Levels 2-8: An additional -1.0 SR penalty will be taken by DJ when no attempt was made at a skill and ONLY once per routine

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 (elements 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:

•Three 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)
(elements can't be repeated)
•An unsupported handstand must be performed by the top or middle

Restrictions:

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

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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

Level 8 Dynamic Optional Elements	
Pairs	1<v<13
WG	1<v<13
MG	1<v<10
Coefficient for WP/WG does not apply	

Level 8 Individual Elements

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 at the same time or in 'waterfall'
•Can choose from flex/bal/agility/tumbling – partners can do different characteristics

NOTES:

•Linking of dynamic element allowed
•Simple entries, motions, links can be used if they are value ≤5
•Tariff sheet penalties (Lvl 7/8):
•-0.3 – out of order
•Incorrect tariff sheet (wrong element declared)
-Local Meet: -0.2 penalty
-Championships: $20 fine (no penalty)

Pre Youth: 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

Pre Youth 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 (RO/Cartwheel does not count)		

Pre Youth: 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 Appx. 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 value ≤5
•-0.3 DJ penalty – incorrect tariff when wrong element is declared

Levels 9/10
FIG Youth, Juniors & Seniors

Pairs – Balance

No "or's allowed

Special Requirements:

•Min. 5/Max. 8 elements ≥V1

•Unsupported handstand by the top

Restrictions:

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

•A top position asking for no value does not count as a repetition

•≤ 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

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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(max8>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 four 3" static holds except:

-Cat 2: 2tops 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

•A top position asking for no value does not count as a repetition

•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 basis is given

•Base cannot go back to the same box

•First base position determines category

Pairs/Groups-Dynamic

Special Requirements:

•Min. 6/Max. 8 elements ≥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 ≠ identical skill w/no change

•≤ 1 element working as 2 pairs

•≤ 2 elements throwing by other 3

•≤ 1 element catching 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 bal elements may not exceed double of dyn and vice versa

•All dyn/bal restrictions apply

•≤ 3 landings (dismounts/dyn)

•Pairs: ≤ 1 series of 4 elements (must be combination bal/dyn elements)

Individual Elements

(Jrs & Srs: No IE's required)

Youth: SR 1.0 Max

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

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	60	90	110
Junior	90	120	140
Senior	110		

DYN	Min	Max	ALL
L9	25	35	55
L10	45	55	75
Youth	50	80	100
Junior	80	110	130
Senior	100		

COM	Min	Max	ALL
Youth	80	110	130
Junior	110	180	200
Senior	130		