

ACROBATIC GYMNASTICS

TECHNICAL UPDATE

September 2017

Updates and clarifications outlined below will be effective immediately.

- **Level 8 Pairs**
 - Routine must include 6 elements
 - ✓ 1 from each of the 5 rows
 - ✓ One 'optional' skill chosen from any row
 - Each element includes a static hold whether it be a mount or a transition that finishes with a 3" static
 - ✓ The mount/transition and the 3" static that follows is considered one element
 - There should never be a 6" hold of the same static
 - ✓ Example: Top cannot press to low handstand hold for 3" and then hold it for another 3" to get credit for another element

- **Women's Group - *Lunge Pyramid***
 - When performing the lunge pyramid that requires a hold on the back leg, athletes may hold on the shoulder or waist depending on the position they are trying to perform (handstand, croc, straddle, etc.)

- **Sliding to Split**
 - Unless specified in the compulsory element, going to knee first and then sliding to split will be assessed a -.5 penalty on the execution mark, but the difficulty credit will still be awarded
 - Anytime the knee is hitting the floor prior to the completion of the split, the athletes can receive execution deductions for this mistake. The amount of deduction is dependent on the amount of support on the knee and the position of the knee and foot. The goal is to slide to split with straight legs throughout the slide

Sarah Thomas
National Junior Olympic Committee Chair
USA Gymnastics