

ACROBATIC GYMNASTICS TECHNICAL UPDATE February 2019

Updates and clarifications outlined below are effective immediately.

- Women's Group Helicopter Skill:
 - It is acceptable for the helicopter to be performed with bases stationary or switching places.
- Pairs Cannonball Skill:
 - It is acceptable to grip on the hands, wrists, or forearms.
- Pair/group and Event Restrictions (for competitive levels) – this is addressed in section 8.5 of Rules & Policies and pg. 1 of JO Code of Points.
 - At local, state, and regional-level competitions, there are no restriction for Levels 2-10 regarding the number of pair/groups an athlete can participate in or at what levels. Note: an athlete may NOT compete on the International Track and JO Track in the same competition.
 - For example: an athlete could compete in 2 trios and 1 pair at any of these levels.
 - For example: a Level 5 trio base could also be a base in Level 2 pair.
 - PLEASE NOTE: good judgment should be used in placing athletes at appropriate levels to create fair competition for all involved
 - Pair/group and level restriction DO apply at national-level events as follows:
 - An athlete may compete in any event (e.g.; WP, MP, MXP, WG, MG) only once in any competition.
 - An athlete may participate in additional pair/group(s) that is a maximum of 1 level below their first pair/group.
 - An athlete may participate in additional pair/group(s) that is a maximum of 2 levels below their first pair/group ONLY if the athlete is switching positions (i.e.; from top to middle/base or vice versa). Middle and base are the same position.
 - These restrictions would apply to any levels participating in the national-level event.
 - Please remove the sentence that reads, "*This rule applies to Level 5 at the local and regional levels.*" from page 1 (Introduction, paragraph 5) of the JO Code of Points.
- Levels 9-10 Difficulty:
 - These levels have their own difficulty conversion charts (pg. 38 of JO Code of Points) – please remember to use them!
- OTSM Updates:
 - Coaches Reminder: There is an option to upload your tariff sheets and music to ONE time at the beginning of the season. It will remain there for the season. If there are updates, a new upload should be done.
 - Google Docs tariff sheet manager is a tool for judges only. Coaches do not have access to this information. Coaches will still be notified by the Meet Referee concerning any issues with tariff sheets.
- Level 7 Tariff Sheets:
 - While it is recommended that circles, text or white boxes be used to clarify skill choices at this level, it is not required and therefor would not incur any penalty for not declaring specific options within the box.
- "OR" Options:
 - For competitions in the USA, an "or" option can be used for a single skill option or a skill set (meaning a series of sils performed together) option. The option and skills must be clearly defined on the tariff sheet. This decision is out of safety concerns and to allow flexibility especially as athletes are learning new skills.
 - PLEASE NOTE: Internationally, the "or" option can only be used for a single skill (one box).
- Level 6 MP Skill B3 (see change in italics below):

- Base lies on back with top in croc/elbow lever with one hand on base's knee and other hand on base's hand. *Base can support top's hand in 1:1 or 1:2 grip.* Hold 3".
- The CJP penalties related to verbal coaching of partner, coaching from sidelines, coach on the floor/markings/mat, and physical assistance by coach are only applied ONCE per exercise.
 - Coach present on the floor and Physical assistance by the coach penalties may not be combined. Only one of the two penalties is applied.
 - If Physical assistance by a coach penalty is applied, the skill also loses difficulty credit and special requirements. Credit is lost for any and all skills that have physical assistance by the coach but only the -1.0 penalty is applied only once.

Sarah Thomas
National J.O. Committee Chair
USA Gymnastics, Acrobatics Program

Holly King
National Technical Committee Chair
USA Gymnastics, Acrobatics Program