

# Acrobatic Gymnastics



## 2025-2028 YOUTH & JUNIORS RULES

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# Judging Support System

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## PREAMBLE

The Fédération Internationale de Gymnastique (FIG) Acrobatic Gymnastics Technical Committee is pleased to present the ratified Youth World Competition Rules, effective January 2025. These rules are guided by the current FIG Statutes, General Technical Regulations, the FIG Judges' Rules, the 2025 – 2028 Acrobatic Gymnastics Code of Points and Tables of Difficulty.

This publication has been revised to reflect the changes that were made to the ACRO Code of Points 2025 – 2028. The basic principles which provide the foundation for the Pre-Youth and Youth Program are unchanged.

The Appendices are provided to eliminate the need for developing countries to consult multiple documents to construct exercises. Appendix 4 contains elements which may be used as Optional Elements for the 11-16 exercises. They are intended to provide new coaches with direction in skill selection, and to eliminate the need for the use of the FIG Tables of Difficulty. However, Appendix 4 does not prevent the use of the Tables of Difficulty by more experienced coaches and athletes. The remaining Appendices are sections taken from the ACRO Code of Points 2025 - 2028. This will minimize the need for new countries to consult the Code of Points for the 11-16 Pre-Youth level.

## ACKNOWLEDGEMENTS

The Acrobatic Gymnastics Technical Committee wishes to acknowledge the great contribution of Mr. Konrad Zielinski and his wife Gizela in the creation of the Development Pre-Youth Program 11 – 16. Their efforts to develop the sport on a world-wide basis have played an essential role in our history and can never be forgotten. The ACRO TC would also like to acknowledge the contributions of Mr. Karl Wharton, 2009 – 2020 ACRO TC member and secretary. He is the artist of the drawings found in the Element Tables (Appendix 3 and Appendix 4).

All members of the FIG Acrobatic Gymnastics Technical Committee 2022-2024 have contributed to the revision of the Pre-Youth, Youth and Junior Competition Rules:

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## INTRODUCTION

The FIG Acrobatic Gymnastics Youth and Junior Events aim specifically to:

- Support the development of countries new to Acrobatic Gymnastics by providing a structured program for training gymnasts with an emphasis on appropriate skill selection, execution and artistry.
- Assist the growth and development of new athletes through experience and education.
- Provide a context for judge and coach education in the preparation of age group athletes for world class competition.
- Offer the opportunity for athletes, coaches and judges new to the world class arena to work in collaboration with world experts for future growth and development.
- Identify the stars of the future and to educate them in the responsibilities which their positions demand.
- Present spectators and media with a stimulating spectacle of developing talent and promote understanding of the competitive rules of Acrobatic Gymnastics.

### Acrobatic Gymnastics

There are 4 levels:

1. Pre-Youth (11 – 16) (Development level **only** at Continental and International level)
2. Youth (12 – 18)
3. Juniors (13 – 19)
4. Seniors (+15)

## SECTION I

### Article 1: Participation

- 1.1 Athletes per National Team may not exceed 52 (26 in each level).
- 1.2 National teams may include no more than two pairs or two groups in a particular category in an event.
- 1.3 Each athlete may compete in one category only and in one level only.
- 1.4 **Pairs or Groups** who have competed in World Championships, World Cup, World Games or as Seniors in Continental Championships may not compete in the Youth and Junior Competitions. Individuals who have competed as Seniors, but who are in **newly** formed Pre-Youth or Junior pairs or groups are eligible (a unit is considered as different when minimum one partner in the pair/group is changed). Pairs or groups who have competed in the Youth (12-18) in any FIG approved competition, including Continental Championships may not compete in a Pre-Youth (11-16) level. When they competed in the Juniors in any FIG approved competition, including Continental Championships, they may not compete in the Pre-Youth (11-16) level or in the Youth (12-18) level.  
A gymnast may only participate in one level and unit (pair/group) during same competition (Pre-Youth, Youth or Junior).

#### 1.5 Delegation Size (see FIG Accreditation Rules)

Head of Delegation	1
Team Manager	As per FIG Accreditation Rules
Coaches	As per FIG Accreditation Rules
Competitors	52 - No more than 2 per event category and level
Medical Doctor	1
Paramedical Staff	1
Judges	2 - With FIG international brevet, <u>excluding</u> CJP or DJ appointed by the FIG)



## Article 2: The Events

- 2.1 There must be no overlap of the Youth and Junior Competition with World Championships.  
There must be a minimum of two days between the conclusion of one event and the start of the next event.
- 2.2 There will be two FIG level events: Youth (12–18) and Junior (13-19).  
There is no team event.

***The Pre-Youth (11 – 16) level will not be organized in the FIG Youth and Junior competition.***

***It is up to the Continental Unions and the NF's to organize the competition according to this program for development of Acrobatic Gymnastics in their continent. (Pre-Youth (11 – 16) Rules in Appendix 3 & 4)***

- 2.3 Competitive age is defined as the age of the gymnast on December 31<sup>st</sup> of the current year. For example, a gymnast who turns 16 on December 31<sup>st</sup> is considered age 16 during the entire year, from January 1<sup>st</sup> until December 31<sup>st</sup>
- 2.4 The competition will include 5 disciplines in each age group:
- Women's Pairs
  - Men's Pairs
  - Mixed Pairs (Base→ male, Top→ female)
  - Women's Group
  - Men's Group

## SECTION II

### Article 3: Judges

- 3.1 Two (2) Chair of Judges' Panels will be appointed by the FIG TC-ACRO. They are normally FIG Category 1 Brevet Judges. They cannot officiate in any other role during the age group events and are regarded as neutral to federations.
- 3.2 A minimum of four (4) and a maximum of ten (10) Difficulty judges will be appointed by the FIG TC-ACRO, from Category 1, 2 and 3 judges of the participating countries. If they do not officiate in any other role during the age group and/or junior events, they are regarded as neutral to federations and are in addition to the delegation. If the DJ is one of the two judges nominated by the Federation, (COP, Article 9), the judge will be drawn as an Execution and Artistry Judge when not officiating as a DJ.
- 3.3 Each participating federation is entitled to present two Category 1, 2, 3 or 4 judges.
- 3.4 Federations with a qualified FIG Brevet Judge MUST present a minimum of one judge. If no judge is presented, the federation is fined in accordance with the Technical Regulations except for **new** countries who are in the first cycle of participating.
- 3.5 Every judge is guaranteed to judge a minimum of one time as either an Execution or Artistry judge.
- 3.6 Judges not drawn to officiate during a specific session may be used as line or time judges.

## SECTION III YOUTH 12-18

### Article 4 : Structure of Competition

#### Qualifications:

- 4.1 Each pair and group perform one Balance and one Dynamic exercise.
- 4.2 The places after qualifications are determined by the sum of scores from the two exercises: Balance and Dynamic.
- 4.3 The top 8 proceed to a Final with not more than **one** from one federation in each category.  
If there are less than 12 entries to a category, only 6 proceed to the final.  
If 30 or more entries, 10 go to the final.
- 4.4 Competitors cannot participate in the Final without competing in both the Balance and Dynamic qualifying events.
- 4.5 Tie Break from Qualifications into Finals:  
The highest **sum** of the E-score of the Balance exercise and the Dynamic exercise.  
If there is still a tie, the tie will not be broken and the starting order for the finals will be decided by draw.

