p>	<p>1C</p>  <p>0/4</p> <p>Change base</p> <p>Basket 0/4 straight jump to catch on basket (Bases switch)</p>	<p>1D</p>  <p>0/4</p> <p>Change base</p> <p>Double toe pitch 0/4 straight jump to catch on basket (Bases switch)</p>
<p>Row 2 (Catch)</p>	<p>2A</p>  <p>0/4</p> <p>Basket 0/4 straight jump to catch on low foot-to-hand.</p>	<p>2B</p>  <p>Back 2/4</p> <p>or</p> <p>Low handstand 2/4 back tuck, pike, or layout to basket.</p>	<p>2C</p>  <p>0/4</p> <p>Toe pitch 0/4 straight jump to catch on basket.</p>	<p>2D</p>  <p>Back 4/4</p> <p>3-man basket 4/4 back tuck to catch on basket.</p>
<p>Row 3 (Dismount)</p>	<p>3A</p>  <p>Back 4/4</p> <p>Double toe pitch 4/4 back tuck, pike, or layout dismount to floor.</p>	<p>3B</p>  <p>0/4</p> <p>3-man toe pitch 0/4 straight jump dismount to floor.</p>	<p>3C</p>  <p>Back 4/4</p> <p>3-man basket 4/4 back tuck, pike, or layout dismount to floor.</p>	<p>3D</p>  <p>Back 4/4</p> <p>Toe pitch back 4/4 tuck, pike, or layout to floor (in pairs).</p>
<p>Row 4 (Change Base)</p>	<p>4A</p>  <p>Back 1/4</p> <p>Change base</p> <p>Basket 1/4 back or front layout to forearm catch (Base's switch). From forearm catch, 3/4 tuck, pike, or layout dismount to floor. (link optional)</p>	<p>4B</p>  <p>Back 5/4</p> <p>Change base</p> <p>Basket 5/4 back or front tuck, pike, or layout to forearm catch. From forearm catch, 3/4 tuck, pike, or layout dismount to floor. (link optional)</p>	<p>4C</p>  <p>Back 3/4</p> <p>Change base</p> <p>Supported handstand 3/4 back or front tuck, pike, or layout to forearm catch. From forearm catch, 360, 540, or 720 log roll back to forearm catch. (link optional)</p>	<p>4D</p>  <p>Front 3/4</p> <p>Change base</p> <p>Basket 3/4 front or back tuck, pike, or layout to forearm catch. From forearm catch, 360, 540, or 720 log roll back to forearm catch. (link optional)</p>

Level 9 Requirements

Level 9 athletes are required to perform two exercises, balance and dynamic, with a maximum exercise length of 2:30 minutes for balance and 2:00 for dynamic. There is a –0.3 CJP penalty for starting or ending the exercise after the music. At all levels, if a routine is performed without music for whatever reason, a DJ penalty of –1.0 applies. If the music begins but cuts off in the middle, this penalty does not apply.

Level 9 athletes will follow all rules and restrictions for the FIG 12–18 international level as outlined in the FIG World Age Group Rules and CoP.

Exceptions:

1. The difficulty requirements will be as indicated below. If minimum difficulty is not met, a –1.0 DJ penalty applies.
2. Three individual elements are required. -1.0 SR penalty for each missing individual element.

Level 9 Difficulty

Balance	Minimum Difficulty	Maximum Difficulty	Maximum Allowance
Difficulty Value	30	40	60

Dynamic	Minimum Difficulty	Maximum Difficulty	Maximum Allowance
Difficulty Value	20	30	50

Note: All Women's Pair and Women's Group values for both the balance and the dynamic exercises include the coefficient. The coefficient value for handstands in the hands is given only for static hold of the top and during motion of the base.

