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 Difficulty Chart

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- 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.

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

Holly King
National Technical Committee Chair
USA Gymnastics, Acrobatics Program