



Acrobatic Gymnastics Technical Update #1 February 3, 2025

(All information from previous technical updates included.
New information from Technical Update #1 is highlighted in yellow.)

Changes:

- **Level 2-8**
 - All missing Special Requirements are -1.0. If not all Special Requirements are met, then an additional -1.0 Special Requirement will be taken only one time per routine.
- **Level 6**
 - Women's Group 9A – Link Optional
- **Level 7**
 - Women's Group 4A + 4B – Link Optional

Competition Format Change

- **Level 2-4**
 - All pairs compete against all pairs (regardless WP/MP/MxP) and all groups competing against all groups. They can also be separate into (WP/MP/MxP/WG/MxG) at the meet director's discretions.
- **Level 7-8**
 - 0.2 penalty for incorrect tariff sheet will be applied at local competitions. At championship events a \$20 fine will be charged for incorrect tariff sheets and no penalty will be applied.
- **International track only**
 - Local-national level competitions
 - Format A** – 15 pair/groups or fewer
 - Random draw- 1st routine
 - Reverse order from the 1st -2nd routine
 - Top 8 go to finals; others compete combined for score only
 - New random draw for bottom 4, new random draw for top 4 for Finals Combined
 - **Format B**- 16 or more pair/groups
 - Random draw- 1st routine
 - Reverse order from the 1st- 2nd routine

New Random Draw - Semi Finals Combined

Top ½ qualify to Finals (max of 12 pair/groups) and bottom ½ will compete combined for score only via a new random draw

New random draw for bottom half and new random draw for top half

Combined Medal- 2nd combined/Finals routine

All Around medal- Balance/Dynamic and 1st combined routine.

- **Awards**

- Jola Jones Award - This award is for judges who go above and beyond in judging mentorship. Judges from each region will vote for a judge from their region. The winner from each region will be nominated for the Jola Jones Award which will be voted on by judges attending USA Gym Champs. This will be awarded following the final session in the Development hall.

New Elements:

- Women's Groups Swing Front 4/4 (p.72-59-S4) can be performed with the following additional twist for additional value.
 - 1260° = +18
 - 1440° = +20

Clarifications:

- Level 7 WG
 - Element 5A – “Supported Toe Pitch” – Skill Image shows Top with both feet in the hands of the Base (37-5B). The Top may also have one foot on the floor and one foot in the Base's hands (37-5A).
- Level 8 WG – Balance
 - Element 3B – Row 3 Box 2 – This element is labeled “3A” and should be “3B”.

Reminders:

General Reminders:

- Top/Middle/Base are interchangeable in Pair/Group elements
 - Exception: Handstand Special Requirement at L9+ must be performed by the top.
- **Level 7**
 - Women's Group 3B – Half Column (Table): Base may have ONE or BOTH hands on the floor (Skill image shows one example but both are acceptable).
- **Level 8**
 - Men's Group Balance 2A – Base standing on the floor can face either direction. This is a stylistic variation.
 - Mixed Group Balance 1D – Basing on the head is not allowed from girls/women. This element may be performed on the base's hands if needed.

Age Groups

Level 2-4	9U	10-11	12+
Level 5	10U	11-12	13+
Level 6	11U	12-13	14+
Level 7	12U	13-14	15+
Level 8	13U	14-15	16+
Level 9	14U	15-16	17+
Level 10	15U	16-17	18+

Qualifying Requirements for Regional Championships:

Pair/Group must attend 2 local competitions

Pair/Group must attend State Championships

Pair/Group must receive a Regional Championships qualifying score at any USAG-sanctioned competitions before Regional Championships.

Qualifying Requirements for National Championships:

Pair/Group must attend 2 local competitions

Pair/Group must attend State Championships

Pair/Group must attend Regional Championships

Pair/Group must receive a National Championships qualifying at any USAG-sanctioned competition.

Difficulty Requirements

Balance	Minimum	Maximum	Maximum Allowance
Level 9	35	45	65
Level 10	55	65	85
12-18	60	90	110
13-19	100	120	140
Sr. Elite	110	N/A	N/A

Dynamic	Minimum	Maximum	Maximum Allowance
Level 9	25	35	55
Level 10	45	55	75
12-18	50	80	100
13-19	90	110	130
Sr. Elite	100	N/A	N/A

Combined	Minimum	Maximum	Maximum Allowance
Level 9	N/A	N/A	N/A
Level 10	N/A	N/A	N/A
12-18	80	110	130
13-19	110	180	200
Sr. Elite	130	N/A	N/A

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