

Acrobatic Gymnastics

Junior Olympic (JO) Technical Update

May 18

- Clarification regarding static compulsory elements Levels 6-10:

Athletes may enter a static element in any way - credit will be given for the static hold (camel, straddle, tuck, etc.).

Example: Level 6 Woman's Pair ID = B2 (JO Code of Points) Camel – The top may start on the floor, on the bases legs, or in any other creative chorographical standpoint as long as the static hold is in the Camel element for three (3) seconds.

At Level 6, there are helpful descriptions as to how athletes can get into the skill to help new coaches understand basic principles. These are not mandatory suggestions. Creativity is encouraged where possible, provided that they do not interfere with the integrity of the static hold.

- Clarification regarding Level 5 Women's Group ID = D4:
Top position must be in a tight straight body. Technical variations in arm placement is acceptable. Deductions will occur if loose body is seen.
- Clarification regarding Level 7 Round-Off Boost element:
The Level 7 Round-Off Boost element must be in combination of the top's rebound off the floor, and the base boosting the top. In essence, the base must boost at the same time as the top rebounding.
- Clarification regarding Level 8 Round-Off Back-Bird element:
The Level 8 Round-Off to Back-Bird element must show flight from the top's rebound off the floor. This rebound will be the only factor in which causes flight before the base catches the top in the Back-Bird position.