



**Acrobatic Gymnastics**  
**Section I**  
**Technical Rules & Regulations**  
**2025 – 2026**

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## 1 General Rules for Acrobatic Gymnastics

### 1.1 Acknowledgement of System Development

Gymnastics Ontario has adopted the USA Gymnastics Development Program (USDP) Levels 1 through 10 of the USA Acrobatic Gymnastics Competitive system as a starting point for the development of competitive Acrobatic Gymnastics in Ontario. The Acrobatic Gymnastics Level system is owned and developed by the USA Gymnastics Federation and are the property of the USA Gymnastics Federation.

### 1.2 Acrobatic Gymnastics Description

Acrobatic gymnastics combines the beauty of dance with the strength and agility of acrobatics. Gymnastics skills add excitement to the routines, while intense acrobatic balances show grace, strength and flexibility. The routines may be choreographed to music and consist of dance, tumbling, and partner elements. Acrobatic gymnasts compete as either a pair or as a group. An acrobatic pair consists of a base and a top. A women's group is comprised of a base, middle and top partner, while a men's group has a base, two middle partners and one top partner. Bases generally are older athletes who display strength and balance and top partners generally are younger athletes who display flexibility and agility. Middle partners often are required to show a combination of all attributes. At the elite level, each pair or group performs a balance, dynamic and combined routine. Pyramids and partner holds characterize the balance routine, while synchronized tumbling and intricate flight elements define the dynamic exercise. The combined routine unites elements of the balance and dynamic routines.

### 1.3 Gymnastics Ontario Acrobatic Gymnastics Athlete Model Rationale

The Acrobatic Gymnastics Program is designed to accommodate the following:

- A pre-competitive and competitive opportunity for athletes interested in progressing through a developmental acrobatic gymnastics level system using a development model provided by a combination of the USA Acrobatic Gymnastics Level system and the FIG Code of Points for **Aspire, Pre-Youth, Youth, Junior** and Senior Athletes.
- A challenging program that is within the athlete's potential.
- Create an opportunity for first time or adult participants to learn the basics of acrobatic gymnastics as well as provide a system for the development of acrobatic gymnastics along a structured developmental competitive system

### 1.4 Definition of a Competition

- Sanctioned Competition:  
All competitions held within the jurisdiction of Gymnastics Ontario for which sanction has been granted, as well as all Ontario Cups and Ontario Championships.
- The following abbreviations shall be used in the Acrobatic Gymnastics Technical Rules & Regulations;  
**Acro** – Acrobatic Gymnastics  
**WP** – Women's Pair  
**MP** – Men's Pair  
**MxP** – Mixed Pair  
**WG** – Women's Group (trio)  
**MG** – Men's Group (four)

**MxG** – Mixed Group (four)

**MxT** – Mixed Trio

**G.O.** – Gymnastics Ontario

**GymCan.** – Gymnastics Canada Gymnastique

**Acro T.C.** – Acrobatic Gymnastics Technical Committee

**Acro Program Manager** – Gymnastics Ontario Acrobatic Gymnastics Technical Program Manager

**CJP** – Chair of the Judge’s Panel

**Category** – refers to a partnership’s status of WP, MP, MxP, WG, MG, **MxG**, or **MxT**

**Level** – refers to the level of competition the partnership competes e.g. Level 5

**Age Division** – refers to the division of age splits based on the technical regulations

- New rule changes and additions to the Acrobatic Gymnastics Technical Rules **highlighted in yellow**.

## 1.5 Bid to Host/Hosting Requirements

- Bids for Ontario Cups and/or Ontario Championships must be submitted through the bid to host process on google forms.
- The Acro T.C. must approve facilities not meeting the minimum height requirement before being used for any sanctioned competition. (This means that a facility not meeting the minimum requirements may be used for hosting a competition if deemed acceptable by the Acro T.C.)
- Opportunity must be provided for athletes to qualify at least twice in ACRO during the competitive season.
- The Directive must be submitted to the Program Manager a minimum of eight (8) weeks prior to the competition for approval and circulation, by Gymnastics Ontario, to member clubs.
- All Meet Director’s must reference the current F.I.G. Code of Points, GymCan Acro Technical Rules and Regulations, the GO Meet Director’s Manual, as well as all sections of this manual (including the GO Safety Guidelines (Appendix A) and the G.O. Acrobatic Gymnastics Judging Policies) prior to hosting a competition.

## 1.6 Eligibility Rules/Participants & Clubs

- All competitors, coaches, judges and officials are required to be members in good standing of G.O.
- Only athletes registered with clubs who are member clubs in good standing of G.O. are eligible to compete for official standing in Ontario Cups and Ontario Championships.
- Age requirements are as of December 31st, the year of Ontario and/or Canadian Championships.
- An athlete may change their level, provided all eligibility and mobility guidelines are adhered to, at any time during the season except between the last Ontario Cup and Ontario Championships.
- Athletes from outside of Ontario will be permitted to compete at the Ontario Cups and Ontario Championships as long as all GO and GymCan requirements for out of Province, foreign resident athletes or international entries are met (as per GO Technical Rules and Regulations Section C - General Competition Information).

