

ACROBATIC GYMNASTICS TECHNICAL UPDATE September 2019

Updates and clarifications outlined below are effective immediately.

- Level 3 Pair
 - Dismount for the handstand on knees skill – video and text do not match so we will accept either dismount.
 - Top may dismount by either doing a forward roll or coming down on the side to their feet.
- Level 10 Difficulty Chart
 - With the change in difficulty to be 45 values, please use the attached difficulty chart.

Level 10

DV	D-Score
1	1.2
2	1.4
3	1.6
4	1.8
5	2
6	2.2
7	2.4
8	2.6
9	2.8
10	3
11	3.2
12	3.4
13	3.6
14	3.8
15	4
16	4.2
17	4.4
18	4.6
19	4.8
20	5
21	5.2
22	5.4
23	5.6
24	5.8
25	6
26	6.2
27	6.4
28	6.6
29	6.8
30	7
31	7.2
32	7.4
33	7.6
34	7.8
35	8
35	8.2
37	8.4
38	8.6
39	8.8
40	9
41	9.2
42	9.4
43	9.6
44	9.8
45	10

- 12-18 Dynamic minimum difficulty value was DECREASED to 45. (from 55)
- There will be NO National Judges Course this season. Everyone must attend a Regional Judges Course. Communication will be sent as soon as your region has set dates and location.

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