

**ACROBATIC GYMNASTICS  
TECHNICAL UPDATE  
June, 2011**

Updates and corrections to Junior Olympic Code of Points will be effective immediately. Clarifications to and updates to the FIG Tables of Difficulty are effective immediately unless otherwise noted in *italics*.

Unless otherwise noted, page and section references are to the 2011 Junior Olympic Code Of Points for Acrobatic Gymnastics.

**UPDATES / CORRECTIONS TO J O Code of Points – Updates/Corrections are effective immediately.**

**1) General:**

- a) Skills Testing from Level 9 to 10 and from Level 10 to Elite:
  - i.) All skills testing must now begin with tumbling. In addition, the maximum deduction for individual elements (tumbling) is only -0.3 per partner. The maximum deduction remains -0.5 for pair/group skills. *NOTE: This is not a new policy but a reminder. This change went out in the Tech Update from March 26, 2010.*
- b) Page 25, 4, c Level 9 to 10 - Should read - **a combined score (execution and artistry) of 15.50 per routine. This would include balance and dynamic routines only.**
- c) Page 26, vi, 5. Level 10 to Elite - Should read - **They must earn a combined score (execution and artistry) of 16.00 per routine. This includes balance and dynamic routine only. Combined routine does not apply to level mobility.**
- d) Page 26, vi, 4 Level 10 to Elite - Should read - **Minimum difficulty value must be met for each routine: V90 Balance; V80 Dynamic. An allowance of an additional +V10 (V90) is accepted for the dynamic routine without penalty.**
- e) All level mobility paperwork must be sent within the stated deadlines to the appropriate Regional Administrative Committee Chairman and the National Junior Olympic Committee Chairman (Selena Peco). This would include the Level Mobility Report form A-5 and all supporting documentation. Once the paperwork is reviewed and approved by the NJOCC it will then be forwarded to the National Office by the NJOCC. The Meet Referee, testing Co-ordinator or Lead Evaluator will no longer be approving Level Mobility. Their signatures are to verify the event took place and that the paperwork that is submitted is valid. The NJOCC will be approving all Level Mobility. The RACC will be notified upon approval. Mailing address is: 108 Field St., Belle Chasse, La. 70037
- f) All questions regarding level mobility will be answered by the NJOCC (Selena Peco). [fliptastics@cox.net](mailto:fliptastics@cox.net)
- g) All diagrams for Level Mobility must be turned into the NJOCC by the appropriate deadlines for review prior to the Level Mobility event. This is in addition to the OTSM for competition qualification.

- h) ID legs together in a handstand as the normal value, plus +1. For example, in pairs, handstand on foot with the base in a backbend with one leg up is a value 16. If the handstand is done with legs together, it needs to be ID as a 16 plus +1 , not a 17.
- i) In pairs, they are required to have 6 elements, 4 rows and 2 options. If they miss a row, and then only have 5 skills, the deduction is -1.00. Taking - 2.0 would be double penalizing them.

## **2) Levels 8 Individual Elements:**

### **a) Effective 2010/2011 Season:**

- i) Change: There is not a maximum value for Category I or II Individual elements for Balance or Dynamic Routine. The maximum number of individual elements is six (6) for each routine.
- ii) If a pair/group is missing a Cat. 2 element in dynamic, that also happens to be the salto or their series. It would be -1.0 for missing a salto or series, and -1.0 for missing the 3rd cat 2 element.

## **3) Effective for the next selection event, Definition of “Proof of Readiness” for Club Meets:**

### **a) Target Scores:**

- i) 11-16 - 50.00 w/difficulty included, 2 routines
- ii) 12-19 – 70.00 w/difficulty included, 3 routines.
- iii) Senior Elite – 70.00 w/difficulty included, 3 routines.

### **b) Perform required number of pair/group elements**

### **c) Perform required number of individual elements including requirement of salto.**

## **4) Selection at Acro Cup:**

- a) 12-19 pair/groups may be selected from a Junior Elite routine for a Senior Elite or for an 11-16 competition.
- b) 12-19 pair/groups may be considered for a 11-16 or Senior Elite National Team slot if they meet age and there are available slots open.
- c) Senior Elite pair/groups may be selected from a Senior Elite routine for a 11-16 or 12-19 competition.
- d) Senior Elite pair/groups may be considered for a 11-16 or 12-19 National Team slot if they meet age and there are available slots open.

