Acrobatic Gymnastics Code of Points and Tables of Difficulty 2017
Philosophy/Principles of the new Code

A Little History -

Experiences of 2004 - France Worlds

Difficulty everything - the only thing

Lost some of the complete package
2005 - 2008

Many things moved in the right direction

❖ New rules resulted in better artistry
❖ Restrictions eliminated repetitions of similar types of elements for difficulty. (“Tepee” Pyramid)

Some Negatives

❖ Restrictions = More complicated Rules
❖ Artistry Rules Too Vague
Code of Points 2009 - 2012

Code of Points, Tables of Difficulty and Age Group
Rules re-organized, shortened.

Continued Work on Artistry Judging

More Stable Time for discipline

Period of growth
Further simplification of Code of Points
"Lost" skills identified, such as twist, TOD adapted accordingly
Trio TOD similar to Pairs
Artistry Judging RULES created with specific criteria
Additional Difficulty Factor increased as directed
Results:

- Artistry Judging Continues to Prove Difficult
- Unwillingness to Apply Rules Consistently
- Too Many Criteria
- Still determining score first, then deductions second

- Increased Influence of Difficulty - 2014 Worlds - France
  Too many elements - again
- Medalists determined on paper ahead of time
- Countries without enough difficulty did not participate
- Results not understandable to public
MID CYCLE CHANGE

LIMIT THE NUMBER OF ELEMENTS
Code of Points
2017 - 2020
PRIORITIES

- Decrease Influence of Difficulty in calculation of final score.
- Maintain Level of Artistry
- Increase contribution of Execution in calculating final score.
- Simplify where possible.
Code of Points changed to reflect philosophy

- Calculation of Difficulty Score Simplified
- Difficulty score much lower than Execution at least 5 points lower than Artistry
- Execution score doubled
- Artistry is a positive score instead of negative
Additional General Changes

- Wherever possible, Rules the same for WG/ MG
- Definition of “What is an Element” changed
- Individual Elements no longer divided into 2 categories.
- Seniors: All elements can be used in any exercise.
Composition of Exercises

Balance Exercise

Pairs:
Minimum number of elements - 5
Maximum number of difficulty elements in a series - 4
Unsupported handstand from the handstand table

Groups:
Minimum number of pyramids - 2 from different categories
First base position determines category
Minimum number of static holds - 3
Maximum number of static holds in one pyramid - 4
(except Category 2 pyramids - max 3)
Dynamic Exercise:

Time of Exercise - 2 minutes
Max Number of Links - 3
Max Number of Horizontal Catches - 3
   (ALL types, pairs and groups)
Max Number of Landings on the Floor - 5
Combined Exercise:

All - Only 8 elements

All - Only 3 individual elements

Pairs - Unsupported Handstand Required

Groups - one box may only be performed **ONE TIME**

In a single construction, a transitional pyramid or a pyramid with two or three base positions. (Also applies to Balance)
Scoring
Artistry Score

Execution Score \times 2

Difficulty

= Final Score
Summary of Artistry Judging Changes

Positive - Reward System

GIVE Scores from 1.0 - 2.0 for each criteria
“Scale” Judging now included as part of the Artistry Judging Rules

Lowest Possible Score = 5.0

(Example Score = 8.0)
EXECUTION

Judging essentially unchanged, except falls now clearly defined

*Maximum deduction per element 1.0 including landings and falls???

Score calculated as normal, high/low dropped, middle averaged.

Execution Score doubled
Example: Average 8.1 = 16.2
Difficulty

Straight forward calculation
Total Difficulty Number
then decimal point added
Example: 200 = 2.00
No conversion charts
No second calculation
A Score + E Score \((x 2)\) + D Score

= Total Score

8.0 + 16.2 + 2.0

= 26.2
Measurements

- Athletes Measured Lying Down
- Measurement Comparison is Total Height

- Equipment necessary - laser device with tripod.
  - See Appendix 1 for details

- Difference in total height - 30cm with tolerance to 30.9
  - 31cm to 34.9cm = 0.5 penalty for Seniors
  - More than 35cm = 1.0 penalty for Seniors
Music

- Lyrics for One Exercise - Identified on Tariff Sheets
  Penalty for music infringements - 0.5

- Inappropriate lyrics (i.e. sexual, offensive, violent, aggressive, swearing) are forbidden.

