



USA GYMNASTICS®

**2019
Acrobatic Gymnastics Program
Rules and Policies**

APPENDIX

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PROCEDURES OF ATHLETE HEIGHT MEASUREMENT



GENERAL CONDITIONS

1. The process of height measurements will take place before competition. It may take place on a training day, prior to warm-ups, etc. The Meet Director is responsible to schedule time and publish this information to all participating clubs.
2. The Meet Referee (or designated representative) supervises the measurement process. One coach from the athlete's club should be present during measuring. The Meet Referee records all measurements and reports any height penalties to the coach and the CJP.
3. Athletes in a partnership are required to present for measurement at the same time. It is the coach's responsibility to ensure presentation of their athletes for measurement.
 - a. Athletes who have not presented for measurement will automatically receive the maximum height penalty (for the respective level).
 - b. For exceptional circumstances, the Meet Referee and Meet Director may schedule another time for measurement if a pair/group is unable to present for height measurement at the assigned time. It is the coach's responsibility to notify the Meet Referee and Meet Director prior to competition.
4. The coach has the right to request a re-measurement. This must be done immediately after the first measurement occurs. A coach may not file an appeal or request a re-measure of athletes from another club.
5. The Meet Referee has the right to request a re-measurement if there is question about size or there is doubt about the accuracy of the data provided. In this case, the request must be placed by the conclusion of the first exercise. Otherwise, the original measurement stands for the entire competition and can't be questioned anymore.
6. The Jury of Appeals should be present for all re-measurements, if possible. Re-measurement is taken as the best of the original and 2 additional measurements. No more than these 3 measurements will be allowed.
7. If an athlete obstructs the measurement being taken, after one warning the measurement process will stop and the Meet Referee will apply the maximum height penalty.

MEASURING PROCESS

1. When the partnership is clearly within the size toleration, no further measurement needs to be done. It is recorded that the athletes presented for measurement.
2. Athletes will be measured to the nearest millimeter.
3. All athletes in a partnership, bases, middles, and tops are measured.

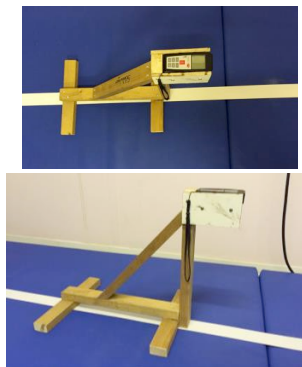
4. Athletes must be in bare feet, wearing a T-shirt and shorts, leotard, or competition attire. Hair should be such that measuring device can rest flat against the head and not otherwise hinder the measuring process.
5. Athletes must lie on the back, straight, on a line on the floor, in normal posture with feet together and knees pressed back (straight). The shoulders are relaxed.
6. The horizontal length from the feet (heels) to the top of the head is measured using an electronic laser measuring device for length.
7. The Meet Referee compares the heights of partners to determine if there is a penalty for height, per the JO and FIG Code of Points.
 - a. The difference between partners allowed is 30 cm (with a tolerance up to 30.9)
 - b. 31 cm up to 34.9 difference have the following deductions:
 - i. Senior Elite & JE 13-19 = 0.5
 - ii. Junior Elite 12-18 = 0.3
 - iii. AG 11-16 = 0.1
 - iv. Levels 5-10 = 0.2
 - c. 35 cm and more difference between partners have the following deductions:
 - i. Senior Elite & JE 13-19 = 1.0
 - ii. Junior Elite 12-18 = 0.5
 - iii. AG 11-16 = 0.3
 - iv. Levels 5-10 = 0.2
8. In application to groups, relative to the tallest partner, the difference to the next tallest partner will be measured according to the rules above. The same applies to the next one.



MEASURING TOOLS

The following tools are required for proper height measurements.

1. An electronic laser measuring device for length, which can accommodate centimeters and millimeters
2. End side of this device must be fixed against the vertical plate of a tripod (see examples below).



3. A 12" ruler is optional equipment that can help to quickly determine if athletes in a partnership are clearly within tolerance for height and do not need further measurement with the laser device.

