LEVEL 8
REQUIREMENTS

Level 8 athletes are required to perform two exercises, balance and dynamic, with a maximum exercise length of 2 minutes 30 seconds. Each exercise is comprised of a selection of compulsory elements illustrated on the following pages and optional elements and individual skills listed in the FIG Tables of Difficulty.

DIFFICULTY REQUIREMENTS

<table>
<thead>
<tr>
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<th>Balance &amp; Dynamic</th>
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<tbody>
<tr>
<td></td>
<td>Maximum</td>
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<tr>
<td>Pairs &amp; Groups</td>
<td>30</td>
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</tbody>
</table>

A maximum difficulty and allowance range has been set at the levels indicated above. Please note that there is a maximum difficulty value for which a difficulty score can be received and there is a maximum that can be performed without penalty, but no more value will be included in the score (allowance). No minimum difficulty is set for Level 8.

A deduction of -2.0 will be taken by the CJP if a pair or group exceeds the maximum difficulty allowance. For instance, if a women’s pair performs a balance exercise of 42 total difficulty value, they will receive a difficulty score for the allowed 30 total (10.0) but they will not receive the deduction for going over the allowed difficulty. If the pair performs a balance exercise of 48 total difficulty value, they again will receive the difficulty score of 10.0, but also a -2.0 deduction.

Level 8 also restricts the number of pair/group elements that may be performed in an exercise. The maximum number of elements is defined in the following Balance and Dynamic sections. If the maximum number of elements is exceeded, the penalty is a -2.0 deduction taken by the CJP.

If it is clear that a pair/group is performing a rated element that is not declared on the tariff sheet which would put them over the difficulty allowance or maximum number of elements, the -2.0 penalty will be assessed. In both the balance and dynamic exercises, pair/groups may perform mounts, motions into skills or elements that come to the floor following a skill without receiving difficulty or extra elements as long as the value of the element is less than V5 (this applies to pair/group elements only). Examples would include foose up, inlocate mount, press from handstand to arch or ¼ salto from cradle catch to stand on floor. **There is a limit of 6 individual elements that may be performed. However, if tumbling elements, such as round-off or flic, are repeated in an exercise, the repeat will not count towards additional difficulty.** If difficulty is claimed for a pair/group element, that element must be counted in the total number of elements for the exercise, regardless of value.

The difficulty value and ID of each compulsory element is indicated along with its drawing on the following pages. The difficulty of each optional element and individual element is figured from values in the FIG Tables of Difficulty. The total difficulty value includes compulsory, optional, and individual elements performed and is translated into a difficulty score by using the “Level 8 Evaluation of Difficulty Chart” (see Appendix A-7).
General Information
1. For balance elements identified as optional, there is no requirement for a one second hold before a motion. However, for compulsory elements identified with a one second hold before a motion, a time fault hold will be applied if necessary.
2. For compulsory elements that have multiple holds required, the maximum time fault is limited to 0.9.

Special Requirements for Pairs
1. A minimum of six pair balance elements without a flight phase, composed of:
   1. Four compulsory elements, selected from the following pages, with no more than one selection per row. Each compulsory element is considered as one element in counting the number of elements in the exercise.
   2. Two optional elements, selected from the FIG Tables of Difficulty. Each optional element is counted towards the total number of elements in the exercise (i.e. Tuck inlocate to handstand, hold 3”, would be considered two elements, the motion and the hold).
   3. #1 and #2 are separate requirements. Level 8 athletes are allowed to have up to (8) elements. It is possible to be missing a row and still have (6) elements. If so, a (-1.0) deduction would apply. If missing a row and a 6th element, a (-2.0) deduction would apply.
2. Optional elements are to have a minimum difficulty of V1 and maximum of V6 (includes work of top + base for motions of the base).
   1. When the top does not change position during a motion of the base, the start position is taken to determine the difficulty value of the top that is added to the value of the motion of the base.
   2. When the top changes position during the motion of the base, the difficulty value of the motion is calculated as the value of the top’s start position plus the motion of the top plus the motion of the base.
3. A maximum of eight pair elements are allowed per exercise. Additional optional elements may be added to reach the maximum of eight elements.
4. Optional elements may be chosen from the illustrated compulsory elements, but they must be identified as optional elements with IDs from the FIG Tables of Difficulty.
   1. Compulsory elements used as optional must be counted using the optional method described above.
   2. Compulsory elements used as optional may not exceed the maximum element value of V6.
   3. The additional optional elements may be chosen from the compulsory pages as “back-up” options for the required compulsory elements. In this case, the elements are labeled with both compulsory and optional IDs on the tariff sheet. If a pair misses a compulsory element and successfully performs another compulsory element from the same row, the compulsory special requirements will be fulfilled. The two required optional elements cannot be used as “back-up” for compulsory requirements.

