



**Acrobatic Gymnastics National J.O. Committee  
MEETING MINUTES  
Louisville, KY  
July 29, 2005**

I. Roll Call

Selena Peco, NJOC Chair/Region 3  
Nancy Davis, Region 1  
Linda Porter, Region 4  
Illya Demyanyuk, Region 5  
Resi Buell-Size, Region 7  
Linda Ocmand, NTCC  
Marie Annonson, Athlete Representative  
Tonya Case, FIG Representative (non-voting)  
Jola Jones, Program Committee Chair (non-voting)  
Carisa Laughon, AGPD (non-voting)  
Ronda Francis, observer

II. JO Program Changes

a. Level 4

- i. Artistic impression is allowed. No choreography or additional rated pair/group or individual elements are allowed. Text in Specifications to read, "... All movements are mandated. No additional choreography or **use of floor** is allowed. The only additions may be steps to accommodate size differences. If any elements **of value** or choreography are introduced or the order of elements is changed, the penalty for such changes is a deduction of 1.0 to be taken no more than one time in each exercise from the difficulty score by the CJP."
- ii. Women's Pair – I#2: remove pike back roll, so athletes perform only the tuck back roll
- iii. Men's Pair – I#1: replace element - scales holding partners arms 2" (same as WP I#1)
- iv. Mixed Pair –
  1. B#2: straddle or pike position
  2. B#3: B lifts T in scale for 1", then places T on floor to hold scale for 3" (360° was removed)
- v. Women's Group –
  1. I#2: remove 180° roll to stomach (finish skill lying on back and can stand up as preferred)
  2. I#3: replace element - scale holding partners hand(s) 2" (can be in a circle or straight line for scale)
  3. B#4: straddle or pike position

b. Level 5

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- i. General: Remove all 180° choreography or directional turns, only keep turn if part of an element
  - ii. Women's Pair –
    1. I#1: replace element - Partners line up behind each other and chasse' left – right arm in front. Chasse' right – left arm in front, plie', jump 180° (same as Women's Group I#1)
    2. I#3: must start and end in straddle stand
    3. B#4: straddle or pike position
    4. D#3: must show control on catch
    5. I#5: B helps T dismount to feet or hands (no requirement to show handstand)
    6. D#4: third sentence should read, "B supports inside of T's knees..."
  - iii. Men's Pair –
    1. I#1: replace element – side scale 2"
    2. D#1: replace element – stand on shoulders with B supporting T's knees (same skills as Women's Pair D#4)
    3. I#3: only one roll
    4. B#4: straddle or pike position
  - iv. Mixed Pair –
    1. B#1: straddle or pike position
    2. B#2: T does back scale on shoulders of B and hold 3" (remove 360° turn)
  - v. Women's Group –
    1. D#2: Bases lift T up to **chest height** in tempo timer with no flight (no linking between D#2 and D#3); if not to chest height, no credit is given
    2. B#3: straddle or pike position
  - vi. Men's Group – I#1: replace element – side scale 2"
- c. Level 6
- i. General:
    1. The same skills will be listed in the same numbered box for each event
    2. No Linking, unless otherwise specified
  - ii. Women's Pair –
    1. 10A: replace element - Y-scale (2")
    2. 10B: replace element - tuck to headstand. Hold in vertical with legs together (2").
    3. 11B: back pike roll, starting and ending in stand with feet together
    4. 13B: 360° turn on one foot, leg position optional
  - iii. Men's Pair –
    1. 3A & 3B: straddle or pike position
    2. 9A: replace element – straight or middle split
    3. 9B: back bend from stand or kick to handstand, arch over to back bend (no 2" hold requirement)
    4. 10A: replace element – Y-scale (2")
    5. 10B: tuck to headstand. Hold in vertical with legs together (2").
    6. 11A: cartwheel to one knee

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7. 11B: back pike roll, starting and ending in stand with feet together
- iv. Mixed Pair –
  1. 4A: replace element – tuck camel (1”), go to knees (3”)
  2. 9A: replace element – straight or middle split
  3. 9B: valdez position, reach back to back bend or kick to handstand, arch over to back bend (no 2” hold requirement)
  4. 10A: replace element – Y-scale (2”)
  5. 10B: tuck to headstand. Hold in vertical with legs together (2”).
  6. 11B: back pike roll, starting and ending in stand with feet together
- v. Women’s Group –
  1. General: removed one balance row, so there will be only three required pyramids. However each pair/group element is still worth 1.0 and individuals worth 0.4. *Rows will be renumbered, but references below are according to the existing numbers.*
  2. 2A: top in tuck position for 1”, then in pike position for 3”
  3. Remove row 3
  4. 6A: must show controlled pause on catch
  5. 6B: tempo toss back to platform, (in tempo) toss to ¼ front or back layout salto forearm catch
  6. 10A: replace element – Y-scale (2”)
  7. 10B: tuck to headstand. Hold in vertical with legs together (2”).
  8. 11B: back pike roll, starting and ending in stand with feet together
  9. 13B: 360° turn on one foot, leg position optional
- vi. Men’s Group –
  1. 1A: T in straddle or pike position on straight arms of B1, M in straddle or pike position on straight arms of B2 (3”)
  2. 1B: T in shoulder stand on straight arms of B1 or in regular hand to hand on bent arms of B1, M in straddle or pike position on straight arms of B2 (3”)
  3. 2A: straddle or pike position
  4. 7A: replace element – straight or middle split
  5. 7B: back bend from stand or kick to handstand, arch over to back bend (no 2” hold requirement)
  6. 8A: replace element – Y-scale (2”)
  7. 8B: tuck to headstand. Hold in vertical with legs together (2”).
  8. 9A: cartwheel to one knee
  9. 9B: back pike roll, starting and ending in stand with feet together
- d. Level 7
  - i. General:
    1. support on dismounts is optional for men’s pair and men’s group
    2. No linking unless otherwise specified
  - ii. Women’s Pair –

