



Acrobatic Gymnastics
Section I
Technical Rules & Regulations
2019 - 2020

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1 General Rules for Acrobatic Gymnastics

1.1 Acknowledgement of System Development

Gymnastics Ontario has adopted the USA Gymnastics Junior Olympic (USJO) 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 Youth, Age Group 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.
- Competitive Round:
The portion of the competition specific to each level, beginning with the first routine of that level and ending with the posting of the scores of that same level.
- 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)

G.O. – Gymnastics Ontario

G.C.G. – 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 partnerships status of WP, MP, MxP, WG or MG

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, in writing, to the Acro T.C. through the Program Manager at Gymnastics Ontario.
- 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 Call to Meet 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, G.C.G. Acro Technical Rules and Regulations, the G.O. Meet Director’s Manual, as well as all sections of this manual (including the G.O. Safety Guidelines (Appendix A) and the G.O. Acrobatic Gymnastics Judging Policies) prior to hosting a competition.
- Clubs are not permitted to host an Inter-Club meet in conjunction with Ontario Championships.
- The Host Club of Ontario Cup(s) and Ontario Championships shall provide a variety of the following for coaches on-site during the competition; this is a suggested guideline for minimum standards to be followed:
 - yogurt, fruit, vegetables, cheese & crackers
 - sandwiches, pizza
 - danish, muffins & bagels
 - a hot item such as a stew / soup is always appreciated
 - water, juice, coffee or tea

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.
- Pairs/Groups are not permitted to present themselves to a judging panel by “touching the equipment” and be considered to have competed. Any athlete unable to compete will require a petition, if applicable.
- Specific partnerships that achieve Ontario Championships title (place 1st at Ontario Championships) in the previous year must move up a level for the following year. This affects Levels 5, 6, 7 and 8. This rule will not apply to Levels 9-10, Youth or FIG levels. This rule only applies to pairs/groups that remain together into the next season. This rule will only be implemented if the level, category and age division has 3 or more partnerships registered and competing at the time of the Ontario Championships of the year that the partnership achieves the title of Ontario Champions.
- Athletes from outside of Ontario will be permitted to compete at the Ontario Cups and Ontario Championships as long as all GO and GCG 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 G.O. Meet Director’s Manual and the G.O. 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, G.C.G. Acro Technical Rules and Regulations, the G.O. Meet Director’s Manual, as well as all sections of this manual (including the G.O. Safety Guidelines (Appendix A) and the G.O. 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 G.C.G. activities. All coaches MUST complete MED online evaluation and Respect in Sport Module in order to be granted access to a competitive event.

NOTE: Once the Foundations Module for Acrobatic Gymnastics is delivered from GCG then all Acro coaches will be required to take this course.

1.9 Meet Entry & Admission Fees

- Ontario Cups: The maximum entry fee, for both Provincial and National level athletes is \$65.00 for the first event, \$20.00 for each additional event. Demonstration fees: \$35
- Ontario Championships: The maximum entry fee is \$75.00 for the first event, and \$25.00 for each additional event. Demonstration fees: \$35
- Tour Selection Competition: The maximum entry fee is \$65.00 for the first event, and \$20.00 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:

- a) Qualifiers/Cups - \$6.00 +HST per athlete (\$6.78)
- b) Tour Selection/Ontario Championships/Elite Ontario - \$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 Call to Meet, 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.
- Copies of each participating club’s registration forms must be submitted by the host club and to the Acro Program Manager within seventy-two hours from the registration date of the Ontario Cup(s) and or Ontario Championships. The Acro Program Manager is to be notified of any subsequent changes immediately thereafter.
- At Ontario Cup(s) and or Ontario Championships there are no refunds after the registration deadline. A proper petition form must be submitted to GO for any possible refund. A refund may be considered for any extraordinary circumstance pending approval by the host club.
- An athlete who is registered to compete at Tour Selection, Ontario Cup(s) and or at Ontario Championships is not required to pay an admission fee throughout the competition in which they have been registered to compete.
- 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 Call to Meet

- The Meet Director is required to submit a draft copy of the Call to Meet 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. “Competition Registration Instruction” template is available on GO website on the Acro/Aero Competition Hosting page.
- Registration forms for all competitions must include the name of the coach attending the competition (and whether that is the athlete’s named coach if the competition will include the selection of team coaches). Registration forms will provide room for alternate coaches’ names. If for some reason none of the coaches listed are able to attend, the coach accepting the responsibility for the athlete(s) must sign the change on the registration form on-site, after showing proof of G.O. membership and N.C.C.P. certification.

