LEVEL 8-I
USA INTERNATIONAL TRACK

Level 8-I is an international track within the USA to better prepare athletes for international competition. Level 8-I is modeled after FIG 11-16 Age Group rules. The emphasis of this level is perfecting technical and artistic performance.

Level 8-I athlete 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. The exercises are judged for technical and artistic merit in accordance with the FIG Code of Points 2009-12.

Entry into Level 8 - I is not by qualification. All athletes who wish to prepare for international competition providing age restrictions are met are eligible to compete at this level. Minimum age is competitive 9. Maximum age is competitive 16. There is a maximum of 6 years age difference allowed between partners. Age difference is determined from the youngest athlete to the oldest athlete.

I. Competition Structure
   a. Qualifications
      Each pair and group presents one Balance and one Dynamic exercise. The exercise is composed of compulsory and optional elements. Finals is either the Balance or the Dynamic Exercise of the Pair’s or Group's choice. Marking starts from zero for finals.

II. Composition and Evaluation of Exercises
   a. In the Qualifications, each participant must present one Balance and one Dynamic Exercise, which must be choreographed and performed to music. Exercise length must not exceed 2' 30". There is no minimum length.
   b. Each Pair/Group, in one exercise, must perform the compulsory elements illustrated in the Compulsory Element Table. Additional elements are not permitted. They must also perform the required number of optional elements which must be selected from the FIG Tables of Difficulty 2009-12. The optional elements cannot be taken from the Compulsory Element Table.

III. Special Requirement Deductions
   a. For each missing element, there is a deduction of -1.0 taken.
   b. For each additional element there is a deduction of -1.0 taken.

IV. Pairs: Balance
   a. Each Pair Balance and Dynamic exercise must include 6 pair elements and 3 individual elements:
      i. There must be four (4) compulsory pair elements, each selected from a different row I, II, III and IV of the Compulsory Element Table. i.e. one from Row I; one from Row II etc. A penalty of -1.0 is given for each missing element.
      ii. There must be a maximum of two (2) optional pair elements with minimum value one (1) selected from the FIG Tables of Difficulty 2009-12. A penalty of -1.0 is given for each additional or missing element. The two optional elements must be static holds.
   b. In Balance Exercises, the difficulty of the optional element must be a minimum of value 1 and a maximum of value 6.
   c. The difficulty of entries and motions must not exceed value 5; they are not counted in the Difficulty Value of exercises and are not considered as extra elements. They must be included on the tariff sheet, but identified as NV for No (0) Value.
   d. In the Balance exercise, there must be a minimum of three (3) Category 1 optional individual elements selected from the FIG Tables of Difficulty 2009-12. A penalty of -1.0 will be given for any missing element. There is a maximum of six (6) individual elements allowed performed by all partners. Choreographic elements are optional and not considered towards meeting the minimum requirement of three (3).
V. Pairs: Dynamic
   a. In Dynamic exercises, the difficulty of the optional elements must be a minimum of 1 value and a maximum of value 14.
   b. Only 2 dismounts are allowed for difficulty. The landing of all dismounts must be supported. If a dismount is performed without support, a -1.0 penalty is applied for each occurrence.
   c. Catches and dismounts of Value 1 may be performed without difficulty value or extra element penalty. They must be included on the tariff sheet, but identified as NV for No Value (0).
   d. In the Dynamic exercise, there must be a minimum of three (3) Category 2 optional individual elements selected from the FIG Tables of Difficulty 2009-2012. A penalty of -1.0 will be given for any missing element. There is a maximum of six (6) individual elements allowed to be performed by all partners. Choreographic elements are optional and not considered towards meeting the minimum requirement of three (3).
   e. A salto must be performed in the dynamic exercise by all partners. No linking between compulsory elements is allowed unless specifically noted on the Specifications drawing.