#### Finals:

- 4.6 Each Pair and group performs one Combined exercise in the finals.
- 4.7 Marking starts from zero.  
  
In case of a tie in points at any place in the Finals, the ranking will be determined by the following criteria:
  - The highest E score of the Combined exercise prevails.
  - The highest sum of the E- and A-score of the Combined exercise prevails.If there is still a tie, the tie will not be broken.
- 4.8 If there are less than 4 NF participating in a category, no medals will be awarded. Certificates of participation will be presented.





## Article 5 : Composition of Exercises

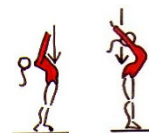
- 5.1 All exercises, Balance, Dynamic and Combined, are composed in accordance with the current FIG Technical Regulations, Code of Points and Tables of Difficulty for Acrobatic Gymnastics except as noted in Articles 5.2 – 5.10 below.
- 5.2 The Difficulty of an exercise will be calculated in accordance with the FIG Code of Points and the Tables of Difficulty. Difficulty is strictly limited:
- Balance: 90
  - Dynamic: 80
  - Combined: 110
- 5.3 Pair/groups may perform up to 20 values more than given for the maximum difficulty mark. If they exceed 20 values over the maximum difficulty, a penalty of 1.0 will be applied.
- 5.4 If elements of Difficulty beyond the additional 20 values allowed are not declared on the Tariff Sheet, but are performed, a penalty of 1.0 will be applied with the exception of the very simple entries/exits max Value 5.
- 5.5 In the balance, dynamic and the combined exercise, each partner must perform 3 individual elements.  
If this Special Requirement is not fulfilled by one or more of the partners a maximum penalty of 1.0 is applied.
- 5.6 Partners must perform the 3 individual elements simultaneously or in “waterfall” type, but they can be different.

### **Men’s group balance Youth (12 – 18) clarifications:**

- 5.7 Pyramids with 2 bases on the floor (Category 1) can be used 2 times in an exercise.
- 5.8 The 2 pyramids with 2 bases on the floor (Category 1) count for Special Requirements. Difficulty credit may be given for 1 transitional pyramid with 2 bases on the floor and for 1 separate pyramid construction with 2 bases on the floor.

### **Forbidden balance elements for groups:**

1. A column of three high for women and four high for men are forbidden.
2. Stands on the shoulders with the base in splits without hands on the floor.
3. Stands on the bases’ hips and chest, with the base in bridge, when there are only two points of support. (The rule does not apply to pairs.)  
This type of element may be performed when there are three (3) points of support.
4. Support on hips or gluteus with the base in exaggerated curvature of the spine (lordosis).



5.10 **Forbidden dynamic elements for pairs and groups:**

1. Salto's with 12/4 rotation or more.

## Article 6 : Judging Youth (12-18) Events

- 6.1 All exercises are judged in accordance with the 2025 - 2028 FIG Code of Points for Acrobatic Gymnastics and the prevailing Technical Regulations.
- 6.2 See also the FIG Rules for Judges and the Acrobatic Gymnastics Specific Rules for Judges.

## SECTION IV Juniors 13 – 19

## Article 7 : Structure of Competition

### Qualifications:

- 7.1 Each pair and group perform one Balance and one Dynamic exercise.
- 7.2 The places after qualifications are determined by the sum of scores from the two exercises: Balance and Dynamic.
- 7.3 The top 8 proceed to a Final with not more than one from one federation in each category.  
If there are less than 12 entries to a category, only 6 proceed to the final.  
If 30 entries or more, 10 go to the final.
- 7.4 Competitors cannot participate in the Final without competing in both the Balance and Dynamic qualifying events.
- 7.5 Tie Break from Qualifications into Finals:  
The highest **sum** of the E-score of the Balance exercise and the Dynamic exercise.  
If a tie remains, the tie will not be broken and the starting order for the finals will be decided by draw.

### Finals:

- 7.6 Each Pair and group performs one Combined exercise in the finals.
- 7.7 Marking starts from zero.  
In case of a tie in points at any place in the Finals, the ranking will be determined by the following criteria:
  - 1) The highest E score of the Combined exercise prevails.
  - 2) The highest sum of the E and A score of the Combined exercise prevails.If there is still a tie, the tie will not be broken.
- 7.8 If there are less than 4 NF participating in a category, no medals will be awarded.

## Article 8 : Composition of Exercises

- 8.1 All exercises, Balance, Dynamic and Combined, are composed in accordance with the current FIG Technical Regulations, Code of Points and Tables of Difficulty for Acrobatic Gymnastics except as noted in Articles 8.2 – 8.5 below
- 8.2 The Difficulty of an exercise will be calculated in accordance with the FIG Code of Points and the Tables of Difficulty. Difficulty is strictly limited:
- Balance: 120
  - Dynamic: 110
  - Combined: 180
- 8.3 Difficulty is strictly limited. Pair/groups may perform up to 20 values more than that given for the maximum difficulty. If they exceed 20 values over the maximum difficulty, a penalty of 1.0 will be applied.
- 8.4 If elements of Difficulty beyond the additional 20 values allowed are not declared on the Tariff Sheet, but are performed, a penalty of 1.0 will be applied with the exception of the very simple entries/exits max Value 5.

8.5 **Forbidden balance elements for groups:**

1. A column of three high for women and four high for men.
2. Stands on the shoulders with the base in splits without hands on the floor.
3. Stands on the bases' hips and chest, with the base in bridge, when there are only two points of support. (The rule does not apply to pairs.)  
This type of element may be performed when there are three (3) points of support.
4. Support on hips or gluteus with the base in exaggerated curvature of the spine (lordosis).



## Article 9 : Judging Junior (13-19) Events

- 9.1 All exercises are judged in accordance with the 2025 - 2028 FIG Code of Points for Acrobatic Gymnastics and the prevailing Technical Regulations.
- 9.2 See also the FIG Rules for Judges and the Acrobatic Gymnastics Specific Rules for Judges.

# ACROBATIC GYMNASTICS

## Pre-Youth, Youth and Junior Rules



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# APPENDIX 1

## Judging Pre-Youth, Youth and Juniors

### TABLES OF FAULTS AND PENALTIES

#### Article 44 : CJP and DJ Penalties

The penalties range from 0.1 – 1.00 as illustrated in the Tables of Faults.