PAIR/GROUP COMPETITION ENTRY FORM

ACROBATIC GYMNASTICS



Name of Meet: _____

Team Name: _____ Meet Date: _____

Head Coach: _____ Head Coach USAG Pro#: _____

Email: _____ Phone: _____

Additional Coaches attending competition (USAG Pro#): _____

| Athlete Names (First and Last Names) | USAG Athlete # | Date of Birth (mm/dd/yyyy) | Pair/ Group ID # | Level (5-10, 11-16, JE 12-18/ 13-19,Sr | Event (WP, MP, MXP, WG, MG) | Age Group |
|---|-------------------|-------------------------------|------------------------|--|---|--------------|
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| Athlete Names (First and Last Names) | USAG Athlete # | Date of Birth (mm/dd/yyyy) | Pair/ Group ID # | Level (5-10, 11-16, JE 12-18/ 13-19,Sr) | Event (WP, MP, MXP, WG, MG) | Age Group |
|---|-------------------|-------------------------------|------------------------|---|---|--------------|
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COMPETITION REPORT FORM ACROBATIC GYMNASTICS



A-3

Name of Competition: _____ Sanction #: _____

Competition Site: _____ Competition Date: _____

Host Club: _____ Region: _____

Meet Director: _____ USAG #: _____

Medical Personnel: _____

Participating Clubs: _____

Athlete Entry Fee: _____ Second Event Entry Fee: _____ Blocks Competition: YES NO

PARTICIPATING PAIR/GROUPS

| | 5 | 6 | 7 | 8 | 9 | 10 | 11-16 | 12-18 | 13-19 | Senior |
|----------------------|---|---|---|---|---|----|-------|-------|-------|--------|
| Women's Pair | | | | | | | | | | |
| Men's Pair | | | | | | | | | | |
| Mixed Pair | | | | | | | | | | |
| Women's Group | | | | | | | | | | |
| Men's Group | | | | | | | | | | |

NATIONAL OFFICE ATHLETE TAX

Total number of Athletes Competing: _____ (x) \$6 for Local competitions = \$ _____

(x) \$8 for State competitions = \$ _____

(x) \$10 for Regional competitions = \$ _____

Total number of Athletes Competing: _____ (x) \$5 for Xcel Blocks competitions = \$ _____

REGIONAL FUND ATHLETE TAX

Total number of Athletes Competing: _____ (x) \$ _____ for competition = \$ _____

**Note: Athletes participating in more than one event are counted only once when determining athlete head tax. Athlete participating in blocks competition only (no pair/group events) are not counted for head tax.*

I certify that this meet was conducted per the Acrobatic Gymnastics Rules & Policies. I understand that failure to return this form within 10 days of competition or any other violation of the rules may cause the sanction to be rescinded.

Signature of Meet Director: _____ Date: _____

Send this form with head tax fees enclosed to the Acrobatic Gymnastics Program Director (original) and the Regional Administrative Committee Chair (copy) within 10 days following the conclusion of the meet.

Postmark Date: _____ Date Received: _____ Initials: _____

MEET REFEREE REPORT FORM ACROBATIC GYMNASTICS



Name of Competition: _____ Date: _____

Host Club: _____ Region: _____

Location of Competition: _____ Meet Director: _____

Meet Referee: _____ USAG #: _____

Participating Clubs: _____

| PANEL 1 | | | | |
|-------------|------|--------|--------|---------------|
| Judge | Name | Rating | USAG # | Events Judged |
| CJP | | | | |
| DJ | | | | |
| Execution 1 | | | | |
| Execution 2 | | | | |
| Artistry 1 | | | | |
| Artistry 2 | | | | |

| PANEL 2 | | | | |
|-------------|------|--------|--------|---------------|
| Judge | Name | Rating | USAG # | Events Judged |
| CJP | | | | |
| DJ | | | | |
| Execution 1 | | | | |
| Execution 2 | | | | |
| Artistry 1 | | | | |
| Artistry 2 | | | | |

Additional competition/judging notes: _____

Signature of Meet Referee: _____ Date: _____

Send a copy of this form to the Regional Technical Committee Chair and the Regional Judges Coordinator within 10 days of the meet. Please include additional forms if needed.

Postmark Date: _____ Date Received: _____ Initials: _____

INTERNATIONAL COMPETITION REQUEST FORM

ACROBATIC GYMNASTICS



International competition opportunities are available to USA Gymnastics Acrobatic Program pair/groups currently competing or planning to compete on the international competition track within our competitive program. Eligibility requirements, as well as, detailed procedures are listed below.

Coaches **MUST** submit a written request to attend international competitions, using the attached form. Requests cannot be made by parents. Approval is not guaranteed. Requests are reviewed by the Acrobatics Program Committee and responses given in approximately two weeks. Requests must be made **BEFORE** event registrations or travel plans are made/confirmed.

