



## Acrobatic Gymnastics Technical Update #6 June 8, 2024

All information from previous technical updates included.  
New information from Technical Update #6 is highlighted in yellow.

- **Rising Stars/Future Stars Selection Criteria:**

Pair/Groups will automatically qualify for the Rising Stars or Future Stars as long as they achieve one of the following scores:

2024 Rising Stars/Future Stars Scores				
	Level 7	Level 8	Level 9	Level 10
Execution	16.4	16.6	16.8	17.0
Artistry	8.0	8.0	8.2	8.2
Total Score	23.5	49.0	50	51

### 2023 Season:

#### Rising Stars (Level 7 and Level 8)

##### Level 7:

- Total Score: 23.4
- Execution: 16.4
- Artistry: 8.0

##### Level 8:

- Total Score: 46.8
- Execution: 16.4 (In either Routine)
- Artistry: 8.0 (In either Routine)

#### Future Stars (Level 9 and Level 10)

##### Level 9:

- Total Score: 47.5
- Execution: 16.4 (In either Routine)
- Artistry: 8.0 (In either Routine)



#### **Level 10:**

- ~~Total Score: 47.9~~
- ~~Execution: 16.4 (In either Routine)~~
- ~~Artistry: 8.0 (In either Routine)~~
  
- Qualifying Scores/Competitions
  - State Championships
    - Compete at a minimum of two USAG sanctioned local competitions (No qualifying score)
  - Regional Championships
    - Compete at a minimum of two USAG sanctioned local competitions (No qualifying score)
    - Compete at State Championships (No qualifying score)
  - National Championships
    - Compete at a minimum of two USAG sanctioned local competitions
    - Compete at State Championships
    - Compete at Regional Championships
    - ONE qualifying score from ANY USAG sanctioned competition in the US will qualify the pair/group to Nationals.
      - ✓ Elite athletes may choose to compete at either State or Regional Championships (or both) and still meet the attendance requirements to qualify for National Championships.
  
- Qualifying scores are listed below:
  - Level 2-6 & Xcel Blocks = No qualifying scores
  - Level 7 = 18.0
  - Level 8 = 39.0
  - Level 9 = 42.7
  - Level 10 = 43.1
  - FIG 11-16 = 46.0
  - FIG 12-18 = 70.0
  - FIG 13-19 = 71.6
  - FIG Sr. Elite = 71.9



### Updates:

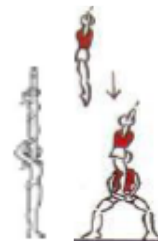
- Bonus System:
  - Turning in Bonus Sheets:
    - Bonus sheets should be turned in 10 days before the competition via email/upload. They will then be reviewed by the panel.
  - 12-18 WP:
    - Foot to hand – Double tuck dismount (44-1-5-Q) is considered a bonus element.
  - 12-18 MxP:
    - Any 2/4 skill linked to any 4/4 skill V8+ (Can also be 4/4 V8+ linked to 2/4 skill) is considered a bonus element.
  - 12-18 WG:
    - Transitional Pyramid Bonus – Transitional pyramids of V48+ (was V50+) will receive bonus. Top can be in any position of value (straddle, pike, croc, etc.)
    -
  - 13-19 MxP:
    - Any 2/4 skill linked to any 4/4 skill V10+ (Can also be 4/4 V10+ linked to 2/4 skill) is considered a bonus element.
- Page 58 Development Code of Points – H. Restrictions: **Add exception**
  - **H.v.** Only one pyramid with two bases on the floor may be used to satisfy special requirements. However, difficulty value may be given for one transitional pyramid with two bases on the floor. **(Exception: Level 2-8 Men's Four (MG) and Mixed/Women's Four (MxG))**
  - **H.vi.** In the entire exercise, only one pyramid may have two tops working. **(Exception: Level 2-8 Men's Four (MG) and Mixed/Women's Four (MxG))**
- Level 7 Women's Group:
  - There is no limit on top static position repetitions (tuck/pike/straddle etc.)
- Level 7 Men's Pair:
  - Balance Skill 1A: Top may perform tuck, pike, straddle, or croc on Base's head to match the options for skill 3A.
- Level 8 Men's Group / Mixed Group Balance:
  - Handstands: All handstands may be performed "high or low" on all compulsory pyramids.
  - Balance Skill 1A and 1B: Athletes may perform the supported handstand on thighs unsupported. If performed without support, this may count for the unsupported handstand requirement.
  - Balance Skills 1B and 1C may be performed with the Base's hands on floor (Base laying



on floor)