Restrictions for Pairs
1. A motion of the base may not be repeated during an exercise (i.e. slide to splits may be done only one time).
2. Pair static holds in sit, split, or on knees will receive credit if the base does not raise his/her hand from the floor during the hold, but a 0.5 execution deduction will be taken for additional support.
Special Requirements for Groups

1. A maximum of three pyramids composed of:
   1. Two compulsory pyramids, selected from the following pages, with no more than one selection per row.
   2. One optional pyramid, selected from the FIG Tables of Difficulty.
      i. The optional pyramid may be fixed or transitional.
2. Optional elements are to have a minimum difficulty of V4 and maximum of V16 (the value of the top including transition value + the value of the base).
3. Optional elements may be chosen from the illustrated compulsory elements, but they must be identified as optional elements with IDs from the FIG Tables of Difficulty.
   1. If an optional pyramid is selected from the compulsory pages, it must be from a different row than those used to fulfill the compulsory requirements.
   2. Compulsory elements used as optional may not exceed the maximum element value of V16.

Restrictions for Groups

1. In the whole exercise there can be no more than one pyramid with two bases on the floor.
2. In the whole exercise there can be no more than one pyramid with two tops working.

NOTE: Category 1 & 2 pyramids can only be used once in the whole exercise. This means as a static pyramid or within a transitional pyramid.

Individual Element Requirements for Pairs and Groups

1. Each partner of a pair or group must perform a minimum of three individual elements from Category 1 in the FIG Tables of Difficulty, demonstrating a full variety of characteristics: balance, flexibility, agility. Choreographic elements are optional and will not be evaluated for difficulty credit.
2. Elements may be performed separately or in a series, but they cannot overlap (i.e. flic to split, and then hold in split counts as one element not two separate elements).
3. Partners must perform elements of the same characteristic simultaneously or in immediate succession. Linked elements in a series must be performed in the same characteristic order by all partners.
4. Individual elements are to have a minimum difficulty of V1 and maximum of V10.
5. Penalties for missing characteristics are taken from the artistic score (0.1 deduction for each missing characteristic – see Tables of Artistic Faults in Section 10.0. Although not a requirement, missing a choreographic element is an artistic deduction.
6. A special requirement deduction of 1.0 is taken by the CJP for each missing individual element of the three required from Category 1.
7. There is a maximum number of 6 individual elements that can be performed by all partners. Choreographic elements are optional and will not be evaluated for difficulty credit.

DYNAMIC EXERCISE

Special Requirements for Pairs and Groups

1. A minimum of six pair or group dynamic elements with a flight phase, composed of:
   1. Four compulsory elements, selected from the following pages, with no more than one selection per row. Each compulsory element is considered as one element in counting the number of elements in the exercise.
   2. Two optional elements, selected from the FIG Tables of Difficulty. Each optional element is counted towards the total number of elements in the exercise (i.e. Double toe pitch ¾ back salto to cradle catch immediate 0/4 salto with 360° twist to catch in cradle. This would be considered as two elements.)
2. Optional elements are to have a minimum difficulty of V1 and maximum of V14 (maximum V10 for Men’s Group).
3. A minimum of 2 catches is required. This special requirement can be fulfilled with compulsory and/or optional elements.
4. The maximum rotation for any dynamic element is 7/4.
5. The maximum degree of twist for a dynamic skills with ¾ or greater rotation is 360°. For elements with less than ¾ rotation the maximum degree of twist is not restricted.
6. A 180° or greater twist must be performed in one dynamic skill with minimum ¼ rotation. This requirement may be fulfilled by:
1. A compulsory element with 180° or greater twist and a minimum ¼ rotation;
2. Adding a 180° or greater twist to a compulsory element with ¼ or greater rotation. This compulsory element will still fulfill the compulsory requirement and the additional difficulty value of the twist can be added to the element;
3. An optional element with 180° or greater twist and ¼ rotation.
4. After this requirement is fulfilled, twisting may be added to additional compulsory elements with ¼ or greater rotation or any optional elements.
5. Twisting added to compulsory or optional dynamic skills cannot cause the skill to exceed the maximum element difficulty of V14 (or V10 for Men’s Group).