Level 10 Requirements

Level 10 athletes are required to perform two exercises, balance and dynamic, with a maximum exercise length of 2:30 minutes for balance and 2:00 for dynamic. There is a –0.3 CJP penalty for starting or ending the exercise after the music. At all levels, if a routine is performed without music for whatever reason, a DJ penalty of –1.0 applies. If the music begins but cuts off in the middle, this penalty does not apply.

Level 10 athletes will follow all rules and restrictions for the FIG 12–18 international level as outlined in the FIG World Age Group Rules and CoP.

Exceptions:

1. The difficulty requirements will be as indicated below. If minimum difficulty is not met, a –1.0 DJ penalty applies.
2. Three individual elements are required. -1.0 SR penalty for each missing individual element.

Level 10 Difficulty

Balance	Minimum Difficulty	Maximum Difficulty	Maximum Allowance
Difficulty Value	50	60	80

Dynamic	Minimum Difficulty	Maximum Difficulty	Maximum Allowance
Difficulty Value	40	50	70

Note: All Women's Pair and Women's Group values for both the balance and the dynamic exercises include the coefficient. The coefficient value for handstands in the hands is given only for static hold of the top and during motion of the base.

International Track: 11–16, 12–18, 13–19, Senior Elite

Please refer to FIG World Age Group Rules and FIG COP for competition guidelines. (<http://www.fig-gymnastics.com>).

- Athletes of any age may compete at any level of the international track, but athletes must meet the ages described in the National Team selection procedures in order to be considered for National Team. For elite competition, athletes must meet the minimum age requirements as outlined in the USA Gymnastics Acrobatic Gymnastics Program Rules and Policies.
- Athletes competing on the international track MAY NOT compete on the USA Development Program track.
- Any athletes trying for National Teams must compete on the international track unless exceptions are outlined in the selection procedures.
- The Acrobatic Gymnastics Development Team (AGDT) team will be selected from the Development Program track only.
- The International Club Team (ICT) will be selected from the international track only.
- Athletes may enter or leave the international track at any point and go back to the level at which they were previously competing on the Development Program track.
- As with any level, athletes must compete at National Championships at the level at which they qualify.

Rules for the Acrobatic Gymnastics Competitive Program

1. Evaluation of Exercises

A. General Information

- i. Exercises are evaluated according to difficulty, technical execution of the skills, and artistry. Also evaluated are special requirements, time faults of balance exercises, duration of the exercise, and size differences of the athletes.
- ii. The difficulty of the exercise is defined by what is declared on the tariff sheet and performed in the exercise. Elements must be declared on the tariff sheet and be performed in the exercise to receive credit.
- iii. If an element is submitted in the written declaration of the exercise but not performed, it receives no credit.
- iv. For levels 2-10, elements not declared on the tariff sheet but performed in the exercise CAN be used to satisfy special requirements. The exercise will incur a DJ penalty of –0.3 for incorrect tariff sheet; time-fault penalties and execution deductions apply.
- v. Special requirements are demands for the exercise in addition to difficulty requirements (see each level for specific special requirements). Failure to perform one or more special requirements incurs a DJ penalty of –1.0 for each violation (e.g., if six elements are mandated and only four performed successfully, the penalty is –2.0 for missing the two elements). The DJ takes this penalty.
- vi. Restrictions are limitations or other rules preventing performance of certain skills, positions, repetitions, etc. Penalties related to restriction infringements are specified with the restriction and can affect the difficulty score or negatively impact the artistry score (see each level for specific restrictions).
- vii. Restricted skills cannot be used to satisfy special requirements.
- viii. “For credit” refers to skills that may be used for special requirements.
- ix. For levels 7-10 the minimum artistry score is 5.0.
- x. Size differences between partners are penalized if they exceed a specific measurement. The size allowance, penalties, and measuring techniques are described in the “Procedures for Athlete Measurement” in the appendix to the Development COP. This is a CJP penalty.

