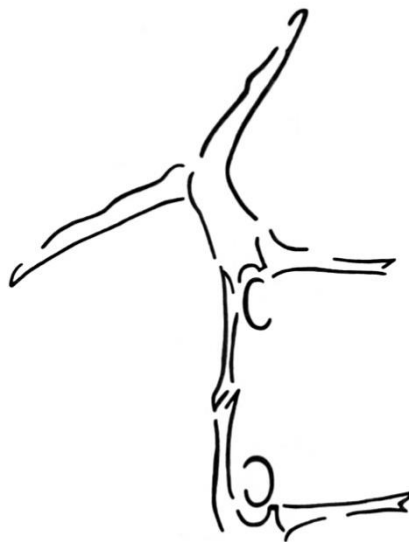




Gymnastics Ontario Level 5-7 Code of Points (modified USA Code of Points for competition in Ontario)



ACROBATIC GYMNASTICS

Level 5-7 Code of Points

2015-2016 Season

UPDATED November 2015

All additions to USA Code of Points are highlighted in Green

Some items in USA Code of Points that do not apply have been deleted

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ACKNOWLEDGEMENT OF SYSTEM DEVELOPMENT

*Gymnastics Ontario has adopted the USA Gymnastics Acro Pre-Team Handbook and Levels 5 through 7 of the USA Acrobatic Gymnastics Competitive system as a starting point for the development of competitive Acrobatic Gymnastics in Ontario. The Acrobatic Gymnastics Pre- Team program and Levels system are owned and were developed by the USA Gymnastics Federation and are the property of the USA Gymnastics Federation.

The following is an edited excerpt from USA Gymnastics Code of Points revised Sept. 2015. Changes that apply to competition in Ontario are highlighted in green, USA rules that do not apply for Ontario purposes are crossed out. Rules that apply only to USA Level 8 and above have mostly been deleted. The Gymnastics Ontario Level 5 Individual Routine has also been added.

The USA rules may be found at: https://usagym.org/PDFs/Acro/Rules/15_codeofpoints_092915.pdf

LEVELS 5-7

Levels 5-7 are compulsory levels. At each of these levels, athletes perform one combined exercise ~~or two exercises, balance and dynamic (level 8).~~

- Level 5 can be mastered by athletes with no previous exposure to competitive acrobatics. Exercises are compulsory and fully choreographed in the USA but music and choreography selection may be chosen by coaches and athletes in Ontario.
- Level 6 has compulsory skills, but music and choreography are chosen by the coach and athletes. Choreography is optional at Level 6.
- Levels 7 athletes choose different elements from balance, dynamic, and individual categories. These elements are choreographed into an exercise of the athletes' and coaches' choosing.

GENERAL INFORMATION

(This is an edited excerpt from USA Code of Points, changes from US Code are highlighted, statements concerning US levels 8 and above have been deleted)

GENERAL

At Levels 5-7, pairs and groups perform one combined exercise. The combined exercise contains elements of balance (static holds), dynamic elements (with flight), and individual elements (choreography and tumbling elements).

The maximum length of the exercise for level 5-7 is two minutes and forty-five seconds. Overtime exercises are penalized 0.1 per second up to 0.3 by the CJP.

Level 5 exercises have compulsory skills along with compulsory optional music. ~~Music is assigned to each event. There are three music selections to choose from: one for Women's Pair/Women's Group, one for Men's Pair/Men's Group and one for Mixed Pair.~~ Music may be chosen by coaches and athletes in Ontario within the general constraints of music selection. Voice may be used as an instrument. Only music that uses meaningless words is allowed. Music that contains words will be subject to a 0.5 deduction by the CJP. Level 5 and 6 athletes may use the set US choreography or may choose their own however the order that the elements are performed must be as is shown and is not optional.

Stylistic variations of compulsory elements are permitted as long as they do not change the character of the element. This leniency pertains mostly to handstands where legs may be together, split, straddled, staggered or double staggered but may not be in overarch, deep arch, reverse planche or yogi positions. On occasion, a specific leg position is required and must be performed (i.e. front attitude). In pair/group elements where a straddle position is required by the top, either a straddle, pike or tuck position may be performed. For levels 5-7, these top positions are interchangeable. In a pair/group element where an arch position is performed, a leg variation is allowed such as one leg may be bent at the knee. In level 5-7 elements, support for an arch is allowed anywhere from the top's waist / hips to the bum. Support is not allowed on the legs or thighs.

The compulsory elements and detailed exercise requirements and restrictions are listed on the following pages. Coaches training videos, providing demonstrations of skills and exercises for Levels 5-7, are available online at <http://www.usagym.org/pages/acro/video/>.

DIFFICULTY

The maximum possible difficulty is 10.0. The Difficulty Judge reduces the difficulty score by the value of any elements that is not credited. If the wrong skill is performed in an exercise, no difficulty or special requirement credit is given for the wrong element. Credit for the missed skill is removed. Time fault penalties will not apply for the missed element, but may apply to the skill that was performed.

If a pair/group element or individual element is spotted (physical assistance by a coach or third party not included in the pair or group) for any reason, it will not receive difficulty credit. Physical assistance will also receive an artistry deduction.

CJP and DJ deductions are taken from the difficulty score to determine the Adjusted Difficulty Score. These deductions are listed in ~~Sections 8.0 and 9.0~~ Appendix 1 and 2.

Required holds for pair balance elements and fixed pyramids for men's and women's groups in Levels 5-7 are three seconds. The penalty for short holds is 0.3 per second for all levels. If a pair/group static hold element is attempted but not completed or is held for less than one second, it is not credited and a penalty is taken by the Execution Judges of 0.5 for incompleteness of the element or 1.0 for a fall. Maximum time fault of 0.9 is taken by the DJ.

In pairs, some balance elements require motion of the base and in groups some elements are transitional, meaning there is motion by the base and/or middle. These elements require a three second hold in the finish position. The static hold is required prior to the motion for some compulsory skills at levels 5-7. Time hold requirements are noted with the drawings and descriptions of the elements. The penalty for a short hold in any part of the skill is 0.3 per second.

If the skill is attempted, but not completed a 0.3 time fault applies per second for short holds and/or incomplete portions through the entire skill up to a maximum deduction of 0.9. Examples of time faults for skills requiring a one-second hold followed by a three-second hold are listed below:

1. If a pair/group attempts the skill but does not complete it - holding no part of the skill - the maximum time fault is 0.9. The pair/group will lose the difficulty credit for the skill.
2. If the one-second hold is performed, but the three-second hold is not completed, a 0.9 time fault applies and the pair/group loses difficulty credit.
3. If the one-second hold is not completed, but one second of the three-second hold is performed, the time fault is 0.9. Difficulty is credited.
4. If the one-second hold is not completed, but three seconds of the next hold are done, the time fault is -0.3. Difficulty is credited.

For Levels 5-7, short hold penalties apply to pair and group balance elements only, not to individual elements. Balance individual elements are required to be held for two seconds, which is noted in the elements drawings. If one or more partners hold less than two seconds of the element, credit for the skill is lost, but no short hold penalties apply.

For Levels 5-7, the landing of ALL dynamic elements must be supported. This includes dismounts and dynamic elements such as back tuck over head. The deduction of -1.00 is taken if the landing is not supported by at least one base.

EXECUTION

The maximum execution score is 10.0. Deductions for execution errors are taken from the maximum score. Total execution deductions for all partners may not exceed the value of the element. Deductions for falls are in addition to this limitation and are taken by the execution judges. Execution deductions are listed in Appendix 3. ~~The execution deduction of Early Completion (-0.5) does not apply to Levels 5-8 pair/group or individual elements. Non-Completion of an element without a fall (-0.5) does not apply to Levels 5-8 individual elements.~~

ARTISTRY

The maximum artistry score is 10.0. Deductions for artistry errors are taken from the maximum score. Artistry deductions are listed in ~~Section 11.0~~ Appendix 4.

Artistry for Levels 5 & 6: Only a maximum of -1.00 from Partnership and only Symmetry & Manner would be applied. The -1.00 would be taken from the execution score. These two levels would only receive an Execution score and a Difficulty score.

FINAL SCORE

The final score is the sum of the adjusted difficulty score plus the average execution score plus the average artistry score.

Individual Elements for Level 6 – 8

Athletes must choose 1 flexibility, balance and tumbling individual from the choices given. Partners may do the same or choose elements but they must be done at the same time or in succession. Athletes may choose elements from a higher level than what they are competing but they may not choose elements from a lower level than what they are competing.

Level 6

Balance (Static) – Category 1 Element	Rear scale 2”	Straddle hold 2”	Headstand w/legs together 2”
Flexibility: - Category 1 Elements	Any split (hand placement optional)	Front limber	Bridge down from standing; legs together
Tumbling: - Category 2 Elements	Round off*	Round off* 1/2 turn	Round off* 1/2 turn cartwheel

(*round off must have immediate rebound)

Level 7

Balance (Static) – Category 1 Element	Y scale 2”	Straddle/Pike/Croc hold 2”	Elbow stand w/legs together hold 2”
Flexibility - Category 1 Elements	Front/Back walkover	Valdez	Healy
Tumbling - Category 2 Elements	Front Handspring	Round off Flic	Front handspring step out, round off (immediate rebound)

Level 8

Balance Routine Individuals:			
Balance – Category 1 Element	Handstand 360 pirouette	Straddle/Pike/Croc hold 2”	Elbow stand in arch (legs horizontal) 2”
Flexibility - Category 1 Elements	Front/Back Walkover to split	Valdez to Split	Healy
Agility - Category 1 Elements	Back Handspring - lunge//knee/split	Arial Cartwheel - lunge/knee/split	Front Handspring - knee/split
Dynamic Routine Individuals: Category 2 Elements	Tumbling Round off Flic Flic	Front Handspring, RO, Flic	RO, Flic, back tuck

Level 8 elements are included as athletes in levels 7 are permitted to choose from Level 7 and Level 8 skills


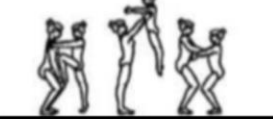

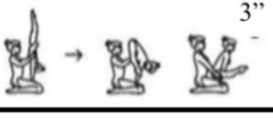

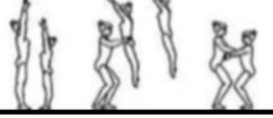
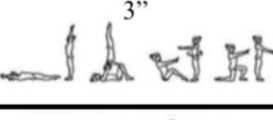

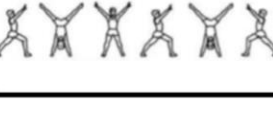


LEVEL 5 REQUIREMENTS

Level 5 is the first competitive level for the Acrobatic Gymnastics program.