## 1.7 General Safety Standards

- Safety standards apply to all sanctioned competitions, as per the rules and regulations outlined in the current FIG Code of Points, the GO Meet Director’s Manual and the GO Safety Manual (Appendix A), with modifications as listed in this manual.

- The Meet Director shall be responsible for the general running of the competition and must reference the current FIG Code of Points, GymCan Acro Technical Rules and Regulations, the GO Meet Director’s Manual, as well as all sections of this manual (including the GO Safety Guidelines (Appendix A) and the GO Acrobatic Gymnastics Judging Policies).

## 1.8 Coaching Certification Requirements

To be registered as a provincial and/or national stream competitive Acro coach, a coach must be fully certified NCCP Level 2 Artistic Gymnastics or Trampoline or Comp 1 Trained in Artistic or Acrobatic Gymnastics. All coaches must be fully certified NCCP Level 2 Artistic Gymnastics or Trampoline or be Comp 1 Certified in Artistic or Acrobatic Gymnastics to gain access to the competitive floor during warm-up and/or competition at all provincial and national stream competitions including Ontario Cups, Ontario Championships, and Canadian Championships, training camps and all other G.O. and/or GymCan activities.

All coaches MUST complete MED online evaluation and Respect in Sport Module in order to be granted access to a competitive event.

## 1.9 Meet Entry & Admission Fees

- Ontario Cups: The maximum entry fee, for all Interclub, Provincial and National level athletes is \$75.00 (per athlete) for the first event, \$25.00 per athlete for each additional event (including demo). Block Program ONLY is \$25.00. Demonstration fees: \$35 per athlete per routine.
- Ontario Championships: The maximum entry fee is \$85.00 per athlete for the first event, and \$30.00 per athlete for each additional event (including demo). Block Program ONLY \$30.00. Demonstration fees: \$35 per athlete per routine.
- Tour Selection Competition (if hosted): The maximum entry fee is \$75.00 per athlete for the first event, and \$25.00 per athlete for each additional event.
- Entry fees for all Ontario Cups and Ontario Championships are to be paid directly to the host club.
- Sanction Fees will be collected on top of the registration fees and are as follows:
  - Qualifiers/Cups - \$6.00 +HST per athlete (\$6.78)
  - Tour Selection/Ontario Championships - \$10.00 +HST per athlete (\$11.30)
- Late entry fees are subject to a penalty at the host club’s discretion (up to three (3) times the registration fee) but must be clearly outlined on the Directive, along with the terms of payment and reimbursement policies. The host club may require late entry payment to be in the form of a certified cheque or cash.
- At Ontario Cup(s) and/or Ontario Championships there are no refunds after the registration deadline.
- For Cups and Qualifiers, the recommended spectator fees are as follows:

Cups and Qualifiers	1 Day Pass	2 Day Pass	3 Day Pass
Adult: 18 years of age & older	\$8	\$13	\$18
Senior: 55 years of age & older	\$5	\$8	\$12
Student: 11 to 17 years of age	\$5	\$8	\$12
Children: 6 to 10 years of age	\$3	\$5	\$7
Children: 5 & Under	Free	Free	Free

All Athletes competing in the Qualifier are not required to pay an admission fee throughout the weekend.

- For Tour Selection and Ontario Championships, the following MANDATORY spectator admission fees are as per GO Hosting Agreement.

- Host club is required to use GO approved scoring program for acrobatic gymnastics and is responsible for all scoring fees. Please visit <http://rgform.eu/> to review costs associated with using KSIS scoring system.

## 1.10 Directive

- The Meet Director is required to submit a draft copy of the Directive to the Program Manager at least eight (8) weeks prior to the competition for approval and circulation, by G.O., to Acro clubs.
- The Program Manager will establish the registration deadline, which will ensure adequate time for clubs to respond.
- Registration must be done online via KSIS event Management System.