#### FINAL SCORE PENALTIES BY CJP

CJP PENALTIES	Penalty
1. Duration of music over the time limit.	0.1 per second
2. Difference in heights of partners of the next tallest partner according appendix 2.	0.1; 0.3; 0.5; 1.0
3. Poor Sportsmanship on the Field of Play.	0.5
4. Music infringements (e.g.: Inappropriate lyrics)	0.5
5. Stepping over the boundary line.	0.1 each time
6. Landing outside or falling outside the boundary.	0.5 each time
7. Starting before the music or ending before or after the music.	0.3
8. Failure to observe publicity rules. (National Identification not clearly visible on attire).	0.3
9. Adjustment of attire. Loss of accessories.	0.1 each time
10. Unless otherwise indicated in this table, all attire infringement penalties.	0.3
11. Forbidden(e.g.: loose sleeves) or Immodest attire(e.g.: neckline too low, leotard between gluteal muscles).	0.5
12. Markings, mat (exception MG B&C).	0.5
13. Indecent positions.	0.3
14. Coach present on the floor.	1.0 each time

#### 44.3 FINAL SCORE PENALTIES BY DJ

DJ PENALTIES	Penalty
1. Time fault for each static pair/group element held less than declared amount of time.	0.3 per second short
2. Static pair/group element is not completed.	0.9 time fault No difficulty value No SR credit
3. Individual static element held <b>one</b> second.	0.3 time fault
4. Individual static element is not completed.	0.6 time fault No difficulty value
5. Any element started and not completed.	No difficulty value No SR credit
6. Each violation of Special Requirements for composition.	1.0 for each violation
7. Performance of a Forbidden element.	1.0 each time
8. Tariff sheet: Elements not performed in the order declared.	0.3 only one time/exercise
9. 11-16: landing without support (exceptions 2.9 Appendix 3)	0.5



## Article 45 : Artistic Judging

Artistic evaluation is not only “WHAT” the competitor(s) perform but also “HOW” they perform and “WHERE” they perform it.

Artistry is judged on 5 criteria described in Section VI in the COP, Section VI Article 28-33.

For Artistic the following Artistry criteria are evaluated in a **positive** way by a questionnaire and up to a maximum score of 10.00 points (2 points on 5 criteria):

### Questionnaire:

#### PARTNERSHIP

Is there an acceptable **level of maturity** between all partners?

Is there a good level of **technical and physical preparation** between all partners?

Is there a visible consistent **connection** between all partners?

#### PERFORMANCE

Is there a **continuous flow** and parts of perfect synchronization?

Do all partners have great **amplitude** in the exercise?

Is the Choreography original and create a **personal identity**?

#### EXPRESSION

Do all partners **project the correct emotion** of the exercise?

Is there **harmony of the expression** between all partners?

Do they **maintain the emotion** throughout the exercise?

#### CREATIVITY

Do they show a **variety of elements** and perform rarely staged elements?

Do they show **originality and inventiveness** in the overall exercise?

Do they have special/different way(s) to get **in and out** of elements?

#### MUSICALITY

Is the exercise respecting the **character and the rhythm** of the music?

Are the **musical sentences, accents** respected and used throughout?

Is the **choreography** in harmony **with the music**?

## Article 46 : Technical Faults

**46.1** Tables summarising the seriousness of different kinds of technical faults are provided in Article 46.

**46.2** Execution Faults are penalized by deductions from the maximum score of 10.00 each time they occur, using the following scale of penalties:

- Small Faults 0.1
- Significant 0.2 - 0.3
- Serious Faults 0.5
- Fall 1.0

**46.3** Deductions for performance of a single Pair/Group element cannot be more than 1.0.



#### 46.4 TABLES OF TECHNICAL FAULTS

The Tables that follow and the guidelines for judges are intended to be a general guide to the penalties that may be applied for Technical Faults in the performance of pair/group elements, individual elements and choreography. It is impossible to list every technical fault. It is expected that Judges will use this guideline as a basis for taking deductions for faults not included in these Tables.

#### 46.5 AMPLITUDE

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Loss of stretch or amplitude or body tightness in execution (feet, legs, knees, arms, back...).	0.1	0.2 - 0.3	0.5
2. Lack of amplitude in the flight phase in dynamic elements, deviation from correct direction in all elements (B, D, Ind.)	0.1	0.2 - 0.3	0.5

#### 46.6 BODY SHAPE, ANGLE AND LINE

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Handstands off vertical or ideal positions.	0.1	0.2 - 0.3	0.5
2. Back arch and/or hip flexing when trying to maintain a straight position.	0.1	0.2 - 0.3	0.5
3. Bend of arms in handstands and angle of knee, ankles, wrists according to shape of handstand.	0.1	0.2 - 0.3	0.5
4. Legs above or below ideal position in holds (e.g. legs below horizontal when performing a lever hold).	0.1	0.2 - 0.3	0.5
5. Leg split less than 180°.	0.1	0.2 - 0.3	
6. Legs/feet not together in the landings in out of Pair/group elements.	0.1		

#### 46.7 HESITATIONS, STEPS and SLIPS

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Hesitation of top or readjustments in climbing or transitions.	0.1	0.2 - 0.3	
2. Hesitation in a motion phase of an element stopping smooth flow.	0.1	0.2 - 0.3	
3. Loss of power in a motion that results in a restart of the motion.		0.3	
4. Hops or steps in supporting, catching or landing 1 small; 2-3 or 1 big step; significant, 4+ serious.	0.1	0.2 - 0.3	0.5
5. Slip of a foot, hand or arm in climbing, balancing, transitions or catching in landings.		0.3	
6. One foot, one hand or other part of the body going through a platform or slipping off the point of support on Dynamic catches/landings on partner .		0.3	
7. Stumble/trip in in any part of the exercise outside elements.		0.3	0.5



## 46.8 INSTABILITY

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Instability or tremor of base(s) middle or top during the building phase of a balance or dynamic element.	0.1	0.2 - 0.3	0.5
2. Base rocking from heels to toes or taking steps when trying to stabilize an element.	0.1	0.2 - 0.3	More than 3 steps - 0.5
3. Readjustment of positions after catching or before throwing, pitching or stabilizing a balance.	0.1		
4. Touch of a partner or touch of the floor or significant support or steadying of a partner to maintain balance on a partner or in landing.		0.3	
5. Unintentionally putting one hand to the floor or one leg, head or shoulder onto or against the partner.			0.5
6. Momentary pressing of bodies or shoulders against top, by base(s), to steady a top.		0.3	
7. Pressing of base(s) trunk(s) or shoulders against top to steady a serious problem in keeping stability or to prevent a fall.			0.5
8. Additional support of the partner(s) to prevent a fall (e. g. because of failure to catch or to affect an exact landing).			0.5

## 46.9 ROTATION

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Over or under rotation in turns, twists, or salto's.	0.1	0.2 - 0.3	0.5
2. Under rotation of salto's requiring some assistance of partners to complete salto.		0.3	
3. Under/over rotation of salto's which requires complete support of partner (s) to complete salto and/or to prevent a fall.			0.5

## 46.10 NON-COMPLETION OF ELEMENTS AND FALLS

Criteria for Evaluation	DEDUCTION		
	Small	Significant	Serious
1. Non-completion of an element without a fall.			0.5
2. The partner coming to the floor and landing unintentionally or illogically, without control, from a point of balance or support, but without a fall.			0.5
3. One foot or hand slipping from point of support on partner and hands being used to prevent a fall.			0.5
4. Both feet or both hands sliding through a platform, off shoulders or other points of support on the partners' bodies when attempting to balance or in catching = FALL.			1.0
5. Fall to the floor or on (a) partner(s) from a pyramid or pair element or off a platform without a controlled or logical landing = FALL.			1.0
6. An uncontrolled landing or fall to or on the floor made on head, seat, front, back or side, hands and knees together, both hands and feet or both knees = FALL.			1.0
7. Forward or backward roll following a landing without first showing controlled position on feet. = FALL.			1.0

SEE also appendix 1 of the COP: " Guidelines for Execution Judging"





## APPENDIX 2

### MEASUREMENT PROCEDURE

Before competitions, athletes will be measured to the nearest millimeter by a Medical Doctor or Physiotherapist in the presence of **ONE** official of the member federation and the designated representative(s) of the Acrobatic Gymnastic Technical Committee, who records all measurements.