Level Type	Compulsory
Number (Type) of Exercises	One (combined)
Music / Choreography	<p>Music selection is optional. Compulsory music is provided and must be used in the performance of the exercise. Four choices of music are provided for the following events: Women's Pair, Mixed Pair, Women's Group, Men's Pair/Men's Group. Music may be found at http://usagym.org/pages/acro/music/level4_comp.html</p> <ol style="list-style-type: none"> If the wrong music is used for the competitive event, no difficulty will be awarded. Manual fading of the music during competition is not allowed. A -1.0 penalty will be taken by the CJP for manually fading the music. At all levels, if a routine is performed without music for whatever reason, the deduction is -1.0. <p>Choreography may be either that shown online on the USA Gymnastics website or may be chosen by the pair/group however, the elements must be performed in order shown as written. Compulsory choreography is provided and must be performed in the exercise.</p> <p>The USA Choreography can be found at http://usagym.org/pages/acro/video/level4_compulsory.html</p> <ol style="list-style-type: none"> Any attempt at Level 5 choreography will receive credit. Saluting is part of the choreography at Level 5. Therefore if one or more partners forgot to salute there would not be a penalty at this level. If no attempt at choreography is made, a one time CJP deduction of -1.0 is applied.
Order of Elements	<ol style="list-style-type: none"> Must be performed in order as written. A deduction of .3 will be taken for elements performed out of order. Order of elements for each event is pictured and detailed in this section. Women's pair, Men's pair, Mixed pair, Women's Group, Men's Group
Maximum Length of Exercise	<ol style="list-style-type: none"> 2:45 minutes (there is a :02 tolerance) There is a .1 per second, max .3 CJP deduction for music overtime limit. There is a deduction of .3 if the exercise goes past the time the music ends.
Special Requirements:	<ol style="list-style-type: none"> The top must be supported by at least one of the base(s) in the landings of all dynamic skills. A special requirement penalty of 1.0 applies if the landing is not supported.
Restrictions:	<ol style="list-style-type: none"> No additional choreography, use of floor, pair/group or individual elements of value allowed. Additional steps between elements are permitted to accommodate for size difference between partners or to move into position for the next skill. The athletes should be moving directly from one skill into the next. A penalty deduction of 1.0 can only be taken one time in each exercise for additional choreography or elements. No linking between dynamic skills is permitted, unless specified in the skill description. A clear and controlled beginning and end must be performed otherwise credit for both skills will be lost.
Difficulty:	<ol style="list-style-type: none"> If all compulsory elements are successfully performed, the difficulty score of the exercise is 10.0. If a required element is not performed, the difficulty is reduced by the element value as stated in the exercise description. Pair/Group skills are worth 1.0 and individual elements are worth 0.4.
Special Conditions:	<ol style="list-style-type: none"> The only artistry evaluated for this level will be manner and symmetry as defined in the rules. Maximum allowed for artistry will be a 1.0. Artistry deductions will be taken from the execution score.

	<p>2. Level 5 exercises may be performed on a strip of tumbling mats if a suitable floor is not available.</p> <p>3. Level 5 MXP: Top can be boy and base can be girl.</p>
Individual Element Clarifications:	<p>1. Scales do not need to be horizontal for credit. If scales are below horizontal, technical/execution deductions would apply.</p> <p>2. You may take two steps with either hands or feet to get into the bridge position. After 2 movements, applicable deductions apply.</p> <p>3. Cartwheel series, the first cartwheel must finish sideways and second must finish in lunge.</p> <p>4. For levels 7 and below you can take up to .4 in deductions on individuals per partner. The total deductions for the element must not exceed 0.4, however, all of this may be taken from any single partner.</p>
Pair/Group Skill Clarifications	<p>1. WG D2 & D3: run jump tummy LINK to timer toss for log roll. Link is mandatory.</p> <p>2. Skills that require “minimal flight” – Minimal flight required for credit. Amplitude deductions may apply.</p> <p>3. “Crab” position before a straddle will incur a -.3 penalty for each occurrence. This position is defined as having both knees up at the same time or “hooking” the legs on the elbows.</p> <p>4. Timing for balance elements, including pair/group skills and individual elements should be counted the same. Coaches and judges should count “one thousand 1; one thousand 2; one thousand 3.”</p>

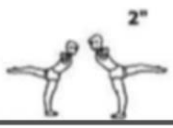
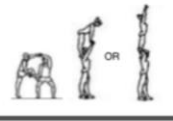







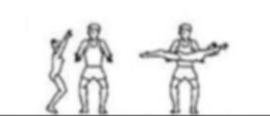

Level 5 Women's Pair

ID = I1 DV = .4		Both partners turn to face each other and do a rear scale, holding each others hands. Hold for 2"
ID = D1 DV = 1.0		Base creates a toe pitch position. Top puts hands on bases's shoulders and 1 foot in hands of base. Top jumps, straightening legs, while base lifts to perform a toe pitch straight jump. Base supports landing. Minimal flight required for credit.
ID = B1 DV = 1.0		Base kneels on both knees, sits back on heels, facing front. Top stands on one side of base and cartwheels or tucks up to supported handstand on base's knees (facing base). Hold for 3"
ID = B2 DV = 1.0		Top presses down to straddle supported on base's knees. Base supports top during motion and hold. Hold for 3" Alternative: Top may come down from handstand, then move to straddle or pike hold on base's knees. Hold for 3" (Support during hold maybe at top's waist or under the knees.)
ID = I2 DV = .4		Both partners lie down and press up to bridge with straight legs. Feet may be together or apart. Athletes must show control.
ID = D2 DV = 1.0		Partners stand and face each other. Base holds top at waist and boosts her straight up. Base supports landing. Minimal flight required for credit.
ID = B3 DV = 1.0		Base remains lying on floor and knees with feet on floor. Top stands, straddles base's torso, leans shoulders into base's hands and puts hands on base's knees. Top may jump or press to shoulder stand position (candlestick) - from floor or base's knees. Hold for 3"
ID = D3 DV = 1.0		Top steps to stand on base's raised knee (top may step from the back or from the side) and jumps for straight body dismount. Base stands as top jumps to support landing. Minimal flight required for credit.
ID = I3 DV = .4		Both partners perform two cartwheels. The first finishes sideways, the second finishes in lunge.
ID = D4 DV = 1.0		Base lies down. Top faces away and lies in backbrid position on base's raised feet, base supports top at hands or shoulders. Top does back pike over to stand. Base places feet on floor with knees bent.
ID = B4 DV = 1.0		Top leans over base's head to front support - hands on base's knees, legs supported by base. Hold for 3". Top tucks head and rolls forward. Both stand and salute.




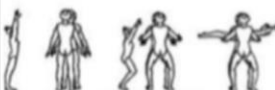






Level 5 Men's Pair

ID = I1 DV = .4		Both partners turn to face each other and do a Rear Scale. Hold for 2". Scales do not need to be vertical for credit.
ID = B1 DV = 1.0		Top climbs to shoulders of base and sits. Both release and hold arms straight out to the side. Hold for 3"
ID = B2 DV = 1.0		Base supports top's legs and assist top in climb down to stand on base's knees, facing the same way. Base supports top at waist while standing on knees. Hold position 3".
ID = I2 DV = .4		Both partners lie down and press up to bridge with straight legs. Feet may be together or apart. Athletes must show control.
ID = B2 DV = 1.0		Top runs toward base and using a two foot take-off, jumps into base's arms, landing on stomach.
ID = D2 DV = 1.0		Top lies down, with knees bent, head between base's feet. Base grips tops hands and lifts top to standing thru arch position.
ID = B3 DV = 1.0		Base lies down, bends knees with feet on the floor. Top straddle's bases torso, leans on shoulders into base's hands and puts hands on base's knees or thighs. Top may jump or press to candlestick position from the floor or base's knees. Hold for 3".
ID = I3 DV = .4		Both partners perform two cartwheels. The first finishes sideways, the second finishes in lunge.
ID = D3 DV = 1.0		Front forward boost straight jump. Minimal flight for boost required for credit.
ID = B4 DV = 1.0		Top must perform tuck on head and one arm of base. Hold position 3"
ID = D4 DV = 1.0		Toe pitch straight jump with supported landing. Minimal flight required for credit.


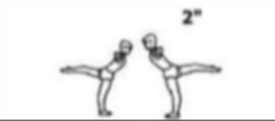







Level 5 Mixed Pair

ID = I1 DV = .4		Both partners turn to face each other and do a Rear Scale. Hold for 2". Scales do not need to be vertical for credit.
ID = B1 DV = 1.0		Top climbs to shoulders of base and stands. Top and base can remain holding hands with arms straight and top's legs straight or release with base supporting top's calves. Hold for 3"
ID = D1 DV = 1.0		Front forward boost straight jump LINK base picks top up to wrap. No flight required for wrap. Minimal flight for boost required for credit. Link is mandatory.
ID = I2 DV = .4		Both partners lie down and press up to bridge with straight legs. Feet may be together or apart. Athletes must show control.
ID = B2 DV = 1.0		Base kneels on both knees, sits back on heels, facing front. Top stands on one side of base and cartwheels or tucks up to supported handstand on base's knees (facing base). Hold for 3"
ID = B3 DV = 1.0		Top presses down to straddle supported on base's knees. Base supports top during motion and hold. Hold for 3"
ID = D2 DV = 1.0		Top lies down, with knees bent, head between base's feet. Base grips tops hands, top rolls into ball, as top rolls out base lifts top to standing thru arch position. No release required.
ID = B4 DV = 1.0		With base lying on floor, top takes hands and performs a tuck, pike, or straddle hold position on straight arms of base. Hold for 3"
ID = I5 DV = .4		Both partners perform two cartwheels. The first finishes sideways, the second finishes in lunge.
ID = D3 DV = 1.0		Top jumps from two feet to tummy on base's forearms. Top can run or stand. Minimal flight is required for credit.
ID = D4 DV = 1.0		Toe pitch straight jump with supported landing. Minimal flight required for credit.

