

Technical Update  
Acrobatic Gymnastics  
January 25, 2019

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.