

# ACROBATIC GYMNASTICS

## TECHNICAL UPDATE

January 2018

Updates and clarifications outlined below will be effective immediately.

Per the [Aug 16-17, 2017 Acrobatics Program Committee Minutes](#), skills testing to move into the Junior Elite 12-18, Junior Elite 13-19, and Senior Elite levels have been eliminated, and a minimum difficulty requirement for these levels has been implemented. Therefore, movement into those levels is at the coach's discretion. Coaches are expected to make safe and prudent decisions related to their athletes' readiness for advanced levels, careful skill development, and placement for the competitive season.

### Minimum difficulty requirements for the Junior and Senior Elite levels.

- Junior Elite 12-18:
  - Balance – 55
  - Dynamic – 55
  - Combined – 55
  
- Junior Elite 13-19:
  - Balance – 90
  - Dynamic – 80
  - Combined – 110
  
- Senior Elite:
  - Balance – 110
  - Dynamic – 100
  - Combined – 130

If difficulty value (DV) is below required minimum, a -1.0 Special Requirement deduction is applied by the DJ.

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