Level 5 Women's Group

ID = D1 DV = 1.0		Bases stand on each side of top facing judges. All join hands and bases salute with outside arms. Bases and top for a double toe pitch position. Top jumps, straightening legs as bases lift to perform toe pitch straight jump. Bases support landing. Minimal flight required for credit.
ID = B1 DV = 1.0		Base in chair position. Top stands on base's thighs facing same way, with support of base. Middle is in handstand on the floor in front of partners. Top supports middle by ankles. Hold for 3"
ID = I1 DV = .4		Both partners perform two cartwheels. The first finishes sideways, the second finishes in lunge.
ID = D2 DV = 1.0		Middle and base face each other. Top turns, runs and jumps to forearm catch on her stomach, caught by middle and base. Minimal flight for credit. Immediate link required to D3.
ID = D3 DV = 1.0		Middle and base toss top straight up in air, top remains in prone position. They catch her on her stomach. Minimal flight required for credit.
ID = I2 DV = .4		ALL partners lie down and press up to bridge with straight legs. Feet may be together or apart. Athletes must show control.
ID = I3 DV = .4		All stand and join hands, each partner performs a back scale. Scales can be performed in a circle or line. Hold for 2". Scales do not need to be horizontal for credit.
ID = B2 DV = 1.0		Base lies down, knees bent, feet on floor. Top straddles base's torso, leans shoulders into base's hands, and places hands on base's knees. Top jumps or presses to shoulder stand (candlestick) position (from floor or base's knees). Middle stands at base's head, supporting top with one hand on top's foot, ankle, or leg. Hold for 3". Top leg position is optional. Middle can stand in lunge, legs apart straight, or feet together.
ID = D4 DV = 1.0		Bases in platform position, top stands on their "basket" hands. Bases bend their knees and return to standing, top's legs stay straight and arms up by their ears. Top steps or jumps off front supported by bases. No flight allowed.
ID = B3 DV = 1.0		Bases turn to be side by side, kneeling on one knee each. Top performs a straddle or pike on base's inside thighs. Base support top's leg in straddle hold. Hold for 3".

Level 5 Men's Group

ID = B1 DV = 1.0		<p>All walk on mat, standing shoulder to shoulder facing judges, salute with right arms. Base 1 lies on back, bending knees, feet on floor, arms extended up. Base 2 is in chair position behind base 1. Middle stands on thighs of base 2 with support from base 2, facing base 1. Top puts hands on base 1's knees, shoulders in hands and jumps or presses to shoulder stand (candlestick) position. Middle support's top's feet. Hold for 3"</p>
ID = I1 DV = .4		<p>Base 2 and middle turn to face each other and do a Rear Scale and Base 1 and top turn and face each other and do a Rear Scale. Hold for 2". Scales do not need to be vertical for credit.</p>
ID = D1 DV = 1.0		<p>Base 1, 2 and top form a double toe pitch position. Top jumps straightening legs and bases lift to perform toe pitch jump. Middle supports the top's landing. Minimal flight required for credit.</p>
ID = B2 DV = 1.0		<p>Base 1 lies on back legs straight to support Base 2 at small of back. Top does tuck hold on Base 1's straight arms. Base 2 grabs middle's waist lifts to knees as he bends to chair position, supported at small of back by Base 1. Hold for 3"</p>
ID = D2 DV = 1.0		<p>Top does 3/4 back pike salt from sit on platform to stand on floor. Base 1 supports landing.</p>
ID = I2 DV = .4		<p>All form a line facing the same direction. Lie down and press up to bridges with straight legs. Feet may be together or apart. Athletes must show control.</p>
ID = B3 DV = 1.0		<p>Base 1 & 2 go to knees. Middle jumps or is assisted by Top up to shoulders of base 1 & 2. Top assisted by Base 1 & 2 stands on Base 1 & 2's knees. Middle holding hands or shoulders of top. Hold for 3".</p>
ID = I3 DV = .4		<p>Both partners perform two cartwheels. The first finishes sideways, the second finishes in lunge.</p>
ID = D3 DV = 1.0		<p>Base 1,2, & Middle form a 3-man platform (Middle should be at front). Top climbs to stand on platform. Bases throw for back 1/4 layout to catch on back by Base 1 & 2. Top can have straight legs or bend and jump. Minimal flight required for credit.</p>

Level 5 Individual Routine

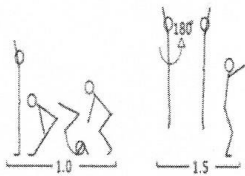
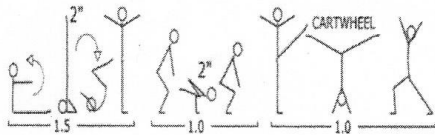
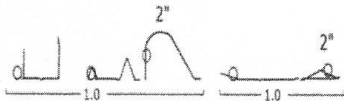
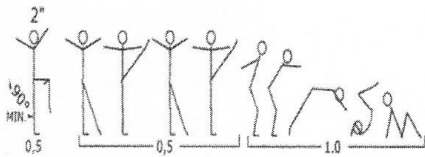
Execution: 10 points

Maximum deduction per skill 0.5
 0 deduction for perfect
 0.1 -0.2 deduction for small error
 0.3-0.4 deduction for error
 0.5 deduction for major error

Degree of Difficulty: 10 points

0.5 if out of order
 0.5 if coach instructs athlete on order of skills
 0.3 for a time fault if the skill is only held for 1 second
 degree of difficult for the skill not given if
 forgot the skill or did not complete the skill
 (e.g. cannot perform the handstand)

GIRLS and BOYS



Total Ex Score

Total DD Score

Total Overall score

**Execution
Deduction**

**DD
Deductions**

1 Stork Stand

Value: 0.5

2 High Kicks:

Value: 0.5

3 Front roll to tuck sit

Value: 1.0

4 Lie press up to bridge

hold 2 seconds

Value: 1.0

5 Lie to pike stretch

Value: 1.0

**6 Roll back to candle
stick roll to stand**

Value: 1.5

7 Elbow handstand

hold 2 seconds

Value: 1.0

8 Cartwheel to lunge

Value: 1.0

9 Back roll tucked

Value: 1.0

10 Straight jump

180 turn

Value: 1.5

11 Optional Skill

Not to be scored

Total deductions

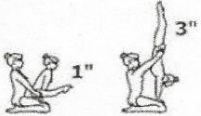



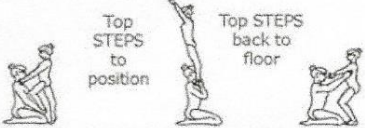
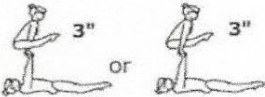

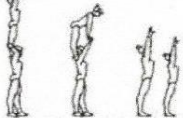
LEVEL 6 REQUIREMENTS

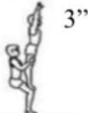

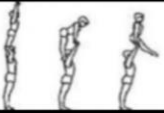




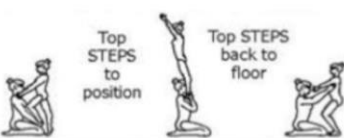
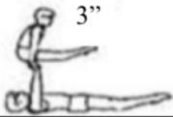

Level 6 is the second of the compulsory levels in the Acrobatic Gymnastics program.

Level Type:	Compulsory skills with choreography of athletes' and coaches' choice (choreography is not required)
Number (Type) of Exercises:	One (combined)
Music:	The exercise must be performed to music. Music selection is of the coaches' and athletes' choice.
Order of Elements:	1. Must be performed in order as written. 2. A deduction of .3 will be taken for elements performed out of order.
Maximum Length of Exercise:	1. 2:45 minutes (there is a :02 tolerance) 2. There is a .1 per second, max.3 CJP deduction for music over time limit 3. A deduction of .3 will be taken, if the exercise goes past the music. 4. At all levels, if a routine is performed without music for whatever reason, the deduction is 1.0.
Special Requirements:	1. The top must be supported in the landings of all dynamic skills by at least one the base(s). 2. A special requirement penalty of 1.0 applies if the landing is not supported.
Restrictions:	1. No additional pair/group elements of value allowed. 2. Additional individual elements may be added; however, all execution deductions will apply. 3. If any pair/group element of value is introduced <u>the penalty is a deduction of 1.0. Deduction can only be taken one time for each exercise.</u> 4. No linking between dynamic skills is permitted, unless specified in the skill description. A clear and controlled beginning and end must be performed otherwise credit for both skills will be lost.
Difficulty:	1. If all compulsory elements are successfully performed, the difficulty score of the exercise is 10.0. 2. If a required element is not performed, the difficulty is reduced by the element value as stated in the exercise description. 3. Pair/Group skills are worth 1.0 and individual elements are worth 0.4.
Special Conditions:	1. The only artistry evaluated for this level will be manner and symmetry as defined in the rules. Maximum allowed for artistry will be a 1.0. Artistry deductions will be taken from the execution score. 2. Level 6 exercises may be performed on a strip of tumbling mats if a suitable floor is not available.
Individual Element Clarifications:	1. Individual elements may be chosen from the choices provided for levels 6, 7 or 8. You may not select elements from the FIG Tables of Difficulty. 2. Scales do not need to be horizontal for credit. If scales are below horizontal, execution deductions would apply. 4. A 180* split in walkovers is not required and should not be taken as a technical deduction. 5. For levels 7 and below you can take up to .4 in deductions on individuals per partner. <u>The total deductions for the element must not exceed 0.4, however, all of this may be taken from any single partner.</u>

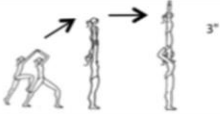
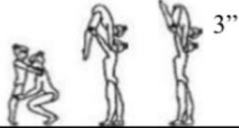








<p>Pair/Group Skill Clarifications</p>	<ol style="list-style-type: none"> 1. “Crab” position before a straddle will incur a -.3 penalty for each occurrence. This position is defined as having both knees up at the same time or “hooking” the legs on the elbows. 2. Skills that require “minimal flight” – this is for credit. Execution deductions for amplitude still apply on these types of skills. 3. Timing for balance elements, including pair/group skills and individual elements should be counted the same. Coaches and judges should count “one thousand 1; one thousand 2; one thousand 3.” 4. WG D2: the skill must be lifted to chest height of at least one of the bases for credit. 5. WP D2: No flight required or allowed. The top must step down. If the top chooses to “jump” down they must be holding both hands of the base. With no release of the hands there would be no flight. You may dismount any way, but it cannot include flight. For example if you jump down with two feet together that is ok as long as you are holding hands. 6. WG B2: The middle is allowed to be in any position as long as they are standing and supporting the foot/leg of the top. 7. WG D4: run jump tummy LINK to either 180* or 360* log roll. Link is mandatory. 8. WP D3: run jump tummy replaced by run boost straight jump LINK pick up to wrap. No flight required for wrap. Boost requires minimal flight. 9. Please note: On all dynamic elements the tops have the option to bend or not bend their knees going into skills. The technique is left up to the coaches.
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Level 6 Women's Pair



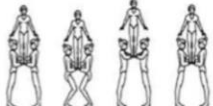

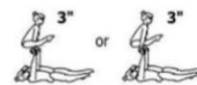
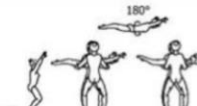

