

**ACROBATIC GYMNASTICS
TECHNICAL UPDATE
Friday, June 19, 2009**

Updates and corrections to Specifications will be effective immediately. Clarifications to Specifications and updates to the FIG Tables of Difficulty are effective immediately unless otherwise noted in *italics*.

Unless otherwise noted, page and section references are to 2009 Specifications for Acrobatic Gymnastics (version 01-09).

UPDATES / CORRECTIONS TO SPECIFICATIONS – Updates/Corrections are effective immediately.

I. General:

- a. Level 6 Women's Group 8A difficulty is 0.4 value;
- b. Level 6 Women's Group 8B difficulty is 0.4 value;
- c. Level 6 Men's Group 7A difficulty is 0.4 value;
- d. Level 6 Men's Group 7B difficulty is 0.4 value;
- e. Level 6 Men's Group 8A difficulty is 0.4 value;
- f. Level 6 Men's Group 8B difficulty is 0.4 value;
- g. Revised or Minor Tariff forms are not required for levels 4-7.
- h. Technical Deductions:
 - i. Levels 4 and 5 – The deduction is -1.0 for skills performed out of order;
 - ii. Levels 6 and 7 - There is no deduction for skills or individuals done out of order;
 - iii. Hesitation of top or readjustments in climbing or transitions is 0.1-0.2 small and 0.3 significant;
- i. Readjustments of position after catching or before throwing, pitching or stabilizing a balance is .01 small and 0.3 significant;
- j. Page 97 #7 – the deduction for one knee or one hand or one leg touching the floor is 0.5.
- k. Page 98 #9 – the deduction for hands & knees, both hands or both knees touching the floor is 1.0.
- l. Page 95 #13 – This particular rule applies for international competition only as it relates to men's competition pants.
- m. If a coach is present on the floor during competition, the following is true:
 - i. If a coach is on the floor during a competition, a 1.0 deduction is taken in artistry;
 - ii. If the coach touches the athletes during the skill, no difficulty is given for the element and any execution errors are taken. This skill cannot be used to satisfy Special Requirements if spotted.
 - iii. If the coach does not touch the athlete, a .5 deduction is taken, the element is awarded difficulty and the appropriate execution errors are taken.
- n. Level Mobility through Competition Experience from Level 10 to Elite:
 - i. Minimum difficulty value must be met for each routine: V90 Balance; V80 Dynamic; V90 Combined. An allowance of V10 is accepted for the dynamic routine.
- o. Level 6 Women's Pair:
 - i. Skill #4 – Three second hold on knee is required (missing on tariff sheet):
 - ii. Skill 4A – A three second hold on knee is required.

CLARIFICATIONS TO SPECIFICATIONS – Clarifications are effective immediately.

I. General:

- a. New JO National qualifying score for Level 5 – 23.0
- b. Boost Over Head – this skill will be awarded credit even if the top goes directionally over the head or shoulder of the base. However, significant and/or serious technical deductions should apply if the top goes over the shoulder. If the base's head or shoulder is used to support the top of facilitate the skill (i.e. roll over the shoulder or head), credit for the skill should be taken away.
- c. Any pair/group skill or individual element that was given a US rating during the previous quad and now can no longer be found in the difficulty book, does not have a US rating.

II. Levels 4-8:

- a. Page 37, Restrictions for Pairs - #3 - The number of repeated top positions is not restricted as static holds or in motions for evaluation of difficulty.
- b. Page 38, Restrictions for Groups - #3 - The number of repeated top positions is not restricted as static holds or in motions for evaluation of difficulty.
- c. Page 39, Under Restrictions - #4 - For pairs and groups, the number of start and catch positions is not restricted for evaluation of difficulty.
- d. Pair Boost Skills – the top may run, step, hurdle or start from a standing position for any of the following boost skills or forearm catches in the developmental levels. This would apply to all forward and backward boosts or forearm catches including the following:
 - i. Level 3 Pairs – D1
 - ii. Level 3 Groups – D3
 - iii. Level 4 MXP – D4
 - iv. Level 4 WG – D2
 - v. Level 5 WP – D3
 - vi. Level 5 MXP – D3
 - vii. Level 5 WG – D4
 - viii. Level 6 WP – 6A, 6B, 7A, 7B
 - ix. Level 6 MP – 7A, 7B
 - x. Level 6 MXP – 6B, 7A
 - xi. Level 6 WG – 7A, 7B
 - xii. Level 7 WP – 6A, 6C, 7B, 7C
 - xiii. Level 7 MXP – 7B, 7C
 - xiv. Level 7 WG – 6C, 7B
- e. Level 6 and 7 Individual Element:
 - i. 360 degree pirouette turn, the free leg position is optional.
- f. Level 7 Individual Element:
 - i. A stag leap may also be a stag jump – both acceptable at this level.

