



Acrobatic Gymnastics Technical Update #4 December 19, 2022

All information from previous technical updates included.
New information from Technical Update #4 is highlighted in yellow.

2023 Season:

- Qualifying Scores/Competitions
 - State Championships
 - Compete at a minimum of two USAG sanctioned local competitions (No qualifying score)
 - Regional Championships
 - Compete at a minimum of two USAG sanctioned local competitions (No qualifying score)
 - Compete at State Championships (No qualifying score)
 - National Championships
 - Compete at a minimum of two USAG sanctioned local competitions
 - Compete at State Championships
 - Compete at Regional Championships
 - ONE qualifying score from ANY USAG sanctioned competition in the US will qualify the pair/group to Nationals.
 - ✓ Elite athletes may choose to compete at either State or Regional Championships (or both) and still meet the attendance requirements to qualify for National Championships.
- Qualifying scores are listed below:
 - Level 2-6 & Xcel Blocks = No qualifying scores
 - Level 7 = 18.0
 - Level 8 = 39.0
 - Level 9 = 42.7
 - Level 10 = 43.1
 - FIG 11-16 = 46.0
 - FIG 12-18 = 70.0
 - FIG 13-19 = 71.6
 - FIG Sr. Elite = 71.9

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.

- Balance Skills 1B and 1C may be performed with the Base's hands on floor (Base laying

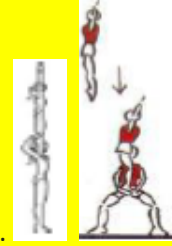
on floor)



- Level 8 Men's Group / Mixed Group Dynamic:

- Dynamic Skill 2D now has an "OR" Option. Top stands on Middle's shoulders. Top

performs a 0/4 straight jump to catch on basket/platform.



- Men's Group / Mixed Group General Rules:

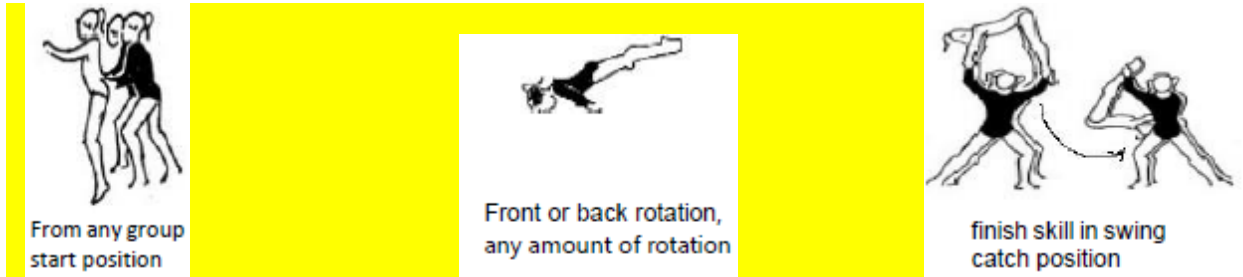
- Arch Handstand and Yogi Handstand positions may be used as alternatives to the flag handstand positions for the same difficulty value (Development levels only).
- The +value for handstand work (hand to hand) that WG's receive will apply to MxG's with female middle+top working together (Development levels only).

- 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:

Dynamic catch position - bases grab top's wrists and ankles and go into a swing - same as start position on pg. 78 #53.



The FIG ACRO TC accept this as a new finish position as a variant of [diagram]. There is a -2 value because the catch is horizontal with 4 point of support (Added as a General rules on Pg 8)

Mount - top goes from stand to canonball swing, open in a dislocate motion, diamidov 360° or 720° to low or high handstand.

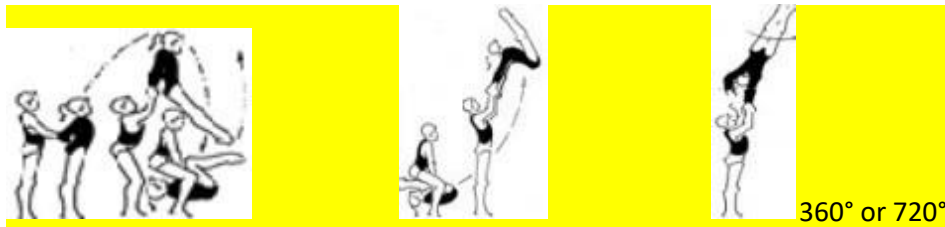
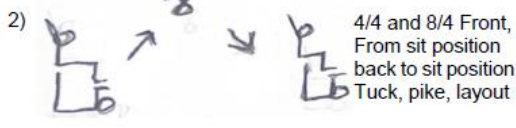
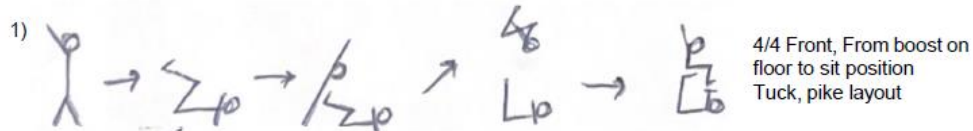


FIG ACRO TC consider this as a variation of element A(disloc) on Pg 34 with additional value for (360° +4) and (720° +6)

FIG ACRO TC decided **not to accept** these group of dynamic skills as new elements. No value was given.


Three types of dynamic skills - Start position boost from feet, sit position on base's feet, and catch position on base's feet.



Reminders:

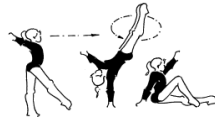
- Late Tariff Penalties:
 - New tariffs submitted 10 or more days before the start of competition = no penalty
 - New tariffs submitted less than 10 days before the start of competition = \$50.00 per club
 - New tariffs submitted less than 5 days before the start of competition = \$100.00 per tariff.
 - 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.

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