SENIOR ELITE REQUIREMENTS

Senior Elite athletes will perform three exercises, balance, dynamic and combined, each 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

The minimum difficulty requirement has been set at V90 for pairs and groups for all exercises. A deduction of -2.0 will be taken by the CJP if a pair or group does not meet the minimum difficulty requirement. The USA Gymnastics Elite program will follow the difficulty rules published in the FIG Code of Points and utilize the conversion calculations for seniors from the 2009 FIG Difficulty Conversion Tables and relevant FIG Acro Newsletters.

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.

EXERCISE REQUIREMENTS AND RESTRICTIONS

Balance, Dynamic, and Combined exercise requirements and restrictions are outlined in Sections 3.0, 4.0, and 5.0.