1. The Federation official and TC representative present each sign the protocol confirming the recorded measurement.
2. At least one member of the TC ACRO shall be present for any re-measurement or measurement which is likely to be contested. In the case of any suspicion of an attempt to avoid correct measurement, 3 members of the Superior Jury, including the President, must be present.
3. Athletes in a partnership are obliged to present for measurement at the same time and must have their accreditation cards (tags) with them. These are checked against the competition registration number for the partnership.
4. The Head of Delegation and coach have the responsibility to ensure presentation of their competitors for measurement.
  - Measurement may take place either before or after a training session on the scheduled days for measurement.
  - Athletes who have not presented for measurement on the scheduled days will be disqualified from participation in the competition. For exceptional circumstances, such as illness, the President of the Superior Jury may make arrangements for the athlete to be measured at another time.
  - When the partnership is evidently within the size toleration, the passport age will be registered, but measurement will only occur when data is wanted for research purposes.
5. Measurement, when requested, is not an option for the coach or athlete. The Superior Jury can and will measure or re-measure any partnership during competition if there is question about size or there is doubt about the accuracy of the data provided by the technicians.
6. A re-measurement, if requested or necessary, must take place by conclusion of the first qualification exercise. Otherwise, the original measurement stands for the entire competition and can't be questioned anymore.
  - Re-measurement is taken as the best of the original and 2 other measurements.
  - No more than these 3 measurements will be allowed.



7. If an athlete obstructs the measurement being taken, after one warning the measurement process will stop and disqualification action is taken by the President of the Superior Jury. All Athletes who perform as **supporting partners** (bases), **middles** (second or third) or as tops are measured:

- Bare feet wearing T-shirt or competition attire.
- Athletes must lie on the back, straight, on a line on the floor (or table), in normal posture with feet together and knees pressed back.
- The shoulders are relaxed.
- The horizontal length from the feet(heels) to the top of the head is measured using an Electronic measuring device for length.

8. Athletes who do not co-operate with the instructions of the technician for any reason will receive **one** warning only from the Superior Jury representative. Any further lack of co- operation will result in disqualification from competition.

9. All ages and measurements are recorded and signed as correct by the technician and delivered to the Superior Jury. The Superior Jury determines which athletes receive a penalty for size intolerance from the final score of each exercise performed.

10. The difference between partners allowed is **29 cm** (With a tolerance up to 29,99)

- 30 cm up to 34,99 difference have the following deductions:

Pre-Youth	11 – 16	0.1
Youth	12 – 18	0.3
Junior	13 – 19	0.5

- 35 cm and more difference between partners have the following deductions:

Pre-Youth	11 – 16	0.3
Youth	12 – 18	0.5
Junior	13 – 19	1.0

11. In application to groups, relative to the tallest partner, the difference to the next tallest partner will be measured according the rules above. The same applies to the next one.

12. In the event of an athlete trying to obstruct the measurement process:

- The pair/group will be disqualified from competition participation.
- The federation concerned will be given a warning during the competition.
- The matter will be referred to the Disciplinary Commission after the event.
- A repeat of cheating by competitors from the same federation at any time during the competition cycle will result in a sanction of the federation.

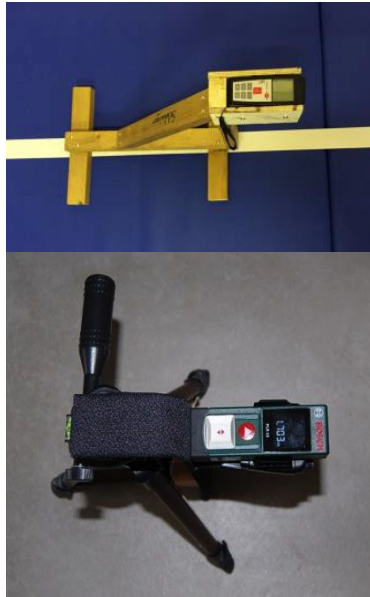
The apparatus must meet with the type and standards:

1. An electronic laser device for length.
2. End side of this device must be fixed against the vertical plate of the tripod

Example:



Prototypes:



**Correct Positions for Measurement**



1. Heels against the wall.(feet flex)
2. Knees pressed back.
3. Head in a neutral position.
4. The shoulders are relaxed.



**Errors in Position for Measurement**

- Error 1: Heels not against the wall and pushing with the toes.
- Error 2: Knees bent.
- Error 3: Kyphosis forward (round back).
- Error 4: Lordosis. (Avoid pelvis tilt, hips pushed to the front)
- Error 5: Head not on the floor.

**APPENDIX 3**  
**ACROBATIC GYMNASTICS**  
**PRE-YOUTH (11-16)**



# Pre-Youth (11 – 16) Rules

## Article 1 : Competition Structure

### Qualifications

- 1.1 Each pair and group present one Balance and one Dynamic exercise.
- 1.2 The exercise is composed of compulsory and Optional Elements.
- 1.3 Ranking after the qualifications is determined by the sum of scores from the two Exercises: Balance and Dynamic.
- 1.4 The top 8 proceed to a Final with not more than one from each federation in each category.  
If there are less than 12 entries to a category, only 6 proceed to the final.  
If 30 or more entries, 10 go to the final.
- 1.5 Competitors cannot participate in the Final without competing in both the Balance and Dynamic qualifying events.
- 1.6 Tie Break from Qualifications into Finals:  
The highest **sum** of the E-scores of the Balance and Dynamic exercises.  
If a tie remains, the tie will not be broken and the starting order for the finals will be decided by draw.

### Finals

- 1.7 Marking starts from Zero.
- 1.8 In the final, pairs and groups will present one exercise, as pre-determined by category, either Balance or Dynamic.  
The exercise to be presented in the final will be rotated between categories every two years as follows:

#### **2025 – 2026 : 11 – 16 Competitions**

Women's Pairs:	Dynamic
Mixed Pairs:	Balance
Men's Pairs:	Dynamic
Women's Groups:	Balance
Men's Groups:	Dynamic

#### **2027 – 2028 : 11 – 16 Competitions**

Women's Pairs:	Balance
Mixed Pairs:	Dynamic
Men's Pairs:	Balance
Women's Groups:	Dynamic
Men's Groups:	Balance

- 1.9 Tie Breaking in the Final:  
The highest E-score of the Balance/Dynamic exercise prevails.  
The highest sum of the E and A scores of the Balance/Dynamic exercise prevails  
  
If there is still a tie, the tie will not be broken.
- 1.10 If there are less than 4 NF participating in a category, **no** medals will be awarded.  
Certificates of participation will be presented.