B. General Restrictions

- i. A catch to “wrap” (i.e., top’s legs astride the hips of the base) may only be performed with straight legs.
- ii. Sitting in spread legs on the shoulders facing a partner is not permitted in any exercise.
- iii. Handstand planche cannot be performed on one arm.
- iv. Arabian salto is not considered a gainer and does not receive a +2 coefficient.
- v. For safety reasons, Women’s Pair and Women’s Group may not work on the back of the neck. It is allowed for Men’s Pair, Mixed Pair, and Men’s Group.

C. Difficulty

- i. The difficulty values of optional skills are given in numerical terms—1, 2, 3, etc.—with 1 being the least difficult. (See the FIG TOD)

- A national evaluation sub-committee must rate skills not included in these documents before they may be used for credit in competition.
- ii. In one exercise, identical skills or links (pair/group or individual) are credited for difficulty value and special requirements once only.
 - Identical skills are identical in all aspects – Start position, end position, shape, rotation, and/or direction.
- iii. In one exercise, if repetition occurs, the last skill or individual element(s) will not receive credit for difficulty or special requirements. The value of the skill does not matter.
- iv. If a pair/group skill or individual element is spotted (physical assistance by a coach or third party not included in the pair or group) for any reason, a –1.0 CJP penalty applies, the skill will not receive difficulty credit, and all appropriate execution deductions will apply. Therefore, that skill cannot be used to satisfy special requirements. Physical assistance can also negatively impact the artistry score, since it distracts from the overall performance quality of the routine.
 - If a coach or any third party not included in the pair or group is on the floor but no athlete is touched, a –1.0 penalty applies, the element is awarded difficulty credit (can be used for special requirements), and all appropriate execution deductions will apply. This may also negatively impact the artistry score, since it distracts from the overall performance quality of the routine.

D. Execution Faults

- i. For all levels, a total of up to –1.0 in execution deductions may be taken on pair group skills and individual elements. This includes execution deductions and any falls.

E. Evaluating Difficulty

- i. The difficulty score is reduced by CJP and DJ penalties to determine the adjusted difficulty score.

F. Evaluation of Individual Elements

- i. Individual elements are valued if executed by each partner simultaneously. They get no credit if separated by any rated element. If one or more partners do not perform an individual element/series, the matching elements of the other partners are not credited. Execution deductions are taken.
- ii. If an exercise is missing a required individual element/series, the penalty is deducted only once for all partners lacking that individual element/series.
- iii. Individual elements receive credit only one time per exercise. Each individual element ID # may be used only once per partner in any one exercise.
- iv. Two or more elements of value in immediate succession constitute a series.
- v. The difficulties of all matched individual elements in an exercise are totaled. The sum is then divided by the number of partners. This figure is taken to the nearest whole number (0.5 rounds up) and is added to the total difficulty of the exercise. There is no maximum to individual difficulty, but no more than 3 individual elements may be credited for any partner.
- vi. Individual elements with static holds must be unsupported by partners and held for a minimum of 2".
 - If the element is held for less than 2" the element is credited and the DJ applies a -0.3 short hold penalty. If it is held for less than 1", a time fault

penalty of -0.6 is taken by the DJ and the element is not credited for difficulty or special requirements. Applicable time-fault penalties apply per partner (no maximum).

- vii. All balance/agility/flexibility individual elements to step-out are to be performed with a landing of one foot at a time, finishing in a lunge position.
- viii. All tumbling individual elements are to be performed with a two-foot landing (simultaneously) then optionally stepping to lunge, with the exception of front handspring step-out or side salto. However, a step-out for a front handspring can be performed, but it must be linked with other tumbling elements. If a step-out is performed out of a tumbling element in order to connect to another tumbling element in a series, the element is still considered to be tumbling (e.g., front tuck step-out, RO or layout with 180° twist step-out, RO).
- ix. Individual elements may not be performed to sit on heels, or two knees. If performed to sit on heels, credit is lost for the skill.
- x. In order for an element to receive difficulty credit, all partners must perform an element of value at the same time. If one partner cannot receive difficulty credit due to repetition or restriction, then none of the partners will receive credit.