ID = I1 <i>Diff=.4</i>	Athletes perform an individual tumbling pass chosen from the individual element selection sheet under category 2 tumbling elements. Athletes may choose from level 6, 7, or 8 for their requirement.	
ID = B1 <i>Diff=1.0</i>		Base kneels on both knees and supports top who is in straddle support on bases knees. Hold straddle 1". Top presses to handstand on knees. Base supports top in press and handstand. Hold handstand 3". Top may start element from sit on base's knees (legs straight) and push up to straddle support for hold.
ID = D1 <i>Diff=1.0</i>		Base creates toe pitch position. Top puts hands on base's shoulder and puts foot in hands of base. Top jumps up, straightening both legs while bases lifts hands for a toe pitch straight jump. Base supports landing. Minimal flight required.
ID = B2 <i>Diff=1.0</i>		Top places hands on base's shoulders. Base bends to hold top's knees or legs with extended arms. Top jumps to a tuck position, supporting her weight on base's shoulders. Base supports top's knees or legs with extended arms. Hold position for 3".
ID = B3 <i>Diff=1.0</i>		Base in lunge position, top does handstand on knee supported by both hands of the base. Top's legs are in a position of choice (together, straddle, stag, etc). Top may get into the handstand any way they choose. Hold handstand for 3".
ID = D2 <i>Diff=1.0</i>		Base sits on knees. Top climbs to reverse foot to hand grip and then steps down to the floor. No hold required. Top may not JUMP to the floor, unless holding both of bases hands. No flight required or allowed.
ID = I2 <i>Diff=.4</i>	Both partners perform flexibility element chosen from the individual selection sheet under category 1 flexibility elements. Athletes may choose from level 6, 7, or 8 for their requirement.	
ID = B4 <i>Diff=1.0</i>		With base lying on the floor, top takes hands of base and performs a tuck, pike, or straddle position on straight arms of base for 3".
ID = D3 <i>Diff=1.0</i>		Front forward boost, to straight jump LINK base picks top up to front wrap. No flight required for wrap. Boost requires minimal flight. Link is mandatory.
ID = I3 <i>Diff=.4</i>	Both partners perform a static (balance) element chosen from the the individual selection sheet under category 1 static elements. Athletes may choose from level 6, 7, or 8 for their requirement.	
ID = D4 <i>Diff=1.0</i>		Top climbs to shoulders of base, facing the same way. Base supports on the calves of the top as they stand. Top takes hands of base and jumps to ground, landing in front of base.

Level 6 Men's Pair		
ID = I1 DV = .4	Each partners performs an individual element from the Tumbling - Category 2 elements. Athletes may choose from level 6, 7, or 8 Tumbling - Category 2 elements. (See page 7 of J.O. COP) At Level 6 athletes may not choose from the FIG TOD.	
ID = B1 DV = 1.0		Base in squatted position, top standing on base's thighs. Base supports top on thighs or waist. Hold for 3".
ID = B2 DV = 1.0		Base grabs top's hands to assist top thru in locate to shoulder stand. Top body position can be in tuck or pike. Hold for 3"
ID = D1 DV = 1.0		Top takes hands of base and jumps to ground, landing in front of base. Landing must be supported by base.
ID = D2 DV = 1.0		Top in tuck position laying on back, base grabs top's hands, lifts and swings 2x to 1/4 front salto dismount. Base supports landing. Top's body position variations allowed. Minimal flight required for credit.
ID = B3 DV = 1.0		Base lies on back, top in croc/elbow lever with one hand on base's knee and the other in base's hand. Hold for 3"
ID = I2 DV = .4	Each partner performs a individual element chosen from the Flexibility - Category 1 elements. Athletes may choose from level 6, 7, or 8 Flexibility - Category 1 elements. (See page 7 of J.O. COP) At Level 6 athletes may not choose from the FIG TOD.	
ID = D3 DV = 1.0		Toe pitch to straddle jump. Top lands on floor. Base supports landing. Minimal flight required for credit.
ID = B4 DV = 1.0		Top must perform pike or straddle with support on head and one arm of base. Hold for 3"
ID = I3 DV = .4	Each partner performs a individual element chosen from the Balance (Static) - Category 1 elements. Athletes may choose from level 6, 7, or 8 Flexibility - Category 1 elements. (See page 7 of J.O. COP) At Level 6 athletes may not choose from the FIG TOD.	
ID = D4 DV = 1.0		Base sits on knees. Top climbs to reverse foot to hand grip and then steps down to the floor. No hold is required. Top may not JUMP to the floor, unless holding the hands of the base. No flight required or allowed. Base hands must be under top's heels for support in order to receive credit.
ID = B5 DV = 1.0		Base lying on the floor, top takes hands and performs a tuck, pike, or straddle position on base's straight arms. Hold for 3"
ID = D5 DV = 1.0		Top runs toward base and using two foot take off, jumps into base's arms, landing on stomach. Show control. Base then tosses top in a 180* twist to his back. Minimal flight required for credit. Not to be linked.

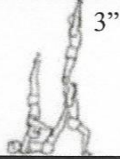



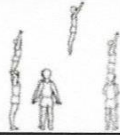
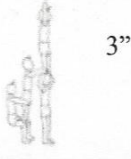
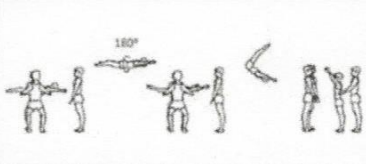
Level 6 Mixed Pair

ID = I1 DV = .4	Each partners performs an individual element from the Tumbling - Category 2 elements. Athletes may choose from level 6, 7, or 8 Tumbling - Category 2 elements. (See page 7 of J.O. COP) At Level 6 athletes may not choose from the FIG TOD.	
ID = B1 DV = 1.0		Calf mount to standing on base's shoulders. Hold for 3".
ID = B2 DV = 1.0		Top places hands on base's shoulders. Base bends to hold top's knees or legs with extended arms. Top jumps into a tuck position, supporting her weight on base's shoulders. Base supports top's knees or legs with extended arms. Hold for 3"
ID = D1 DV = 1.0		Top runs toward base and using two foot take off, jumps into base's arms, landing on stomach. Show control. Base then tosses top in a 180* twist to his back. Minimal flight required for credit. Not to be linked.
ID = D2 DV = 1.0		Top in tuck position laying on back, base grabs top's hands, lifts and swings 2x to 1/4 front salto dismount. Base supports landing. Top's body position variations allowed. Minimal flight required for credit. No release.
ID = I2 DV = .4	Each partner performs a individual element chosen from the Flexibility - Category 1 elements. Athletes may choose from level 6, 7, or 8 Flexibility - Category 1 elements. (See page 7 of J.O. COP) At Level 6 athletes may not choose from the FIG TOD.	
ID - D3 DV = 1.0		Toe pitch to straddle jump. Top lands on floor. Base supports landing. Minimal flight required for credit.
ID - B3 DV = 1.0		Base in lunge, top in straddle support on base's knee. Hold for 1". Top presses to handstand as base assists. Hold for 3". For credit, straddle hold and beginning of press must be performed from support position not sit.
ID = B4 DV = 1.0		Base in lunge, top from handstand presses to arch handstand. Hold for 3". Base can support tops hips, waist, or lower back. No credit is given if base support is on buttocks or legs.
ID = I3 DV = .4	Each partner performs a individual element chosen from the Balance (Static) - Category 1 elements. Athletes may choose from level 6, 7, or 8 Flexibility - Category 1 elements. (See page 7 of J.O. COP) At Level 6 athletes may not choose from the FIG TOD.	
ID = D4 DV = 1.0		Front forward boost to catch in wrap position. Top can run, step, or stand in advance of the boost.
ID = B5 DV = 1.0		Base lying on the floor, top takes hands and performs pike or straddle position on base's straight arms. Hold for 3"
ID = D5 DV = 1.0		Top in regular grip or reverse foot to hand on bent arms of base. Straight jump dismount to floor. Base supports landing. Minimal flight required for credit.

Level 6 Women's Group

ID = D1 <i>Diff=1.0</i>		Bases and top form double toe pitch position. Top jumps up, straightening both legs while bases lift with hands for a toe pitch straight jump. Bases support landing. Minimal flight required. Top's hands at the start are optional.
ID = B1 <i>Diff=1.0</i>		Partners form 1/2 column with top standing on base's shoulders holding middle's hands, arms or shoulders. Hold position for 3". Middle steps down. Either base takes top's hands and assists her to dismount.
ID = D2 <i>Diff=1.0</i>		Bases form platform position and top climbs to stand on platform. Bases lift top to chest height in tempo timer with no flight. Top must be raised to chest height of at least one base with base's legs straight to receive credit. Must show control. No linking with next skill.
ID = D3 <i>Diff=1.0</i>		In platform position, bases toss top to 1/4 back layout salto to cradle catch. Top may choose to bend their knees and jump or keep legs straight on the toss.
ID = I1 <i>Diff=.4</i>	All partners perform flexibility element chosen from the individual selection sheet under category 1 flexibility elements. Athletes may choose from level 6, 7, or 8 for their requirement.	
ID = B2 <i>Diff=1.0</i>		Bases lie on their backs shoulder to shoulder. Top performs double supported tuck, pike or straddle on straight arms of bases. Hold for 3".
ID = I2 <i>Diff=.4</i>	Athletes perform a static (balance) element chosen from the the individual selection sheet under category 1 static elements. Athletes may choose from level 6, 7, or 8 for their requirement.	
ID = I3 <i>Diff=.4</i>	Athletes perform an individual tumbling pass chosen from the individual element selection sheet under category 2 tumbling elements. Athletes may choose from level 6, 7 or 8 for their requirement.	
ID = D4 <i>Diff=1.0</i>		Top runs toward bases and jumps with 2 feet to catch on stomach. Bases then toss the top in 180 or 360 twist to catch on back. Link is mandatory. Minimal Flight Required.
ID = B3 <i>Diff=1.0</i>		Bases kneel on one knee side by side. Bases support top who does straddle support on their thighs. Hold position for 1". Top then presses to handstand with assistance of one or both bases during the press and/or the handstand. Hold handstand for 3". Top leg position is optional.

Level 6 Men's Group

ID = I1 DV = .4	Each partners performs an individual element from the Tumbling - Category 2 elements. Athletes may choose from level 6, 7, or 8 Tumbling - Category 2 elements. (See page 7 of J.O. COP) At Level 6 athletes may not choose from the FIG TOD.	
ID = B1 DV = 1.0		Base 1 lies on back with legs straight at 45* angle. Top performs shoulder (candlestick) with shoulder's in base's hands (base's arms straight) or top can perform tuck, pike or straddle on base's straight arms. Middle stands on shoulders of Base 2, supported at calves by Base 2. Bases 2 leans against Base 1's raised feet in chair position. Hold for 3"
ID = D2 DV = 1.0		From 3-man basket, Middle serving as front, facing top. Bases perform timer lift back to platform. Basket must be at chin level or above to receive credit. No link required.
ID = D3 DV = 1.0		From 3-man platform position, bases toss Top to 0/4 straight jump. Base 1 & 2 support landing. Minimal flight required for credit.
ID = I2 DV = .4	Each partner performs a individual element chosen from the Flexibility - Category 1 elements. Athletes may choose from level 6, 7, or 8 Flexibility - Category 1 elements. (See page 7 of J.O. COP) At Level 6 athletes may not choose from the FIG TOD.	
ID = B2 DV = 1.0		Base 1 & 2 stand side by side in lunges. Middle stands on their knees with support from both hands of each base. Top climbs to sit on shoulders of middle with support by middle on top's legs. Hold for 3".
ID = D4 DV = 1.0		Top in shoulder stand on Middle. Toss to Base 1 & 2 in basket platform. Minimal flight required for credit.
ID = I3 DV = .4	Each partner performs a individual element chosen from the Balance (Static) - Category 1 elements. Athletes may choose from level 6, 7, or 8 Flexibility - Category 1 elements. (See page 7 of J.O. COP) At Level 6 athletes may not choose from the FIG TOD.	
ID = B3 DV = 1.0		Middle steps up to Base 2's knees with support from Base 2. Top performs shoulder stand on Base 1 with support from Base 1 at calves and additional support from Middle. Hold for 3"
ID - D5 DV = 1.0		From forearm hold on stomach, Base 2 & Middle toss top 180* lateral twist to forearm catch on back, followed by a 3/4 back pike salto to the floor. Base 1 supports landing of Top. Minimal flight required. Link is not mandatory.

