

ACROBATIC GYMNASTICS

TECHNICAL UPDATE

May 2018

Updates and clarifications outlined below are effective immediately.

- **Individual Elements**
 - For level 6/7, EACH missing or non-credit individual incurs a -.4 penalty off the difficulty score.
 - For level 8, EACH missing or non-credit individual in balance or dynamic incurs a -1.0 penalty off the difficulty score.
 - Level 9/10 follow the current FIG 12-18 Age Group Rules.

- **Level 7/8 Top Positions**
 - For these levels, tuck, pike, straddle, croc, handstand are all considered different top positions in terms of repetition.

- **Competition Blocks**
 - If skills are done out of order, there is a -.3 penalty.
 - If skills are performed, and not claimed on the tariff sheet, they receive no difficulty or special requirements.
 - “Bonus” points for linking all the elements in a routine are used as another tool to build difficulty. You cannot go over the 1.5 or 3.0 difficulty maximums for Novice and Intermediate.
 - It is required to hold each shape for 3" to receive difficulty credit. The only time a 1" hold is allowed is at the beginning of a routine. Changing points of support between elements (not asking for credit for a position performed) would constitute a break in flow and be considered a dismount; linking bonus would not be received.

- **Jewelry**
 - Wearing jewelry is a safety issue and is considered an attire infringement (reference Acrobatic Rules and Policies *Section 10.1.m.viii* and *Section 10.4*). Covering jewelry with band aids, tape, etc. does not negate the deduction.
 - This will not be overlooked at USA Gymnastics Championships and any/all future competitions thereafter.

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USA Gymnastics