We encourage coaches to work together to arrange trips with multiple pair/groups and clubs represented. Judges may also be required to attend international competitions with US pair/groups. Coaches, please work to make good choices regarding which pair/groups are ready for international competition.

International competitions available to club teams are those that are non-FIG sanctioned events. Please note that club teams may **NOT** attend any international competition that Team USA athletes are participating in. A full list of available competitions is kept up-to-date on <http://www.sportsacrobatics.info/calendar.htm>. Check back often as competitions are added throughout the year.

To be eligible to request permission to attend an international competition, each pair/group must meet the following criteria:

- Must currently be training or have competed on the International – Age Group 11-16, Junior Elite 12-18, Junior Elite 13-19, and/or Senior Elite (JO levels are not permitted).
- Pair/groups must meet the age requirements specified in the international competition directives/invitation for their respective level.
- All members of the pair/group must be citizens of the USA.

Benchmark Scores (sum of all exercises) - these scores will help coaches understand whether athletes are prepared to compete internationally.

- 11-16: 51.00
- 12-18: 76.50
- 13-19: 77.00
- Senior: 77.50

If athletes are in a new partnership, have not competed at the respective level yet, or for other circumstances, videos will be requested and should be submitted with the request form. The Program Committee reserves the right to request additional information as needed.

If a request is approved, pair/groups compete representing their club team. No USA or national team apparel can be worn.

INTERNATIONAL COMPETITION REQUEST FORM ACROBATIC GYMNASTICS



A-5

**Please use this form to submit a request to compete in an international competition, exhibition, training, etc. outside the USA. Please refer to Rules & Policies Section 8 for complete procedures and eligibility. One request form per pair/group. Attach international event directives, competition results, and videos (if necessary) of full routines for each exercise. Submit forms to Acrobatics Program Director, Ryan Ward at rward@usagym.org.*

International Event: _____ Date: _____ Location: _____

Club: _____ Coach: _____ USAG #: _____

Phone: _____ Email: _____

Coach attending int'l competition with pair/group: _____

Other clubs attending int'l competition: _____

| Pair/Group Information | | | | | |
|------------------------|--------|---------------|-----------------|-------|-------|
| Athlete Names | USAG # | Date of Birth | Pair/Group ID # | Event | Level |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

Scores from two recent competitions: Meet 1: _____ Meet 2: _____

Balance: _____ Balance: _____

Dynamic: _____ Dynamic: _____

Combined: _____ Combined: _____


Please list any previous international competition experience for the pair/group or individual partners: _____

EXECUTION JUDGING SLIPS

ACROBATIC GYMNASTICS

A-6

Execution



P/G #: _____

Rotation: _____

Panel: _____

Club: _____

Level: _____

Event: _____ Age Group: _____

Routine: Bal Dyn Comb


10.0

Execution Faults: _____

Execution Score: _____

Judge's Signature: _____

Execution



P/G #: _____

Rotation: _____

Panel: _____

Club: _____

Level: _____

Event: _____ Age Group: _____

Routine: Bal Dyn Comb


10.0

Execution Faults: _____

Execution Score: _____

Judge's Signature: _____

Execution



P/G #: _____

Rotation: _____

Panel: _____

Club: _____

Level: _____

Event: _____ Age Group: _____

Routine: Bal Dyn Comb


10.0

Execution Faults: _____

Execution Score: _____

Judge's Signature: _____

Execution



P/G #: _____

Rotation: _____

Panel: _____

Club: _____

Level: _____

Event: _____ Age Group: _____

Routine: Bal Dyn Comb

10.0


Execution Faults: _____

Execution Score: _____

Judge's Signature: _____


ARTISTRY JUDGING SLIPS

ACROBATIC GYMNASTICS

Artistry 
P/G #: _____ **USA GYMNASTICS.**
Rotation: _____
Panel: _____
Club: _____
Level: _____
Event: _____ **Age Group:** _____
Routine: Bal Dyn Comb


Artistry Score: _____

Judge's Signature:

Artistry 
P/G #: _____ **USA GYMNASTICS.**
Rotation: _____
Panel: _____
Club: _____
Level: _____
Event: _____ **Age Group:** _____
Routine: Bal Dyn Comb


Artistry Score: _____

Judge's Signature:

Artistry 
P/G #: _____ **USA GYMNASTICS.**
Rotation: _____
Panel: _____
Club: _____
Level: _____
Event: _____ **Age Group:** _____
Routine: Bal Dyn Comb

Artistry Score: _____


Judge's Signature:

Artistry 
P/G #: _____ **USA GYMNASTICS.**
Rotation: _____
Panel: _____
Club: _____
Level: _____
Event: _____ **Age Group:** _____
Routine: Bal Dyn Comb

Artistry Score: _____

Judge's Signature:

CJP JUDGING SLIPS ACROBATIC GYMNASTICS

CJP 

P/G #: _____

Rotation: _____

Panel: _____

Club: _____

Level: _____

Event: _____ Age Group: _____

Routine: Bal Dyn Comb


Execution Artistry

10.0

Faults: _____

Score: _____

Judge's Signature: _____

CJP 

P/G #: _____

Rotation: _____

Panel: _____

Club: _____

Level: _____

Event: _____ Age Group: _____

Routine: Bal Dyn Comb


Execution Artistry

10.0

Faults: _____

Score: _____

Judge's Signature: _____

CJP 

P/G #: _____

Rotation: _____

Panel: _____

Club: _____

Level: _____

Event: _____ Age Group: _____

Routine: Bal Dyn Comb


Execution Artistry

10.0

Faults: _____

Score: _____

Judge's Signature: _____

CJP 

P/G #: _____

Rotation: _____

Panel: _____

Club: _____

Level: _____

Event: _____ Age Group: _____

Routine: Bal Dyn Comb

Execution Artistry

10.0

Faults: _____

Score: _____

Judge's Signature: _____

DIFFICULTY SLIP – Levels 5, 6, 7, 8



A-9

USA GYMNASTICS.

| | |
|-----------|--------------------------------------|
| 1 | Credit: _____ Short (sec.): _____ |
| 2 | Credit: _____ Short (sec.): _____ |
| 3 | Credit: _____ Short (sec.): _____ |
| 4 | Credit: _____ Short (sec.): _____ |
| 5 | Credit: _____ Short (sec.): _____ |
| 6 | Credit: _____ Short (sec.): _____ |
| 7 | Credit: _____ Short (sec.): _____ |
| 8 | Credit: _____ Short (sec.): _____ |
| 9 | Credit: _____ Short (sec.): _____ |
| 10 | Credit: _____ Short (sec.): _____ |
| 11 | Credit: _____ Short (sec.): _____ |
| 12 | Credit: _____ Short (sec.): _____ |
| 13 | Credit: _____ Short (sec.): _____ |

P/G #: _____
 Rotation: _____
 Panel: _____
 Club: _____
 Level: _____
 Event: _____ Age Group: _____
 Routine: Bal Dyn Comb

CJP

Height Difference _____
 Late Tariff Sheet _____
 Restart _____
 Music Infraction _____
 Overtime _____
 Ending Before/After Music _____
 No Compulsory Choreography _____
 Line Violation _____
 Attire/Accessories _____
 Sportsmanship _____
 Failure to Present _____
 Coaching Infraction _____

DJ

Time Faults _____
 Special Requirements _____
 Forbidden Element _____
 Tariff Sheet Infraction _____
 Unsupported Landing _____

Details: _____

TOTAL CJP/DJ PENALTIES: _____

DJ Signature: _____

CJP Signature: _____

DIFFICULTY SCORE: _____



DIFFICULTY SLIP - Levels 9, 10, 11-16 & Elite

USA GYMNASTICS.

P/G #: _____ Rotation: _____ Panel: _____
 Club: _____ Level: _____ Age Group: _____
 Event: _____ Routine: Bal Dyn Comb _____

CJP

DJ

D-SCORE _____

Height Difference _____ Ending Before/After Music _____
 Late Tariff Sheet _____ Line Violation _____
 Restart _____ Attire/Accessories _____
 Music Infraction _____ Sportsmanship _____
 Overtime _____ Failure to Present _____
 Coaching Infraction _____

Time Faults _____
 Special Requirements _____
 Forbidden Element _____
 Tariff Sheet Infraction _____
 Unsupported Landing _____