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1. 3A: straddle or pike position
  2. 3B: replace element - high 2:2 straddle or pike support or high hand to hand elbow lever (3")
  3. 4B: straddle or pike position
  4. 9B: valdez – start in sit with one or two legs bent, back walkover motion to stand
  5. 10A: replace element - straddle position or elbow lever on floor (2")
  6. 10B: replace element - forearm stand (optional leg and body position) (2")
  7. 11A: replace element – tuck shoot to handstand. Show vertical with legs together.
  8. 12B: round off, flic to two feet
  9. 13B: 540° turn on toe, free leg position optional
- iii. Men's Pair –
1. 1A: replace element – B lying, T in straddle or pike position on straight arms of B (3")
  2. 1B: replace element – B lying, T in regular or reverse hand to hand on straight or bent arms of B (3")
  3. 5A: keep existing element and add second option – regular hand to hand on bent arms of B, 2/4 back layout salto over head of B (B may turn 180° to support landing)
  4. 8A: B boosts T in 4/4 back tuck salto over head to stand on floor
  5. 8B: B boosts T in 4/4 back pike or layout salto over head to stand on floor
  6. 9A: replace element – straight or middle split
  7. 9B: valdez – start in sit with one or two legs bent, back walkover motion to stand
  8. 10A: replace element – straddle position or elbow lever on floor (2")
  9. 10B: replace element - forearm stand (optional leg and body position) (2")
  10. 11A: replace element – tuck shoot to handstand. Show vertical with legs together.
  11. 12B: round off, flic to two feet
  12. 13A: replace element – straight jump 360° to one knee
  13. 13B: straddle or pike jump, straight jump with 360° twist
- iv. Mixed Pair –
1. 3A: High straddle or pike support (3")
  2. 3B: B lying down, T in handstand on straight or bent arms of B (3")
  3. 4B: straddle or pike position
  4. 7A: From stand on floor, B boosts T in 4/4 back pike or layout salto over head to stand on floor
  5. 8A: Toe pitch straddle jump to floor
  6. 9A: straight or middle split
  7. 9B: valdez – start in sit with one or two legs bent, back walkover motion to stand
  8. 10A: replace element – straddle position or elbow lever on floor (2")

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9. 10B: replace element - forearm stand (optional leg and body position) (2")
  10. 11A: replace element – tuck shoot to handstand. Show vertical with legs together.
  11. 12B: round off, flic to two feet
  12. 13B: straddle or pike jump, straight jump with 360° twist
- v. Women's Group –
1. General: removed one balance row, so there will be only three required pyramids. However each pair/group element is still worth 1.0 and individuals worth 0.4. *Rows will be renumbered, but references below are according to the existing numbers.*
  2. 2A: T in back scale with straight leg
  3. 2B: replace element - ½ column, B support M, M faces out, T in tuck, pike, or straddle position on straight arms of middle (3").
  4. 3A: double supported high straddle or pike on one straight arm of each base (3")
  5. 3B: B in bridge holding one of M's legs. M in push-up position on B's knees. T in straddle on M's back/neck holding M's free leg (leg can be bent or straight) (3").
  6. Row 4: delete this row
  7. 6B: Tempo toss with 180° twist back to platform, (in tempo) ¼ front or back layout salto to forearm catch
  8. 8B: valdez – start in sit with one or two legs bent, back walkover motion to stand
  9. 10A: replace element - straddle position or elbow lever on floor (2")
  10. 10B: replace element - forearm stand (optional leg and body position) (2")
  11. 11A: replace element – tuck shoot to handstand. Show vertical with legs together.
  12. 12B: round off, flic to two feet
  13. 13B: 540° turn on toe, free leg position optional
- vi. Men's Group –
1. 1A: replace element - B1 lies on back with legs raised, B2, with legs bent, leans on B1's feet. T in straddle or pike position on straight arms of B1. M in supported handstand on shoulders of B2 (3")
  2. 1B: replace element - B1 lies on back with legs raised, B2 leans on B1's feet. T in handstand on bent arms of B2. M in straddle or pike support on straight arms of B1 (3").
  3. 2A: straddle or pike position
  4. 3A: 2/4 front or back layout salto dismount
  5. 7A: replace element – straight or middle split
  6. 7B: valdez – start in sit with one or two legs bent, back walkover motion to stand
  7. 8A: replace element - straddle position or elbow lever on floor (2")
  8. 8B: replace element - forearm stand (optional leg and body position) (2")

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9. 9A: replace element – tuck shoot to handstand. Show vertical with legs together.
10. 10B: round off, flic to two feet
11. 11B: straddle or pike jump, straight jump 360° twist

### III. General Changes

- a. Pirouette rotation – credit is given for less than 90° under or over rotation. Technical deductions apply.
- b. Artistic tables of faults – deductions for errors in the following categories can total a maximum 2.0 per category: Use of Floor and Space, Variety of Elements, Choreography, Musical Interpretation, and Performance and Impact.

*Approved by Acrobatic Gymnastics Program Committee 10/8/2005*