ACROBATIC GYMNASTICS
TECHNICAL UPDATE

May 2012

Updates and corrections to Junior Olympic Code of Points will be effective immediately. Clarifications to and updates to the FIG Tables of Difficulty are effective immediately unless otherwise noted in *italics*.

Unless otherwise noted, page and section references are to the 2012 Junior Olympic Code Of Points for Acrobatic Gymnastics.

UPDATES / CORRECTIONS TO J O Code of Points – Updates/Corrections are effective immediately.

General:

I. In regards to the clarification for the trio balance " skill set" when athletes can receive credit for 2 base positions. There can be only ONE of these special pyramids per exercise.

II. In the code, it states that each pyramid is allowed just 3 static holds. When a trio performs a pyramid skill set, and receive**s** credit for 2 base positions, it is still considered to be one pyramid. This means that only 3 total static holds are allowed.
   a. An example: a trio performs a half column with a straddle 3" hold. The top presses to handstand and holds 3". The base motions down to a back bend, and the top presses to arch 3" hold. There cannot be any more static holds within this pyramid. They get credit for both base positions, 3 static holds, and the motion.

III. Athletes must earn 2 qualifying scores at two local competitions in order to advance to State. At State, it's possible to earn a qualifying score to regionals and Nationals. Qualifying scores are listed on page 37 in Rules and Policies.

IV. In 11-16, if you add a twist to one of the compulsory elements, it changes the element and it is no longer compulsory.

Tariff Sheets :

a. **When tariff sheets are completed there** must be a double // at the end of each series of elements followed by the total value of the series.

b. This means that when athletes complete a series of skills, the coach must identify the end of the series, and a number with the total value. This will be REQUIRED for levels 9 – Elite.

c. Judges are responsible to check the tariff sheets carefully and notify coaches of any errors with tariff sheets. However, ultimately the coach is responsible for the accuracy of tariff sheets. If an error is picked up during the competition, the correct rules are applied.

d. Each element must be listed with proper ID and value - identify row skills when applicable).

e. N/V elements need proper ID, but listed as no value

f. Total on the right hand column just 10.0 (don't bother with a total number under difficulty)

g. Individuals just need ID values- no totals on the right column

h. ID's for Individual Elements:
   i. For Balance – Please picture all elements. Identify if all partners will be performing the element, or just one. For the ID, please list the element ID number and the value. You do not need to list the page number.
   ii. For Dynamic – Please picture all elements. Identify if all partners will be performing the element, or just one. There is no ID needed for tumbling elements. Please list them as page 175 and list each element separately. For example, if the athletes are doing round off, flic, tuck. List the values as 1+2+4, not as 7. This needs to be listed per partner.

QUESTIONS AND ANSWERS

Q1: What needs to be done to make a pyramid different to get two base position values in a routine.

A1: Lifting a hand, arm or foot to create a different pyramid is a very simple move. In some cases, the ID for the pyramid doesn't even change. If a trio chooses to do this as their ONE "skill set" pyramid in an exercise, they will be given difficulty at this point. They will also be given a 0.3 artistic deduction because this small simple change in their pyramid creates repetition of elements.

Q2: Can an arch be done with both legs bent?

A2: Yes, as long as the hips are horizontal.

Q3: Can this mount be done while sitting, 39-1-s21 V5?

A3: Yes, in the USA only until it would receive an FIG rating.

Q4: Can the mount on page 31-A to any handstand position be done from a push off starting on the bases forearm or leg?

A4: Both starting positions are acceptable and considered coaching techniques.

Q5: Individual elements in the balance routine in level 8 (COP – Pg 2 of the L8 requirements – top of the page) the Individual requirement states 3 Cat 1 elements representing the 3 characteristics. #4 states that a – 1.0 SR deduction is taken by the DJ if a P/G is missing an individual but #5 states that missing characteristics will receive a .01 deduction for missing a characteristic. What deduction is taken?

A5: If you don't have all athletes performing all characteristics in the balance routine, but they are doing 3 cat 1 elements, the deduction is .1 off of the artistry score.

Q6: How is a fall during choreography penalized?

A6: A fall during the performance of choreography is penalized the same as a fall in the performance of elements. It is taken by the execution judges. For example, a fall to the floor during choreography is a 1.0 penalty applied by the Execution Judges. The fall is not penalized by the Artistry Judges. However, if there is a disruption of flow then Artistry judges would take the appropriate deductions as they do for a fall in a pair/group element.

Q7: Can I claim the value for valdez to knee and valdez to box split in the same exercise? Please clarify the general rule on page 166 of the FIG COP

A7: For individual elements (as written p166) it is not allowed to have two elements when they have the same ID even if they have additional difficulty as per the general rules (however, there are some exceptions as indicated in the tables).

Q8: Do scales at the compulsory level need to be horizontal for credit?

A8: No, if they are on one foot for the scale they would receive credit and execution deductions as warranted would apply.

Q9: Is there a rule or restriction in the USA against wearing flags (emblem) on leotards.

A9: No, there is no rule regarding or restricting the application of flags on leotards when competing in the USA. However, they are required for ALL international competitions (club or delegation). Coaches do need to observe the size restrictions per FIG regarding emblems.

CHANGES TO EXPECT FOR NEXT SEASON 2012-2013

I. For all levels in the USA black, navy blue, dark brown, dark red, dark green, and dark purple one piece suits and trousers are allowed if the color on the leg is broken from, at minimum, the head of the femur to the ankle with a light colored decoration or pattern.

II. Head Tax – there will be an increase in the Head tax per athlete due to the National Office. The new prices are: Locals $5.00 per athlete, State $6.00 per athlete, Regionals $7.00 per athlete. Please make your plans accordingly within your regions for next season.