- Balance Pyramids - All partners must come to the floor and leave the static position of the first pyramid before rebuilding another pyramid if asking for SR credit for two separate pyramids.
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- Level 8 Men's Group / Mixed Group Dynamic:
  - Dynamic Skill 2D now has an "OR" Option. Top stands on Middle's shoulders. Top



performs a 0/4 straight jump to catch on basket/platform.

- Men's Group / Mixed Group General Rules:
  - Arch Handstand and Yogi Handstand positions may be used as alternatives to the flag handstand positions for the same difficulty value (Development levels only).
  - The +value for handstand work (hand to hand) that WG's receive will apply to MxG's with female middle+top working together (Development levels only).
  - Men's/Mixed Group levels 2-8. The third base may NOT assist in a catch or throw (other than basket/platform) unless specified in the skill description.
  - Level 9+ MxG can edit tariff sheets to correctly reflect difficulty values (hand to hand bonus) that are different from MG.

● **Incorrect tariff sheet penalty for level 7-8:**

- The penalty for using an element that is not on the tariff sheet for SR credit will be 0.3. This penalty is taken away if the coach pays the appeal fee. Incorrect tariff sheet penalty for elements performed out of order will still be 0.3 and will remain on the score even if it is appealed (the same as every other level).



### New Element Evaluations:

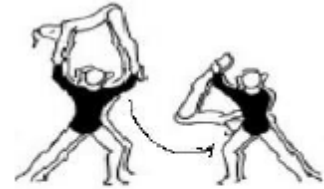
Dynamic catch position - bases grab top's wrists and ankles and go into a swing - same as start position on pg. 78 #53.



From any group start position



Front or back rotation, any amount of rotation



finish skill in swing catch position



The FIG ACRO TC accept this as a new finish position as a variant of . There is a -2 value because the catch is horizontal with 4 point of support (Added as a General rules on Pg 8)

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Mount - top goes from stand to cannonball swing, open in a dislocate motion, diamidov 360° or 720° to low or high handstand.



360° or 720°

FIG ACRO TC consider this as a variation of element A(disloc) on Pg 34 with additional value for (360° +4) and (720° +6)

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### Reminders:

- General Blocks:
  - Blocks competition requires a minimum of 2 execution scores.
- Blocks Transitions:
  - To claim a motion value, the athlete cannot change point of support during the motion or immediately preceding/following the motion. Motion values will only be given if the athlete begins with a 3" hold and finishes with a 3" hold on the same point of support. Both holds must be declared on the tariff sheet. The only exception is at the beginning of the blocks routine. At the start of the routine, the athlete may show a position (1" hold) and then motion to a 3" hold with the same point of support and will receive value for the motion where applicable.
- Blocks Handstand Positions:
  - Planche counts as a handstand position for special requirement and transition credit.
- Blocks Program Min/Max Difficulty Values:
  - Bronze
    - Maximum V10 (no change)
  - Silver
    - Maximum V25 (no change)
  - Gold
    - Maximum V45
  - Platinum
    - Maximum V65
  - Diamond
    - Minimum V75 (- 1.0 if below minimum)
    - No Maximum


(Blocks rules have been updated in the Excel Blocks Code of Points)

- Late Tariff Penalties:
  - New tariffs submitted 10 or more days before the start of competition = no penalty
  - New tariffs submitted less than 10 days before the start of competition = \$50.00 per club
  - New tariffs submitted less than 5 days before the start of competition = \$100.00 per tariff.
  - Revised tariffs submitted less than 3 days before the start of competition = \$100.00 per tariff.
- Level 8 Tariff Sheets:




- All elements should have IDs in the line under each box. Compulsory IDs are fine (ex: 2A, 3B, etc.) If choosing optional elements from the ToD, the ID from the ToD should be included.
- 3" should be included in the box next to the element if there is a 3" hold. (2" for static individual elements.)
- Dynamic skills should include the amount of rotation (ex. 1/4, 4/4) and direction of rotation (ex. front, back) in a box next to the element picture.
- Level 8 Balance:
  - Tuck position can be used on compulsory elements where indicated (or optional elements chosen from the compulsory table.) If choosing an optional element from the Tables of Difficulty, the element must be rated. Tuck is not a rated element, so it cannot be used in an optional element chosen from the ToD.



- L8WG Balance Skill 1C  Bases may support their lower back/hips (as pictured) or perform this skill without hands supporting (hands/arms on floor or in the air.) This is considered a stylistic variation.
- Balance restrictions (page 58-59 in Development Code of Points) apply to all levels **including level 8**. Dynamic restrictions (page 59-60 in Development Code of Points) apply to level 9+.
- Individual Element Execution Deductions (JO vs FIG):

- Individual elements level 2-8:
  - Individual elements performed in a series (with no choreography or pair/group elements between) may receive a maximum of -1.0 execution deduction for each series **per partner**.
  - Individual elements performed separately (with choreography or pair/group elements between) may receive a maximum of -1.0 execution deduction **per pair group**.
- Individual elements level 9-10 and all FIG levels:
  - Individual elements performed in a series (with no choreography or pair/group elements between) may receive a maximum of -1.0 execution deduction for each series **per partner**.
  - Individual elements performed separately (with choreography or pair/group elements between) may receive a maximum of -1.0 execution deduction **per partner**.



- Heelys:  073 (V3) can end in sitting position (as pictured) or with foot/feet on floor and hips raised. The difference in technique is optional.



- Round off level 9+
  - Round off must be declared on tariff sheet for level 9+ if performed in a series with other Individual Elements or at the same time as other partners perform individual element(s). A pair/group will only receive SR credit for the first three individual elements performed simultaneously or in immediate succession/" waterfall" with partners. A pair/group will not receive difficulty credit for individual elements that are performed but not declared on the tariff sheet. A pair/group will not receive difficulty credit for individual elements that are performed after they receive SR credit for three individual elements whether they are declared on the tariff sheet or not.
- Bonus System:
  - A mount cannot be added to the DV of a transition for the purpose of a transition bonus.
- Unsupported Landings:
  - No direct penalty/deduction for an unsupported landing at any Development or Elite level (11-16 still receives this penalty)
- Age groups at Nationals (USA Gym Champs) will be the same as the age groups used regionally. Any categories that have 16 or more pair/groups registered will be split in half (or as close to half as possible) by random draw. The age groups that will be used are listed below.

Levels	Age Group 1	Age Group 2	Age Group 3
<b>Levels 2-4</b>	8U	9-10	11+
<b>Level 5</b>	9U	10-11	12+
<b>Level 6</b>	10U	11-12	13+
<b>Level 7</b>	11U	12-13	14+
<b>Level 8</b>	12U	13-14	15+
<b>Level 9</b>	13U	14-15	16+
<b>Level 10</b>	14U	15-16	17+

- Restrictions for athletes competing in more than one pair/group:
  - 1 Level different in the SAME position but different category (WG vs WP) = OK
  - 1-2 Levels different in a DIFFERENT position (Top vs Middle/Base) = OK (even if the same category)
  - Petitions will not be accepted for an athlete competing in 2 pair/groups in the same category and position regardless of level.
- Individual Elements:
  - If an individual element is not performed simultaneously or in waterfall with partners There will be no special requirement or difficulty credit given for that individual element. If multiple individual elements are not performed simultaneously or in waterfall, none of those individual elements will count for difficulty or special requirement credit.





Andre Solodar  
National Development Committee Chair  
USA Gymnastics, Acrobatics Program

Dylan Maurer  
National Technical Committee Chair  
USA Gymnastics, Acrobatics Program