

Levels 2-8: If all required elements are not performed or given credit, an additional -1.0 SR penalty will be taken by DJ

Level 8

Pairs – Balance

Special Requirements:

- 6 elements total
- 4 comp. from table of elements (1 from each row)
- 2 opt. from comp. or ToD (box can't be repeated)

Restrictions:

- Max 6 pair/group elements –NO additional elements permitted
- Repeated top positions ARE restricted – 2 static/2motion

Level 8

Groups – Balance

Special Requirements:

- 3 pyramids total
 - 2 comp skills, different rows
 - 1 opt skill from comp. or TOD (>v1)
- (no repeat rows/categories)
- MG/MXG may repeat row/categories (not same box)
- An unsupported handstand must be performed by the top or middle

Restrictions

- Repeated top positions ARE restricted – 2 static/2motion

Level 8

Pairs/Groups – Dynamic

Special Requirements:

- 6 elements total w/ flight
- 4 comp. from table of elements (1 from each row)
- 2 opt. from comp. or TOD >v1 (box can't be repeated)

Restrictions:

- Max 6 pair/group elements

NOTES:

- Linking of dynamic element allowed
- Simple entries, motions, links can be used if they are value 5 or less.
- Tariff sheet penalties (Lvl 7/8):
 - 0.3 - out of order
 - 0.2 - wrong element declared

Level 8 Individual Elements

Optional elements		
		Dyn
Pairs		1<v<13
WG		1<v<13
MG		1<v<13

WP/WG coefficient does not apply

Balance/Dynamic

(Max 3.0 SR)

- 3 elements from chart on page 9 of CoP or from FIG ToD, (min v1).
- Partners must perform the 3 elements simultaneously
- Can choose from flex/bal/agility/tumbling. Partners can do different characteristics.

Pre Youth 11-16: Balance

Restriction (pairs & groups):

- No "or's" are allowed

Pairs – Balance

Special Requirements:

- 6 elements (max)
- 4 compulsory elements – one from each row
- 2 optional from Appendix 4 or TOD (must be 3" static holds)

Groups – Balance

Special Requirements:

- Min/Max. of 3 pyramids - 2 compulsory, only 1 from each row (performed separately, can't be joined)
- 1 optional fixed pyramid from Appendix 4 or TOD, which can be from the same category as the compulsory. (but not same box)

Individuals – Balance

(Max. 1.0 SR if they do none)

- 3 elements from Appx. 3 or TOD
- Must be performed at same time or in immediate succession (min v1/max v10)
- from flex/bal/agility characteristics (RO/cartwheel does not count)

Optional elements		
	Bal	Dyn
Pairs	1<v<9	1<v<14
WG	4<v<16	1<v<14
MG	4<v<16	1<v<10

Coefficient for WP/WG does not apply for 11-16

Pre Youth 11-16: Dynamic

Restrictions (pairs & groups):

- Only 2 compulsory dismounts allowed for difficulty, max. 3 total (1 optional)
- No "or's" are allowed.

Pairs – Dynamic

Special Requirements:

- 6 elements with flight
- 4 compulsory elements – one from each row
- 2 optional from Appendix 6 or ToD

Groups – Dynamic

Special Requirements:

- 6 elements w/flight
- 4 from comp. table, one each row
- 2 optional from Appendix 6 or ToD

Restrictions:

- WG - Row 1 – 360/540° cannot be optional element
- Max horizontal catches:
 - WG = 3
 - MG = 1 compulsory & 1 optional

Individuals – Dynamic

(Max. 1.0 SR if they do none)

- 3 tumbling elements from Appendix 3 or ToD
- Must be performed at same time or in immediate succession
- Min v1/Max v10

NOTES:

- Simple entries, motions, links can be used if they are value 5 or less.
- 0.3 DJ penalty - incorrect tariff sheet when wrong element declared.