## 1.11 Competition Guidelines / General

- The Program Manager will create the schedule and rotations for all Official Ontario events. The schedule and rotations will be approved by the Acro Technical Chair and Judging Chair prior to posting.
- Tour Selection, Ontario Cups and Ontario Championships' schedules shall include the following details on the schedule with assigned times for each category; "General Stretch", "Specific Warm-up" and "Competition".
- Fifteen (15) minutes must be provided for a general stretch for athletes to warm-up in a designated area prior to the specific warm-up. Coaches must be present and supervising their athlete(s) during general stretch, specific warm-up and competition. No more than 8 pairs/groups or 16 individuals (for Level 5 Individual or block program routine competition) may be present on a single standard sized floor at any time during specific warm-up.
- Coaches are responsible for the conduct of their athletes at competitions. Coaches must ensure that athletes do not use any piece of equipment in the gym (including the floor, etc.) until their scheduled warm-up or competition has begun. Only athletes that are competing in the current rotation/flight are allowed to be on the floor at the event. Athletes should leave the warmup area once they are done competing.
- The starting order of the competition is decided by a random draw through KSIS event management system.
- When there is an error that is the fault of the host club / meet director the pair/group shall be placed as the last competitor on the start order, however, if the error is deemed to be the fault of the pair/group's club registrar / coach or a late registration the pair/group shall be placed as the first competitor on the start order.
- Athletes, coaches and judges must be prepared for a schedule to run ahead of the posted times. However, a competition may not run more than thirty (30) minutes ahead of scheduled times without a meeting of the C.J.P., Meet Director and coach representative from each club in the respective level indicating that they are all in agreement and that each of the athletes are prepared to start ahead of the scheduled time; if there is one 'no' vote then the scheduled times shall be followed.
- All one-day competitions shall start no earlier than 9:00 a.m. and shall end no later than 9:00 p.m. The warm-up may commence before 9 a.m. The duration of any competition shall be no greater than eleven (11) hours.
- The Floor Manager shall ensure that all athletes utilize the specific warm-up period properly.

- Host clubs of Tour Selection, Ontario Cup and Ontario Championships are not permitted to tear down equipment, mats and or carpet rolls, tables, judging podiums or any other large items on the competition floor until the final athlete award has been presented at the concluding awards ceremony of the competition, without exception. Failure to comply with this rule may result in a club not being awarded an event the following season when bids to host are reviewed by the Technical Committee.

### 1.12 Petitions

A petition is a formal written request submitted by the club and/or coach of the athlete to the Acrobatic Gymnastics Technical Committee, through the Program Manager at Gymnastics Ontario, for the 'relaxation' of established rule(s), regulation(s) or procedure(s). A petition is intended to provide an opportunity to account for extraordinary circumstances to ensure that established rules, regulations and procedures do not compromise Gymnastics Ontario's efforts in achieving specific goals and objectives. However, by their nature, approved petitions have the potential to impact the credibility of Gymnastics Ontario and its programs. Therefore, petitions are generally approved only when there is compelling evidence that Gymnastics Ontario's mandate will be best served by allowing a relaxation of the rules, regulations or procedures. Refer to Section C of the GO General Rules and Regulations.

### 1.13 Marshalling & Awards

- It is recommended that awards at Ontario Cups and Ontario Championships be presented by Judges and/or attending dignitaries.
- Ontario Cups: The winner is the pair or group with the highest number of points obtained in the qualifying round routines (1, 2 or 3 routines depending on the rules for the specific category and level). Second place is the pair or group with the next highest number of points obtained in the qualifying round routines. This format will continue to the eighth-place gymnast or pair. FIG tie breaking rules will apply.
- Ontario Championships: Competition will follow FIG and USDP rules for ranking. **Aspire** will perform 2 routines and cumulative score will determine the ranking.
- At all Ontario Cups and Ontario Championships for Acrobatic Gymnastics, medals will be given to the top three (3) pairs or groups in each level, category and age division, ribbons for fourth (4th) to eighth (8th) place. Awards are to be announced starting with 8th place, 7th place, 6th place, etcetera, until the 1st place winner is presented.
- Athletes who attend Ontario Cups but are from out of province will receive awards in the order of results. There will be no bumping of awards at Ontario Cups.
- At Ontario Championships in case where out of province athletes attend the event, a second set of awards must be given. One set of awards will be given to the Ontario athletes based on their ranking and the Ontario Champion will be named. Second set of awards will include all Ontario athletes and any out of province athletes and will be based on the ranking.

### 1.14 Meet Results & Reports

- The Meet Director must submit a meet report to Gymnastics Ontario, Attention: Acro Technical Program Manager, within two (2) weeks of the competition.

