LEVEL 10
REQUIREMENTS

Level 10 athletes will perform three exercises, balance, dynamic, and combined with a maximum exercise length of 2 minutes and 30 seconds. Each exercise is comprised of optional elements and individual elements to be selected from the FIG Tables of Difficulty.

DIFFICULTY REQUIREMENTS

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<th>Balance</th>
<th>Combined</th>
<th>Allowance</th>
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<tr>
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<td>Minimum</td>
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<td>Minimum</td>
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<td>Maximum</td>
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<tr>
<td>Maximum</td>
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A minimum and 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). A deduction of -2.0 will be taken by the CJP if a pair or group does not meet the minimum difficulty or exceeds the maximum difficulty allowance.

The difficulty of each element is figured from the values in the FIG Tables of Difficulty. The total difficulty value includes pair/group elements and individual elements performed and is translated into a difficulty score by using the “Level 10 Evaluation of Difficulty Chart” (see Appendix).

BALANCE EXERCISE

Special Requirements for Pairs
1. A minimum of six pair balance elements of minimum V1 without a flight phase, of which three must be static holds of three-second duration each
2. Must demonstrate work on two different points of support on the base or foot to hand
3. One handstand of minimum V6
4. One mount of minimum V4
5. One motion by base of minimum V8 (includes work of top + base – see Section 3.4.1)
6. One transition of the top of minimum V4
7. One balance skill may fulfill multiple special requirements

Restrictions for Pairs
Comply with restrictions listed in Section 3.4.3

Special Requirements for Groups
1. Minimum of two separate pyramids each selected from a different category, of which one must be a minimum V12 (the value of the top including transition value + the value of the base without transition value)
2. A minimum of three static holds of three-second duration each. The static hold requirement may be satisfied by three fixed pyramids each with one static hold of three-second duration or by one pyramid with two static holds each of three-second duration and one fixed pyramid with one static hold of three-second duration.

3. An unsupported handstand of minimum V6 must be performed by the top, not the middle acting as the top, in a minimum of one pyramid.

4. One transition by the top of minimum V4 (transition may be performed by the top or the middle acting as the top).

5. One balance skill may fulfill multiple special requirements.

6. Once the special requirement #1 above is met, additional pyramids from any category may be performed and evaluated for difficulty (with the exception of restrictions for Category 1 and 2 pyramids). The position of all pyramids in the exercise is optional. No minimum value is specified for the additional pyramids.
   a. The remaining special requirements need not be met to perform and receive credit for additional pyramids in the exercise.
   b. If the special requirement in #1 above is not met within the exercise, then additional pyramids will not be credited (no difficulty or special requirement credit).
   c. See Section 3.5.2.5.3 for an example.

**Restrictions for Groups**
Comply with exercise restrictions listed in Section 3.5.3 for Women’s Groups and 3.6.3 for Men’s Groups.

**Individual Element Requirements for Pairs and Group**
1. Each partner of a pair or group must perform a minimum of three Category 1 individual elements of rated difficulty, demonstrating a full variety of characteristics: balance, flexibility, agility, and choreography.

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.

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 7.5).

6. A special requirement deduction of 1.0 is taken by the CJP for each missing individual element of the four required from Category 1.

7. 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.

**DYNAMIC EXERCISE**
Special Requirements for Pairs and Groups
1. Minimum of six pair or group elements with a flight phase, of which two must be catches.

2. Dynamic elements must be minimum V1, with no maximum value set.

3. Maximum rotation in tempo is 10/4.

4. A minimum of one forward and one backward rotation of minimum 4/4 rotation.

5. A minimum of one twisting element of 360° or greater twist in a minimum 4/4 rotation.

6. Pair requirement - one hand to hand or foot to hand catch of minimum V6.
7. Group requirement - Skill performed from platform to platform meeting either of the following:
   a. Top beginning and ending on feet or top thrown from handstand (no support in handstand) with minimum rotation of 4/4
   b. Top caught in handstand (no support in handstand) with minimum rotation of 2/4
8. One dynamic skill may fulfill multiple special requirements

Restrictions for Pairs and Groups
Pairs and groups must comply with exercise restrictions outlined in Section 4.5

Individual Element Requirements for Pairs and Group
1. Each athlete must perform four Category 2 individual elements, one of which may be a Category 2 choreographic element. Category 2 individual elements must be preceded by motion and must finish on one or two feet according to character. A special requirement deduction of 1.0 is taken by the CJP for each missing element of the four required from Category 2
2. Each partner must perform one salto in a series. If a salto is not performed by one or more partners, a total penalty of 1.0 is taken by the CJP. Note: An aerial cartwheel or walkover is not considered a Category 2 element
3. Individual elements are to have a minimum difficulty of V1
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. Performance of forbidden elements will result in a penalty of 2.0 plus loss of element credit per occurrence (see Appendix A-6)
2. Should Level 10 athletes go to finals, they will perform a balance and dynamic exercise.
3. Exercises are judged by the rules for judging elite athletes with the exception of the special requirements and difficulty minimums and maximums listed above. For each missing special requirement, there is a deduction of 1.0
4. Optional tariff sheets are to be used and can be found in Appendix A-2. Their preparation is the same as for the elite level