- Music Genre must be acceptable for competition

- Timing of exercise: Beginning of music to end of music

- CJP Penalty 43.1 Change “exercise” to music???
Attire
LEOTARDS...

Everything You Need to Know

Gymnastic:
  *In Character and Design*

Elegant:
  *and complement the artistry of an exercise*
Attire should not divert attention from the performance of the gymnasts.
Changes for 2017

Flesh color tights are allowed.

The look of “ballet tutu” “island grass” skirt and “dress style” is forbidden.
The look of “ballet tutu” “island grass” skirt and “dress style” is forbidden.
Skirts:

Should follow the line of the leotard.
Legs look much longer

Should be attached at the sides
Avoid the "lampshade" look upside down.

Ideally should have a design under the skirt
Creates a more complete picture
Raised Attachments - Not allowed
Flesh Color Disappears on Camera
Too Much Flesh
Raised Decoration
O.3

Not Close
Fitting
0.3
Swimsuit Style

Forbidden 0.5
Character Outfits  Forbidden 0.5
Good Choices
Resource Page

Tonya Case - email:  acro4trc@yahoo.com

FIG Code of Points and Tables of Difficulty 2017 - 2020

FIG Newsletter 11, Cycle 13, October 2016
Tables of Difficulty
2017 - 2020
General Changes

- Number of General Rules Increased
- Plus (+) values almost entirely eliminated from actual tables
- Changes to categories of handstands and misc. elements
- Start and end positions table changed
- MG Format changed to match Trios
General Rules

- Wide Arm Handstands Allowed - Extra Value
  SAME as Regular Handstand
- Deep Arch Handstands Allowed - Extra Value
  SAME as Arch Handstand

For Static Holds and Mounts to Static Holds
NOT for Motions of the Top
+/- Values for Motions of the Base

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Values for Handstands in WP Also for WG

NO Extra Value for Positions on the floor

FORBIDDEN

Planche is a Misc. Element
Russian Lever must be performed with legs together

Full in back out ( /360° 0) ≠ Back in Full out

≠ half in half out ( /180°/180°)

Horizontal Catches on Straight Arms of Pairs
Considered the Same as in Cradle
Start and End Position Tables

These start positions are now considered same. They are NOT identical, and all three may be used. But no more than three total.
Add Misc. Elements and foot to hand elements Value 6 or Higher
(Includes planche)
Many Base Positions Now in the Same Box for WG

Open-ended Rows: Box goes from one row to next
If the element was in the TOD 2013 - 2016, but not in the new TOD...

Do not ask for the element to be rated as a new element.

The TC removed many elements for various reasons:

- Concern for Safety of Gymnasts - Long-Term Health
- Skill not used over many years
- Skill not considered to be aesthetic
- Skill considered to be a “circus” style element
Pairs 2017-2020

December 2016
Tonya Case
Balance

CHANGES

19.1 Minimum of 5 Balance Elements.  (Minimum difficulty value 1.)

19.2 Unsupported handstand, chosen from the handstand table in the TOD must be performed by the top.

19.5 Only 4 elements for difficulty can be performed in a series or in immediate succession
19.10 Definition of an element of difficulty: See appendix 6

Static Hold of the Top + Base position
Mount
MOUNTS NOW INCLUDE STATIC HOLD VALUE FOR MOUNT + BASE + TOP

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Motion of the Top + Static Hold of the Top + Base position

Start position of the Top + Motion of the Base + Static Hold of the Top + Base position
Start position of the Top + Motion of the Top + Motion of the Base + Static Hold of the Top + Base position

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23.3 The following restrictions affect the difficulty value of an exercise.

