This is a clarification as there has still been some confusion regarding the characteristics of individual elements for the Junior Elites in balance routines. This is not a new change.

**11-16 balance** - 2 IE special requirements:
1) 3 individual elements
2) one from each characteristic - agility, flexibility, balance.

**11-16 dynamic** - 2 IE special requirements:
1) 3 tumbling elements
2) one salto

**12-18 and 13-19: (Level 9 & 10)**

**Balance** - one IE special requirement:
1) **ANY** three individual elements from balance, agility or flexibility characteristics. Partners do NOT have to do the same characteristic at the same time. All partners could perform all one characteristic for all 3 individual elements.
   (NO TUMBLING)

**Dynamic** - two IE special requirements:
1) 3 tumbling elements and
2) one salto

**Combined** - two IE special requirements:
1) 3 individual elements from ANY characteristic (Balance, Agility, Flexibility, or tumbling)
2) salto

• **Seniors** - no IE special requirements. Can do max three elements from any characteristic in any exercise.

IF individuals are done, all partners must do a rated element at the same time or in immediate succession to receive credit.