## 1.15 Equipment & Venue Standards

- Acro - As per the current FIG Code of Points: Apparatus Norms for Acrobatic Gymnastics. The gymnasium height (interior height) of the hall at provincial and national level acrobatic gymnastics competitions must be a minimum of eight (8) meters. A sprung artistic gymnastics floor, 12.2m x 12.2m with appropriate borders and skirting to ensure athlete safety is necessary for competition. A stinging mat must be provided by the host for partnerships upon request. The mat may be no more than 10 cm. (4 inches) in thickness and shall not exceed 2 x 4 meters.
- All equipment shall conform to specifications as outlined in the current FIG Acrobatic Gymnastics Code of Points, except allowable modifications listed in this document.
- The Judge's Table should be approximately 2m from the edge of the competition floor.
- Equipment concerns and specific requirements for equipment will be addressed and communicated with host clubs.
- Video recording equipment must be used at all G.O. Ontario Cup(s) and Ontario Championships, all Provincial and National (Level 5 and higher) routines are to be recorded. The Chair of the Judge's Panel will approve the location of the video camera prior to commencement of competition. A DVD or digital copy of all routines recorded at Ontario Championships, must be sent to Gymnastics Ontario, Attention: Acro Program Manager, within thirty (30) days of the completion of the competition. The host club will be responsible for 100% of all costs associated with the recording of the routines and the submission of the recorded routines to Gymnastics Ontario. No other formats will be accepted, failure to submit in the proper format or in a timely manner will result in a penalty equivalent to 10% of the total amount invoiced for the GO sanction fees for each violation.

## 1.16 Dress Code for Athletes and Coaches

- Athletes and Coaches are representatives of their clubs and Gymnastics Ontario, therefore proper attire is imperative.
- No jewelry may be worn by competitors. **Taping of piercing is acceptable.** Medic Alert bracelets can be worn but must be taped.
- When specific warm-up is conducted in the competition gym all competitors and coaches must dress in competition attire only.
- During march-in competitors must wear their club tracksuit or competitive attire (leotard, singlet, shorts, pants, etc.). During the awards ceremony, all athletes must wear their competitive attire. Athletes failing to comply at an Ontario Cup(s) and Ontario Championships will not receive their awards; coaches must ensure that the dress code is adhered to.
- Competitors:
  - Gymnastics shoes, socks or bare feet are permitted for all competitors according to the FIG CoP rules.
  - **No false nails or colourful fingernail or toenail polish** is permitted to be worn during competitions.
  - Undergarments must not be visible.
  - Athletes may wear a current or previous club track-suit, Ontario and or Canadian track-suit.
  - Athletes are permitted to wear sandals, flip-flops or gym shoes when moving between training floors but not on the training or competition floor.
  - Coaches are responsible to speak to an athlete not dressed appropriately.

- Any athlete violations of Rules 1.16 may result in disqualification from the round in which the offence occurs; this decision is made by the Chair of the Judge's Panel and the Chair of the Acro T.C. or Acro Program Manager.
- Coaches:
  - Proper coaching attire is to be worn which includes tracksuit, team t-shirt, polo shirt or hemmed shorts.
  - Gym shoes are required, (no open shoes, no sandals, flip-flops, crocs or loose shoes are permitted).
  - No denim pants or denim shorts are allowed.
  - No caps or hats are allowed.
  - Unacceptable attire also includes ripped clothing, inappropriate language on clothing, street shoes or insufficient clothing such as mid-drift or halter tops.
  - Any coach violating Rules 1.16 may be asked to leave the floor if they do not comply upon the first request from the Chair of Judge's Panel and Chair of the Acro T.C. or Acro Program Manager.

### 1.17 Protests and Appeals

Protests and appeals will be done in accordance with USDP or FIG rules. Youth will follow FIG rules.

The following are exceptions to these rules:

The fee of \$20 will be charged for an appeal (and is returned if the appeal is successful).

All coaches will be allowed 15 minutes from the time of posting of results to submit an appeal for the exercise.

### 1.18 Tariff Sheets

- Tariff sheets are required for all routines (for each exercise) that are entered in Level 7 and above as well as for all Blocks routines.
- USDP Levels 2-8 and Blocks Tariff sheet templates can be found at <https://usagym.org/acrobatic/forms/>
- Tariff sheets for Aspire and all FIG levels can be completed using ACRO Companion or with the template found at pages 120 and 121 of the FIG TOD [https://www.gymnastics.sport/publicdir/rules/files/en\\_2025-2028%20ACRO%20Table%20of%20Difficulty.pdf](https://www.gymnastics.sport/publicdir/rules/files/en_2025-2028%20ACRO%20Table%20of%20Difficulty.pdf)
- The tariff sheets for all routines must be submitted 10 days prior to the start of the competition via KSIS so that Judges may have time to review tariff sheets prior to the competition.
- Late tariff penalty of \$50 per routine for any tariff submitted between 5 days and 48 hours before the start of competition. The penalty is charged to the club.
- In case where tariff sheets have not been received within 24h prior to the competition the partnership will not be allowed to compete.
- Tariffs may be revised with no more than three (3) changes up until 48 hours prior to the start of competition. Tariffs with more than three (3) changes are considered a New Tariff Sheet and therefore the appropriate penalties would apply.
- Last minute MINOR changes due to injury verified by onsite medical personnel ONLY may be made to tariff sheets can be submitted to the judge panel at a minimum of 15 minutes prior to the start of the

rotation. The change should be highlighted in yellow to assist the Difficulty Judges in recognizing the changes to the tariff.

