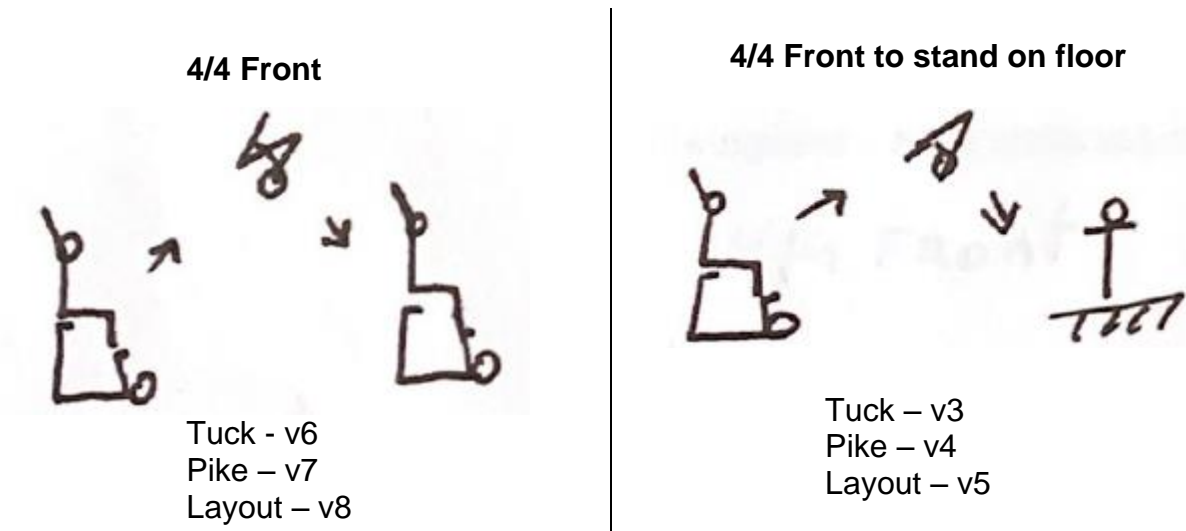




USA GYMNASTICS.
ACROBATIC GYMNASTICS
TECHNICAL UPDATE
December 9, 2019

Updates and clarifications outlined below are effective immediately.

USA Skill Evaluations: The following skills and associated values are valid for USA Gymnastics sanctioned competitions only.



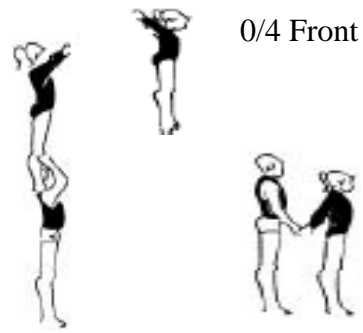
Music:

- For levels 6 and 7, as well as, all exercises at Levels 8 and above (including international track), lyrics may be used in music. Please note: through the 2020 season, the FIG restrictions are still in effect for international track levels attending international competitions.

Men's Pair

- Level 4 Men's Pair: MP only may choose wrap or boosted straight jump (same skill as Level 5 WP D2).
- Level 7 Men's Pair
 - Dynamic Skill 6A - should receive credit if the feet leave the bases shoulders. Execution deductions would apply if the arms are not straight.
 - Dynamic Skill 6B – *New Skill Option: pair can choose existing 6B skill or new option, which is top standing on base's shoulders, straight jump forward 0/4 dismount to supported landing on the floor.

*Note: correct technique for MP jump from shoulders should have top's toes on base's shoulders and base supports top under heels and aids the jump.



Clarifications for the JO and International Track Levels:

- JO Levels 6-8: individual elements, partners must perform elements with the same characteristics at the same time or immediate succession. Mixing characteristics is not allowed and will result in loss of difficulty.
- Time faults clarification for Pairs – when to time faults apply for pair mounts and balance skills:
 - Mounts: once the mount is in motion and the top leaves the floor, the element is considered started. Therefore, any breakdown in the skill after the top is off the floor in a mount that causes the element to not be credited for difficulty would also result in a 0.9 time fault. For example, if a calf mount to shoulders is started, but the top does not land on shoulders and complete the skill (and hold), the pair receives no credit and 0.9 time fault is applied.
 - Balance skills: time faults apply only after the top is in a supported position. For example, if a base is lifting a top into a camel hold, the top would be considered “supported” once she is at or above the level of the base’s head. Therefore, if the skill breaks down and is not credited, then a 0.9 time fault also applies. If the top is just slightly lifted off the floor, but not at head level, then no time fault applied. A second example is a needle skill. The top climbs onto the base to get into position. A time fault would only apply after both feet are off the base and the top is supporting him/herself.
- The ideal pike position shape is with the hips behind or between the arms/hands. If the hips are pulled forward in front of the hands this is a different skill, lever. And therefore, performance of a pike with legs too high, bringing the hips forward, may lose difficulty. Please be careful when legs are pulled up too high in a pike position.

