

Acrobatic Gymnastics in Alberta

In conjunction with Gymnastics Canada and the other Canadian provinces we have collectively decided to follow the American Junior Olympic (J.O.) program for the development of Acrobatic Gymnastics within Alberta. The American level has most recently been revised in 2013 to run itself in alignment with the changes to the FIG code of points. The J.O. program consists of 6 levels, 5-10, though it is suggested that for level 9, FIG World Age Group rules be followed rather than JO rules.

Level explanations:

Level 5

The first level of the J.O. program is level 5. Level 5 is an introductory level designed to introduce young athletes to the competitive sport of Acrobatic Gymnastics. Age categories of athletes in this level are 15 and under and 16+. The level consists of a single compulsory routine. The music and the choreography is already assigned to this level. Videos of the routine and music for the routine can be found online at www.abgym.ab.ca under the "ACRO" link. Please refer to the J.O. rules for more specific rules and regulations.

Level 6

This is the first level that allows coaches to select music and choreograph a routine for their athletes. In this levels athletes will present a single routine choreographed to music. The partner skills are compulsory and the order in which they must be performed is pre-determined. Age categories of athletes in this level are 15 and under and 16+. Please refer to the J.O rules for more specific rules and regulations.

Level 7

This is the first level that gives coaches an opportunity to select skills from provided options. Once again choreography is of athletes' and coaches' choice. Skills can be done in any order in this level. Age categories of athletes in this level are 15 and under and 16+. Please refer to the J.O rules for more specific rules and regulations.

Level 8

This is the final compulsory JO level. It is the first level to introduce the concept of a separate balance and dynamic routine. Each routine is now shorter; of a maximum of 2:00 minutes. Choreography is of athletes' and coaches' choice. Age categories of athletes in this level are 15 and under and 16+. Please refer to the J.O rules for more specific rules and regulations.

Youth

This is an international level created to streamline athletes preparing for Age Group 1 but yet "of age". This level is not used by the USA and the rules vary from international events. Currently only Alberta and Ontario use this level. Athletes ages for this level are 8-15 years of age (partners cannot exceed 6 years difference of age in this level). The requirements for this level are as follows:

1 Combined exercise (difficulty calculated like FIG 11-16 Age Group). 2min 30 sec maximum duration.

General rules:

Pairs: choose 2 balance elements from 11-16 difficulty tables plus 1 optional element from FIG tables and 2 dynamic elements from 11-16 difficulty tables plus 1 optional element from FIG tables.

Groups: choose 1 pyramid from 11-16 difficulty tables plus 1 optional pyramid from FIG tables (**only 2 static holds of 3” are required in the routine**) and 2 dynamic elements from 11-16 difficulty tables plus 1 optional element from FIG tables; the optional pyramid may be selected from one of the same categories used in the compulsory elements.

Individual Elements (all): 2 cat. 1 plus 2 cat. 2 individual elements must be executed (**NO SALTO REQUIRED**).

Age Group 1 (A.K.A. 11-16 A.K.A. Level 9)

This is the first international level and it is suggested that for clarifications of rules, FIG Age Group (11-16) rules be followed. Again this level has two routines separating balance and dynamic elements from each other. This level still has compulsory skills but it is the first level to allow coaches to select optional elements from the FIG Tables of Difficulty. Each routine is choreographed to a maximum of 2:00 minutes using music selected by the coach or athlete. Please refer to the FIG Acro Code of Points and Acro World Age Group Rules for more information.

Level 10

This is a level used for athletes that are not quite able to make the jump in the FIG levels from 11-16 to 12-18. It is designed to allow athletes to continue progressing in the sport without the high difficulty of the next international level.

This level again uses two 2:00 minute routines in competition. Age categories of athletes in this level are 15 and under and 16+. Please refer to the J.O rules for more specific rules and special requirements for this level.

Age Group 2 (A.K.A 12-18)

For this level coaches must follow the FIG World Age Group 12-18 requirements. All skills must be selected from the Acro Code of Points. There are no compulsory skills, only special requirements used to help coaches select skills. This level introduces a third routine (combined routine). All three routines (balance, dynamic, combined) cannot exceed 2 minutes and 30 seconds in length. Combined total of all three routines is used to determine final scores.

Please refer to the FIG Acro Code of Points and Acro World Age Group Rules for more information.

Juniors (A.K.A. 13-19)

For this level coaches must follow the FIG World Age Group 13-19 requirements. All skills must be selected from the Acro Code of Points. There are no compulsory skills, only special requirements used to help coaches select skills. This level also has a third routine (combined routine). All three routines (balance, dynamic, combined) cannot exceed 2 minutes and 30 seconds in length. Combined total of all three routines is used to determine final scores.

Please refer to the FIG Acro Code of Points and Acro World Age Group Rules for more information.

Seniors For this level coaches must follow the FIG Acrobatics rules. Please refer to the FIG Acro Code of Points and Acro technical rules for more information.