## 1.19 Judging Panels

- The Acrobatic Gymnastics Judging Chairperson will provide judging panels for Ontario Cups and Ontario Championships.
- A full jury one (1) Chair Judge, two (2) Difficulty Judges, four to six (4-6) Execution Judges, and four to six (4-6) Artistry Judges will be provided whenever possible but an accepted minimum is one (1) Chair Judge, one (1) Difficulty Judge (can also be the Chair Judge), one (1) Execution Judge, and one (1) Artistry Judge, at the discretion of the Acrobatic Gymnastics Judging Chairperson. When applicable, there may also be a Meet Referee who acts as the overall Superior Judge of the competition.
- Judges' honorarium and expenses are the responsibility of the host club. Please refer to Section G – Judging Policies, of the current Acrobatic Gymnastics Rules and Regulations for further information. Acrobatic Gymnastics will follow the same Judges' honorarium and expenses format as outlined in the Acrobatic Gymnastics Rules and Regulations.
- Judging assignments begin at the published time of the Judges' meeting or 30 minutes before the start of the competition and conclude 15 minutes after the last competitor has performed when calculating the judge's honorarium. Chair of the Judge's Panel and Difficulty Judges are expected to review all tariff sheets prior to the start of the competition.

## 1.20 Meet Time Calculations

All Level 5 Individual Routines should be given **80 seconds** to perform this includes the completion of the judging of the routine.

All Level 2-4 routines should be given **120 seconds** to perform this includes the completion of the judging of the routine.

All Level 5-6 routines should be given **240 seconds** to perform this includes the completion of the judging of the routine.

All Level 7-10, Youth, FIG 11-16, FIG 12-18, FIG 13-19 and FIG Senior routines should be given **300 seconds** to perform this includes the completion of the judging of the routines.

All block routines should be given **100 seconds** to perform this includes the completion of judging of the routine.

All group/pair demo routines should be given **120 seconds** when mixed in together with competitive partnerships. If placed alone in the rotation they should be given **210 seconds**.

If a competition goes over time it will be up to the judges and the Meet Director to make adjustments to the schedule in order to get the competition done on time within the competition guidelines as set out in Section 1.11 of this document.

## 1.21 USDP and FIG Rules and Regulations – Precedence and Updates

In cases of any contradiction between USDP rules and GO rules for Levels 2-10, US rules will prevail. Rules updated in periodic newsletters as published by the USGA will also apply to competition in Ontario.

In cases of any contradiction between FIG rules and GO rules for FIG based levels, FIG rules will prevail. Rules updated in periodic newsletters as published by the FIG will also apply to competition in Ontario.

## 2 Recreational Acrobatic Gymnastics

Athletes must register as a Gymnastics Ontario Recreational athlete. The primary source of acrobatic gymnastics elements can be found in the Gymnastics Foundations coaching manual for Artistic Gymnastics. There are several identified skills found in the Gymnastics Foundations program which include the basic elements of partner gymnastics which are the building blocks to the development of an Acrobatic Gymnast.

Additional recreational and introductory/Interclub level elements can be found in the USDP Level 2-4 Program. Access the USDP Level 2-4 program can be found at:  
[https://static.usagym.org/PDFs/Acro/Rules/devcop\\_2528.pdf](https://static.usagym.org/PDFs/Acro/Rules/devcop_2528.pdf)

## 3 Competitive Acrobatic Gymnastics

### 3.1 Competitive Structure

Gymnastics Ontario for the purpose of development has adopted the USA Development Program (USDP) Acrobatic Gymnastics levels 2 through 10. Gymnastics Ontario is adopting the FIG Code of Points for **Pre-Youth (11-16), Youth (12-18)** and 13-19 (Junior) as well as the Senior category of 15 and over. Gymnastics Ontario has also adopted an intermediate level titled “**Aspire**”.

All levels will offer the categories of: Women’s Pair (WP), Men’s Pair (MP), Mixed Pair (MxP), Women’s Group (WG), Men’s Group (MG), and Mixed Group (MxG).

Level 5 Individual competition offers categories of Women’s and Men’s with age splits.

USA Xcel Block program offers Bronze, Silver, Gold, Platinum, and Diamond categories. Each category will be split by age when the number of competitors exceeds 16. The splitting will continue until all subgroups have 16 or less participants.

Example: 30 athletes in bronze category will be split into 2 groups 9-10 and 11+ with 13 and 17 athletes in each subgroup respectively; 11+ subgroup will be split again as it has 17athletes; the split will be done by age (TBD by Acro Program Manager).

Access the USDP Block Program can be found at:  
[Development Program • USA Gymnastics](#)

**Age Divisions and Requirements:**

Age divisions are based on the athlete's age as of the December 31 of the Provincial Championships. For all levels, all athletes must be a minimum of **9 years** old to compete.