**5) Effective National Championships - 2011JONT Selection:**

- a) Rename Team – ***New Name will be “Acrobatic Gymnastics Developmental Team (AGDT) Team A & Team B”***
- b) The AGDT will consist of two teams, Team A and Team B.
- c) Selection will be made at the 2011 National Championships for the Acrobatic Gymnastics Development **Team B** for the 2011-2012 season.
- d) The selection for the AGDT Team B will be made only one time per year. There will be no additions or renaming the Team B mid season.
- e) Team B will be comprised of level 8, 9, and 10 pair/groups. This team is strictly a talent identification pipeline. They will receive training opportunities however, **they will not travel internationally.**
- f) The intention is that named pair/groups will remain together for the following season. If athletes quit or retire they will not receive warm-up. If athletes are in new partnerships, only existing members of the team selected will receive warm-up if attending the next scheduled training camp.
- g) AGDT Team A and Team B will receive the same warm-up at the next scheduled training camp following selection.
- h) Selection will be made at the 2012 Acro Cup Championships for the Acrobatic Gymnastics Development **Team A** for the 2012-2013 season.
- i) Team A will be comprised of our out of age 11-16, Junior Elite and Senior Elite pair/groups.
- j) These pair/groups will be allowed to attend during that current season **approved International Club Meets**. They must be the original partnerships named to the team in order to attend approved Club Meets.
- k) If there are any new pair/groups or if partnerships change after selections are made for the AGDT Team A, new partnerships must attend the next selection event to be considered for International Club Meets. There must be approved International Club Meets on the schedule and available spots must be open. Target scores must be met in order to attend Club Meets.

**6) Effective National Championships – JO Athlete Selection Committee will be comprised of:**

- a) NJOCC – the current person holding this position

- b) Program Committee Member – to be appointed by the PC.
- c) Coach – must have minimum 11-16 international experience or minimum level 9 competition experience at Nationals within the last 8 years. This position would be nominated by the Junior Olympic Committee to be approved by the PC. If nomination is not approved by the PC, nomination is returned to the JOC.
- d) Judge – must be Nationally rated or higher. May not serve as CJP or DJ during a selection event. May serve on a panel as an execution or artistry judge. This position would be nominated by the Junior Olympic Committee to be approved by the PC. If nomination is not approved by the PC, nomination is returned to the JOC.
- e) Meet Referee – one from of each panel where pair/groups are being selected at the selection event. These positions are appointed by the National Technical Committee Chairman for the event.

## QUESTIONS AND ANSWERS

**Q1: Is there value for the motion of the top in a 2:2 working on the head of the base?**

A1: It is considered the same chart as high 2:2. However, it can only be used in MP's.

**Q2: Saluting on and off are pictured in level 4 and seemingly included in the choreography (except for MXP). The rules state that you must salute before and after the routine. What do you want to do with this moving forward? Should we just require they salute at the side of the floor before getting into their beginning pose?**

A2: If they salute at least once either before or after on the side of the mat and/or once the music has begun or finished after the routine it is acceptable. It would seem to reason if we are being "extremely lenient" with compulsory choreography again this year & they forgot to salute once the music is on, it would be more like they just didn't do the choreography to the letter and would be ok.

**Q3: Level 5 - WG - ID - I3 - There is a 3" in this box. I think that's a mistake.**

A3: Correct.

**Q4: LV 5 WP, chasses, chasse, jump half turn: If there is a large pause between the second chasse (like, athlete chasses, stops, stands up straight, then jump half turn, so it's not "in tempo") do you take away credit?**

A4: LV5 WP: chasse, chasse, jump half turn – the jump half turn DOES NOT need to be performed "in tempo", and a pause – long or short – IS ALLOWED without loss of credit.