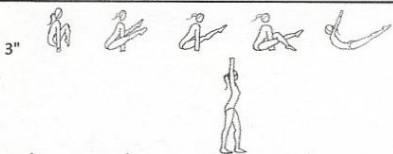

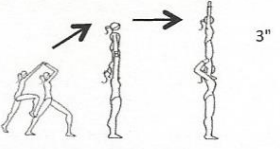
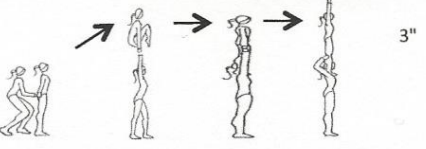
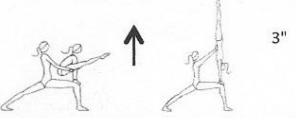
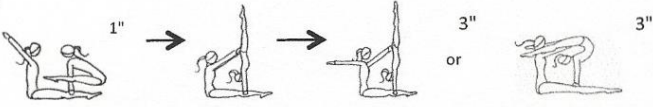

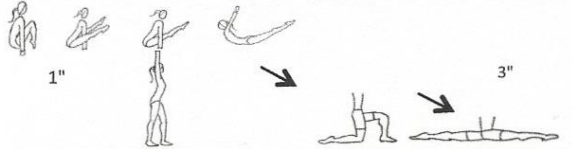
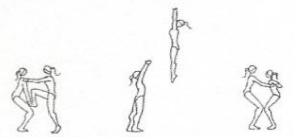
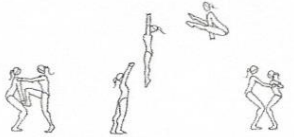
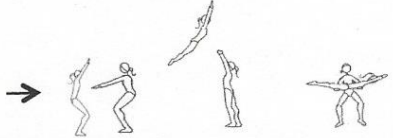
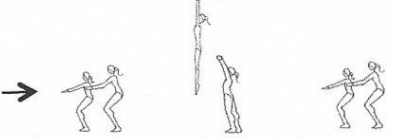
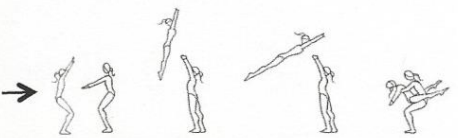
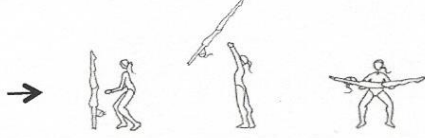
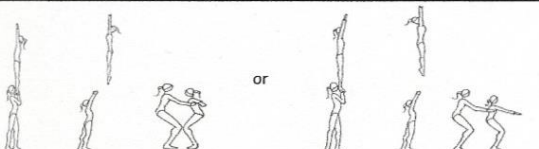
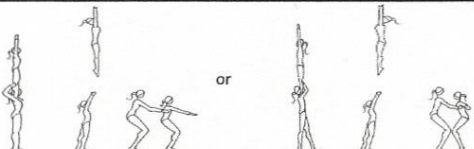
LEVEL 7 REQUIREMENTS

Level 7 continues the progression of compulsory levels and allows element selection and choreography of the athletes' and coaches' choice. Select one element per row, either side A or B.

Level Type:	Compulsory skills, with choice of elements. Choreography of athletes' and coaches' choice.
Number (Type) of Exercises:	One (combined)
Music:	The exercise must be performed to music. Music selection is of the coaches' and athletes' choice.
Order of Elements:	Optional – elements may be done in any order. A deduction of .3 will be taken for elements performed out of order from what was declared on tariff sheet.
Maximum Length of Exercise:	1. 2:45 minutes (there is a :02 tolerance) 2. There is a .1 per second, max .3 CJP deduction for music overtime limit. 3. There is a deduction of .3 if the exercise goes past the music. 4. At all levels, if a routine is performed without music for whatever reason, the deduction is 1.0.
Special Requirements:	1. The top must be supported in the landings of all dynamic skills by at least one of the base(s). A special requirement penalty of 1.0 applies if the landing is not supported.
Restrictions	1. No additional pair/group elements of value are permitted in the exercise. The penalty for additional elements is a 1.0 deduction to be taken no more than one time in each exercise. 2. Additional individual elements may be added; however, all execution deductions will apply. 3. Linking between dynamic skills is permitted.
Difficulty	1. Level 7 exercises are comprised of seven to eight required elements, depending on the event. Pair exercises are comprised of four balance elements, four dynamic elements, and three individual elements. Women's group and Men's group has three balance pyramids, four dynamic elements, and three individual elements. 2. Pair/groups select one skill from each row in the compulsory tables. The skills in columns A & B have the same value and either may be chosen. If all required elements are performed successfully, the exercise has a difficulty score of 10.0. Pair/group skills are worth 1.00. Individual skills are worth 0.4.
Individual Element Clarifications:	1. Individual elements must be chosen from the choices provided for level 7 or 8. You may not select elements from the FIG Tables of Difficulty. 2. A 180* split in walkovers is not required and should not be taken as a technical deduction. 3. For levels 7 and below you can take up to .4 in deductions on individuals per partner. The total deductions for the element must not exceed 0.4, however, all of this may be taken from any single partner. 4. Be aware that choreographic lifts, rolls and jumps do incur technical penalties if errors occur.

<p>Pair/Group Skill Clarifications</p>	<ol style="list-style-type: none"> 1. “Crab” position before a straddle will incur a -.3 penalty for each occurrence. This position is defined as having both knees up at the same time or “hooking” the legs on the elbows. 2. Timing for balance elements, including pair/group skills and individual elements should be counted the same. Coaches and judges should count “one thousand 1; one thousand 2; one thousand 3.” 5. LV 7 calf mount, 3” hold: the following landings are acceptable for credit, top landing with two feet, top lands one foot at a time in immediate succession, top lands on one foot and 2nd foot drags up the bases back. No credit for the following: one foot lands on bases shoulders while 2nd foot is still touching calf of the bases, or if neither foot lands on the bases shoulders. 6. On all dynamic elements, tops may or may not bend. This is considered technique. There must be flight for credit, but the technique used to achieve that flight is optional. 7. For WG Skill 7B, the top may jump straight up or enter the skill from an angle, but it must be one continuous movement. 8. Handstands may be performed with any leg position as long as it does not change the overall characteristic of the element. 9. WG 5A: added option of 3/4 front in tuck or pike from basket. 10. MXP 8A: added option of catch in cradle or wrap. 11. WP 3B/ 11. MXP 3A & 3B: Top may start straddle facing base or facing away. 12. Please note: On all dynamic elements the tops have the option to bend or not bend their knees going into skills. The technique is left up to the coaches.
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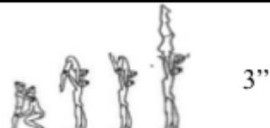


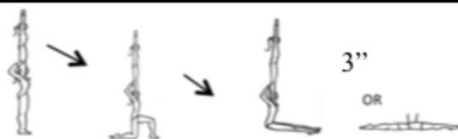

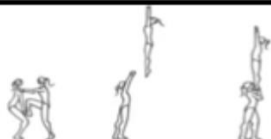
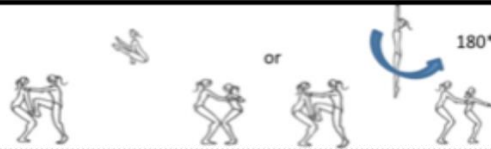




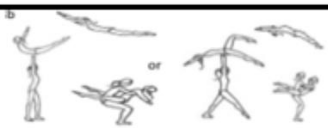

Level 7 Women's Pair

<p>1a  3"</p> <p>Top in tuck, straddle, pike, or front bird on straight arms of Base (3")</p>	<p>1b  3"</p> <p>Top in 2:1 arch handstand on thigh of base in lunge (3") Base may support top at hips, waist, lower back and/or buttocks. No credit if support is on top's legs.</p>
<p>2a  3"</p> <p>Calf mount to stand on base's shoulders (3")</p>	<p>2b  3"</p> <p>Inlocate lift to stand on shoulders of base (3")</p>
<p>3a  1" 3"</p> <p>Base in lunge, top in straddle support on base's knee (1"), top presses to handstand as base assists (3") For credit, straddle hold and beginning of press must be performed from support position, not sit. Point of support by base on top is optional</p>	<p>3b  1" 3" or 3"</p> <p>Top in unsupported straddle on straight legs of base (1"); Top press to handstand with assistance of base. In handstand, base either supports top with 1 hand (3") Or top motions to arch handstand with assistance and support of base. (3")</p>
<p>4a  1" 3"</p> <p>Top in tuck support on shoulders of base (1"). Base goes to one knee (3"). Point of support by base on the top is optional.</p>	<p>4b  1" 3"</p> <p>Top in tuck, straddle, pike, or front bird on straight arms of base (1"). Base goes to one knee or to split (3")</p>
<p>5a  3"</p> <p>Toe pitch 0/4 (straight jump) top lands on floor. Base supports the landing.</p>	<p>5b  3"</p> <p>Toe pitch to straddle jump. Top lands on the floor. Base supports the landing.</p>
<p>6a  3"</p> <p>From front boost, 1/4 front layout salto to forearm catch on stomach</p>	<p>6b  3"</p> <p>Top does round off flic or round off. Base boosts top in a straight jump. Base supports landing.</p>
<p>7a  3"</p> <p>Front forward boost to catch in wrap position. Top can run, step or stand in advance of the boost</p>	<p>7b  3"</p> <p>From front handspring boost 1/4 front layout salto to forearm catch on back</p>
<p>8a  3"</p> <p>Top in regular or reverse foot to hand on bent arms of base; straight jump dismount to floor. Base supports landing.</p>	<p>8b  3"</p> <p>Top stands on base's shoulders facing either direction. Top straight jump dismounts to floor. Base supports landing.</p>

