



## Acrobatic Gymnastics Technical Update #4 May 20th, 2026

(All information from previous technical updates included. All new information is highlighted in yellow.)

### Changes:

- **FIG CoP 21.3**
  - During construction of a pair or group balance element, before all partners are in place and before the top is in any position on the point of support (irrespective of whether or not the element of value is claimed for difficulty), a “slip” or fall in this climbing or building phase does not receive any time faults. The appropriate technical deductions are applied. The element may be repeated for difficulty credit.
- **CJP Penalties (All Levels)**
  - Coach Present on the Floor = -1.0 Each Time (**‘Each Time’ was added to match FIG penalties**)
  - Physical Assistance by the Coach = No Difficulty or SR Credit (**This rule was removed to match FIG penalties**)
- **DJ Penalties (Levels 2-8)**
  - A -1.0 Special Requirement Deduction for not completing all SRs will only be applied if NO attempt is made to execute the skill. Athletes must make an effort to complete the skill; if the skill is not completed, a -1.0 deduction will be given for the missing skill, along with any applicable deductions for short holds or execution errors. However, if any attempt was made to complete the skill, no additional -1.0 SR deduction will be applied. The goal of this SR deduction is to encourage athletes to fulfill all requirements, ensuring no partner skills or individual skills are left out.
- **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 3 Pair are allowed to perform pike with feet on bases knees in addition to the skill listed in the COP. Either skills are accepted and are classified as 5A.**

**5A**



- **Level 6**
  - Women’s Group 9A – Link Optional

- **Level 7**
  - Women's Group 4A + 4B – Link Optional
- **Xcel Blocks**
  - ~~g. A 1-second (1") hold is permitted on the first element of the routine (e.g., Straddle 1" then press to Handstand 3"). The 1" hold does not count as an element for special requirement or difficulty credit, just a method to get into the first static hold. There is no penalty for the 1" hold in this case. At no other time in the exercise can a pass through or 1" hold be performed.~~
  - g. Athletes are permitted to pass through transitional elements when transitioning to a skill that requires a 3-second hold. No time faults will be applied for holds lasting less than 3 seconds if the transitional element is not listed on the tariff sheet and is used solely to connect to a declared skill. **Elements not included on the tariff sheet will not receive difficulty value or special requirement credit.**
  - G. Scoring
    - a. Final score = Difficulty score + Execution score – Time Faults – Special Requirements
    - b. Difficulty is calculated based on the elements declared on the tariff sheets and what the athlete performs in the blocks routine.
      1. Performance of elements and motions declared on the tariff sheet is required for difficulty credit. If a different element is performed than what is declared on the tariff sheet, ~~it may fulfill special requirements, but~~ no difficulty value is awarded for that element.
      2. Difficulty score = Sum of skill and motion values (declared & performed) / 10
  - When an athlete performs skills in a sequence different from the order declared on the tariff sheet a -0.3 penalty is implemented for doing the skills out-of-order. *There is no incorrect tariff sheet penalty in the Xcel Blocks Program.*

## 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 **all USA judges prior to USA Gym Champs**. ~~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.72-59-54) can be performed with the following additional twist for additional value.
  - 1260° = +18
  - 1440° = +20

## **Clarifications:**

- Coach on the floor: -1.0 each time
  - **-1.0 for each element the coach is spotting on the floor (standing on the floor to potentially prevent a mistake).**
  - **A coach on the floor will affect the pair/groups artistry in partnership, performance, and may affect creativity.**
  - **All relevant execution deductions will apply to the athlete's performance of the skill.**
- Level 2-8 MG/MxG
  - For M4 and Mx4 in compulsory dynamic skills, if the skill does not require all partners to be involved in the skill, the "tourist" (non-participating base) is allowed to not to participate in the skill in order to receive credit. Any optional skill chosen for the FIG Table of Difficulty must follow FIG rule 22.6.
- 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".
- **Xcel Blocks**
  - **A FALL is defined as a loss of control resulting in coming down to the floor (-0.5 EX deduction). A touch to the floor or blocks will result in -0.3 EX deduction.**

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  - G. g. If a skill is attempted but not held for at least 1 second, it will receive the following penalty:
    - 1. -1.0 for **each** missing element, ~~additional -1.0 is NOT taken for skill requirement, and~~
    - 2. **Additional -1.0** if the skill **is** a special requirement **i.e. handstand requirement, and**
    - ~~3. -0.5 for a fall (if the athlete comes to the floor), and~~
    - 4. Applicable execution penalties, **including -0.5 if an athlete comes to the floor, and**
    - 5. NO -0.9 time fault is taken.
  - **The following age groups are recommended for all competitions. The Meet Director may adjust or subdivide age groups as needed based on registration numbers and competition requirements. Additional age groups may be added.**
    - i. Bronze Level: 3 age groups – 8 and under, 9-10 and 11 and over
    - ii. Silver Level: 3 age groups – 9 and under, 10-11 and 12 and over
    - iii. Gold Level: 3 age groups – 10 and under, 11-12 and 13 and over
    - iv. Platinum and Diamond Levels: 3 age groups – 11 and under, 12-13 and 14 and over

## **Reminders:**

### **General Reminders:**

- **Pair/Group Elements**
  - **As a general principle, judges should award difficulty credit if the performed skill is recognizable as the one declared on the tariff sheet. For example, if the description states the bases support the top at the hips or legs, variations such as holding the front, back, or around the waist are acceptable. Appropriate execution deductions should still be applied.**
- **Top/Middle/Base are interchangeable in Pair/Group elements**
  - Exception: Handstand Special Requirement at L9+ must be performed by the top.
- **Individual Elements**
  - Individual elements must be performed at the same time or in 'waterfall'. If elements are performed in a series (defined as individual elements performed one after another with no choreography or elements in between), each partner may start their series of individual elements at the same time or before the end of another partner's series. Change in direction, turning around, going to the floor, or standing up is NOT considered choreography and will NOT break the series.
  - **A cartwheel performed as a tumbling element must be preceded by motion.**
- **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 for

- girls/women. This element may be performed on the base's hands if needed.
- **Leotard Penalties**
  - Stones cannot be larger than 10mm. This penalty will not be enforced in the USA during the 2026 season. If you see stones that appear to be too large please ask the Meet Ref to let the coach/s know.

## 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 Scores

Level	Regional Qualifying Score	National Qualifying Score
<b>Xcel Blocks</b>	NA	NA
<b>Level 2-6</b>	NA	NA
<b>Level 7</b>	18.0	21.0
<b>Level 8</b>	39.0	42.0
<b>Level 9</b>	40.5	43.5
<b>Level 10</b>	43.0	46.0
<b>FIG 11-16</b>	45.5	46.5
<b>FIG 12-18</b>	70.5	72.0
<b>FIG 13-19</b>	71.5	73.5
<b>FIG Sr. Elite</b>	71.5	73.5

### 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

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

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

<b>Combined</b>	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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