III. Levels 8 – Elite:

- a. Category I Individual Element:
 - i. Balance Routine – All Category I individual elements to step out are to be performed with a landing of one foot at a time finishing in a lunge position;
 - ii. Dynamic Routine – Category II individual elements are to be performed with a two foot landing (simultaneously) and stepping to lunge with the exception of front handspring step out;
 - iii. Dynamic Routine – All Category II individual elements must be preceded by a motion.

- b. Page 91 – Individual elements required for a combined routine is 2 Category I and 2 II.

TABLES OF DIFFICULTY – Updates to the Tables of Difficulty are effective immediately.

Refer to the FIG Acro Newsletters for new element evaluations and updates to the FIG Tables of Difficulty. These newsletters can be found on the FIG website: www.fig-gymnastics.org.

FIG CLARIFICATIONS – Clarifications are effective at the 2009 Junior Olympic National Championships and Visa Championships or unless otherwise noted in *italics*.

I. General

- a. Per the Nr 1 April 2009 FIG Newsletter, women's group skill of pike-on-pike (100, p.1) is devalued from a value 8 to value 6. See page 100 in the Tables of Difficulty. *Coaches must plan to adjust difficulty to account for the additional 2 values now missing if this skill is utilized in the routine.*
- b. Rules pertaining to placement of emblems during international competition may appear as follows:
 - i. Singlet: anywhere on the front or side ensuring aesthetic presentation
 - ii. Women's leotard: anywhere on the front, or either sleeve of the leotard ensuring aesthetic presentation
- c. *"Handstand catch" – In a handstand catch element, difficulty is to be awarded with a hand-to-hand grip and an arm grip. Difficulty is to be taken away with any pair/groups catches with a wrist/arm grip in handstand position. This rule is to be strictly enforced at 2009 Freedom Cup. Note - This particular rule will not be enforced at the upcoming 2009 JO National Championships or Visa Championship due to the recent clarification by the USA. The rule will be enforced at the 2009 Freedom Cup;*
- d. If a coach asks for legs together handstand, and they perform it with legs apart, then there is no credit given for the skill.

QUESTIONS AND ANSWERS

Q1: Levels 4-7 - When does a pike change and become a V-hold? Is it the height of the legs or the placement of the hips?

A1: Levels 4 – 7 - The legs may be level or higher as long as the hips are not pulled through in front of the arms.

Q2: In Balance, if a pair performs a high handstand slide to split – during the slide, the top presses to straddle and immediately presses again to elbow lever. They hold three seconds in elbow once the base is in split (this is considered a "pass through"). In this example, does the pair/group have too many motions of the top during the motion of the base?

A2: Even through the press to straddle is only a pass through, this is too many motions by the top. The rule states that they top can **change positions** only one time, and this is changing positions two times, even if difficulty credit is not claimed.

Q3: Are stylistic variation of compulsory element permitted?

A3: Stylistic variations of compulsory elements are permitted as long as they do not change the character of the element. This leniency pertains mostly to handstands where legs may be together, split, straddled, staged or double staged but may not be in overarch, reverse planche or yogi positions. On occasion, a specific leg position is required and must be performed (i.e. front attitude). In pair/group elements where a straddle position is required by the top, either a straddle or pike position may be performed. In an arch position, a leg variation is allowed such as one leg may be bent at the knee.

Q4: Is a deep arch allowed in Levels 6 and 7? Where is support acceptable for an arch in the compulsory levels?

A4: No, deep arch is NOT allowed in Levels 6 and 7. Support for an arch is allowed anywhere at the waist-to hips, to the top's bum. Support is not allowed on the legs or thighs.

Q5: In Level 4 WG, is the free leg position optional when performing the 360 degree pirouette turn?

A5: No, the text specifically states, "the foot at ankle (coupe) which would make the leg bent a requirement."

Q6: What is the acceptable "catch" on the cannon-ball or swing type elements?

A6: The catch must be characteristic of the element. Swings and cannon ball type skills, by their very nature can be caught on the wrist or arm without deduction.

Q7: L4 WP, if the top rolls to sit, both partners pause in sit then stand up together, should we give credit or not?

A7: A pause is allowed before standing. Credit is given.

Q8: In a Level 9 WG, the base and top tumble ro/bhs/layout while the middle tumbles ro/bhs (salto was declared but not performed). Does the base and top get difficulty credit for layouts?

A8: Yes

Q9: In Q8 example above, does the women's group get a 1.0 special requirement deduction for no salto in a series?

A9: Yes

Q10: In Q8 example above, if the middle performed a salto elsewhere in the exercise, does she have three elements and a salto?

A10: Yes, she has three saltos. No, she does not fulfill the salto requirement. It has to be in a series for Level 9, 10 and Elite to satisfy the salto requirement, but can count toward the requirement of three.