Level 7 Men's Pair

<p>1a</p> <p>Top puts hands on base's knees with base supporting the shoulders. Prep upside down straddle as shown. Top ankles must be in front of the hands and power presses to wrists for credit. Then top power presses to handstand (3'').</p>	<p>1b</p> <p>Base on hands and one knee, other leg extended (variations may apply). opT performs straddle or croc (3'') on base's upper back between shoulder blades. Not on neck.</p>
<p>2a</p> <p>Calf mount to stand on base's shoulders (3'').</p>	<p>2b</p> <p>Inlocate lift to stand on shoulder (3'').</p>
<p>3a</p> <p>Tuck, straddle or pike position on straight arm, supported feet, or head and 1 arm of base (3''). Tops hips must pass wrists to receive credit.</p>	<p>3b</p> <p>Base lies on back, Top in elbow lever with one hand on knee and the other hand on base's hand (3'').</p>
<p>4a</p> <p>Top on shoulders of base (1''), pass thru one knee to sit (3'') or split (3'').</p>	<p>4b</p> <p>Tuck or pike on base's head (1''). Base goes to one knee (3''). Or Straddle on base's hands (1''). Base goes to one knee (3'').</p>
<p>5a</p> <p>Top in reverse on bent arms of base, straight jump dismount to floor. Base supports landing</p>	<p>5b</p> <p>Top in regular on bent arms of base, straight jump dismount to floor. Base supports landing</p>
<p>6a</p> <p>Top in regular or reverse foot to hand on bent arms of base, straight jump timer to straight arms of base without release, returning to bent arm position.</p>	<p>6b</p> <p>Top in regular or reverse foot to hand on bent arms of base, straight jump timer with release, minimal flight required, returning to bent arm position of base.</p>
<p>7a</p> <p>Top in tuck position laying on back, base grabs top's hands, lifts and swings 2X to 1/4 front layout salto dismount. Base supports landing. Body Position variations allowed. Minimal flight required.</p>	<p>7b</p> <p>Top runs and jumps to forearm catch on stomach by base. aseB then tosses top in 180° twist to catch on back. Link allowed.</p>
<p>8a</p> <p>Toe pitch straddle or straight with 180° to supported landing on floor.</p>	<p>8b</p> <p>Toe pitch 0/4 to regular foot to hand grip.</p>

Level 7 Mixed Pair

<p>1A 3''</p>  <p>Top power presses off shoulders of base to hand to hand on bent arms. Hold for 3''.</p>	<p>1B 3''</p>  <p>Top on straight arms of base in front bird or back bird position. Hold for 3''.</p>
<p>2A 3''</p>  <p>Toe pitch to reverse low foot to hand. Hold for 3''</p>	<p>2B 3''</p>  <p>Tuck (camel) thru to reverse handstand on shoulder's of base. Top's feet must be together for credit. Hold for 3''</p>
<p>3A 3''</p>  <p>Top performs pike, or straddle on base's hands. Hold for 3''.</p>	<p>3B 3''</p>  <p>Inlocate lift to stand on base's shoulders. Hold for 3''</p>
<p>4A 1'' 3''</p>  <p>Top on shoulder's of base or reverse foot to hand, hold 1''; Base passes thru one knee to sit or split. Hold for 3''.</p>	<p>4B 1'' 3''</p>  <p>Top in front bird, back bird, straddle or pike on straight arms of base. Base motions to one knee then motions to split. Hold for 3''</p>
<p>5A</p>  <p>Top pitch 0/4 to regular foot to hand in low arms. Or climb up to foot to hand low arms.</p>	<p>5B 180°</p>  <p>Toe pitch straddle jump or straight jump with 180* turn landing on floor. Base supports landing.</p>
<p>6A OR</p>  <p>From reverse foot to hand 4/4 front tuck to ground or from regular foot to hand 4/4 back tuck to ground. Base supports landing.</p>	<p>6B OR</p>  <p>Regular or reverse foot to hand 0/4 pitch to ground.</p>
<p>7A OR</p>  <p>Round off 1/4 punch boost to back bird or toe pitch front bird.</p>	<p>7B 180°</p>  <p>Top runs and jumps to 180* turn to forearm catch by base, top on back. Base then pitches top 3/4 tuck or pike to floor. Base supports landing. No link required.</p>
<p>8A</p>  <p>From front bird or back bird, 2/4 pitch to wrap position.</p>	<p>8B</p>  <p>Top starting from standing or round-off jumps back to base. Base grabs top's hands and swings and lifts top 1X to 1/4 front salto dismount. Base supports landing. Body position variations allowed. Minimal flight required for credit.</p>

Level 7 women's Group

<p>1a</p> <div style="text-align: center;"> <p>1" Straddle hold on hands of base for 1" Middle helps top press to handstand and hold for 3" w/ support</p> </div>	<p>1b</p> <div style="text-align: center;"> <p>3" Handstand on hands (may get into the handstand any way) Hold for 3"</p> </div>
<p>2a</p> <div style="text-align: center;"> <p>3" OR 3" Column skill with top standing on shoulders holding the hands of the middle for 3" OR supported tuck on hands for 3"</p> </div>	<p>2b</p> <div style="text-align: center;"> <p>3" Table on Table position; Top can hold tuck, pike, straddle, croc or handstand for 3" on thighs (top may face either direction)</p> </div>
<p>3a</p> <div style="text-align: center;"> <p>3" OR 3" Middle options: Lunge with top standing on shoulders w/ hands free OR tuck on hands Middle in straddle, croc or handstand on either front or back support 3"</p> </div>	<p>3b</p> <div style="text-align: center;"> <p>3" 3" Base laying down with hips up; top and middle can be in tuck, pike, straddle, croc or handstand</p> </div>
<p>4a</p> <div style="text-align: center;"> <p>LINK 360° twist Toe pitch or basket 1/4 back layout to catch LINK to 360 lateral</p> </div>	<p>4b</p> <div style="text-align: center;"> <p>LINK 360° twist Toe pitch or basket 1/4 front layout to catch LINK to 360 lateral</p> </div>
<p>5a</p> <div style="text-align: center;"> <p>OR OR OR OR OR OR Forward or backward straight/ tuck jump OR 3/4 front tuck/pike dismount from basket</p> </div>	<p>5b</p> <div style="text-align: center;"> <p>OR or OR OR OR OR OR OR OR 3/4 back salto dismount in tuck or pike OR 1/4 front salto dismount with 180 twist</p> </div>
<p>6a</p> <div style="text-align: center;"> <p>OR OR OR OR OR Basket to basket timer on in either straight or tuck position</p> </div>	<p>6b</p> <div style="text-align: center;"> <p>3" 3" 3" Supported handstand timer lift back to handstand; hands must reach chest height and show control on the ending handstand</p> </div>
<p>7a</p> <div style="text-align: center;"> <p>3" 3" Supported toe pitch (middle boosts from behind) straight jump to floor</p> </div>	<p>7b</p> <div style="text-align: center;"> <p>3" 3" Run boost 1/4 front layout to catch</p> </div>

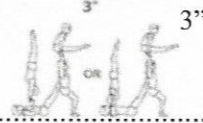
Level 7 Men's Group

1A



Top performs shoulder (candlestick) with shoulder's in base's hands (base's arms straight) or top can perform tuck, pike or straddle on base's straight arms. Middle performs tuck or pike hold on straight arms of Base 2. Bases 2 leans against Base 1's raised feet in chair position. Hold for 3"

1B



Top in regular hand to hand on bent arms of Base 1 or in shoulder stand on straight arms of Base 1. Middle in high tuck, pike, or straddle on straight arms of Base 2. Hold for 3".

2A



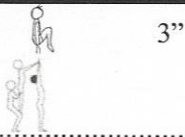
Base 1 & 2 in side by side lunge. Middle stands on base's thighs with support of both hands of bases. Top performs straddle or pike hold on middle's head and 1 arm. Hold for 3"

2B



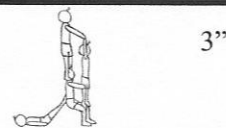
Base 1 & 2 in side by side lunges. Middle stands on base's thighs with support of both hands of bases. Top standing on middle's shoulders. Middle supports top's calves. Hold for 3"

3A



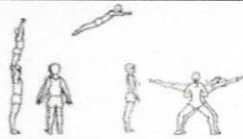
Middle steps up to Base 2's knees with support from Base 2. Top performs tuck hold on straight arms of Base 1 with support. Middle supports Base 1 at wrists or forearms. Hold for 3"

3B



Base 1 lies on back legs straight to support Base 2 at small of back. Top does a shoulder stand hold on Base 2. Base 2 grabs middle's waist lifts to knees as he bends to chair position, supported at small of back by Base 1. Top holds Middle's hands or wrists for additional support. Hold for 3"

4A



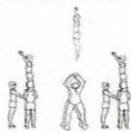
Top in shoulder stand on Middle. Toss to 1/4 layout salto to forearm catch by Base 1 & 2.

4B



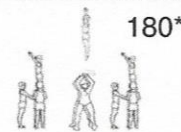
Base 2 & Middle from either double toe pitch or platform, toss Top 0/4 straight jump with 180* turn. Base 1 supports landing. Minimal flight required for credit

5A



Base 1 & 2 as main basket, Middle base facing the top to make 3-man. Top performs 0/4 straight jump from platform to platform. Minimal flight required for credit.

5B



Base 1 & 2 as main basket, Middle base facing the, top to make 3-man. Top performs 0/4 straight jump with 180* from platform to platform. Minimal flight required for credit.

6A



Front 3/4 to forearm catch. Base 1 & 2 as main basket, Middle assist from the rear of basket with light push. Minimal flight required for credit.

6B



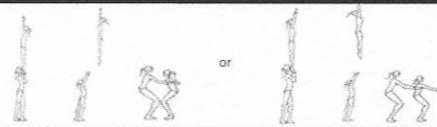
Middle and Top perform toe pitch 0/4 straight jump over middle's head to Base 1 & 2 waiting in platform catch.

7A



Base 1 & 2 perform toe pitch 0/4 straight jump with Middle and Top. In two separate pairs. Minimal flight required for credit.

7B



Top & Middle in regular or reverse foot to hand on bent arms; straight jump dismount to floor. Base supports landing. In two separate pairs. Minimal flight required for credit.

