

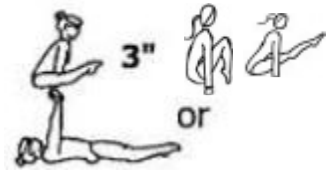
# ACROBATIC GYMNASTICS

## TECHNICAL UPDATE

January 2018

Updates and clarifications outlined below are effective immediately.

- Level 9 Groups Balance
  - The maximum difficulty of an element for Level 9 Groups Balance is raised from a V20 to a V21. This includes the work of the top + base position.
- Level 8 Pairs (MXP – 7D; MP – 7A; WP – 7A)
  - For the dynamic skill back boost 4/4 overhead in tuck/pike/layout, it is acceptable to start the skill from standing or out of a round-off.
- Level 5 MP – B4
  - Balance skill (B4), tuck hold on head and one hand of base, an “OR” option has been added. Pairs can choose the skill listed or tuck/pike/straddle hold on straight arms of base laying down, hold 3” (see illustrated example).
- Level 9/10 Overtime Penalty
  - If a routine is overtime, the deduction is a flat -.3 as with all the other JO levels, not -.1 per second.
- Combined Routines for Junior Elite 12-18 and 13-19
  - An aerial cartwheel or aerial front walkover cannot be used to satisfy the salto requirement in the combined routine because these elements are not considered saltos.
- “OR” Options
  - Only 1 “OR” option is allowed per exercise at all JO levels, JE 12-18, JE 13-19 and Senior Elite. This is one option for all pair/group and individual elements declared on the tariff sheet.
  - **No** “OR” options are allowed at 11-16.



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