G. Composition of the Balance Exercise

- i. Skills requiring additional “plus” value must be ID’d on the tariff sheet as follows: A handstand performed with legs together must be ID’d as, for example, V5 in Box A and V1 in Box D for the total value V6. This applies to any skill receiving additional value (+).
- ii. Timing of balance skills commences at the moment that the top is in a controlled balance position until motion from that position is begun.
- iii. Timing for balance elements, including pair/group skills and individual elements, should be counted the same. Coaches and judges should count as follows: “one thousand one, one thousand two, one thousand three.”
- iv. All pair/group static holds in all events are for 3". The penalty for a short hold is -0.3 per second to be deducted by the DJ from the difficulty score.
- v. If a pair/group static hold skill is attempted but not completed or is held for less than 1":
 - It is not credited and a deduction of -0.5 is taken by the execution judges for incompleteness of the element or -1.0 for a fall.
 - A maximum time-fault penalty of -0.9 is taken by the DJ.
 - If a 3" hold is declared but not attempted, there is no time-fault penalty. No credit is given for the skill.
 - During construction of a pair or group balance element, *before* all partners are in place and *before* the top is in a position of value (irrespective of whether or not the element of value is claimed for difficulty), a “slip” or fall in this climbing or building phase does **not** receive any time faults. The appropriate technical deductions are applied. The element may be repeated for difficulty credit.
- vi. The beginning of a motion skill is the position prior to the motion, but it must finish with a 3" static hold or a time-fault penalty will apply. Motions may be started by showing control in a rated position or 3" hold, but they must finish with a 3" static hold to be credited or a time-fault penalty will apply.

- If a 3" hold is declared and the skill is attempted and less than 1" is performed, the maximum time-fault penalty of –0.9 applies and neither the motion nor the static hold is credited for difficulty or special requirements.
- If a 3" hold is declared and 1" to 2" are performed, difficulty value and special requirements are given for the motion and the static hold, and a time-fault penalty is applied to the static hold.
- If a 1" hold followed by a 3" hold is declared and the pair/group performs only the first 1" hold as a 3" hold, no time penalty is taken but difficulty value is not given.
- Difficulty value is not given for the motion of a top if he/she cannot or does not claim difficulty value for the finish position.
- A mount is a movement from the floor or partner into a static position. The beginning of the mount skill is the position prior to the mount.
 - a. The final part of each mount must be followed by a 3" static hold. If held for less than 3" short holds (-0.3 per second) will apply.
 - b. If the static following the motion is held for less than 1", NO CREDIT is given to the mount or static hold. Along with no difficulty, the pair may receive special requirement penalties in accordance with the rules for that level.
 - c. With very few exceptions, if a start position has no value, the element is considered a mount; if the start position has value, then it is a motion.
- vii. When a **top, middle, or base** is in a position that has no value, due to repetition or restriction, no further credit is given for static position, motion, or transition of a partner. This rule does not apply to Men's Group transitions.
 - Once a **top** is in a position that cannot receive credit, no additional motion value or transition value is given. Exception: WG/MG may receive difficulty credit for base transitions if top is in a position of no value.
- viii. Dismounts are permitted in balance exercises, but they are not credited and will receive execution deductions if warranted.
- ix. For safety reasons, Women's Pairs and Women's Groups may not perform elements on the back of the neck or top of the head. Men's Pairs and Men's Groups may work on the back of the neck and the top of the head. Examples may be found in the TOD. Mixed groups may choose to work on hands instead of head where applicable.
- x. When the top does not change position during a motion of the base, the start position is taken to determine the difficulty value of the top that is added to the value of the motion of the base.
- xi. When the top changes position during a motion of the base, the difficulty value of the motion is calculated as the value of the top's start position plus the motion of the top plus the motion of the base.
- xii. The top may change position only one time during the motion of the base. If the top moves into a position of no value during the motion of the base (e.g., a

repeated position that has no value or a second motion), there is no value for the motion of the base and no value for the work of the top.