RULES FOR THE ACROBATIC GYMNASTICS COMPETITIVE PROGRAM

(Rules below are extracted from USA CoP, the USA numbering system has been maintained Rules that do not apply have been deleted)

1. Evaluation of Optional Exercises

1.1. General Information

- 1.1.1. Exercises are evaluated according to difficulty, technical execution of the elements, and artistry. Also evaluated are special requirements, time faults of balance exercises, duration of the exercise, and size differences of the athletes.
- 1.1.2. The difficulty of the exercise is defined by what is declared on the tariff sheet and actually performed in the exercise. Elements must be declared on the tariff sheet and be performed in the exercise to receive credit.
 - 1.1.2.1. If an element is submitted in the written declaration of the exercise but not performed, it receives no credit.
 - 1.1.2.2. Elements not declared on the tariff sheet, but performed in the exercise can be used to satisfy special requirements but receive no difficulty value. Time faults and execution deductions apply.
- 1.1.3. Special requirements are demands for the exercise in addition to difficulty requirements (see each level for specific special requirements). Failure to perform one or more special requirements incurs a deduction of 1.0 for each violation. (e.g. If six elements are mandated and only four performed successfully, the deduction is – 2.0 for missing the two elements.) The DJ takes this deduction from the difficulty score.
- 1.1.4. Restrictions are limitations or other rules preventing performance of certain skills, positions, repetitions, etc. Penalties related to restriction infringements are specified with the restriction and can affect the difficulty score or result in deductions from the artistry score (see each level for specific restrictions).
- 1.1.5. Restricted elements cannot be used to satisfy special requirements.
- 1.1.6. For credit means elements that may be used for difficulty and special requirements.
- 1.1.7. The maximum deduction for faults of artistry in an exercise (level 7 only) is 10.0.
- 1.1.8. Size differences between partners are penalized if they exceed a specific measurement. The size allowance, deductions and measuring techniques are described in ~~Appendix A-10~~ Appendix 5– Procedures for Athlete Measurement. This is a CJP deduction.
- 1.1.10. An exercise is deducted –0.1 for each second overtime (maximum of –0.3 for all levels). This is a CJP deduction.

1.2. General Restrictions

- 1.2.1. A catch to “wrap” (i.e. top’s legs astride the hips of the base) may only be performed with straight legs.
- 1.2.2. Sitting in spread legs on the shoulders facing a partner is not permitted in any exercise.
- 1.2.5. For safety reasons, women’s pair and women’s group may not work on the back of the neck (complete support An). It is allowed for men’s pair, mixed pair, and men’s group.

1.3 Difficulty

- 1.3.5. If a pair/group element or individual element is spotted (physical assistance by a coach or any third party not included in the pair or group) for any reason, it will not receive difficulty credit. Therefore, that element cannot be used to satisfy special requirements. For level 7, Physical assistance will also receive an artistry deduction of - 1.0 and all appropriate execution deductions will apply.
 - 1.3.5.1 If a coach or any third party not included in the pair or group is on the floor but the athlete(s) are not touched, for level 7, 0.50 artistry deduction is taken, the element is awarded difficulty credit (can be used for special requirements) and all appropriate execution deductions will apply.

1.4 Execution Faults

- 1.4.1. ~~Execution deductions for performance of a single element, including its entry, cannot be more than 1.0. Deductions for landings and falls may be taken in addition.~~
- 1.4.2. Deductions for execution faults of the pair/group compulsory elements of Levels 5-7 must not exceed the values of the elements. Deductions for landings and falls may be taken in addition.
- 1.4.3. Execution errors involved in a pair/group element that are committed by partners are to be added together and that sum is to be kept within the prescribed limits. A fall by one or more partners in a pair/group element is taken only once for that element.

- 1.4.4 Execution errors for individual elements are assessed for each partner. ~~For optional exercises, 1.0 may be taken for each partner per individual element for execution errors. Landings and falls may be taken in addition for each partner.~~ For Levels 5-7, 0.4 may be taken for each partner per individual element for execution errors and landings and falls may be taken in addition for each partner.
- 1.4.5 For Levels 5-7, it is a special requirement for the landings of all dismounts to be supported. (This is a DJ deduction and is not to be taken by execution judges)
- 2 Evaluating Difficulty - The difficulty score is reduced by CJP and DJ deductions to determine the Adjusted Difficulty Score.
3. Individual Element Evaluation
- 3.1 Individual elements are valued if executed by each partner simultaneously or in immediate succession. They get no credit if separated by any rated element. If one or more partners do not perform an individual element/series, the matching elements of the other partners are not credited. Execution deductions are taken.
- 3.4 If an exercise is missing a required individual element/series, the penalty is deducted only once for all partners lacking that individual element/series.
- 3.8 Individual elements with static holds must be unsupported by partners and held for a minimum of two seconds.
- 3.8.1 At Level 7 and below, if the element is not held for a minimum of two seconds, the element is not credited and no short hold is taken.
- 3.10. If an individual element can be found in Category 1, then it cannot be performed as a Category 2 element (i.e. flic step-out or layout step-out) or vice versa.
- 3.11. All Category 1 individual elements to step out are to be performed with a landing of one foot at a time finishing in a lunge position.
- 3.12. All Category 2 individual elements are to be performed with a two foot landing (simultaneously) then stepping to lunge with the exception of front handspring step out or side salto. However, a step out for a front handspring can be performed but it must be linked with other tumbling elements. If a step-out is performed out of a tumbling element in order to connect to another tumbling element in a series, the element is still considered to be Category 2 (i.e. front tuck step-out, round-off or layout with 180° twist step-out, round-off).
- 3.13 Individual elements may not be performed to sit on heels, squat/crouch on knees, or two knees. If performed to sit on heels or squat position credit is lost for the skill.
- 3.14 An execution error for additional support (-0.5) is deducted per partner if one or two hands are placed on the floor in a back handspring, front handspring, or salto to knee. Credit for the element is awarded.
- 3.15 In order for an element to receive difficulty credit, all partners must perform an element of value at the same time or in immediate succession. If one partner cannot receive difficulty credit due to repetition or restriction then none of the partners will receive credit.
- 4 Composition of Levels 8-10 Balance Exercises
- 4.1.3 Timing of balance elements commences at the moment that the top is in a controlled balance position until motion from that position is begun.
- 4.1.3.1 Timing for balance elements, including pair/group skills and individual elements should be counted the same. Coaches and judges should count “one thousand 1; one thousand 2; one thousand 3.”
- 4.1.4 All pair/group static holds in all events are for three seconds. The deduction for a short hold is 0.3 per second to be deducted by the DJ from the difficulty score.
- 4.15 If a pair/group static hold element is attempted but not completed or is held for less than one second, it is not credited and a penalty is taken by the Execution Judges of 0.5 for incompleteness of the element or 1.0 for a fall. A maximum time fault of 0.9 is taken by the DJ.
- 4.1.5.1 If a three-second hold is declared but not attempted, there is no time fault penalty. No credit is given for the element.
- 4.16 During the construction of a balance element, when no partners are in “place,” a slip or fall during the climbing or building phase does not receive a time fault, however it may receive technical penalties for

incomplete element or fall. After the first partner is in place, any slip or fall would receive a time fault of 0.9 and other appropriate technical deductions according to Section 3.1.4. In both situations, the element may be repeated for difficulty credit.

4.1.6.1 “In Place” is to be defined as meaning at the point where any partner is in complete support on another partner.

4. Composition of Levels 8 – 10 Dynamic Exercises

- 8.1.1 The character of dynamic elements is flight from throws and pitches and before catches. Tumbling elements are characteristic of dynamic exercises. Competitors must demonstrate ability to manage themselves and partners in flight using the full variety of forward and backward rotation, twisting in rotations, and different body shapes and positions.
- 8.1.2 Five categories of dynamic elements are defined: from partner to partner (catch), from the floor to the partner (catch), from the partner to the floor (dismount), from the partner, following brief contact with the partner, to the floor (dismount), and from the floor with brief assistance by the partner to the floor again (dynamic element).
- 8.1.4 If a dynamic element is started and not completed, the Execution Judges take a deduction of either 0.5 for incompleteness of an element or 1.0 if there is a fall. The element is not credited.
- 8.1.5 If all phases of a dynamic element are completed but the partner is not caught with control, a penalty is taken by the Execution Judges of 0.5 for a serious error. If the partner is dropped or falls from a catch or landing, a penalty of 1.0 is taken for the fall. In either case, the element is credited

Tariff Sheets

Please refer to Gymnastic Ontario Technical Regulations for current Tariff Sheet requirements. Version dated October , 2015, Section 1. 18 - Tariff Sheets, states:

- a) The tariff sheets must be submitted 48 hours prior to the start of the competition via email or fax to the Meet Director or to the designated Competition Official in charge of scoring so that Judges may have time to review tariff sheets prior to the competition. The penalty for failing to comply will be a 1.0 deduction from the total mark of the routine (or first routine only if performing more than one routine during the competition).
- e) Tariff sheets for Finals must be submitted at the same time as tariff sheets for preliminary rounds
- f) Last minute changes ONLY to tariff sheets can be submitted to the judge’s panel at a minimum of 15 minutes prior to the start of the flight. The change should be highlighted in yellow to assist the DD judges in recognizing the changes made.
- g) Tariff sheets are required for Level 7, Youth and all International (FIG) level routines. Tariffs for Levels 5 and 6 do not need to be submitted.

Appendices

APPENDIX 1: TABLE OF FAULTS – CJP PENALTIES

CJP Penalties	Penalty
Duration of Exercise over the time limit. 2” tolerance allowed.	Level 5 -7: 0.1 per second Maximum 0.3
Difference in heights of partners greater than 3 cm for Level 5-7. No deduction for difference of 3 cm or less	0.2
Late Tariff Sheet	0.3 per exercise
Restart without justification	0.3
Stepping over the boundary line	0.1 each time
Landing on two feet outside the boundary line	0.5 each time
Falling outside the boundary line	1.0 each time
Failure to observe publicity rules (applicable to international competition only)	.3 International Only
Poor Sportsmanship on field of play	0.5
All attire infringements	0.3 each time
Immodest attire (for example: too low of a neckline)	0.5
Adjustment of attire	0.1 each time
Loss of accessories	0.1 each time
Skirt does not fall back on hips	0.1 each time
Music containing words	0.5
Ending before or after the music	0.3
Failure to present to the judges at the start or end of exercise	0.3 (level 6 and 7 only)
No attempt at compulsory choreography	1.0
Coaching from the sidelines	0.3
Partners coaching each other	0.1
Markings, mat or coach on the floor during performance	0.5
Spotting by the coach	1.0 and No Difficulty
Use of forbidden attire (for example: character outfit)	0.5

APPENDIX 2: FINAL SCORE PENALTIES by DJ

DJ Penalties	Penalty
Time fault for each static pair/group element held less than declared amount of time	0.3 per second
Static pair/group element held less than one second	0.9 time fault No Difficulty value No Special Requirement credit
Individual static element not held for two seconds Level 5-7	No Credit
Any element started and not completed	No Difficulty value No Special Requirement
Performance of a Forbidden element	1.0 each
Elements not performed in the order declared	0.3
Routines performed without music	1.0

