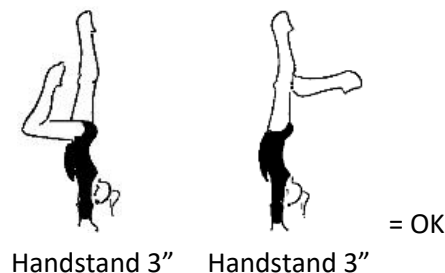
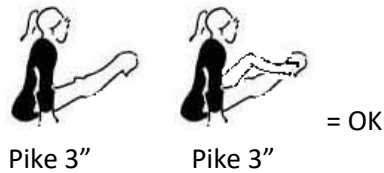


# Acrobatic Gymnastics Technical Update

November 2020

- **Difficulty conversion charts:** Level 9-10 difficulty charts eliminated. Replaced by 12-18 difficulty system – 1 difficulty = 0.01
  - Level 9 Balance and Dynamic maximum difficulty = 30 (maximum allowance = 50)
  - Level 10 Balance maximum difficulty = 55 (maximum allowance = 75)
  - Level 10 Dynamic maximum difficulty = 45 (maximum allowance = 65)
- **NO qualifying scores for 2021 Season:** Athletes are required to compete at State Championships OR Regional Championships to qualify for USA Gymnastics Championships.
- **Level 4 Clarification:** Level 4 Pair B1 – Top may start skill facing away from base (as pictured) or facing base. Top may start in straddle position on floor and press to handstand OR standing with hands on floor and press to handstand. Base position on knees is optional.
- **Xcel Blocks Clarification:** A position/skill may be repeated 2 times in a routine. If the same position/skill is repeated back to back, there must be motion and a change in leg position between the two skills. The same position held for 6" is not allowed. Examples:



Dylan Maurer  
National J.O. Committee Chair  
USA Gymnastics, Acrobatics Program

Holly King  
National Technical Committee Chair  
USA Gymnastics, Acrobatics Program