- There is no difficulty value for the base to change support positions during a motion.
- In order to receive difficulty value for a motion of the base, the base must maintain the same position of support throughout the entire motion, including the 3" hold in the final position.
- The top may change position during the motion of the base only one time, but this position change must not require a support change of the base. No difficulty value will be given to motions with the base changing support points.
- If there is no value for the work of the base, there is no value for the top. The skill cannot be used for special requirements. (Example: The top may start in a one-arm position and move to a 2:1 during the motion of the base because the point of support of the base remains on one arm throughout the motion. However, the top may not start in one arm then move to two arms because this requires a change of support by the base.)

H. Restrictions

- i. In one exercise, a top in pairs may repeat the same position (e.g., handstand on two hands) four times, as two static holds and two motions of the base. After that, no more credit will be given to the top or the base unless the top moves to a different position of difficulty value. (For level 8, tuck, pike, and straddle are all considered different positions.)
- ii. The top can receive credit for the same position four times (two static and two motions). After four of the same, the top would have to change handstand positions to receive further credit for what the base does or what the top does.
- iii. A base may not repeat the same motion in the same exercise (e.g., slide to split) regardless of the position of the top.
- iv. Pair static holds in sit, split, or on knees will receive credit if the base does not raise his/her hand from the floor during the hold, but a -0.5 execution deduction will be taken for additional support.
- v. Only one pyramid with two bases on the floor may be used to satisfy special requirements. However, difficulty value may be given for one transitional pyramid with two bases on the floor.
- vi. In the entire exercise, only one pyramid may have two tops working.
- vii. In the entire exercise, the top can receive difficulty for the same position:
 - Twice for a static hold.
 - Twice during a transition of the middle or base
 - Transitions must be made without going to the floor.
 - The transition of the middle or the base is given difficulty value only if the top is in a position of value throughout the transition.
 - At least one middle and/or base must change the point of support for a transition value to be given.
 - At least one box in the TOD must change. For evaluation of the entire transitional pyramid, both base values are given. In a pyramid

without transition but with more than one static hold, only the highest base difficulty value is given.

- The top may receive difficulty value for the same position in the same pyramid twice for a static hold and twice for a transition of the middle or base. After that, to receive additional credit the top must change position.
- When the top does not change position during the transition, the start position is taken to determine the value added to the transitional value.
- When the top changes position during the transition, the finish position determines the difficulty value of the top that is added to the transitional value.
- Additional pyramids may be performed for difficulty and/or special requirement credit.

viii. In one static or transitional pyramid, difficulty value is given only for a maximum of:

- Four static holds of 3" duration.
 - Exception: Only three static holds for category 2 pyramids.
- Four motions of the top only or the top and/or middle and/or base. If partners move at the same time, this is considered as one motion. If the top, middle, and/or base move at separate times, each motion is counted separately.
 - Exception: Only three static holds for category 2 pyramids.
- A landing mat is permitted if placed in contact with the perimeter of the floor. It may be left in place or removed as long as the mat movers do not enter the competition floor area and do not distract attention from the performance.

I. Composition of the Dynamic Exercise

- i. Dynamic links allow dynamic skills to be performed in immediate succession; that is, without a stop or additional preparation from one dynamic skill to another.
- ii. If a dynamic skill is started and not completed, the Execution Judges take a deduction of either -0.5 for incompleteness of a skill or -1.0 if there is a fall. The skill is not credited.
- iii. If all phases of a dynamic skill are completed but the partner is not caught with control, a deduction of -0.5 is taken by the Execution Judges for a serious error.

