



## Acrobatic Gymnastics Technical Update #3 October 5, 2022

All information from previous technical updates included.  
New information from Technical Update #3 is highlighted in yellow.

### 2022 Season:

All updates for the 2022 season will no longer be in effect starting January 1, 2023.

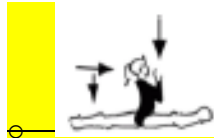
- **No Qualifying Scores**

- No qualifying scores for any level

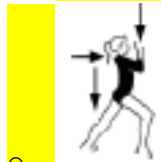
- Athletes must be registered and attend 2 local meets to attend State, State to attend Regionals, and Regionals to attend Nationals (Elites may choose to attend either State or Regionals)

- If an athlete cannot attend one of the required competitions they may send in a petition (for Covid or other reasons)

- **Skill Variation (Development Levels Only)**



- 66-D-12 may be performed with the middle on the back foot ONLY (without support on the base's shoulder) This is not allowed in acro companion but will be allowed for the 2022 season as a variation (USA only). The value of the pyramid will be the same (V3).



- 66-E-11 may be performed with the middle on the front leg (with hand support on Base's leg/waist/body/shoulder) This is not allowed in acro companion but will be allowed for the 2022 season as a variation (USA only). The value of the pyramid will be the same (V4).

## Updates:

- Bonus System:
  - 12-18 WP:
    - Foot to hand – Double tuck dismount (44-1-5-Q) is considered a bonus element.
  - 12-18 MxP:
    - Any 2/4 skill linked to any 4/4 skill V8+ (Can also be 4/4 V8+ linked to 2/4 skill) is considered a bonus element.
  - 12-18 WG:
    - Transitional Pyramid Bonus – Transitional pyramids of V48+ (was V50+) will receive bonus. Top can be in any position of value (straddle, pike, croc, etc.)
    -
  - 13-19 MxP:
    - Any 2/4 skill linked to any 4/4 skill V10+ (Can also be 4/4 V10+ linked to 2/4 skill) is considered a bonus element.
- Blocks Handstand Positions:
  - Planche counts as a handstand position for special requirement and transition credit.
- Blocks Program Min/Max Difficulty Values:
  - Bronze
    - Maximum V10 (no change)
  - Silver
    - Maximum V25 (no change)
  - Gold
    - Maximum V45
  - Platinum
    - Maximum V65
  - Diamond
    - Minimum V75 (-1.0 if below minimum)
    - No Maximum
- Page 58 Development Code of Points – H. Restrictions: **Add exception**
  - **H.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. (Exception: Level 2-8 Men's Four (MG) and Mixed/Women's Four (MxG))**
  - **H.vi. In the entire exercise, only one pyramid may have two tops working. (Exception: Level 2-8 Men's Four (MG) and Mixed/Women's Four (MxG))**
- Level 7 Men's Pair:
  - Balance Skill 1A: Top may perform tuck, pike, straddle, or croc on Base's head to match the options for skill 3A.
- Level 8 Men's Group / Mixed Group Balance:
  - Handstands: All handstands may be performed "high or low" on all compulsory pyramids.
  - Balance Skill 1A and 1B: Athletes may perform the supported handstand on thighs unsupported. If performed without support, this may count for the unsupported handstand requirement.
- Incorrect tariff sheet penalty for level 7-8:

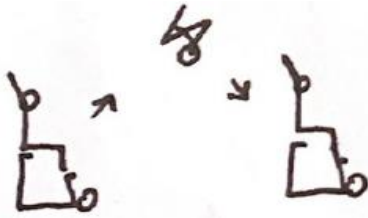
- The penalty for using an element that is not on the tariff sheet for SR credit will be 0.3. This penalty is taken away if the coach pays the appeal fee. Incorrect tariff sheet penalty for elements performed out of order will still be 0.3 and will remain on the score even if it is appealed (the same as every other level).

**New Element Evaluations:**

From Nov 2019 Technical Update, the following skills are still valid for USA Gymnastics sanctioned competitions:

Nov-2019-1

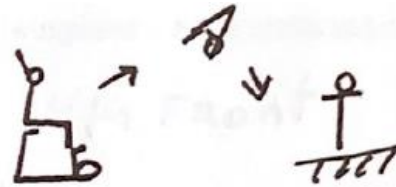
**4/4 Front**



Tuck - v6  
Pike - v7  
Layout - v8

Nov-2019-2

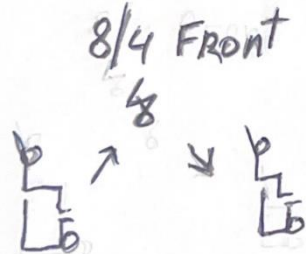
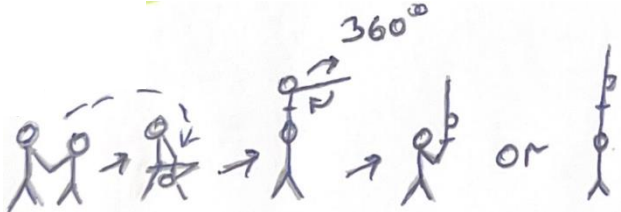
**4/4 Front to stand on floor**



Tuck - v3  
Pike - v4  
Layout - v5

The following newly evaluated skills and their values may be used for USA Gymnastics sanctioned competitions only.