VI. Groups: Balance Exercise
   a. Group Balance exercises must include three (3) different pyramids and three (3) individual elements.
   b. Two (2) pyramids, each selected from a different row of the Compulsory Element Table, must be included. The pyramids must be performed separately. (They may not be joined). A penalty of -1.0 will be given for any missing or additional group element.
   c. A maximum of one (1) optional pyramid selected from the FIG Tables of Difficulty 2009-12 with a minimum difficulty value of 4 and a maximum difficulty value of 16 for the static hold of all partners is allowed. A penalty of -1.0 will be given for any missing or additional group element of difficulty.
   d. Entries and motions may be performed. The difficulty must not exceed Value 5. They are not counted in the Difficulty Value of an exercise and are not considered as extra elements. They must be included on the tariff sheet, but identified as NV for No (0) Value.
   e. Women's Group: The optional pyramid may be selected from one of the same categories used for the compulsory elements.
   f. Women's Group and Men's Group: There is no requirement for the top to perform a handstand in the balance exercise.
   g. In the Balance exercise, there must be a minimum of three (3) Category 1 optional individual elements selected from the FIG Tables of Difficulty 2009-2012. A penalty of -1.0 will be given for any missing element. There is a maximum of six (6) individual elements that may be performed by all partners. Choreographic elements are optional and not considered towards meeting the minimum requirement of three (3).
   h. Category I pyramids may be repeated for women’s group. Difficulty value is given for repeated Category I pyramids in this category.

VII. Groups: Dynamic Exercise
   a. The group Dynamic exercises must include six (6) group elements and three (3) individual elements.
   b. Four (4) group elements each selected from a different row of the Compulsory Element Table. A penalty of -1.0 is taken for each missing or additional element.
   c. A maximum of two (2) optional group elements selected from the FIG Tables of Difficulty 2009-12 with a minimum difficulty value of 1 and a maximum difficulty value of 14 for women and 10 for men. A penalty of -1.0 is taken for each missing or additional element.
   d. Only two (2) dismounts are allowed and evaluated for difficulty. The landing of ALL dismounts must be supported by the bases. If a dismount is performed without support, a penalty of -1.0 is applied for each occurrence.
   e. Catches and dismounts of value 1 may be performed without difficulty value or extra element penalty. They must be included on the tariff sheet, but identified as NV for No (0) Value.
   f. A total of four (4) horizontal catches may be performed in the trio dynamic exercises. However, artistry penalties for the repetition of elements should be applied as per the Code of Points.
g. Men's group may perform one horizontal catch as an optional element from the FIG Tables of Difficulty.
h. In the Dynamic exercise, there must be a minimum of three (3) Category 2 optional individual elements selected from the FIG Tables of Difficulty 2009-2012. A penalty of -1.0 will be given for any missing element. There is a maximum of six (6) individual elements that may be performed by all partners. Choreographic elements are optional and not considered towards meeting the minimum requirement of three (3). A salto must be performed in the dynamic exercise by all partners.
i. No linking between compulsory elements is allowed unless specifically noted on the Specifications drawing.

VIII. Individual Elements

a. Each partner of a pair or group must perform at minimum three (3) individual elements in both the balance and dynamic exercises. A maximum of six (6) individual elements are allowed for both balance and dynamic exercises performed by all partners. A salto must be performed in the dynamic exercise by all partners. The partners must perform the individual elements either simultaneously or in immediate succession.
b. The individual elements are selected from the FIG Tables of Difficulty 2009-12 as specified in the Compulsory Element Table.
c. The use of choreographic elements of difficulty is encouraged to enhance artistry but they do not count towards the difficulty mark or as the required individual elements.
d. The individual element must have a minimum difficulty value of 1 and maximum difficulty value of 10. The individual elements do not count towards the Difficulty Mark of an exercise.
e. If an element is missing or exceeds 10 in value, a penalty mark of -1.0 is taken for failing to observe the Special Requirement rule.

IX. Difficulty

a. Each element chosen from the COMPULSORY Difficulty Tables has a stated Difficulty Value, which is used to determine the Difficulty Value of the exercise.
b. Optional elements are not used in calculating the Difficulty Value of the exercise, although they must be performed to meet Special requirements.

X. Conversion Table

a. Value of Compulsory elements Difficulty Value:
   0.0 - 9.0
   0.1 - 9.2
   0.2 - 9.4
   0.3 - 9.6
   0.4 - 9.8
   0.5 – 10
b. Penalties are taken from the Start Value for the Difficulty Score by the Chair and DJ in accordance with the FIG Code of Points for Acrobatics Gymnastics.