Levels 9/10 & FIG Youth 12-18/13-19 & Seniors

Pairs – Balance

No “or’s” allowed

Special Requirements:

- Min. 5/Max. 8 elements $\geq V1$
- Unsupported handstand by the top

Restrictions:

- Top can repeat position 4 times – 2 during base motion/2 during static hold

• ≤ 3 elements in a series or immediate succession

- Base cannot repeat the same motion or mount in an exercise
- Base and top cannot change point of support during a motion
- If a top moves to a position of no value during a motion of the base, no value for anything
- No difficulty for motion if pair doesn’t claim difficulty for final position
- Top can change position only once during base motion
- Base MUST start motion before top moves in order to claim start value of top

Groups-Balance

No “or’s” allowed

Special Requirements:

- Min. 2/Max 4 separate pyramids of different categories (all constructed from floor)
- Min. 3- 3” static holds (max $8 > V1$)
- Unsupported handstand by the top in at least one pyramid

Restrictions:

- In 1 static OR a transitional pyramid w/max 3 base positions, difficulty can be given for max **four** 3” static holds except:

- Cat 2: 2 tops working – max **3** static holds

- Top can receive credit only 2 times for the same position in a static hold and two times for a transition
- WG Category 1: Only 1 transition allowed
- All pyramids from different categories
- Pyramid w/2 base positions of same box, only highest base difficulty given

Trans. Pyramids (box must change)

- Transitional pyramid=1 pyramid
- No one coming to floor
- 3” hold to 3” hold
- No trans. difficulty if top/base use additional/different point of support during a transition
- Top can be in position of NO value during transition. Top V=zero but transition V for the bases is given
- Base cannot go back to same box
- 1st base position determines cat.

Pairs/Groups-Dynamic

Special Requirements:

- Min. 6/Max. 8 elements $\geq V1$ with flight

- 2 catches

Restrictions:

- ALL partners must be actively involved in element (OK to assist landing)
- ≤ 4 landings on floor (dismounts/dyn)
- ≤ 4 elements in a series or immediate succession only 1 time
- ≤ 3 horizontal catch positions
- ≤ 3 links
- ≤ 3 identical start positions
- exception:
 - no restriction for platform as start position for groups
 - ≤ 4 identical start positions from half arm for pairs

Additional Restrictions MG:

- skill with partner change $\neq$ identical skill w/ no change
- ≤ 1 element working as 2 pairs
- ≤ 2 elements throwing 1 by other 3
- ≤ 1 element catching 1 by other 3
- ≤ 1 horizontal catch

Pairs/Groups – Combined

No “or’s” allowed in balance skills

Special Requirements:

- three 3” static holds
- 3 dynamic
- 1 catch
- Unsupported handstand by top
- max 8 elements

Restrictions:

- Difficulty value of balance elements may not exceed double of dynamic and vice versa
- All dyn/bal restrictions apply
- ≤ 3 landings (dismounts/dynamic)
- Pairs: ≤ 1 series of 4 elements (must be combination bal/dyn elements)

Individual Elements

(13-19 & Sr: No IE’s required)

L9/10: SR 1.0 EACH IE (Max 3.0)

12-18: SR 1.0 Max

Bal/Dyn/Comb

- 3 elements only – simultaneously or immediate succession
- Can be any combination

BAL	Min	Max	ALL
L9	35	45	65
L10	55	65	85
Youth 12-18	60	90	110
Junior 13-19	90	120	140
Senior	110		

DYN	Min	Max	ALL
L9	25	35	55
L10	45	55	75
Youth 12-18	50	80	100
Junior 13-19	80	110	130
Senior	100		

COM	Min	Max	ALL
Youth 12-18	80	110	130
Junior 13-19	110	180	200
Senior	130		

BONUS System:
Youth (12-18)/Junior (13-19) – Need max difficulty for bonus
Exception: Junior (13-19) combined: ≥ 165
Senior: no difficulty requirements needed