Level	Age Divisions		
Level 5 Individual*	9*	10-11*	12+*
Level 2-6	9-12	13+	
Level 7-8	9-13	14+	
Block Program	9-10	11+	

Age division for the pair or group is based on the age of the oldest athlete in the pair or group.

\* The Level 5 Individual age split will depend on the number of athletes registered in each proposed age division and is subject to change based on final registration numbers. The final age divisions for the season will be determined by the Technical Committee in November–December of each year.

There are no age divisions for USDP Levels 9, 10 and Gymnastics Ontario Aspire (old Youth).

Athletes under **9 years** of age are welcomed as demonstrations during events but are not permitted to be judged or receive awards. Tokens of participation are permitted to be given to the young demonstrators. If one athlete is under the age of **9 years**, then the entire pair/group will be considered underage to compete.

FIG International Pre-Youth (11-16), Youth (12-18), Junior (13-19), or Senior (15+) will not be divided. Of age, underage and overage within each of the Age Groups or Senior levels will compete against each other. Coaches who wish for their athletes to compete outside of Ontario must be aware of the international rules and put partnerships together accordingly. This is to promote competition in our Province. Partnerships that do not adhere to international Age Group Standards may not be permitted to be part of the Ontario Tour Team.

## Athlete Registration

- Clubs must register their acrobatic gymnastics athletes as one of the following:
  - Recreational: (non-discipline specific, **including all demo athletes**)
  - Interclub: Acro Levels 2 through 4
  - Provincial: Acro Levels 5 through 10, Gymnastics Ontario Aspire Level
  - National: FIG Code Levels for Acrobatics Pre-Youth (11-16), Youth (12-18), Junior (13-19), or Senior (15+)
- Athletes wishing to compete must be registered with Gymnastics Ontario.
- Athletes do not need to identify if they are competing as part of a pair or group until the time of registration for competition. However clubs may be required to declare their partnerships in the level declaration form in the beginning of the season, this declaration is used to estimate number of awards required for the upcoming season.
- Athletes may compete as part of a pair and as part of a group in the same season. Athletes may compete in two pairs/groups of the same category (i.e. two Women's Pairs) but not of the same age division or same level. An athlete may not compete against himself/herself.

## Qualifications to Ontario Championships

- Partnerships (all athletes within a unit) and individual athletes must have competed in at least 1 (one) of the Ontario Cups to be eligible to register for the Ontario Championships. A composition of a partnership may not change between qualification event and Ontario Championships (athlete substitution requests must be submitted to TC for approval prior to competition registration deadline).
- Athletes who qualify to the Ontario Championships must compete in the Ontario Championships in the same level that they qualified in. Athletes may not move up a level between the last qualification event and the Ontario Championships.
- FIG Pre-Youth (11-16), Youth (12-18), Junior (13-19), or Senior (15+) require that the pair/group perform more than 1 routine. The pair/group may perform only 1 (or more) of the routines for scores and awards at Ontario Cups. To qualify to Ontario Championships all 2 or 3 routines (FIG Pre-Youth (11-16)) and all 3 routines (FIG Youth (12-18), Junior (13-19), or Senior (15+)) must have been competed over the Ontario Cups, either all in one competition or over the Ontario Cups e.g. A Youth (12-18) Men's Four may compete their Balance routine at the 1<sup>st</sup> Ontario Cup, their Dynamic routine at 2<sup>nd</sup> Ontario Cup and their Combined routine at the 2<sup>nd</sup> Ontario Cup thereby qualifying them to the Ontario Championships.

## Qualifications to Canadian Championships

All partnerships wishing to participate in the Canadian Championships must compete at the Ontario Championships (performing their full program) and at the Eastern Regional Cup. At this time, participation at the Eastern Regional Cup may be partial, with partnerships performing either a portion of their program (1 or 2 routines) or their full program, depending on athlete readiness (subject to change).

Funding for the Canadian Championships will be determined annually by Gymnastics Ontario and may be available only to athletes who competed at the Ontario Championships.

Athletes who are unable to compete in the Eastern Regional Cup or Ontario Championships due to medical or other extraordinary circumstances may submit an exemption request. All exemption requests will be reviewed and evaluated on a case-by-case basis.

## 3.2 Awards

- Awards are a responsibility of the host club. The host club for Ontario Cups is responsible for ordering medals through the official GO awards supplier or through a supplier of their choice. Awards for Ontario Championships (not Open Championships) will be ordered by GO.
- **The host club is responsible for ensuring that all categories are awarded accordingly.**
- Awards will be given for all levels 1<sup>st</sup> through 8<sup>th</sup> at all Ontario Cups and Ontario Championships.
- Ontario Cup Awards are based on the total score of all routines performed (All Around)
- Provincial Championships awards are based on USDP and FIG rules. Aspire level awards are based on sum of the Combined routine performed twice.
- For Ontario Championships, large medals will be presented to all groups and partnerships for All Around, small medals will be presented for Individual and Block routines. Ribbons will be awarded for the 4<sup>th</sup>-8<sup>th</sup> places.

