



Technical Update December 2013

Happy Holidays Everyone!

I hope that your training is going well and everyone is looking forward to an exciting season with our new JO Program.

As many of you know, our National Championships will be a combined event with Rhythmic Gymnastics and Trampoline & Tumbling. In an effort to streamline things with the FIG programs and additional discussions about the future of our own Acrobatics Gymnastics program, it is necessary that we make a revision to our current JO Levels.

Therefore, moving forward, we will be utilizing the following levels:

Level 4 = Level 5 (these athletes DO NOT go to Nationals)

Level 5 = Level 6

Level 6 = Level 7

Level 7 = Level 8

Level 8 = Level 9

Level 9 = Level 10

Level 10 = Junior Elite /12-18

Junior Elite/13-19 = Junior Elite /13-19

Senior Elite = Senior Elite

Please let your Regional Chairs know if you have any questions regarding the change of level numbers.

Updated documents will be published on the website soon.





I also want to update you on selection events for 2014. Acro Cup will serve as the selection event for the 2014 Junior and Senior National Teams, as well as determine the 2014 World Championship and World Age Group Teams, as well as the International Club Team.

Please note that there will be no further additions made to National/Age Group/ICT Teams at the JO National Championships in July since Acro Cup and JO National Championships are so close together.

The AGDT (Acrobatic Gymnastics Development Team) will be selected at JO National Championships as usual.

Additional Technical Updates/Reminders

- If a 1" is not declared on the balance tariff sheet, it will be assumed that the element is a 3" static hold and time faults will apply. Please make sure you label all of your elements correctly so that you do not receive time faults for skills that you only planned to hold for 1".
- In levels 10, Junior 12-18 and Junior 13-19, a pair group may go over the difficulty allowance without penalty by the total value of the links in the routine.

