




Acrobatic Gymnastics Technical Update #1 March 12, 2022

2022 Season:

- No Qualifying Scores
 - No qualifying scores for any level
 - Athletes must be registered and attend 2 local meets to attend State, State to attend Regionals, and Regionals to attend Nationals (Elites may choose to attend either State or Regionals)
 - If an athlete cannot attend one of the required competitions they may send in a petition (for Covid or other reasons)
- Skill Variation (Development Levels Only)

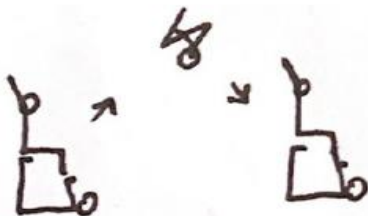
-  66-D-12 may be performed with the middle on the back foot ONLY (without support on the base's shoulder) This is not allowed in acro companion but will be allowed for the 2022 season as a variation (USA only). The value of the pyramid will be the same (V3).

New Element Evaluations:

From Nov 2019 Technical Update, the following skills are still valid for USA Gymnastics sanctioned competitions:

Nov-2019-1

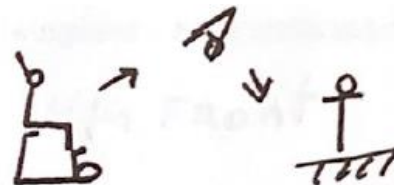
4/4 Front



Tuck - v6
Pike - v7
Layout - v8

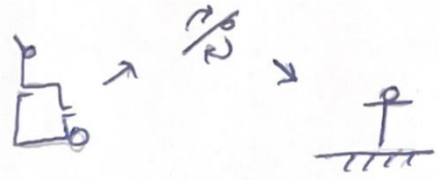
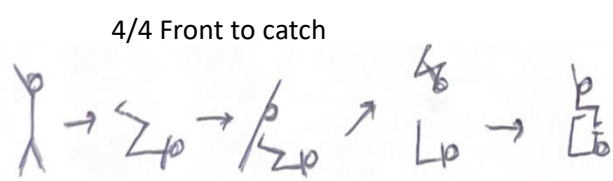
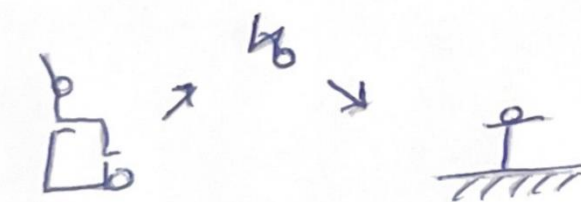
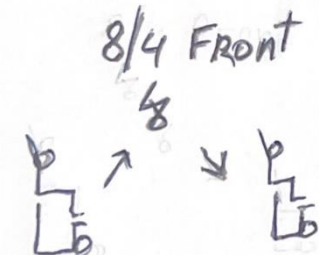
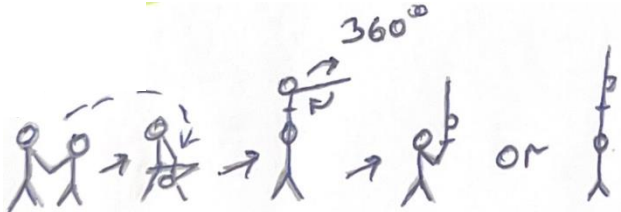
Nov-2019-2

4/4 Front to stand on floor



Tuck - v3
Pike - v4
Layout - v5


The following newly evaluated skills and their values may be used for USA Gymnastics sanctioned competitions only.

Feb-2022-1		<p>From sit position on bases feet and hands, boost 4/4 front salto to stand on floor.</p> <p>New Feb-2022, value for adding twist: 180° +v2 360° +v4 540° +v6</p>
Feb-2022-2	<p>4/4 Front to catch</p> 	<p>From stand on floor, base boosts with feet to 4/4 front salto to catch in seated position on feet & hands.</p> <p>Tuck – v6 Pike – v6 Layout – v6</p>
Feb-2022-3		<p>From sit position on base's feet and hands, boost 8/4 front salto to landing on the floor.</p> <p>Tuck – v17 Pike – v20</p>
Feb-2022-4	<p>8/4 Front</p> 	<p>From sit position on base's feet and hands, boost 8/4 front salto to catch in seated position on feet & hands.</p> <p>Tuck – v22 Pike – v24</p>
Feb-2022-5		<p>Mount from pike cannonball, opens opposite, diamidov to handstand.</p> <p>Low handstand – v28 High handstand – v34</p>

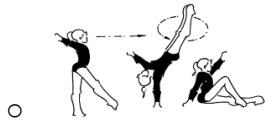
Reminders:

- 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.
- 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**.

- Heely:



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

Dylan Maurer
National Development Committee Chair
USA Gymnastics, Acrobatics Program

Holly King
National Technical Committee Chair
USA Gymnastics, Acrobatics Program