|                   |                           |  |
|-------------------|---------------------------|--|
| <p>Feb-2022-1</p> |                           | <p>From sit position on bases feet and hands, boost 4/4 front salto to stand on floor.</p> <p>New Feb-2022, value for adding twist:<br/>180° +v2<br/>360° +v4<br/>540° +v6</p> |
| <p>Feb-2022-2</p> | <p>4/4 Front to catch</p> | <p>From stand on floor, base boosts with feet to 4/4 front salto to catch in seated position on feet &amp; hands.</p> <p>Tuck - v6<br/>Pike - v6<br/>Layout - v6</p>           |
| <p>Feb-2022-3</p> |                           | <p>From sit position on base's feet and hands, boost 8/4 front salto to landing on the floor.</p> <p>Tuck - v17<br/>Pike - v20</p>   |

|                   |  |  |
|-------------------|--|--|
| <p>Feb-2022-4</p> |  <p>8/4 Front</p> | <p>From sit position on base's feet and hands, boost 8/4 front salto to catch in seated position on feet &amp; hands.</p> <p>Tuck – v22<br/>Pike – v24</p> |
| <p>Feb-2022-5</p> |  <p>360°</p>      | <p>Mount from pike cannonball, opens opposite, diamidov to handstand.</p> <p>Low handstand – v28<br/>High handstand – v34</p>                              |

## Reminders:

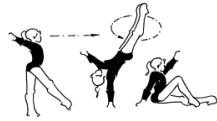
- Late Tariff Penalties:
  - New tariffs submitted 10 or more days before the start of competition = no penalty
  - New tariffs submitted less than 10 days before the start of competition = \$50.00 per club
  - New tariffs submitted less than 5 days before the start of competition = \$100.00 per tariff.
  - Revised tariffs submitted less than 3 days before the start of competition = \$100.00 per tariff.
- Level 8 Tariff Sheets:
  - All elements should have IDs in the line under each box. Compulsory IDs are fine (ex: 2A, 3B, etc.) If choosing optional elements from the ToD, the ID from the ToD should be included.
  - 3" should be included in the box next to the element if there is a 3" hold. (2" for static individual elements.)
  - Dynamic skills should include the amount of rotation (ex. 1/4, 4/4) and direction of rotation (ex. front, back) in a box next to the element picture.
- Level 8 Balance:
  - Tuck position can be used on compulsory elements where indicated (or optional elements chosen from the compulsory table.) If choosing an optional element from the Tables of Difficulty, the element must be rated. Tuck is not a rated element, so it cannot be used in an optional element chosen from the ToD.



- L8WG Balance Skill 1C  Bases may support their lower back/hips (as pictured) or perform this skill without hands supporting (hands/arms on floor or in the air.) This is considered a stylistic variation.
  - Balance restrictions (page 58-59 in Development Code of Points) apply to all levels including level 8. Dynamic restrictions (page 59-60 in Development Code of Points) apply to level 9+.
- Individual Element Execution Deductions (JO vs FIG):
    - 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**.

- Heely:



- 073 (V3) can end in sitting position (as pictured) or with foot/feet on floor and hips raised. The difference in technique is optional.

- Round off level 9+

- Round off must be declared on tariff sheet for level 9+ if performed in a series with other Individual Elements or at the same time as other partners perform individual element(s). A pair/group will only receive SR credit for the first three individual elements performed simultaneously or in immediate succession/" waterfall" with partners. A pair/group will not receive difficulty credit for individual elements that are performed but not declared on the tariff sheet. A pair/group will not receive difficulty credit for individual elements that are performed after they receive SR credit for three individual elements whether they are declared on the tariff sheet or not.

- Bonus System:

- A mount cannot be added to the DV of a transition for the purpose of a transition bonus.

- Unsupported Landings:

- No direct penalty/deduction for an unsupported landing at any Development or Elite level (11-16 still receives this penalty)

- Age groups at Nationals (USA Gym Champs) will be the same as the age groups used regionally. Any categories that have 16 or more pair/groups registered will be split in half (or as close to half as possible) by random draw. The age groups that will be used are listed below.

| Levels     | Age Group 1 | Age Group 2 | Age Group 3 |
|------------|-------------|-------------|-------------|
| Levels 2-4 | 8U          | 9-10        | 11+         |
| Level 5    | 9U          | 10-11       | 12+         |
| Level 6    | 10U         | 11-12       | 13+         |
| Level 7    | 11U         | 12-13       | 14+         |
| Level 8    | 12U         | 13-14       | 15+         |
| Level 9    | 13U         | 14-15       | 16+         |
| Level 10   | 14U         | 15-16       | 17+         |

- Restrictions for athletes competing in more than one pair/group:

- 1 Level different in the SAME position but different category (WG vs WP) = OK
- 1-2 Levels different in a DIFFERENT position (Top vs Middle/Base) = OK (even if the same category)
- Petitions will not be accepted for an athlete competing in 2 pair/groups in the same category and position regardless of level.

- Incorrect Tariff Sheet Penalty for level 7-8?

- There is only an incorrect tariff sheet penalty for level 7-8 if the pair/group or individual elements are performed out of order.

○ There is NO incorrect tariff sheet penalty for using a different pair/group or individual element to satisfy a special requirement.

Dylan Maurer  
National Development Committee Chair  
USA Gymnastics, Acrobatics Program

Holly King  
National Technical Committee Chair  
USA Gymnastics, Acrobatics Program