

## LEVEL 5 REQUIREMENTS

Level 5 is the second of the compulsory levels in the Acrobatic Gymnastics program.

<b>Level Type:</b>	Compulsory skills with choreography of athletes' and coaches' choice
<b>Number (Type) of Exercises:</b>	One (combined)
<b>Music:</b>	The exercise must be performed to music. Music selection is of the coaches' and athletes' choice.
<b>Order of Elements:</b>	Must be performed in order as written
<b>Maximum Length of Exercise:</b>	3 minutes
<b>Special Requirements:</b>	1. The top must be supported in the landings of all dismounts by the base(s). A special requirement penalty of 1.0 applies if the landing is not supported.
<b>Restrictions:</b>	<ol style="list-style-type: none"> <li>1. No additional pair/group elements of value allowed. Choreography and artistic impression <i>is optional</i>.</li> <li>2. Artistic impression is allowed.</li> <li>3. <i>Artistry judges work out of a 10.0, but may take max of 2.0 for mass, maturity, and/or technical and physical preparation. Minimum score for artistry, at this level, is 8.0.</i></li> <li>4. If any pair/group element of value is 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.</li> <li>5. No linking between skills is permitted, unless specified in the skill description. A clear and controlled beginning and end must be performed otherwise credit for both skills will be lost.</li> </ol>
<b>Difficulty:</b>	<p>If all thirteen compulsory elements are successfully performed, the difficulty score of the exercise is 10.0.</p> <p>If a required element is not performed, the difficulty is reduced by the element value as stated in the exercise description.</p>
<b>Special Conditions:</b>	Level 5 exercises may be performed on a strip of tumbling mats if a suitable floor is not available.