7. For groups, dismounts may be performed from double toe pitch or platform even if the option is not shown.
8. A maximum of eight dynamic pair or group elements are allowed per exercise. Additional optional elements may be added to reach the maximum of eight elements.
9. Optional elements may be chosen from the illustrated compulsory elements, but they must be identified as optional elements with IDs from the FIG Tables of Difficulty.
   1. Compulsory elements used as optional must be counted using the optional method described above.
   2. Compulsory elements used as optional may not exceed the maximum element value of V14.
   3. The additional optional elements may be chosen from the compulsory pages as “back-up” options for the required compulsory elements. In this case, the elements are labeled with both compulsory and optional IDs on the tariff sheet. If a pair misses a compulsory element and successfully performs another compulsory element from the same row, that row’s compulsory special requirement will be fulfilled. The two required optional elements cannot be used as “back-up” for compulsory requirements.
10. Linking is permitted between any elements (compulsory or optional) in an exercise.
    1. The links between two compulsory elements or between a compulsory and an optional element will receive no difficulty value.
    2. Links performed between two optional elements will receive difficulty credit.
    3. Links are not considered elements when calculating the total elements in an exercise.
11. The landing of all dismounts must be supported by the base(s). If unsupported, a (1.0) special requirement penalty applies.

Restrictions
1. No more than three dismounts will be credited.
2. Rule 4.5.6.3 does not apply for Level 8 Men’s Groups. Men’s Groups may perform one horizontal catch selected from the compulsory elements and one horizontal catch as an optional element from the FIG Tables of Difficulty.
3. For pairs and groups - the number of horizontal start and catch positions is not restricted for evaluation of difficulty. (NOTE: For IAGC 11-16 dynamic exercises, horizontal start and catch positions are restricted to a maximum of three; women’s groups may do a maximum of four.)

Individual Element Requirements for Pairs and Groups
1. Each partner of a pair or group must perform three credited individual elements from Category 2 in the FIG Tables of Difficulty. Category 2 individual elements must be preceded by motion and must finish on one or two feet according to character. A choreographic element does not count towards one of the required three and will not be evaluated for difficulty credit.
   1. REQUIREMENT #1: three credited Category 2 elements. A special requirement deduction of 1.0 is taken by the CJP for each missing individual element of the three required from Category 2.
2. REQUIREMENT #2: Each partner must perform either a salto or a tumbling series of minimum three elements.
   i. Aerial cartwheel/walkover is not considered a Category 2 element.
   ii. An element may be performed a maximum of two times in the series of three elements with the series still fulfilling the special requirement. The second time an element is performed, it may be used to fulfill the special requirement, but it will not receive difficulty credit. If an element is repeated in the tumbling series of three elements, a third tumbling element must be performed for difficulty credit elsewhere in the exercise. For example, a round-off, back handspring, back handspring will fulfill the special requirement of a tumbling series of three elements; however the second back handspring will receive no difficulty credit and another tumbling skill must be performed for difficulty credit.
   iii. If a salto is performed, two other credited tumbling elements must be performed in the exercise. There is no requirement to perform the salto or additional tumbling elements in a series.
   
3. NOTE: IAGC 11-16 still includes the salto requirement for the dynamic exercise. IAGC 11-16 requires three (3) Individual elements. A choreographic element does NOT count towards one of the three.
   
2. Individual elements are to have a minimum difficulty of V1 and maximum of V10.
3. For each requirement not performed successfully by all partners, a special requirement deduction of 1.0 is taken by the CJP.
4. There is a maximum number of 6 individual elements that may be performed by all partners. Choreographic elements are optional and will not be evaluated for difficulty credit.

GENERAL INFORMATION

1. An element may receive difficulty credit only once per exercise. The same element may be used twice in an exercise to fulfill special requirements, but it will receive difficulty credit only once.
2. Performance of forbidden elements will result in a penalty of 1.0 and loss of credit per occurrence (see Appendix for list of forbidden elements).
3. Should Level 8 athletes go to finals, they will perform one exercise of their own choosing, either balance or dynamic.
4. Exercises are judged by the rules for judging elite athletes with the exception of the special requirements and difficulty maximums listed above. For each special requirement violation, there is a deduction of 1.0.
5. Optional tariff sheets are to be used (see Appendix). Their preparation is the same as for the elite level, with the exception that compulsory elements should be labeled with the row #, element # and value from the following pages. Optional elements and individual skills should be labeled with the ID and value from the FIG Tables of Difficulty.
6. Appendix contains a key to the level 8 compulsory skill illustrations on the following pages.