## Article 2 : Composition of Exercises

### General Rules

- 2.1 In the qualifications, each participant must present one Balance and one Dynamic Exercise, which must be choreographed and performed to music. Music and lyrics (words) may be used with respect to the FIG code of ethics. Inappropriate lyrics (i.e. sexual, offensive, aggressive, violence...) are forbidden.
- 2.2 Music of all exercises has a maximum duration of 2 minutes. Timing relating to all exercises (start of exercise, exercise duration) will be done in one second increments before the CJP penalty is applied. The first note of the music indicates the beginning of the time of the exercise (not the beep). The end of an exercise is the **static position** of partners, which must coincide with the end of the music.
- 2.3 Each pair/group, in one exercise, must perform as in the drawings (See table of variations allowed, pg 31), the Compulsory Elements illustrated in the Compulsory Element Table.
- 2.4 Each pair/group must also perform the required number of Optional Elements. **The Optional Elements cannot be taken from the Compulsory Element Table.** The Optional Elements may be selected from Appendix 4 Optional Elements or the FIG Tables of Difficulty. If elements are selected from the Tables of Difficulty, they must be within the difficulty range as indicated in the table below.

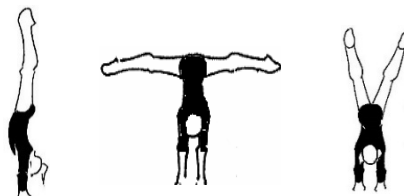
Discipline	Balance	Dynamic	Individual elements
Women's Pair*	Min 1v – Max 9v	Min 1v – Max 14 v	Min 1v – Max 10v
Men's Pair	Min 1v – Max 9v	Min 1v – Max 14 v	
Mixed Pair	Min 1v – Max 9v	Min 1v – Max 14 v	
Women's Group*	Min 3v – Max 16v	Min 1v – Max 14v	
Men's Group	Min 4v – Max 16v	Min 1v – Max 10v	
<i>*The "coefficient" normally applied for WP/WG (TOD General Rules) Balance and Dynamic does not apply for the Pre-Youth (11-16) level</i>			

- 2.5 Each pair or group may use simple entries, motions, links, catches and dismounts. These elements must:
- Be selected from the Compulsory Element Table (Appendix 3) or the FIG TO
  - Not Exceed **5** values.
  - Not exceed **3/4** rotation or more than **360°** twist.
- 2.6 Tariff sheet: Pair/Group elements must be drawn in the order that they are performed. The individual elements are drawn separately in the order that they are performed. If elements included on the tariff sheet are not performed in the order declared, the DJs will apply a penalty of 0.3 for wrong order to the final score.
- 2.7 All Special Requirements must be met within the declared elements on the Tariff sheet.  
*Exception: If a different element is performed to that declared for difficulty on the Tariff sheet by the coach, the gymnasts will not receive the difficulty value of this element. If the element will count for SR they receive a 0.3 DJ deduction*

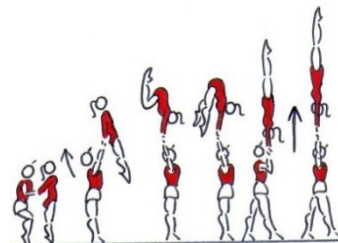


- 2.8 A penalty of 1.0 is applied when:
- A pair/group or individual element exceeds the stated maximum value.
  - A simple element as per Art. 2.5 exceeds the maximum number of rotations, twists or the maximum value of 5.
  - A forbidden element is performed.  
This penalty is applied for each violation, even if the performed element is not declared on the tariff sheet.
- 2.9 A maximum of 3 dismounts in the exercise are allowed, but maximum 2 dismounts from the Compulsory elements are allowed. The landings of all dynamic elements and dismounts declared on the Tariff sheet **must be supported**. If the landing is performed without support, a 0.5 penalty is applied (DJ) for each occurrence.  
**Exceptions:** Support is optional for dismounts from “cannon-ball” elements and the 5/4 Gainer salto from wrap.
- 2.10 For developmental reasons, in both pair and group balance and dynamic elements, **all handstands** may be performed with legs in either a straddle or any allowed positions or with legs together to the ankle. There is **no** need to identify the specific leg position on the tariff sheet.

Either leg position is allowed in 11-16 level



- 2.11 Elements that move from low arm to high arm as indicated in the compulsory tables **may** be performed first to low arm then moving into high handstand as one motion.



## Article 3 : PAIRS - Balance Exercise

- 3.1 There must be four (4) compulsory pair elements, each selected from a different row, I, II, III and IV of the Compulsory Element Table, i.e. one from Row I, one from Row II etc. For each missing Compulsory Pair element, a Special Requirement penalty of 1.0 is applied.
- 3.2 There must be two (2) optional pair elements with a minimum value one (1) selected from either Appendix 4 or the FIG Tables of Difficulty. (See General Rule 2.4.) The two (2) Optional Elements must be static holds of 3 seconds.  
For each missing Optional Pair element, a Special Requirement penalty of 1.0 is applied.

### PAIRS: Dynamic Exercise

- 3.3 Each Pair must perform four (4) Compulsory pair elements, each selected from a different row, I, II, III and IV of the Compulsory Element Table, i.e. one from Row I, one from Row II etc.  
For each missing Compulsory Pair element, a Special Requirement penalty of 1.0 is applied.

- 3.4 Each Pair must perform two (2) optional Pair elements with a minimum value one (1) selected from either Appendix 4 Optional Elements or the FIG Tables of Difficulty. (See General Rule 2.4.)  
For each missing Optional Pair element, a Special Requirement penalty of 1.0 is applied.

## Article 4 : GROUPS - Balance Exercise

- 4.1 Each Group must perform two (2) pyramids, each selected from a different row of the Compulsory Element Table must be included. The pyramids must be performed as separate constructions. (They cannot be joined).  
For each missing pyramid a Special Requirement penalty of 1.0 is applied.
- 4.2 Each Group must perform one (1) optional pyramid and it must be selected from Appendix 4 Optional Elements or the FIG Tables of Difficulty, with a minimum difficulty value of 4 and a maximum difficulty value of 16 for the static hold of all partners. (Value of the base position + the value of the top).(see Article 2.4)  
This pyramid must be performed as separate construction.  
If this pyramid is missing a Special Requirement penalty of 1.0 is applied.
- 4.3 The Optional Pyramid may be selected from one of the same categories used for the Compulsory Elements but not from the same box in the TOD as the compulsory pyramid.

### 4.4 Forbidden Elements for Groups:

1. A column of three high for women and men.



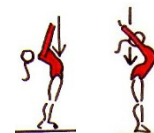
2. Stands on the shoulders with the base in splits without hands on the floor.



3. Stands on the bases' hips and chest, with the base in bridge, when there are only two points of support. (The rule does not apply to pairs.)  
This type of element may be performed when there are three (3) points of support.