J. Restrictions (Level 9+)

- i. Although dismounts are not mandatory, no more than three dismounts will be credited.
- ii. No more than three identical start positions will be credited.
- iii. Horizontal start positions on stomach or back are considered the same position; only three horizontal start positions are credited in an exercise.
- iv. No more than three identical catch positions may be credited.
- v. Horizontal catches on stomach or back are considered the same position; only three horizontal catch positions are credited in an exercise.
- vi. No more than three links will be credited in one exercise and must be declared on the tariff sheet in order to receive difficulty.

- K. Additional Restrictions for Men's Group (Level 9+)
- i. A change of partners during flight phase is **not** considered to be an identical element as the same skill without a change of partners.
 - ii. Only 1 element with a throw of 1 partner by the 3 acting together may be evaluated for difficulty.
 - iii. Only 1 dynamic element with a catch of 1 partner by the 3 acting together may be evaluated for difficulty.
 - iv. Only 1 horizontal catch (regardless of variant) may be evaluated for difficulty.
 - v. Only 1 element executed by the Men's Group working as two pairs, simultaneously, will be evaluated for difficulty. The difficulty value of the Pair elements or added together and divided by two. (The values are taken from the Pairs Tables of Difficulty.)
 - vi. Only 1 element performed by the 3 active partners with the fourth not participating in the element may be evaluated for difficulty. Assisting the landing in a dismount is NOT considered to be an active role.
2. Tariff Sheets (Meet Referee (MR), CJP, and DJ review)
- A. A tariff sheet is the illustrated declaration of compulsory and optional pair/group and individual elements of difficulty that are to be performed in competition.
 - B. For optional skills declared on tariff sheets, the following must be included:
 - o Difficulty value.
 - o The number of the page and the ID of the skill from the TOD and the intended timing of static holds.
 - C. A -0.3 penalty will be taken by the DJ if the skills are performed out of order at levels 2-10 and all international track levels.
 - D. Only one alternate ('or') skill option is permitted per tariff sheet. (Dynamic skills only)
 - o An alternate ('or') skill must be drawn immediately following the skill it is intended to replace.
 - o If more than one alternate ('or') is submitted on a tariff sheet, the tariff sheet will be returned to the coach for correction.
 - E. Tariff sheets must be submitted online using the applicable USA Gymnastics tariff sheet template for Levels 7 and above. (ex: Online Tariff Sheet Manager (OTSM), KSIS, or Acro Companion)
 - F. For local, state, and regional competitions, coaches must submit tariff sheets using the designated online platform declared by the specific meet guidelines at least 10 days prior to the start of competition.
 - G. National-level competitions will specify tariff sheet submission requirements and tariff sheet review with the entry requirements.
 - H. Revised tariff sheets must be submitted online through the designated online platform prior to 3 days before the competition.
 - I. Coaches must notify the meet referee by email whenever a revised tariff sheet is uploaded to the designated online platform.
 - J. Minor changes to tariffs must be submitted using the Minor Tariff Sheet Change Form.
 - K. All minor tariff sheet changes must include a copy of the Minor Tariff Sheet Change Form (see Appendix A-5) indicating the minor changes from the original tariff sheets.
3. Minor Tariff Sheet Change Form

