Acrobatics 2016-2017
Junior Olympic UPDATE
with Sarah Thomas
Primary Goals for General Changes to JO Levels 5-10

- Simplify JO Program
- Build stronger progressions
- Create more variety at optional levels
JO Levels

- National Track will be Levels 5-10 as it was before

- Compulsory top positions are limited to those listed in the skill description. They are not interchangeable unless listed.
Level 5

- Skills in level 5 will remain the same
- New Music for all routines
- New Choreography for all routines
Level 6

- Boost wording has been detailed and should be noted when training these skills.

- Men’s Pair and Mixed Pair omitted a balance and a dynamic skill to reduce the total number of skills.
Level 7

- Boost wording has been detailed and should be noted when training these skills
- Mixed Pair – addition of 0/4 to cradle catch
- Women’s Group – 2a included positions of shoulder stand, tuck and pike.
Level 8

- Women’s Pair – 9c added pike and layout shapes
- Mixed Pair – Switch Row 3 and 5 to keep consistent with other disciplines.
- Women’s Group – Various changes including
  - Addition of other shapes both in balance and dynamic
    - Bridge base in column
  - Addition of new skill - helicopter
Level 8

- Men’s Group Balance
  - 3 pyramids total
  - 1 from each row and then an optional pyramid from either row
Levels 9 and 10

- Simplified to encourage more participation and retention at these levels
- Create some differences from the 11-16 track
- Allow for more freedom with skill selections
- Provide smoother progression into the Junior Elite level
Level 9 Requirements

- Level is fully optional and will follow 12-18 rules – take note of simple requirements and restrictions
- Pair/Groups will earn difficulty based on the TOD
- Minimum DV 15 with Maximum 30 for a 10.0
- Balance Routine – 2:30 max
- Dynamic Routine – 2:00 max
Level 10 Requirements

- Level is fully optional and will follow 12-18 rules – take note of simple requirements and restrictions
- Pair/Groups will earn difficulty based on the TOD
- Minimum DV 30 with Maximum 55 for a 10.0
- Balance Routine – 2:30 max
- Dynamic Routine - 2:00 max
MUSIC

- Levels 8-10 and International Tracks are allowed to have music with words/lyrics for one routine
- Music with lyrics must be noted clearly on tariff sheets
- Lyrics should serve to highlight the routine
- Lyrics must be appropriate
- Nicole B and Kari D can help with letting coaches know what is appropriate for music and leotards
SCORING

- **LEVEL 5-6**
  - Total Score =
    - Execution average $\times 2 +$ Difficulty
    - No Artistry Score
    - No Partnership (symmetry/manner) deductions – size only

- **LEVEL 7-8**
  - Total Score =
    - Execution average $\times 2 +$ Artistry Average + Difficulty
Level 5/6

Example:

Execution average 7.8 x2 = 15.60

Difficulty 10.00

CJP/DJ Penalties (-0.0)

Final Score 25.60
Example 7/8

Example:

Artistry average 7.2

Execution average 7.8 x2 = 15.60

Difficulty 10.00

CJP/DJ Penalties (-0.0)

Final Score 32.80
SCORING

- **LEVEL 9-10**
  - Total Score =
    - Execution average x 2 + Artistry + Difficulty
    - Conversion Chart will convert raw Difficulty to total Difficulty score

- **INTERNATIONAL TRACK**
  - Follow FIG rules and score calculation
Level 9/10

Example:

Artistry average 7.9

Execution average 8.1 x2 = 16.20

Difficulty (DV 30) 10.00

CJP/DJ Penalties (-0.0)

Final Score 34.10
International 11-16

Example:

Artistry average 8.4

Execution average 8.8 x2 = 17.60

Difficulty 0.5

CJP/DJ Penalties (-0.0)

Final Score 26.50
International 12-18/13-19

Example:

Artistry average 8.7

Execution average 8.5 x 2 = 17.00

Difficulty 1.00

CJP/DJ Penalties (-0.0)

Final Score 26.70
Qualifying Scores

- In the process of being adjusted to the new scoring system
SKILLS TESTING

- Skills Testing to 12-18, 13-19 and Senior Elite
  - Values will remain the same
  - 12-18
    - 50 (Balance and Dynamic)
  - 13-19
    - 90 (Balance) and 70 (Dynamic)
  - Senior
    - 110 (Balance) and 90 (Dynamic)

- Additional lead evaluators have been approved for each Region
Sizing

• JO and International track will use new laser measuring regulations

• Equipment for this process will be used at competitions effective immediately

• Valere Binet has instructions on building the measuring tool
Age Groups

- Locals/State
  - Each Region can choose but must have a minimum of 2 age groups for levels 5-8

- Regionals
  - 2 age groups
    - 13-
    - 14+

- Nationals
  - No age groups at any level
  - Categories with more than 20 entries will be broken down by birthdates
Tariff Sheets

- Anything that receives credit or special requirement value MUST be on the tariff sheet
- Out of order is a .3 for levels 5-10
- Routines with lyrics must be noted on the tariff sheet
“Crab” Position

- The -.3 penalty for “crab” position still is in place, however it refers to a situation where the athlete is “hooking” their legs or stopping in that position.

- This video shows an individual where the athlete is passing through the position but would not receive a deduction.
Additional Clarifications

- Additional clarifications may come out following the intercontinental judge’s course
Falls and Execution Errors

- Old Rule:
  - Execution errors taken in addition to the -1.0 fall

- New Rule:
  - -1.0 max deduction for a fall; no other deductions can be applied
".9 Rule" for Groups

- Old Rule:
  - Once 2/3 partners were in place and the top starts climbing, any slips and falls off the pyramid received a -.9 time fault

- New Rule:
  - All partners must be in place to receive the -.9
Contact

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