4. Support on hips or gluteus with the base in exaggerated curvature of the spine (lordosis).



## Article 5 : GROUPS - Dynamic Exercise

- 5.1 Each Group must perform four (4) group elements must be selected each from a different row of the Compulsory Element Table, i.e. one from Row I, one from Row II etc.  
For each missing Compulsory Element, a 1.0 Special Requirement penalty is applied.
- 5.2 Each Group must perform two (2) optional group elements must be selected from Appendix 4 or the FIG Tables of Difficulty with a minimum difficulty value of 1 and a maximum difficulty value of 14 for women and a maximum difficulty value of 10 for men. (see Article 2.4) For each missing Optional Element, a 1.0 Special Requirement penalty is applied.



- 5.3 Women's Groups Dynamic Row I:  
The 360/540 horizontal twist **may not be used** as an Optional Element.
- 5.4 Women's Group may perform maximum three (3) horizontal catches in the Dynamic exercise. However, it may impact the artistry evaluation.
- 5.5 Men's Group may perform one (1) horizontal catch selected from the Compulsory Element Table **and** one (1) horizontal catch as an Optional Element from either Appendix 4 or the FIG Tables of Difficulty.

## Article 6 : Individual Elements

- 6.1 Each partner of a Pair or Group must perform 3 individual elements in the Balance exercise (free choice out of Flexibility, Balance and Agility tables) and in the Dynamic exercise (out of Tumbling table).  
If this Special Requirement is not fulfilled by one or more partners a maximum penalty of 1.0 is applied.
- 6.2 Partners must perform the 3 individual elements simultaneously or in "waterfall" type, but they can be different.
- 6.3 The individual elements may be selected from Appendix 3 or from the FIG TOD. Individual elements selected from the FIG Tables of Difficulty must not exceed value 10.
- 6.4 Round off doesn't count as an element in the balance exercise

## Article 7 : Judging 11-16 Events

- 7.1 The emphasis of the 11 – 16 competitions is on perfecting technical and artistic performance rather than on difficulty.
- 7.2 The exercises are judged for Technical and Artistic merit, in accordance with the current FIG Code of Points. (See Appendix 1).
- 7.3 Each element chosen from the COMPULSORY Difficulty tables has a stated difficulty Value, which is used to determine the Difficulty Value of the exercise.
- 7.4 Optional Elements and individual elements are not used in calculating the Difficulty value of the exercise, although they must be performed to meet Special Requirements.
- 7.5 The Difficulty Value of the exercise is calculated according the difficulty Value of the performed elements up to a max of 0,5:

D-Value of Compulsory Elements
0.0
0.1
0.2
0.3
0.4
0.5



- 7.6 The total score is determined by adding together:
- **2X** the average mark for Technical merit (Execution or E score)
  - The average mark for Artistic merit (Artistry or A score)
  - The Difficulty Value of the Compulsory Elements (D Score).
- 7.7 Penalties are taken from the Total Score by the Chair of judges panel (CJP) and DJ in accordance with the current FIG Code of Points. (See Appendix 1)

**E score + A score + D score = Total Score – Penalties = Final Score**

- 7.8 If four technical and four artistry judges are used, the average is determined by eliminating the high score and the low score and taking the average of the middle two scores.

**7.9 TARIFF SHEETS 11-16**

A Tariff Sheet is the illustrated declaration, **computer** generated using the official drawings, of the pair/group and individual elements which are to be performed. **Only** elements to be performed for Special Requirements must be included on the tariff sheet. They must be drawn in the order of performance. If not, a 0.3 penalty is applied.

**Compulsory Elements** must include as indicated in the Compulsory Tables:

- Row
- Box number
- Value

**Optional Elements** which are used to meet requirements **must** be identified as “Optional” Elements on the Tariff Sheet. (**Opt.**)

If they are selected from Appendix 4, they must be identified with the Appendix 4:

- Page number
- ID number
- Difficulty value.

If they are selected from the Tables of Difficulty, they must be identified by:

- TOD page number
- ID number
- Difficulty value.



## **Pre-Youth (11 – 16)** **Compulsory Elements Table 2025-2028**

[Each element box is linked to a video clip when you click on it](#)



Original author of the programme – Konrad Zielinski (POL) ACRO TC member 1998 – 2008  
Drawings by Karl Wharton (GBR) ACRO TC member 2009 – 2020



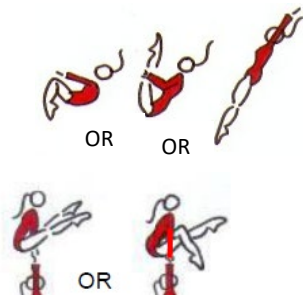
## Allowed variation Table 11- 16

<b>A</b>		<b>B</b>	
			<b>C</b>

Handstands belonging to the same category are denoted by the letter that corresponds to the top letter of columns in the Tables of Difficulty- balance elements. Handstands belonging to the same category are considered as the same. The same system of categories must be applied to 1 arm and 2 on 1 handstands, straddles and foot stands

On the Tariff Sheet, you don't need to specify the shape of the elements because it makes no difference to the difficulty.

Examples:



PRE-YOUTH 11 - 16		BALANCE EXERCISE					WOMEN'S PAIR	
ROW I	Box 1 3" 	Box 2 3" 	Box 3 3" 	Box 4 3" 	Box 5 3" 	Box 6 3" 	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 9	
VALUE	-	0.1	0.1	0.1	0.1	0.2		
ROW II	Box 1 3" 	Box 2 3" 	Box 3 3" 	OR 	Box 4 3" 	Box 5 3" 		
VALUE	-	0.1	0.1		0.2	0.2		
ROW III	Box 1 3" 	Box 2 3" 	Box 3 3" 	Power 3" 	Power 3" 	Box 5 3" 	Box 6 Power 3" 	Box 7 Power 3" 
VALUE	-	-	0.1	0.2	0.2	0.3	0.3	
ROW IV	Box 1 3" 	OR 	Box 2 3" 	Box 3 3" 	Box 4 3" 	Box 5 3" 		
VALUE	-	-	0.1	0.2	0.2	0.2	0.2	

PRE-YOUTH 11 - 16		DYNAMIC EXERCISE				WOMEN'S PAIR	
ROW I	Box 1 	Box 2 	Box 3 			2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 14	
VALUE	-	0.1	0.2				
ROW II	Box 1 Back 1/4 	Box 2 Back 4/4 	Box 3 Back OR 4/4 	Box 4 Back 4/4 			
VALUE	0.1	0.2	0.2	0.3			
ROW III	Box 1 Front 1/4 	Box 2 Front 2/4 	Box 3 1/4 180' 	Box 4 Front Legs can be straddle or straight 			
VALUE	0.1	0.2	0.2	0.3			
ROW IV	Box 1 Back OR 4/4 	Box 2 Back OR 4/4 	Box 3 Back 4/4 				
VALUE	0.2	0.2	0.3				