- A. This form should be used for tariff sheet revisions that occur between 3 days prior to the start of the competition and up to 1 hour before the start of the session in which the athletes are competing.
 - B. The only exception is due to injury, which must be verified by onsite medical personnel.
 - C. Only one Minor Tariff Sheet Change Form will be accepted per exercise. It is the coach's responsibility to notify the MR of any changes to the original tariff sheet by submitting the Minor Change Form directly to the MR. (Must provide 3 copies)
 - D. Up to three minor changes may be made on this form. Do not include a copy of the original tariff sheet. Only the Minor Tariff Sheet Change Form needs to be submitted.
 - E. More than three changes per exercise are considered a new tariff sheet, and therefore the appropriate penalties would apply.
4. Tariff Sheet Deadline Penalties
- A. Tariff sheets submitted 10 days or more prior to the start of competition are without penalty. All submissions are to be made online through the designated online platform.
 - B. New tariff sheets submitted less than 10 days before the start of the competition will receive a \$50.00 penalty **per club** paid to the meet referee.
 - C. New tariff sheets submitted less than 5 days before the start of the competition will receive a \$100.00 penalty **per tariff sheet** paid to the meet referee.
 - D. All revised tariff sheets must be submitted online no less than 3 days prior to the start of the competition. The Meet Referee must be notified.
 - E. All revised tariff sheets submitted online less than 3 days prior to the start of the competition will receive a \$100.00 penalty **per tariff sheet** paid to the meet referee.
5. New Elements
- A. A national subcommittee will evaluate skills annually. The members of the evaluation committee are coaches and judges assigned by the Acrobatic Gymnastics Program Committee.
 - B. Skills are considered NEW if they cannot be found in the existing TOD, FIG element supplements, or USAG element supplements and are not recorded as forbidden. They are given no difficulty value during competition.
 - C. Requests for skills evaluation must be submitted to the National Office postmarked by April 1 in each competitive year for use of the skills at competitions in the United States and at National Championships. Elements submitted after the deadline will not be evaluated until the following season.
 - D. Each skill must be submitted on the proper Request for Element Evaluation form.
 - E. Skill ratings are applicable at USA Gymnastics-sanctioned events only. USA ratings may not be accepted at international competitions and will not be accepted at FIG events.
 - F. If a coach wishes to have a skill evaluated by the FIG Acro Technical Committee for international use, the submission deadline is June 1. Evaluation requests must be made through the National Office. Coaches must submit requests on the specified FIG form to the Acrobatic Gymnastics Program Director prior to the deadline.
 - G. Any pair/group skill or individual element that was given a U.S. rating during a previous quad and cannot be found in the current TOD no longer has a U.S. rating.
 - H. Written documentation of the ratings will be given to coaches within 1 month of submission. All submitted skills and individual elements will be published in a USA Supplement by May 15. No difficulty value is given at competitions for new pair/group skills or individual elements that are pending.

Tables of Faults and Penalties

CJP Penalties

CJP Penalties	Penalty
Difference in heights of partners of the next tallest partner.	Levels 2-6: NO height deductions Levels 7-8: (same as FIG/11-16) 0.1 = 30cm-34.99cm 0.3 = 35+cm Levels 9-10: (same as FIG 12-18) 0.3 = 30cm-34.99cm 0.5 = 35+cm
Late tariff sheet	\$100.00 fee
Stepping over the boundary line	0.1 each time
Landing or falling outside the boundary line	0.5 each time
Poor sportsmanship on field of play	0.5
Unless otherwise indicated in this table, all attire infringement penalties.	0.3
Immodest or forbidden attire (e.g., neckline too low or character outfit)	0.5
Adjustment of attire or loss of accessory	0.1 each time
Inappropriate words or lyrics; Music infringements	0.5
Duration of music over the time limit	0.1 per second
Starting before the music OR ending before or after the music	0.3 for level 7+ No penalty for level 2-6 if they pose with the final beat of the music.
No attempt at compulsory choreography	1.0
Markings, mat (exception MG Balance and Combined)	0.5
Indecent positions.	0.3
Coaching from the sidelines	0.3
Coach on the floor during performance	1.0
Physical assistance by the coach	No Difficulty or SR Credit

DJ Penalties

DJ Penalties	Penalty
Time fault for each static pair/group skill held less than declared amount of time	0.3 per second short
Static pair/group element is not completed	0.9 time fault No difficulty value No special requirement credit
Individual static element held for only 1" second	0.3 time fault
Individual static element is not completed	0.6 time fault No difficulty value No special requirement credit
Any element started and not completed	No difficulty value No special requirement
Each violation of Special Requirements for composition	1.0 For each violation.
Performance of a forbidden element	1.0 each time
Elements not performed in the order declared on the Tariff Sheet	0.3

ARTISTIC JUDGING

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

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

DESCRIPTIONS of the criteria:

1. Partnership

Partnership selection that creates a logical relationship between individuals in pairs or groups:

- Maturity.
- Level of preparation.
- Balance of performance inside the partnership.
- This must be characterized 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 between partners:

- to perform like one entity rather than two or more separate gymnast

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.
- Synchronize 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

accents or combinations of these.