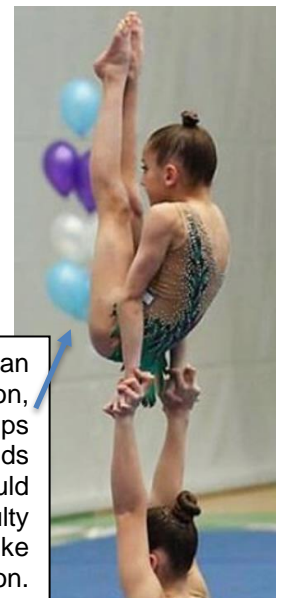
Ideal pike position



Lever

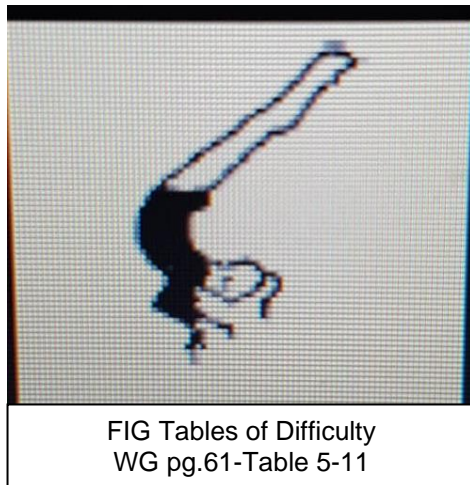


Ideal lever position

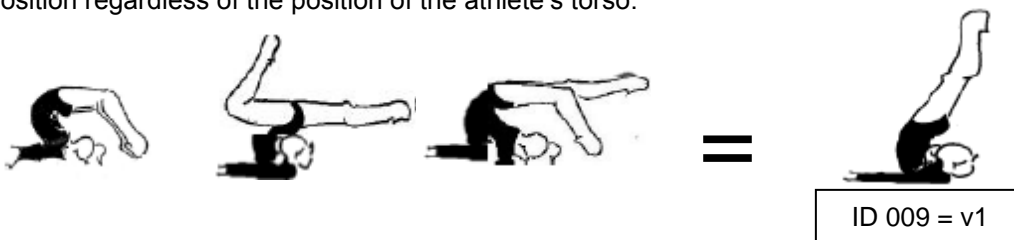


While this is not an ideal lever position, the shape has the hips in front of the hands and therefore should not receive difficulty credit as a pike position.

- Chest Stand in pair/groups skill: The base's heel should be close to the top's neck (on the top's chest) for the point of support. The foot should not be on the stomach, nor should the top be lying on the base's legs. And there should be arch in the top's body shape. Below is the image from the FIG Tables of Difficulty and an example of an ideal position.



- Individual Element chest stand: reminder, this clarification was published in the December 2017 FIG Newsletter. If a chest stand is performed with one or two bent legs, it is not considered an arch position regardless of the position of the athlete's torso.



- Elite Minimum Difficulty values are clarified below. JE 12-18 was updated based on the August 2019 Program Committee minutes. If a pair/group is below minimum difficulty value for an exercise a -1.0 penalty is applied by the DJ.

Elite Minimum Difficulty			
	JE 12-18	JE 13-19	Senior
Balance	55	90	110
Dynamic	45	80	100
Combined	55	110	130

- Level 10 Difficulty Conversion Charts: There are two difficulty charts for Level 10, one for the balance exercise and one for the dynamic exercise. The updated charts are listed below.

Level 10 Balance	
1-2	1.0
3-4	2.0
5-9	2.5
10-14	3.0
15-19	3.5
20-24	4.0
25-29	4.5
30	5.0
31	5.33
32	5.66
33	6.0
34	6.33
35	6.66
36	7.0
37	7.25
38	7.5
39	7.75
40	8.0
41	8.2
42	8.4
43	8.6
44	8.8
45	9.0
46	9.1
47	9.2
48	9.3
49	9.4
50	9.5
51	9.6
52	9.7
53	9.8
54	9.9
55	10.0
*V25 allowance over max	

Level 10 Dynamic	
1	1.2
2	1.4
3	1.6
4	1.8
5	2.0
6	2.2
7	2.4
8	2.6
9	2.8
10	3.0
11	3.2
12	3.4
13	3.6
14	3.8
15	4.0
16	4.2
17	4.4
18	4.6
19	4.8
20	5.0
21	5.2
22	5.4
23	5.6
24	5.8
25	6.0
26	6.2
27	6.4
28	6.6
29	6.8
30	7.0
31	7.2
32	7.4
33	7.6
34	7.8
35	8.0
36	8.2
37	8.4
38	8.6
39	8.8
40	9.0
41	9.2
42	9.4
43	9.6
44	9.8
45	10.0
*V25 allowance over max	

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