

Clarification: Individual Elements

March 27, 2017

At **Level 6**, should credit be given if athletes *do not* get their feet together at the finish of the bridge individual element?

YES – if the athlete does not have the flexibility to put their feet together (or straighten their knees) it would be an execution deduction. Credit *should* be given if they perform a bridge.

For **Level 8** tumbling individuals, does the front handspring, round off, back-handspring pass have to be connected?

YES – all options given in Level 8 Tumbling Passes should be connected. Therefore, the front handspring should finish in step out and go immediately into the round off back-handspring. If are chosen from the TOD, only 2 elements are required to be connected - BUT *one* of the 3 elements **must be** a minimum Value 3.

What are the for individual elements at the international track levels?

At **11-16** there are TWO special requirements for individual elements:

BALANCE

1. Athletes must perform 3 individual elements
2. Athletes must perform 1 individual from each characteristic (balance, flexibility and agility)

DYNAMIC

1. Athletes must perform 3 tumbling elements
2. One of the 3 elements must be a salto

**There is a -1.0 for each SR not met. So, if athletes do not do 3 elements (either perform 1 or 2) the deduction is -1.0. If they are missing 1 or 2 characteristics, it's -1.0

At **12-18** and **13-19** there is ONE special requirement for BALANCE individual elements:

1. Athletes must perform 3 individual elements in the exercise (no characteristic requirement)

**There is a -1.0 if a group performs only 1 or 2 elements.

At **12-18** and **13-19** there are TWO special requirements for DYNAMIC individual elements:

1. Athletes must perform 3 tumbling elements in the exercise
2. One of the 3 elements must be a salto

**There is a -1.0 for each SR not met. So, if athletes only perform 1 or 2 tumbling elements, it is a -1.0. If they are missing a salto, it would be an additional -1.0.

At **Senior Elite**, there are NO special requirements for individual elements. Athlete can perform individual elements of any characteristic in any routine, or choose to do no individual elements.