

ACROBATIC GYMNASTICS

TECHNICAL UPDATE

March 2018

Updates and clarifications outlined below are effective immediately.

- Level 9/10
 - If the minimum difficulty is not met OR the maximum allowance exceeded, there will be a penalty of -1.0.
- Level 7/8 Tariff Sheets
 - It is not required to “circle” or crop the skill images when putting them into the tariff sheet.
 - It would be helpful to the judges if coaches did put in the specific option that they are doing to help the judges determine if all the special requirements are met or if there are issues with repetition, however, it is only “highly suggested” but not required.
- Level 5 Cartwheel Series
 - The cartwheels must finish in the proper positions as shown in the routine – the first cartwheel ends facing sideways and the second ends in a lunge – in order to receive credit.
 - There can be a pause in between each cartwheel.
- Proper Catching at the Compulsory Levels (Levels 5-8 and 11-16 supported landing are required)
 - Catches for all pairs and group require the bases to catch both arms.
 - If the top lands unsupported totally OR unsupported on either arm the deduction is -.5
 - If the top gets caught on one arm, the deduction is -.3
 - For all other small/minor catching errors the deduction is -.1
 - The only exceptions are cannonball skills and 5/4 gainer salto from wrap. These skills are not required to have supported landings.
- Level 6 MP/MxPr – D4
 - Clarification/Addition – base then tosses top in a 180° or 360° twist to back or stomach
 - Linking is optional
- Levels 2-5
 - Skills must be performed exactly as outlined in the Code of Points.
 - The COP takes precedence over the videos.
- Level 6 “Reverse Foot to Hand”
 - Skill should receive credit if there is contact between the palm of the base’s hand and the sole of the top’s foot



Correct foot-to-hand position

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- Credit should not be given if base is holding with a “claw” grip, base’s hands are on top of the feet, or base is supporting around the back of the heel.



**“Claw” Grip -
No Credit**

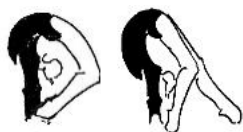


**Base holding top of foot
- No Credit**



**Supporting back of heel
- No Credit**

- Typical deductions on this skill include instability, poor body position of the top (not standing straight or in an arched position, poor body position of the base (not sitting straight up with a straight back)
- CJP “Ending before/after the music” deduction
 - When is it applied at Levels 5/6?
 - The athletes finish, salute and walk off while the music is still playing = Penalty
 - The athletes hit their final pose and are waiting for the music to end = Penalty
 - The athletes finish the routine after the music has stopped = Penalty
 - These are the only instances where this deduction should be applied at Level 5/6.
- These two positions are considered the same top static shape (ring), with one leg extended is considered a stylistic variation. Both should receive the +1.



- Tariff Sheets
 - The Difficulty Value needs to be put on the TS as required information. The D-score number should also be included but is not technically required. The DV is required.

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