- At Ontario Championships in case where out of province athletes attend the event, a second set of awards must be given. One set of awards will be given to the Ontario athletes based on their ranking and the Ontario Champion will be named. Second set of awards will include all Ontario athletes and any out of province athletes and will be based on the ranking.
- Tie Break Rules:
  - All ties will be broken based on USDP and FIG rules accordingly. Aspire tie breaks will be done according to FIG rules.
    - Section 11 1F <https://usagym.org/acrobatic/rules/>
    - Section 5 Article 1.4 & 3.4 [https://www.gymnastics.sport/publicdir/rules/files/en\\_1.5%20-%20ACRO%20Youth%20&%20Junior%20Rules%202025-2028.pdf](https://www.gymnastics.sport/publicdir/rules/files/en_1.5%20-%20ACRO%20Youth%20&%20Junior%20Rules%202025-2028.pdf)

## 3.3 Tour Selection

ACRO Tour is a competitive travel opportunity for Level 5-7 athletes that takes place at the TC assigned event.

ACRO Tour Team will consist of one highest scored pair/group from either Acro Cup 1 or Acro Cup 2, the decision will be made by ACRO Program Manager based on the tour event registration deadline, example if the tour event registration deadline falls right after Acro Cup 1 then Acro Cup 1 will serve as a qualifying event; if the registration deadline fall after Acro Cup 2 then Acro Cup 2 will serve as a qualifying event.

The tour team will consist of the following levels:

- One top scored Level 7 pair/group
- One top scored Level 6 pair/group
- One top scored Level 5 pair/group

If Gymnastics Ontario is able to support more than three pairs/groups in any given season, then the selection would start over with a consideration for a category not already represented in the first selection. Example: if highest scored L7 is WP, L7 next selection must be from WG, MP, MxP, or MG. The priority will be given to a higher level.

In case of a tie, a pair/group with the highest E score will be awarded a spot. If a tie persists, a pair/group with the highest D score will be awarded the spot. If the tie is still not broken both groups may be awarded a spot on the team bumping the lowest level pair or group.

In case of top ranked pair/group denying their spot on the team, priority will be given to the next highest ranked pair/group within the level. In order to maintain a good gymnast quality on the team, selection will go down only until 3rd ranked pair/group (inclusive) in each category.

List of qualified pairs/group and alternates will be communicated to all clubs via email. Individuals will be given up to a maximum of 5 days to make a decision on whether to accept or deny a spot. Finalized GO ACRO Tour Team list (including a coach and a judge) will be announced 7 days after via email and GO website announcement.

To qualify for the Tour all Level 5 partnerships MUST use compulsory music and routine.

GO Tour Team Coach/Manager will be selected by the Program Manager.

## 3.4 Training Camps

Two province-wide training camps may be offered.

Fall/Winter Training Camp will be an intermediate level camp for athletes who have experience performing or competing acrobatic gymnastics.

Training camp immediately following Provincial Championships for L7 and above at the host club is highly recommended.

## 3.5 Competitions

### Types of Competitions

This is an overview of the types of the competition available to the levels and terminology:

#### “Invitational Event”

- An approved competition hosted by a club.
- The host decides what competitive streams and levels to include in this event: Interclub, Provincial, National.

#### “Gymnastics Ontario Event”

- Ontario Cups, Ontario Championships.
- Clubs may apply to host a Gymnastics Ontario event on the preassigned dates.

### Invitational Events

- Clubs wishing to host an Invitational competition must complete the “Bid to Host - Invitational” form found on the GO website in the Forms section.
- Clubs wishing to invite international participants must complete the “Authorization to host an International Event” found on Gymnastics Canada website in addition to the “Bid to Host – Invitational” and submit a complete package to Gymnastics Ontario ACRO Program manager.
- There is no deadline to apply to host an Invitational event however the request for a Bid to Host approval MUST be submitted to Gymnastics Ontario ACRO Program Manager 2 months in advance of the proposed event. Once approved, the competition will be posted on the GO Calendar.

### Gymnastics Ontario Official Events

- All clubs wishing to host Gymnastics Ontario Events (Cups, Championships) must complete the “Bid to Host – GO Official Event” form found on the GO website in the Forms section. Only fully completed and received by the deadline bid packages will be considered for hosting.
- If selected, the host will receive an agreement that must be signed and returned by the stated deadline.