- Only 3 dismounts (dismounts are not compulsory).
- Only 3 horizontal catch positions (wrap, cradle....)
- Not more than 3 links
- Only 3 identical start points
- Not more than 4 elements for difficulty can be performed in a series or in immediate succession.
- Only 5 landings (dismounts PLUS dynamic elements) on the floor.
Combined CHANGES

MAXIMUM NUMBER OF PAIR ELEMENTS 8

Maximum Number of Individual Elements 3

REQUIREMENT FOR UNSUPPORTED HANDSTAND

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SV
Groups 2017 - 2020
GOAL - Trios and Fours as similar as possible

- Rules re-organized to reflect the goal.
- Requirements and Restrictions written for both
- Special distinction only when necessary
- Review general rules in TOD
20.1 Minimum of 2 separate pyramids from different categories.

20.3 Unsupported handstand, from any position.

20.8 In 1 static pyramid or pyramid with max. 3 base position, difficulty value is given for a max. of 4 static holds of 3 seconds with the following exception: *the cat 2 pyramids (2 tops working) can do max. 3 static holds.*

20.9 Maximum number of separate pyramids in the whole exercise is 4.
Balance Clarifications

20.11 After special requirements are met, additional pyramids may be performed, but all performed pyramids must be from a different category.

In a balance or combined exercise pyramids from one box may only be performed **ONE TIME** in the exercise as either a single construction or as part of a transitional pyramid or a pyramid with two or three base positions.
20.14 In pyramids with more than one base position, the first base pyramid performed determines the category of the pyramid. 

(*Categories may be repeated if used as the second base position.*)

20.17 **Transitional pyramids:** At least one middle and/or base must change the point of support for a transition value to be given. At least one box of the Tables of Difficulty must change. All base values are given.

(*Trios can do transitional pyramids using the chart on page 59*)
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Appendix 620.20 Definition of a Group Balance element

1. Static position of the Top + Base Position

2. Static position of the Top and/or Middle + Base position
Appendix 6

3. Motion of the Top and/or Middle + Static position of the Top and/or Middle + Base position

4. Start position of the Top + Transition of the base(s) + Final position of the Top + new Base position
Appendix 6 Continued

5. Start position of the Top + Motion of the Top + Transition of the base(s) + Final position of the Top + new Base position

6. Mount + Final position of the Top + Base position

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Dynamic - Groups

Restrictions – same as for pairs with one addition –
Not more than 4 of the identical start points from platform will be evaluated for difficulty.

Men’s Group “restrictions” - Clarification - A change of partners during flight phase is not considered to be an identical element as the same skill without a change of partners.
Combined

All Restrictions from Balance and Dynamic apply.

Must include an unsupported handstand by the top.
Question №1

0.5 deduction of additional support
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<td>Pg 92: 2-A-1 (Gr3)</td>
<td>Pg 92: 2-A-1 (Gr4)</td>
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<td>Pg 111: B6-30 (Gr3)</td>
<td>Pg 91b: 14-18</td>
<td>Pg 111: B5-3 (Gr4)</td>
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</table>
The 11-16 Age Group Rules are a completely separate document from the Code of Points.

Unless specifically indicated, the Senior Rules do not apply.
Not many changes to the 11-16 Age Group Rules.

Some Changes to the Compulsory Elements Tables

Mistakes exist in the Appendix - Cannot Correct until after Intercontinental Course
<table>
<thead>
<tr>
<th>Discipline</th>
<th>Balance</th>
<th>Dynamic</th>
<th>Individual elements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women’s Pair*</td>
<td>Min 1v – Max 9v</td>
<td>Min 1v – Max 14 v</td>
<td></td>
</tr>
<tr>
<td>Men’s Pair</td>
<td>Min 1v – Max 9v</td>
<td>Min 1v – Max 14 v</td>
<td>Min 1v – Max 10v</td>
</tr>
<tr>
<td>Mixed Pair</td>
<td>Min 1v – Max 9v</td>
<td>Min 1v – Max 14 v</td>
<td></td>
</tr>
<tr>
<td>Women’s Group</td>
<td>Min 4v – Max 16v</td>
<td>Min 1v – Max 14 v</td>
<td></td>
</tr>
<tr>
<td>Men’s Group</td>
<td>Min 4v – Max 16v</td>
<td>Min 1v – Max 10v</td>
<td></td>
</tr>
</tbody>
</table>

*The co-efficient normally applied for WP balance and dynamic does not apply for 11-16*
6.7 In balance exercises, the difficulty of the optional element must be a minimum of value 1 and a maximum of value 8.