DIFFICULTY VALUE _____

TOTAL CJP/DJ PENALTIES _____

Details: _____

| | | | | | | | | |
|--|--|--|--|--|--|--|--|--|
| 1 Credit: _____ Short (sec): _____ | 2 Credit: _____ Short (sec): _____ | 3 Credit: _____ Short (sec): _____ | 4 Credit: _____ Short (sec): _____ | 5 Credit: _____ Short (sec): _____ | 6 Credit: _____ Short (sec): _____ | 7 Credit: _____ Short (sec): _____ | 8 Credit: _____ Short (sec): _____ | 9 Credit: _____ Short (sec): _____ |
| 10 Credit: _____ Short (sec): _____ | 11 Credit: _____ Short (sec): _____ | 12 Credit: _____ Short (sec): _____ | 13 Credit: _____ Short (sec): _____ | 14 Credit: _____ Short (sec): _____ | 15 Credit: _____ Short (sec): _____ | 16 Credit: _____ Short (sec): _____ | 17 Credit: _____ Short (sec): _____ | 18 Credit: _____ Short (sec): _____ |
| 19 Credit: _____ Short (sec): _____ | 20 Credit: _____ Short (sec): _____ | 21 Credit: _____ Short (sec): _____ | 22 Credit: _____ Short (sec): _____ | 23 Credit: _____ Short (sec): _____ | Individual Elements | 1 Credit: _____ Short (sec): _____ | 2 Credit: _____ Short (sec): _____ | 3 Credit: _____ Short (sec): _____ |

DJ Signature: _____

CJP Signature: _____

APPEALS FORM ACROBATIC GYMNASTICS



Appeals must be filed within 5 minutes of the posting of the score and based on the difficulty score, special requirements, equipment failure, and/or mathematical error only. The Meet Referee may convene the Jury of Appeals to resolve this appeal. The consultation of the judging panel and video review may be used in the resolution process. All appeals are considered final upon decision of the Meet Referee/Jury of Appeals.

Appeal for: _____

P/G #: _____ Club: _____ Athlete Names: _____

Rotation: _____ Panel: _____

Level: _____ Age Group: _____

Event: _____ Routine: Bal Dyn Comb _____

Coach filing the Appeal: _____ Club: _____

Coach Signature: _____

Official Use: Time Received: _____ Fee Paid: \$20 (local,state) \$40 (regional,nat'l)

Coach's Appeal: _____

Meet Referee's Response: _____

Signature of Meet Referee: _____

Score Change: Change as follows: No Change

New Difficulty Value: _____

New D-Score: _____

Adjustment to CJP/DJ Penalties: _____

PETITION FORM ACROBATIC GYMNASTICS



Date: _____ Petitioning Event: _____

Directions:

1. The coach should complete this form. Refer to the petition rules and guidelines in the Acrobatic Gymnastics Rules & Policies.
2. Only petitions accompanied by the required documentation will be accepted.
3. Petitions must be postmarked within one week of the last qualifying competition.
4. Completed forms should be sent to:
 - a. For local, state, and regional events – send to the respective Regional Administrative Committee Chair.
 - b. For national-level events – send to the Acrobatic Gymnastics Program Director
132 E. Washington Street, Suite 700, Indianapolis, IN 46204
Fax: 317-237-5069
Email: rward@usagym.org

Athletes' Names: _____ USAG #: _____

Discipline: WP MP MXP WG MG Level: _____ Age Group: _____

Club: _____ Region: _____

Coach's Name: _____ USAG #: _____

Email: _____ Phone: _____

Reason for petition: (State reason for petition and describe. Attach additional text if necessary.)

Required Documentation:

1. Copy of results from a minimum of one sanctioned competition:

| | | |
|-------------|-------------|--------------|
| Meet: _____ | Date: _____ | Score: _____ |
| Meet: _____ | Date: _____ | Score: _____ |
2. Physician's written statement of injury or illness AND release to return to activity.
3. Other relevant documentation and/or video for the circumstance.

Coach's Signature: _____ Date: _____

| | | |
|----------------------|----------------------|-----------------|
| Postmark Date: _____ | Date Received: _____ | Initials: _____ |
|----------------------|----------------------|-----------------|

RESIDENT FOREIGN ATHLETE SAMPLE LETTER

A-13

[DATE]

Respective Gymnastics Federation
Address of Federation

VIA FACSIMILE: Fax Number

VIA EMAIL: Email Address

Attn: President

Dear President,

In accordance with Article 37.2.6 of the FIG Statutes, please accept this letter as a formal request for me to participate in club competitions in the United States.

I was born [DATE OF BIRTH], in [CITY AND/OR PROVINCE], but have lived in the United States since [YEAR] and have never represented [RESPECTIVE COUNTRY] in international competition.

Should I not hear from you within 14 days, I will assume that you have no objection to my participation in club competitions in the United States.

If you have any questions or concerns, please do not hesitate to contact me. Otherwise, I wish you well.

Sincerely,

NAME
ADDRESS
CONTACT NUMBER