PRE-YOUTH 11 - 16		BALANCE EXERCISE					MEN'S PAIR	
ROW I	Box 1 3°	Box 2 3°	Box 3 3°	Box 4 3°				2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 9
VALUE	-	0.1	0.1	0.2				
ROW II	Box 1 3°	Box 2 3°	Box 3 3°	Box 4 3°	Box 5 3°	Box 6 3°	Box 7 3°	
VALUE	-	0.1	0.1	0.2	0.2	0.2	0.3	
ROW III	Box 1 3°	Box 2 3°	Box 3 3°	Box 4 3°	Box 5 3°	Box 6 3°	Box 7 3°	
VALUE	-	0.1		0.2		0.2	0.3	
ROW IV	Box 1 3°	Box 2 3°	Box 3 3°	Box 4 3°	Box 5 3°			
VALUE	-	0.1	0.2	0.3	0.3			

PRE-YOUTH 11 - 16		DYNAMIC EXERCISE				MEN'S PAIR	
ROW I	Box 1 180°	Box 2 180°	Box 3 180°	Box 4 180°	Box 5 180°	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14	
VALUE	0.1	0.1	0.1	0.2	0.2		
ROW II	Box 1 Back 4/4	Box 2 Back 4/4	Box 3 Back 4/4	Box 4 Back 4/4	Support of men's landing is obligatory		
VALUE	0.1	0.1	0.1	0.2			
ROW III	Box 1 Back 2/4	Box 2 2/4	Box 3 Front 2/4	Box 4 Back 2/4			
VALUE	-	0.1	0.2	0.3			
ROW IV	Box 1 Back 2/4 180°	Box 2 2/4	Box 3 Front 2/4	Box 4 2/4 180°	Legs can be straddle or straight		
VALUE	-	0.1	0.2	0.3			



PRE-YOUTH 11 - 16		BALANCE EXERCISE								MIXED PAIR
ROW I	Box 1 3" 	Box 2 3" OR 	Box 3 3" 	Box 4 3" 	Box 5 3" OR 	Box 6 3" OR 	Box 7 3" 	Box 8 3" 	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 9	
VALUE	-	0.1	0.1	0.2	0.2	0.3	0.3	0.3		
ROW II	Box 1 3" Jump 	Box 2 Jump 	Box 3 OR 	Box 4 OR 	Box 5 OR 					
VALUE	-	0.1	0.1	0.2	0.3					
ROW III	Box 1 Power 	Box 2 Power 	Box 3 Power 	Box 4 Power 						
VALUE	0.1	0.1	0.2	0.3						
ROW IV	Box 1 	Box 2 	Box 3 	Box 4 	Box 5 					
VALUE	0.1	0.1	0.1	0.2	0.2					

PRE-YOUTH 11 - 16		DYNAMIC EXERCISE				MIXED PAIR
ROW I	Box 1 	Box 2 	Box 3 180° 	yBox 4 180° 	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14	
VALUE	-	-	0.1	0.1		
ROW II	Box 1 1/4 Front 	Box 2 Front 	Box 3 	Box 4 Back 	Box 5 Ba 	
VALUE	-	0.1	0.2	0.3	0.3	
ROW III	Box 1 Back OR 	Box 2 Front OR 	Box 3 Back 			
VALUE	0.1	0.2	0.2			
ROW IV	Box 1 Front or Back OR 	Box 2 Back 	Box 3 Front OR 	Box 4 Front 	Box 5 Back OR 	
VALUE	-	0.1	0.1	0.2	0.2	



PRE-YOUTH 11 - 16		BALANCE EXERCISE					WOMEN'S GROUP	
ROW I	Box 1 3"	Box 2 3"	Box 3 3"	Box 4 3"	Box 5 3" 3"	Box 6 3"	1 OPTIONAL PYRAMID HELD 3" DIFFICULTY MINIMUM 3 MAXIMUM 16	
VALUE	-	-	0.1	0.1	0.3	0.3		
ROW II	Box 1 3"	Box 2 3" 3" 3"	Box 3 3" 3" 3"	Box 4 3" 3" 3"	Box 5 3"			
VALUE	0.1	0.2	0.2	0.2	0.3			
ROW III	Box 1 3"	Box 2 3"	Box 3 3"	Box 4 3"				
VALUE	-	0.1	0.2	0.4				

PRE-YOUTH 11 - 16		DYNAMIC EXERCISE					WOMEN'S GROUP	
ROW I	Box 1 Front 4/4	Box 2 Back 3/4	Box 3 Front 3/4	Box 4 Front OR Back 360° 540° or 720°	Box 5 Front 6/4			
VALUE	0.1	0.1	0.1	0.1 0.2	0.3			
ROW II	Box 1 Front 1/4	Box 2 Front 3/4 OR 3/4	Box 3 Front 4/4	Box 4 Front 4/4 OR 4/4			2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 14	
VALUE	-	0.1	0.2	0.2				
ROW III	Box 1 Back 1/4	Box 2 Back 3/4	Box 3 Back 4/4	Box 4 Back 5/4				
VALUE	-	0.2	0.2	0.3				
ROW IV	Box 1 0.1	Box 2 Back 3/4	Box 3 Front 2/4	Box 4 Back 6/4 OR 6/4	Box 5 0.4			
VALUE	0.1	0.1	0.2	0.3	0.4			

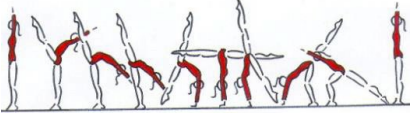

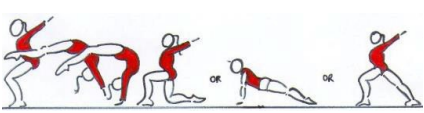
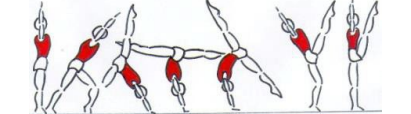


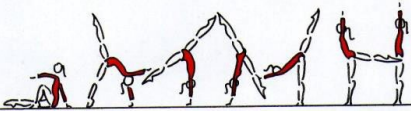
















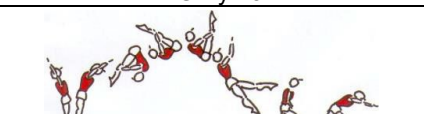




PRE-YOUTH 11 - 16		BALANCE EXERCISE					MEN'S GROUP			
ROW I	Box 1  3"	Box 2  3"	Box 3  3"	Box 4  3"	Box 5  3"	1 OPTIONAL PYRAMID DIFFICULTY MINIMUM 4 MAXIMUM 16				
VALUE	-	-	-	-	-					
ROW II	Box 1  3" OR	Box 2  3"	Box 3  3"	Box 3b  3"	Box 4  3" OR	Box 5  3" OR				
VALUE	0.1	0.2	0.3	0.3	0.5	0.5				
T1	T2	T3	T4	T5	T6	T7	T8	T9	T10	
VALUE	-	-	-	-	0.1	0.1	0.1	0.1	0.1	0.2
T11	T12	T13 Power	T14	T15	T16 Power	T17	T18			
VALUE	0.2	0.2	0.2	0.2	0.3	0.3	0.5	0.5		