## 4 Acrobatic Gymnastics Rules

Athlete age eligibility will follow Gymnastics Canada

## 4.1 Athlete Age Eligibility

Athletes competing in USDP Level 2-6 may have a maximum age difference of 8 years within the unit. For USDP L7-10 **ages 9 and above** may compete, but age differences between partnerships for each level must correspond to Gymnastics Canada technical regulations. For Aspire, **ages 9 and above** may compete and age differences must conform to those specified for L8 in Gymnastics Canada technical regulations. For FIG levels Age levels must conform to those specified in Gymnastics Canada regulations.

## 4.2 USDP Levels 2-10 Rules

Level 5 Individual Routine may be found in Section 5.2 of this document (Gymnastics Ontario Technical Regulations).

Code of Points for Level 2-10 are found at: [Development Program • USA Gymnastics](#)

**Any and all rules updated in periodic newsletters as published by USGA will also apply to competition in Ontario.**

### Level 2-5 Clarification

Level 2-5 Music: Level 2-5 pairs/groups must use the USDP compulsory music found on the USA Gymnastics website. Level 5 may have an optional music in Ontario ONLY. Athletes who wish to partake in the events outside of the province have to follow the rules stated by LOC.

Level 5 Choreography: Level 5 pairs/groups must use the USDP compulsory choreography as shown online on the USA Gymnastics website.

All Level 5 elements must be performed in the order specified in the USDP Code of Points.

USDP Compulsory music and choreography may be found at:

<https://usagym.org/acrobatic/development/>

## 4.3 Gymnastics Ontario Aspire Level Rules

Aspire Level Requirements (equivalent to the International Beginner level offered at major international invitational competitions): No height deduction.

### General Rules:

1 Combined exercise (Difficulty is calculated just like in FIG Pre-Youth (11-16)). – 2 minutes of maximum duration. Difficulty restrictions for Individual and optional Pair or Group elements are also the same as FIG Pre-Youth (11-16).

Pairs: choose 2 balance elements from 11-16 difficulty tables + 1 optional element from FIG tables and 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables (OPTIONAL can be from 11-16 difficulty tables but not the same ROWS used for the compulsory elements).

Groups: choose 1 pyramid from 11-16 difficulty tables + 1 optional pyramid from FIG tables (only 2 static holds of 3" are required in the routine) and 2 dynamic elements from 11-16 difficulty tables + 1 optional

element from FIG tables (OPTIONAL can be from 11-16 difficulty tables but not the same ROWS used for the compulsory elements).

Individual: 3 individual elements must be executed – individual elements may be any from FIG TOD; no repetition allowed for credit; NO SALTO REQUIRED).

(Note these rules are subject to revision based upon Maia International Acro Cup rules.)

## 4.4 FIG Rules

FIG Acrobatic Gymnastics Code of Points for International competitions can be found at

[https://www.gymnastics.sport/publicdir/rules/files/en\\_1.1%20-%20ACRO%20Code%20of%20Points%202025-2028.pdf](https://www.gymnastics.sport/publicdir/rules/files/en_1.1%20-%20ACRO%20Code%20of%20Points%202025-2028.pdf)

or

<https://www.gymnastics.sport/site/rules/#8>

Any and all rules updated in periodic newsletters as published by the FIG will also apply to competition in Ontario. These newsletters can be found at: <https://www.gymnastics.sport/site/pages/newsletters-acro.php>

## 5 Additional Information and Appendices

### 5.1 Additional Documents and References

Coaches and Judges should have the following documents:

USDP Gymnastics Acro website

<https://www.usagym.org/pages/acro/pages/index.html>

US Acro Rules and Policies

[https://usagym.org/pages/acro/pages/rules\\_policies.html](https://usagym.org/pages/acro/pages/rules_policies.html)

FIG Website

<https://www.gymnastics.sport/site/>

FIG Main Rules

<https://www.gymnastics.sport/site/rules/>

FIG Acrobatic Code of Points, Tables of Difficulty, links to other rules

<https://www.gymnastics.sport/site/rules/#8>

FIG Newsletters and Technical Updates

<https://www.gymnastics.sport/site/pages/newsletters-acro.php>

**5.2 Level 5 Individual Routine**

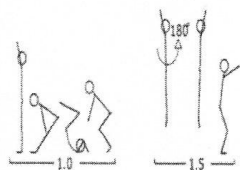
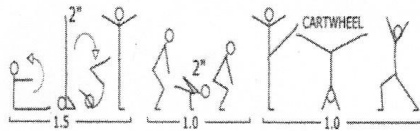
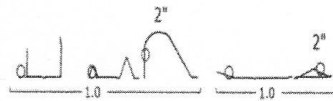
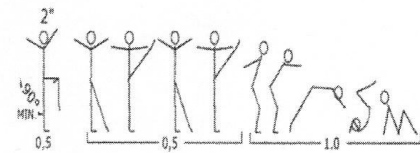
**Execution: 10 points**

- 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