

ACROBATIC GYMNASTICS

TECHNICAL UPDATE

December 2017

Updates and clarifications outlined below will be effective immediately.

- Restrictions on athletes participating in multiple pair/groups.
 - To encourage athlete retention and facilitate the growth of new teams, the Program Committee has lifted all restrictions on athletes competing in multiple pair/groups at the LOCAL thru REGIONAL levels ONLY and on the JO Track ONLY.
 - This means that athletes may compete in two trios or two women's pairs in any position at any level on the USA JO Track at local-regional level competitions.
 - All current restrictions outlined in the JO Code of Points and R&P STILL APPLY for National level competitions.
 - Coaches are asked to use good judgment when placing athletes in additional/multiple partnerships. The goal with this change is to allow for growth in our sport by giving smaller teams and new teams more flexibility to create competitive pair/groups. Placing athletes in partnerships that create an overwhelming competitive advantage does not help grow the reputation of our sport.
- Level 8 Mx Pairs
 - Dynamic Skill 8A has a back or front option
 - "Non dynamic mounts" such as step up half turn with NO flight can be used without penalty at level 8 because they are not considered an extra dynamic element.
 - The key is that any mount used in level 8 dynamic cannot be a rated dynamic element.
- Level 5 MG
 - Dynamic Skill D2 has been changed from $\frac{3}{4}$ back pike salto to $\frac{1}{4}$ front to floor due to safety concerns. Please update this in your JO Code of Points. It is shown correctly in the Level 5 MG compulsory video.
- Choreography, including fall, can and should receive execution penalties. So, a fall in choreography is a -1.0 execution deduction.
- The CJP deduction for ending before or after the music is a "cut and dry" deduction - if their final pose coincides with the end of the music then there is no deduction.
 - If they are sitting in the final pose waiting for the music to finish or they are moving after the music, then you would apply the -0.3.
 - If the athletes are waiting to catch up to the music or there are pauses in the choreography before hitting the ending pose, this is a flow issue that would be addressed in the artistry score.
 - If the routine is Level 5/6 where there is not an artistry score, then no penalty is to be applied for breaks in flow. Therefore, if they hit the final pose with the music, there is no deduction at Level 5/6.
- When is the deduction of -1.0 for unsupported landings applied?
 - The deduction of -1.0 for not catching the top should not be applied if at least one base catches the top. There are separate execution deductions for missing an arm on a catch.
 - If there is an attempt to catch and the bases hit the arms but cannot catch then take execution deductions, not a -1.0 SR for unsupported landing.
 - If there is an attempt to catch but there is no contact and the top lands on their own, then the -1.0 SR for unsupported landing is applied.
- For Level 6 WP climb to reverse foot to hand, there can be no flight on the dismount. You can step or jump down, but there must be contact between the top and the base so that there is NO FLIGHT.
- The Block Code of Points is a stand-alone document. Handstand positions are grouped differently than the FIG Code. Follow the Blocks Code of Points for determining different positions, values, etc.

- On a cradle catch, if the top is grabbling on to the shoulders of the base(s) it is considered “additional support” and a penalty of -0.5 would apply. This is for JO and International Tracks.
- In Level 6 MXP & 7 WP, MP, calf mount to stand on shoulder - three options are allowed for difficulty credit of the element (i.e., land both feet on shoulders, land one foot at a time, drag one foot up back), however, execution penalties may apply.
- The finish position of the healy can be with extended hips and bottom off the floor OR in a controlled sit position on the floor. Either way the healy should pass through vertical and fall with a straight, tight body position.

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