PRE-YOUTH 11 - 16		DYNAMIC EXERCISE				MEN'S GROUP	
ROW I	Box 1  OR	Box 2  180°	Box 3  180°	Box 4  180° OR	Box 5  Straight jump to floor	2 OPTIONAL ELEMENTS DIFFICULTY MINIMUM 1 MAXIMUM 10	
VALUE	-	-	0.1	0.1	0.3		
ROW II	Box 1  OR	Box 2  Change Base	Box 3  Change Base	Box 4  2/4 OR			
VALUE	-	0.1	0.2	0.2			
ROW III	Box 1  2/4	Box 2  2/4	Box 3  2/4	Box 4  2/4			
VALUE	-	0.1	0.1	0.2			
ROW IV	Box 1  3/4 360° or 720°	Box 2  4/4	Box 3  5/4 3/4	Support of men's landing is obligatory			
VALUE	0.1	0.1	0.3				



PRE-YOUTH 11 - 16	INDIVIDUAL ELEMENTS	PAIRS & GROUPS
<b>Balance and Dynamic exercise</b>		
Each partner of a pair or group must perform 3 optional individual elements selected from the examples outlined below and/or from the FIG Tables of Difficulty.		
<b>Flexibility</b>	<b>Balance (Static 2")</b>	<b>Agility</b>
		
AG Flex 1	AG Bal 1	AG Agility 1
		
AG Flex 2	AG Bal 2	AG Agility 2
		
AG Flex 3	AG Bal 3	AG Agility 3
		
AG Flex 4	AG Bal 4	AG Agility 4
		
AG Flex 5	AG Bal 5	AG Agility 5
		
AG Flex 6	AG Bal 6	AG Agility 6
<b>Tumbling</b>		
		
AG Dyn 1	AG Dyn 2	AG Dyn 3
		
AG Dyn 4a / AG Dyn 4b	AG Dyn 5	AG Dyn 6



# Pre-Youth (11-16) Optional Elements Table 2025-2028



Drawings by Karl Wharton (GBR) ACRO TC member 2009 – 2020



BALANCE							
Value	1	1 3	3	3	2	2	4
ID Code	AG P1	AG P2	AG P3	AG P4	AG P5	AG P6	AG P7
BALANCE							
Value	2	3	5	6	9	7	
ID Code	AG P8	AG P9	AG P10	AG P11	AG P12	AG P13	
BALANCE							
Value	7	8	8	8	8	7	
ID Code	AG P15	AG P16	AG P17	AG P18	AG P19	AG P20	

PAIR OPTIONAL DYNAMIC ELEMENTS - MINIMUM VALUE 1 - MAXIMUM VALUE 14						
DYNAMIC SKILL						
Value	1 (180°) 2 (360°)	2	2	6	7	1 (0/4) 8 (4/4)
ID Code	AG D1	AG D2	AG D3	AG D4	AG D5	AG D6
DYNAMIC SKILL						
Value	12	12	8	10	12	14
ID Code	AG D7	AG D8	AG D9	AG D10	AG D11	AG D12
EXAMPLE OF EXIT						
Value		1	1	1	1	1
ID Code		AG P Exit 1	AG P Exit 2	AG P Exit 3	AG P Exit 4	AG P Exit 5



WOMEN'S GROUP OPTIONAL BALANCE - MINIMUM TOTAL VALUE 4 - MAXIMUM TOTAL VALUE 16											
BASE POSITIONS			TOP POSITIONS								
Base Value	5	Plus (+)	1	3	4	2	3	5	7	5	6
ID Code	AG Trio 1	Plus (+)	A	B	C	D	E	F	G	H	I
Base Value	1	Plus (+)	1	3	x	2	3	5	7	5	6
ID Code	AG Trio 2	Plus (+)	A	B	C	D	E	F	G	H	I
Base Value	6	Plus (+)	1	3	4	2	5	7	9	7	8
ID Code	AG Trio 3	Plus (+)	A	B	C	D	E	F	G	H	I
Base Value	4	Plus (+)	1	3	x	2	5	7	9	7	8
ID Code	AG Trio 4	Plus (+)	A	B	C	D	E	F	G	H	I
Base Value	8	Plus (+)	2	4	5	3	5	7	x	7	8
ID Code	AG Trio 5	Plus (+)	A	B	C	D	E	F	G	H	I

WOMEN'S GROUP OPTIONAL DYNAMIC ELEMENTS - MINIMUM VALUE 1 - MAXIMUM VALUE 14					
DYNAMIC SKILL					
	0/4	Front 3/4	Front 2/4	Helicopter 2/4 + 180°	From standing start
Value	1	2	2	4	3
ID Code	AG Trio D1	AG Trio D2	AG Trio D3	AG Trio D4	AG Trio D5
DYNAMIC SKILL					
	Round off entry Back 4/4	Front 6/4	Back 6/4	Back 8/4	
Value	3	5	8	14	
ID Code	AG Trio D6	AG Trio D7	AG Trio D8	AG Trio D9	
EXAMPLES OF ENTRY / EXIT					
	Back 1/4	Front 1/4	Front or Back 0/4	Back 1/4	Front 1/4
Value	1	1	1	1	1
ID Code	AG Trio Entry 1	AG Trio Exit 2	AG Trio Exit 3	AG Trio Exit 4	



**MEN'S GROUP OPTIONAL BALANCE - MINIMUM TOTAL VALUE 4 - MAXIMUM TOTAL VALUE 16**

BASE POSITIONS			TOP POSITIONS										
Base Value	1	Plus	1	2	3	2	3	5	4	6	9	8	
ID Code	AG MGB 1	Plus	A	B	C	D	E	F	G	H	I		
Base Value	5	Plus	1	2	3	2	3	5	4	6	9	8	
ID Code	AG MGB 2	Plus	A	B	C	D	E	F	G	H	I		
Base Value	7	Plus	1	2	3	2	3	5	4	6	9	8	
ID Code	AG MGB 3	Plus	A	B	C	D	E	F	G	H	I		
Base Value	10	Plus	2	3	4	3	4	6	5	X	X		
ID Code	AG MGB 4	Plus	A	B	C	D	E	F	G	H	I		
Base Value	12	Plus	2	3	4	3	4	X	X	x	x		
ID Code	AG MGB 5	Plus	A	B	C	D	E	F	G	H	I		

**EXAMPLES OF MEN'S GROUP OPTIONAL DYNAMIC ELEMENTS - MINIMUM VALUE 1 - MAXIMUM VALUE 10**

DYNAMIC SKILL					
	Value: 1	Value: 1	Value: 10	Value: 4	Value: 5
DYNAMIC SKILL					
	Value: 7	Value: 10	Value: 9	Value: 10	Value: 10
EXAMPLES OF ENTRY / EXIT					
	Value: 1	Value: 1	Value: 1	Value: 1	
ID Code	AG MG D1	AG MG D2	AG MG D3	AG MG D4	AG MG D5
ID Code	AG MG D6	AG MG D7	AG MG D8	AG MG D9	AG MG D10
ID Code		AG MG Entry 1	AG MG Exit 2	AG MG Exit 3	AG MG Exit 4