SCALE FOR EACH CRITERIA and Reference Range of Scores

Perfect: 2.0 **Score between 9.6-10.**

This routine shows an outstanding level of artistic criteria.

Excellent: 1.8 – 1.9 **Score between 9.0-9.5**

This routine shows a high level of artistic criteria.

Very Good: 1.6 – 1.7 **Score between 8.0-8.9**

This routine shows a very good level of artistic criteria.

Good: 1.4 – 1.5 **Score between 7.0-7.9**

This routine shows a good/average level of artistic criteria.

Satisfactory: 1.2 – 1.3 **Score between 6.0-6.9**

This routine shows a low level of artistic criteria.

Poor 1.0-1.1 **Score between 5.0-5.9**

This routine shows a very low level of artistic criteria.

TECHNICAL FAULTS

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

- Small Faults 0.1
- Significant Faults 0.2-0.3
- Serious Faults 0.5
- Fall 1.0

Deductions for performance of a single Pair/Group element cannot be more than 1.0.

TABLES OF TECHNICAL FAULTS

The Tables that follow and the guidelines for judges. They are intended to be a general guide to the deductions that may be applied for Technical Faults in the performance of pair/group elements, individual elements and 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.

Amplitude

Criteria for Evaluation	Deduction		
	Small	Significant	Serious
1. Loss of stretch or amplitude or body tightness in execution (feet, legs, knees, arms, back...).	0.1	0.2-0.3	0.5
2. Lack of amplitude in the flight phase in dynamic elements, deviation from correct direction in all elements (B, D, Ind.)	0.1	0.2-0.3	0.5

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	

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 results in a restart of the motion.		0.3	
4. Hops or steps in supporting, catching or landing: 1step: small, 2-3 steps: significant, 4+ steps: Serious	0.1	0.2-0.3	0.5
5. Slip of a foot, hand, or arm in climbing, balancing, transitions or catching in landings.		0.3	
6. One foot, one hand or other part of the body going through a platform or slipping of the point of support on Dynamic catches/ landings on partner.		0.3	
7. Stumble/trip in any part of the exercise outside elements		0.3	0.5

Instability

Criteria for Evaluation	Deduction		
	Small	Significant	Serious
1. Instability or tremor of base(s) middle or top during the building phase of a balance or dynamic element.	0.1	0.2-0.3	0.5
2. Base rocking from heels to toes or taking steps when trying to stabilize an element.	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		
4. Touch of a partner or touch of the floor or significant support or steadying of a partner to maintain balance on a partner or in landing.		0.3	
5. Unintentionally putting one knee or one hand to the floor or one leg, head, or shoulder on to or against the partner.			0.5
6. Momentary pressing of bodies or shoulders against top, by base(s), to steady a top.		0.3	
7. 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
8. Additional support of the partner(s) to prevent a fall(e.g. because of failure to catch or to effect an exact landing).			0.5

Rotation

Criteria for Evaluation	Deduction		
	Small	Significant	Serious
1. Over or under rotation in turns, twists, or salto's.	0.1	0.2-0.3	0.5
2. Under rotation of salto's requiring some assistance of partners to complete salto.		0.3	
3. Under/over rotation of salto's which requires complete support of partner(s) to complete salto and/or to prevent a fall.			0.5

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. 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
5. 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
6. 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
7. Forward or backward roll following a landing without first showing controlled position on feet. = FALL .			1.0