APPENDIX 3: EXECUTION DEDUCTIONS (TABLE OF TECHNICAL FAULTS)

CRITERIA FOR EVALUATION	DEDUCTIONS		
	Small	Significant	Serious
Amplitude			
Loss of stretch or amplitude or body tightness in execution of an element; knees, elbows, ankles slightly bent; arching of back and hip flexion	0.1	0.3	0.5
Lack of full extension of knees, elbows, and/or ankles in an element requiring full	0.1	0.3	
Body Shape, Angle, and Line	Small	Significant	Serious
Handstand off vertical or ideal position	0.1	0.3	0.5
Back arch and/or hip flexing when trying to maintain a straight position	0.1	0.3	0.5
Bend of arms in handstand and angles of knees, ankles, wrists according to shape of handstand	0.1	0.3	0.5
Legs above or below ideal position in holds (.e. legs below horizontal when performing a lever hold)	0.1	0.3	0.5
Legs split less than 180* or causing hips to twist, in split leg handstands, walkovers, sitting	0.1	0.3	0.5
Hesitations, Steps, and Slips	Small	Significant	Serious
Hesitation of top or readjustments in climbing or transitions	0.1	0.3	
Hesitation in motion phase of an element stopping smooth flow	0.1		
Hops or steps in supporting, catching, or landing. 1-2 steps - small; 3 small or 1 big step - significant; 4+ steps - serious	0.1	0.3	0.5
Slip of a foot or hand in climbing, balancing, or transitions			0.5
Instability	Small	Significant	Serious
Instability or tremor of base(s) or top as element builds, in climbing, support, static holds, or in making transitions/motions	0.1	0.3	0.5
Base switching from heels to toes or taking steps when trying to stabilize a hold or when catching	0.1	0.3	More than 3 steps 0.5
Readjustment of position after catching or before throwing, pitching, or stabilizing a balance	0.1	0.3	
A light touch of a partner or light touch of the floor in order to maintain balance on a partner or in a landing	0.1		
Significant support or steadying of a partner to maintain balance on a partner or in a landing		0.3	
One foot, one hand, or other part of the body going through a platform or slipping off the point of support of partner on dynamic catches/landings			0.5
Sliding or falling onto one knee or putting one hand/one foot to the floor or head/shoulder onto or against the partner			0.5
Momentary pressing of the bodies or shoulders against top by bases(s) to steady the top		0.3	
Pressing of base(s) trunk(s) or shoulders against top to steady a serious problem in keeping stability or preventing a fall			0.5
Additional support of the partner(s) to prevent a fall (i.e. because of failure to catch or to effect an exact dismount			1.0
Loss of dynamic in consecutive dynamic elements	Not Considered a Link		
Error in catching, causing slight re-adjustment before continuing	0.1		

Rotation	Small	Significant	Serious
Over or under rotation in turns by 30*		0.3	
Over or under rotation in turns by 45* or more			0.5
Under rotation of saltos requiring some assistance of partners to compete salto 0.5			0.5
Under/Over rotation of salts, which require complete support of the partner to complete the salto and/or prevent a fall			1.0
Non Completion of Elements and Fall	Small	Significant	Serious
Non completion of an element without a fall (applies to pair or group elements only not to individual elements)			0.5
Early completion of an element which is logical, but which stops clearly the performance of the element being completed (applies to Level 8 - Elite only)			0.5
The partner coming to the floor or landing unintentionally or illogically, without control, from a point of support, but without a fall			0.5
Non completion of a partner or individual element which has started, but a fall has not occurred			0.5 No difficulty
Forward or backward roll following a landing without first showing a held position on feet			0.5
One foot or hand slipping from point of support on partner(s) and hands being used to prevent fall			0.5
Either feet or both hands sliding through a platform, off shoulders or other points of support on the partners' bodies when attempting to balance or in catching			1.0
Fall to the floor or on a partner(s) from a pyramid or pair element or off a platform without controlled or logical landing			1.0
Either feet or both hands slip off shoulders or other point of support resulting in supporter(s) having to prevent a fall			1.0
An uncontrolled landing or fall to or on the floor made on head, seat, front, back, or side, hands and knees together, both hands and feet, or both knees			1.0
Complete distortion of a pair/group or individual element			1.0

APPENDIX 4: TABLE OF ARTISTIC FAULTS

4.1 The artistic quality of each exercise is evaluated by consideration of its structure and composition, choreography and musical interpretation, presentation, flow and amplitude, use of space, variety of elements, and originality and creativity, mass and maturity of partners, and competition attire. Artistic judging starts from the moment the pair or group walks on to the competition floor until they leave following the performance. The walk-on is part of gymnastic artistry, but must be simple and without music.

Deductions are made from the maximum score of 10.0 using the following scale of penalties.

- * Small faults .1- .2
- * Significant Faults .3
- * Serious Faults .5

The following tables provide artistic judges with a range of errors that may exist in a performance. Deductions for errors are taken for:

Choreography	Maximum 3.0
Musicality	Maximum 3.0
Element Selection	Maximum 2.0
Partnership	Maximum 2.0

Artistry for Levels 5 & 6:

Only a maximum of -1.00 from Partnership and only Symmetry & Manner would be applied. The -1.00 would be taken from the execution score.

These two levels would only receive an Execution score and a Difficulty score.

4.2 Choreography

Criteria for Evaluation	Small 0.1	Significant 0.3	Serious 0.5
USE OF SPACE			
Composition does not use entire floor: quadrants, diagonals, perimeters, center	One portion of floor unused	1/3 of floor not used	1/2 floor not used
All levels used: high, low, medium	Slight lack of use	One level unused	Work is on only one level
VARIETY			
Choreographic steps, pathways, changes in partner relationship lack variety	Slight lack of 1 or 2 aspects	Lacking in several aspects	Lacking in most aspects
Choreography lacks creativity and personal identity	Slight lack	Moderate lack	No personal identity
CHOREOGRAPHY PERFORMANCE			
Lack of Amplitude, either in fullness of movement or in subtlety and modulation.	Slight Lack	Lacking in parts	Lacking throughout
Synchronization errors in the performance of choreography or individual elements	A few Errors	Several Errors	Errors throughout

Maximum deduction is 3.0. (.5 for each criterion)

4.3 Musicality and expression

Criteria for Evaluation	Small 0.1	Significant 0.3	Serious 0.5
MUSIC SELECTION			
Not appropriate for age, level of competition, ability of gymnasts	Less than ideal	Lacking in some aspects	Completely inappropriate
Lack of harmonization between selection of music, and overall performance, lack of story or musical theme.	Slight lack of harmony	Loss of harmony in several places	Music is only background
FLOW			
The exercise lacks logical continuous flow, cohesive with rhythm and speed of the music. For example, pauses before difficult elements.	Slight lack of flow	Loss of flow in several parts	Loss of flow throughout
EXPRESSION			
Partners do not project emotion of music or inconsistent between partners.	Slight lack of emotion	Lack of emotion or inconsistent	No emotion portrayed
Facial expression does not match music, is different when should be similar, or lacks variety when variety is indicated.	Slight lack or mismatch of expression	Significant lack of expression or difference of expression	Minimal expression or total mismatch
Body expression does not match music, is different when it should be similar, or lacks variety when variety is indicated	Slight lack in body expression	Significant lack in body expression or different between partners	Minimal body expression or total mismatch

Maximum deduction is 2.0. (.5 for each criterion)

4.4 Element Selection

Criteria for Evaluation	Small 0.1	Significant 0.3	Serious 0.5
VARIETY IN ELEMENTS & STRUCTURE			
Creativity of entries into and exits from elements of difficulty	Slight lack	Few original	All common
Selection of elements uncharacteristic of discipline			Uncharacteristic
BALANCE			
Repetition of shape of holds or points of support	Some similar elements	Several types similar	Repeated use of similar elements
Repetition of mounts, motions, or entries	Some similar elements	Several types similar	Repeated use of similar elements
DYNAMIC			
Repetition of the same salt shape or similar types of rotation	Some similar elements	Several types similar	Repeated use of similar elements
Repetition of similar catch positions	Some similar elements	Several types similar	Repeated use of similar elements
COMBINED			
Lack of variety in balance element selection	Slight lack in variety	Moderate lack in variety	Most elements similar
Lack of variety in dynamic element selection	Slight lack in variety	Moderate lack in variety	Most elements similar

Maximum deduction is 2.0. (.5 for each criterion)

11.5 Partnership

Criteria for Evaluation	Small 0.1	Significant 0.3	Serious 0.5
PARTNERSHIP			
Lack of visible relationship between partners	Slight lack of relationship	Significant lack of relationship	No relationship evident
Lack of symmetry impacts ability to highlight performance of partners	Slight lack of symmetry	Significant lack of symmetry	Symmetry lacking throughout
Manner lacks distinction and uniformity, impacting chemistry when working together or apart	Slight lack of uniformity	Significant loss of uniformity	Lacking throughout
Relationship not maintained Slight loss of relationship	Slight lack of time to develop relationship	Obvious lack of time to develop relationship	Exercise is a succession of elements of difficulty

Maximum Deduction 2.0 (.5 for each Criterion)

APPENDIX 5: ACROBATIC GYMNASTICS PROCEDURE FOR ATHLETE MEASUREMENT

(from USA Appendix to CoP)

1. Athletes will be measured to the nearest millimeter by the Meet Referee or designate before competition begins.
2. The measurement is taken by an anthropometer if available. Otherwise, a rigid tape (metal or plastic) may be used.
3. Athletes who perform as bases are measured in bare feet, competition attire, and standing against a wall. Athlete must together, knees straight, shoulders and extremities relaxed, and looking straight ahead. The measurement is taken from the suprasternal notch to the floor.
4. Athletes who perform as tops are measured in bare feet, wearing a t-shirt and shorts or competition attire, and standing against a wall. Athlete must stand in normal posture with feet together, knees straight, shoulders and extremities relaxed, and looking straight ahead. The measurement is taken from the top of the head to the floor. Hair must not interfere with the ability to measure the top of the head.
5. For pairs, the measurements of the top and base partners are compared. For groups, the measurement of the top is compared to the next tallest partner and so on.
6. If more than one size violation exists in a group, all deductions apply.
7. The Meet Referee will inform the appropriate CJP of any size deductions to be deducted from the difficulty score.
8. A deduction of 0.2 for Levels 5-7 is taken if the shorter partner is greater than three centimeters below the suprasternal notch of the taller partner.
9. ~~A deduction of 0.1 for Levels 8 JE/12-18 and 0.3 for JE/13-19 is taken if the height of the shorter partner is less than one centimeter above the suprasternal point. If s/he is below the suprasternal notch, the penalty is 0.3 for Levels 8-12-18 and 0.5 for JE/13-19.~~
10. No deduction is taken if the height of the shorter partner exceeds by one centimeter or more the height of the suprasternal point of the partner who normally supports him/her.

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