Correction: value 9

9.2 Clarification: In Balance the Round off can be used multiple times, however in Dynamic it may be used only ONE time.
10.5 The Difficulty Value of the exercise is calculated according the difficulty value of the performed elements up to a max of 0.5. *(No conversion.)*

<table>
<thead>
<tr>
<th>D-Value of Compulsory Elements</th>
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<tbody>
<tr>
<td>0.0</td>
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<td>0.1</td>
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<tr>
<td>0.2</td>
</tr>
<tr>
<td>0.3</td>
</tr>
<tr>
<td>0.4</td>
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<tr>
<td>0.5</td>
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</tbody>
</table>
**11 - 16  Pairs and Groups Individual Elements Balance**

6.3 Pairs  Each partner must perform 1 balance, 1 flexibility, and 1 agility individual element selected from the Appendix or the TOD.

7.3 Groups  Each partner must perform 1 balance, 1 flexibility, and 1 agility individual element selected from the Appendix or the TOD.  
*If this SR is not met a penalty of 1.0 is applied.*

Note: 6.3 does not include the last sentence of 7.3. But the penalties are the same for pairs and groups.
Individual Elements Dynamic

6.4 Pairs In the dynamic exercise, each partner must perform 3 tumbling elements selected from Appendix 6 or the TOD. One of the elements must be a salto.

8.2 In the dynamic exercise, each partner must perform 3 tumbling elements selected from Appendix 6 or the TOD. If this SR is not met a penalty of 1.0 is applied. One of the elements must be a salto. If this SR is not fulfilled a penalty of 1.0 is applied.

Note: 6.4 Does not include the last two sentences, but the rules are the same for pairs and groups.
12 - 18/13-19

All Senior Rules Apply
Except Individual Elements
And Measurements
12.5 In the balance exercise, each partner must perform 3 individual elements (balance, flexibility agility). If this SR is not met a penalty of 1.0 is applied.

12.6 In Dynamic, each partner must perform 3 tumbling elements. If this SR is not met, a penalty of 1.0 is applied. One element must be a salto. If this SR is not met a penalty of 1.0 is applied.

12.7 In the combined, all partners must perform 3 individual elements. If this SR is not met, -1.0. One of these elements must be a salto, selected from agilities or tumbling. If this SR is not met, -1.0.
Size Penalties - Age Group

10. The difference between partners allowed is **30 cm** (With a tolerance up to 30,9)
   - 31 cm up to 34,9 difference have the following deductions:
     - 11 - 16: 0.1
     - 12 - 18: 0.3
     - 13 – 19: 0.5
   - 35 cm and more difference between partners have the following deductions:
     - 11-16: 0.3
     - 12-18: 0.5
     - 13-19: 1.0
POSITIVE reward
New 5.0 = Old 0

Start from 5.0 and Add Back
<table>
<thead>
<tr>
<th>no. / ID / exercise:</th>
<th>Unacceptable 1.0 - 1.1</th>
<th>Poor 1.2 - 1.3</th>
<th>Satisfactory 1.4 - 1.5</th>
<th>Good 1.6 - 1.7</th>
<th>Very Good 1.8 - 1.9</th>
<th>Excellent 2.0</th>
<th>A-Score</th>
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<tbody>
<tr>
<td>Partnership</td>
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<tr>
<td>R'ship / Connection</td>
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<tr>
<td>convey outwards: thoughts, feelings, character, attitude</td>
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<tr>
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<tr>
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<td>Creativity</td>
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<tr>
<td>Originality, inventiveness of composition, element &amp; choreo</td>
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<td>Musicality</td>
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<td>Match movement to music (melody, tempo, beat, mood)</td>
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**Panel A-Score**

**TOTAL POINTS AWARDED:**