Q11: Level 8 pair dynamic is doing 75-40-4A-2A. The 180 has no difficulty, but this is the only 180 in the routine. Can it fulfill special requirement since it has no value?

A11: Yes – As long as the skill has value (Value 1 or higher) to satisfy the special requirement. #6. Level 6 WP 4B - can knee hit first in slide to split. If back knee goes down, but motion in continuous would you still give credit - we did, but was questionable as to what point don't give credit. – Think this is out of order & I don't agree. This is a straight slide to split, we did not give the option to go to knee first, then slide. If they are going to knee, the skill needs to stop there & be skill 4A.

Q12: In the following example, is credit given? Example: A women's group performs a BHS to 180 degree split and the 180 degree split was not declared

A12: If the 180 degree skill was not declared, the athletes do not get credit. This also applies to adding splits as well. For example, if athletes do not perform what is on the diagrams no difficulty credit is given; however, if what athletes perform is actually an individual element that would otherwise receive credit has it been on the form, it could satisfy special requirements if needed (ie. third element or the missing category if needed).

Q13: Do the Level 4 women's pair need to perform the back bend facing horizontal or may the skill be performed with feet towards judges and should facing back?

A13: The back bend does not need to be facing horizontal to the judges as long as the partner's feet are facing each other. The skill may be performed on a diagonal, for example.

Q14: In Level 4 women's pair, skill #6, do they athletes have to release or may they pick-up the top and set back down?

A14: A release is mandatory. Minimal flight is in the text. Judges are looking for a minimal release from the waist to re-catch at the arms.

Q15: At Level 4, a pitch landing isn't supported and a 1.0 special requirement is taken, but the skill is given credit. Is this correct?

A15: If for pairs, this is incorrect. In pairs a toe pitch is not a dismount (it is considered a dynamic element because top's feet starts on the floor). In women's group, a double toe pitch is a dismount and must be a supported landing. In women's group, the deduction is 1.0 special requirement and credit is given for the skill.

Q16: In Level 6 women's pair, Skill 4B – If back knee goes down, but motion is continuous, would credit be given?

A16: No credit is given because back knee hits floor before sliding to split.

Q17: Level 6 women's pair, Skills 1B, 3B – Is it acceptable to hold on thighs? Base held 1/2 way between hips and knees and credit was given – Is this correct?

A17: Yes, support in the straight handstand in lunge, on knees or tuck support (4A, 4B) may be anywhere on the top for pairs and women's group. Arches have specific guidelines for support in the description.

Q18: At Level 7, Skill 6C – If the top holds on is credit given?

A18: Credit is to be taken away. For the dynamic skill to receive credit there must be flight. In order for there to be flight, there must be a release. The release should be between the throw of the base & the re-catch by the base. The base should not slide hands up to the arms. Amplitude deductions should apply if warranted.

Q19: Do you want the choreography elements drawn on the diagrams in order with a zero value?

A19: No, if they choose to do choreographic elements, they do not have to be listed on the tariff sheets. They have no value anyway and will just be considered choreography.

Q20: Level 8-I – Last year the dynamic choreography element could be a switch leap. This year switch leap is in the flexibility for balance. Are we not allowed to use a switch leap in the dynamic routine?

A20: Choreographic elements are now not rated for difficulty at all. They may be used for choreography if you wish, but all execution deductions will still apply. It really doesn't matter which routine that you choose to put choreographic elements, as they are not rated for difficulty. If you choose to put leaps in your balance routine, it is ok. But, keep in mind that it is uncharacteristic of the balance exercise for them to be there, so it could be an artistic deduction.

Q21: Is a toe pitch considered a dismount in Men's Four?

A21: No. It is considered a dynamic element.

Q22: How many dismounts are allowed in Men's Four?

A22: Section 4.5.6.1 states, only one dismount by the partners working as two pairs may be credited. No credit is given for any pair element preceding the dismount. If the pair dismounts are of different values, the difficulty values are averaged.

Q23: A Level 8-I trio needs to compete at State, Regional, JO National and must compete at Visa Championships where the champion is decided? Who makes the JONT team?

A23: L8-I Junior and Senior Elite pair/groups may choose to attend State or Regional Championships. However, they must earn a qualifying score at State or Regional Championships in order to advance to Junior Olympic National Championships and Visa Championships. The Visa Championships will be held in Dallas, TX and will determine the Level 8-I champions. 8-I athletes are eligible for the Junior National Team 11-16.

Q24: Can a group with a 9 year old top be eligible for the Junior National Team?

A24: The 2009 Junior National Team will have two age groups: 11-16, 12-19. Based on the age of the top, they will be qualified in the Age Group 11-16. The youngest athlete can not be younger than competitive age 9 (with a minimum 6 year age difference). The maximum age is competitive age 16 years old.