ACROBATIC GYMNASTICS
TECHNICAL UPDATE
August 31, 2015

Updates and clarifications outlined below will be effective immediately.

• Testing into 12-18, 13-19 and Seniors will be by values only. All FIG requirements/restrictions for balance or dynamic must be followed.
  o This is the same way 13-19 and Senior testing has been done in the past. This is NEW for testing into 12-18.
  o For 12-18 there are no longer USA special requirements that need to be met during testing.

• Pair/Groups are now allowed to test directly into the level they plan on competing. For example if a group wants to compete Seniors, but the highest level the group has competed is level 10, the group does not need to test to 12-18 then 13-19 then Seniors. They can test directly to Seniors.

• Reminder that there is a rule in place about athletes competing in two different pair/groups. This rule applies to NATIONAL level competitions only. There are no restrictions at Local/State/Regional Level competitions, however since Regionals is the final competition for Level 5s, we do ask that you use good judgment in placing athletes at appropriate levels to create a fair competition for all involved.
  o Athletes may participate in a second pair/group that is a maximum of 1 level below their first pair/group.
  o Athletes may participate in a second pair/group that is a maximum of 2 levels below their first pair/group ONLY if the athlete is switching positions – for example top to middle/base or vice versa. Middle/Base are considered to be the same position.

• There are no changes to our current JO Level 9 program. It is meant to be a stepping stone to Level 10. There is now a separate track for international athletes that uses the current FIG rules for Age Group Levels 11-16, 12-18 and 13-19, and FIG Senior rules.
  o The 11-16 level is not “better” or “lower level” then our JO Level 9. It is on a completely different track designed for athletes interested in international competition.
  o Athletes of any age can compete at any level of the international track, but athletes must meet the ages described in the National Team selection procedures in order to be considered for National Team.
  o Any athletes trying for National Teams must compete in the international track unless exceptions are outlined in the selection procedures.
  o The AGDT team will be picked from the JO Track only.
  o The ICT team will be picked from the International Track only.
  o Athletes may enter or leave the international track at any point and go back to the level they were previously competing on the JO Track. While we encourage athletes to try the International Track, we don’t want groups to get “stuck” there if it is not the best place for them.
  o As with any level, athletes must compete at National Championships in the level that they qualify.

Sarah Thomas
National Junior Committee Chair
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