**Q5: WG handstands, catch and throw positions, can the bases support the top in the armpits?**

A5: LV 7 & up: handstand starts or catches by WGs: the bases may hold ANY PART of the tops arms as long as hands are not on the torso (neck, back, chest, etc) with one hand of each base. Armpits are allowed and are not considered shoulders. The other hand of each base must catch the top's hands. The wrists are not allowed.

**Q6: Catch in split on shoulders: is it no credit when the bases catch her in the split, they have hands on her arms AND legs.**

A6: Optional level WG skill: Any catch in a split or middle split on bases' shoulders: bases may catch top's arms and legs simultaneously or in succession and receive full difficulty credit.

**Q7: L8 - we had a L8 pair indicate they were doing a Row 1 skill that they missed when performing the routine. However, in the routine they successfully performed a different Row 1 skill (fuse up/pitch f2h) in which the coach had indicated as NV. Should they still receive the 1.0 special requirement deduction for not having a row 1 or can the NV skill fulfill this special requirement?**

A7: Correct, they cannot use an element they have listed as no value for SR

**Q8: L5 WG skill D2 - we're not agreeing in our region as to what is chest high and what isn't? If the bases are different height and one appears to lift quite a bit but the other appears below chest high do they receive credit? At what point it the skill not given credit versus execution deductions?**

A8: If the bases are of different heights and the top reaches at least one of the bases chest height, yes, they should receive credit and all execution faults would apply.

**Q9: L5 WP I1 - even though the description says left foot first on the chasse, does it really matter? Do we take the skill away if the "jump 180" is off of 1 foot coming off the chasse.**

A9: No, it does matter what foot they start the chasse with for credit as long as there are two chasses, one on each foot. The plie' jump needs to be off of two feet for it to be a plie' jump for credit. If it takes off of one foot at a time it is a leap and not the correct skill. This element must have the two chasses and the plie' jump 180 for credit.

**Q10: L5 WP I4 - from our judges clinic, we noted to not give difficulty credit if the legs are not together and straight... this is the case for all L5's on this skill correct?**

A10: No, there have been several clarifications to state the bridge can be feet together or apart for credit as long as the legs are straight. The degree of the bend of legs will determine credit and is a judgment call for the DJ/CPJ.

**Q11: L8 - do coaches need to write the values of compulsory skills, optional skills, and/or those receiving no value?**

A11: Yes they do. Except ones with no value, they are ID's as N/V.

**Q12: Is it still a requirement for 11-16 pair/groups to have previous level 9 competition experience?**

A12: No, that requirement was removed with the merging of 11-16 and Level 8 programs this year.

**Q13: Individual Element Level 6 knee spin. The picture shows starting on one knee and ending on two knees. We usually go by the wording but the only wording is knee spin. So can they end with one knee up?**

A13: Yes, they can finish on one or two knees but need to make a 360 spin. This question was asked before when you could receive credit for choreographic elements, since you may no longer receive credit for choreographic elements either way is acceptable.

**Q14: Level 6 women's pair calf mount:**

Scenario #1 - top lands on the shoulders of base with two feet, hold for 3".

A14: YES it receives credit and deductions taken if needed.

Scenario #2 - top lands on the shoulders of the base with one foot and second foot lands in immediate succession and hold for 3".

A14: YES it receives credit and deductions taken if needed.

Scenario #3 - top lands on the shoulders of the base with one foot and the second foot drags up the bases back, hold for 3".

A14: Yes, it receives credit & significant to major execution deductions.

In the instance where they pop up & one foot lands on the shoulder of base while the other foot is still touching the calf of the base, then no credit is given for the skill. This is now a climb up and not a dynamic element any longer.

If neither foot lands on the bases shoulders, no credit.

**Q15: Level 6 Individual element front limber. If they stop, pause, or rock do they receive credit??  
Or does it have to be one continuous movement?**

A15: If they pause after landing in the backbend it receives credit as long as when they actually start to stand up it is one continuous motion. Rocking is a little of a gray area, rocking or pushing shoulders forward one to two times then shifting weight to feet & immediately starting the stand up motion would receive credit. No credit for shifting or rocking more than one to two times.