

ACROBATIC GYMNASTICS

TECHNICAL UPDATE

May 2019

Updates and clarifications outlined below are effective immediately.

- Level 6 Qualifying Scores
 - Effective immediately there are no qualifying scores for Level 6 athletes to advance to State and Regional competitions. They are treated the same as the compulsory Levels 2-5.
 - Levels 2-6 must compete at 2 local meets to go to States and must compete at States to go to Regionals.
- Boost Skill (examples - Level 7 WP 7A, Level 6 WP D3)
 - Top may not use their hands to push off the base's shoulders during the boost
- Level 6 WP D2
 - Top may dismount by stepping directly to the floor or step on to the base's legs and then the floor
- 1" Holds in JO Levels
 - Reminder – where any balance skill shows a 1" hold, this should be translated to "show" the position before moving to the next position. There should be NO SHORT HOLDS given for 1" holds in the JO Levels
- Helicopter in WG
 - In the helicopter where the bases switch positions, credit should be given as long as they complete at least more than half of the rotation required. If the bases do not make it all the way around when they catch it is considered under rotation; execution deductions will apply, but credit is given.
- Toe Pitch Straddle Jump
 - It is acceptable to show a pike straddle position or a straddle position with legs to the side.
- Level 7 Round off boost skill
 - This element can be performed 2 ways for credit:
 - Flight happening out of the round off and then the base makes contact, lifts and releases and catches.
 - Base pushes with the top's rebound/jump to create flight and then catches.
- When does the .9 penalty apply in pairs and trios?
 - Only when all partners are in place does the .9 penalty apply – for example – in a trio column where the top is climbing up and the column falls there is no .9 penalty.
 - It is only applied once the top is on the shoulders and getting into the point of support.
 - Trios will have many more instances where this rule would fall into play than pairs.
 - Pair mounts that don't make it to the static hold will always get the .9

Sarah Thomas
National J.O. Committee Chair
USA Gymnastics, Acrobatics Program

Holly King
National Technical Committee Chair
USA Gymnastics, Acrobatics Program