- The host club is required to e-mail each registered club a confirmation of registration, verification of the spelling of each athlete's name, their category, their level, their pair or group partners, and their gender following the registration deadline in a timely manner.

1.11 Competition Guidelines / General

- The Acro T.C. Chairperson and Judging Chairperson for Acro shall make the competition schedule for Ontario Cups and Ontario Championships in partnership with the host club to ensure adequate warm-up and competition times for all athletes.
- The order of events is at the discretion of the Meet Director but must be approved by the Acro T.C. Chairperson.
- 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".
- A minimum of twenty (20) 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 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. When the competition has ended, athletes are to remain in the designated athlete corral and leave the competition floor at the conclusion of their flight. 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 Qualifying Round is decided by a random draw.
- 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.
- It is recommended that awards are given between competitive levels to decrease the amount of time athletes and spectators need to spend at the competition. Grouping of like levels will also help to decrease the amount of time/days an athlete needs to be present at the competition.
- All one-day competitions shall start no earlier than 9:00 a.m. and shall end no later than 10:00 p.m. The warm-up may commence before 9 a.m. The duration of any competition shall be no greater than eleven (11) hours. Any given flight of competition may not exceed four (4) scheduled hours. The duration of the flight will be determined from the start of the first scheduled general stretch time to the conclusion of the scheduled competition time within a flight.

- The Chair of the Judges' panel will 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

- Marshalling for presentation to the Chair of Judge's Panel, and or introduction of the gymnasts by an announcer, shall be done in competitive attire. This shall be done prior to the gymnast's specific warm-up.
- It is recommended that awards at Ontario Cups and Ontario Championships be presented by Judges and or attending dignitaries.
- 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.
- At all Ontario Cups and Ontario Championships for Acrobatic Gymnastics, medals will be given to the top three (3) pairs or groups based on total combined score (for all one, two or three routines depending on the level) 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.

1.14 Meet Results & Reports

- A copy of all official score sheets must be provided on disk/flash drive, to the Program Manager, at the conclusion of the last flight of competition or must be e-mailed to G.O. within forty-eight (48) hours of the competition.
- Duplicates of all official score sheets must be retained by the host club, for at least one (1) year.

- 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 (6) metres. 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 groups if the athlete is coming down from a three high and they request a mat. The mat may be no more than 10 cm. (4 inches) in thickness and shall not exceed 2 x 4 metres. The use of the mat will be at the discretion of the athlete(s) and coach(es), and not the Chair of the Judging Panel.
- 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-one (31) 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 jewellery may be worn by competitors. Taping of jewellery is not acceptable and must be removed. 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, Section VI, Article 34.
 - No finger nail or toe nail 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 e) i. to vi. 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 track-suit, 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 f) i. to v. 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

(adopted from USA Gymnastics 2018 Acrobatic Gymnastic Program Rules and Policies Section 7.11 and the 2017-2020 FIG CoP Article 42)

A Jury of Appeals which will consist of an odd number and at minimum three judges including CJP, Meet Referee, one DJ and/or if there is no Meet Referee, another senior judge acting on the panel. The structure of this jury may be further defined in the information for any specific competition. The jury structure must be consistent with those set by either FIG or USA rules and policies (but does not have to be exactly the same).

Gymnastics Ontario competition will use appeal rules as set out by USGA for all USJO competition. Refer to the most current version of the US Acrobatic Gymnastics Program Rules and Policies.

For FIG AG and Senior and Gymnastics Ontario Youth competition, Gymnastics Ontario will use appeal rules as set out by Article 42 of the FIG COP (and any future amendments included in published FIG Newsletters).

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. Tariff sheets are not submitted for Levels 5 and 6.

- The tariff sheets for all routines must be submitted 10 days prior to the start of the competition via email or fax **KSIS** 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.
- Late tariff penalty is 0.3 per exercise plus a \$50 charge per club for any tariff submitted between 5 days and 48 hours before the start of competition.
- Any tariff sheets received less than 48 hours prior to the start of competition will receive no difficulty.
- 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 flight. 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 (4) Execution Judges, and four (4) 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. In the event that there are additional judges available, the panel may be made up of as many as 6 Artistry Judges and 6 Execution Judges at all Ontario competitions. This would be subject to approval by the meet host and the availability of judges.
- 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 3 minutes to perform this includes the completion of the judging of the routine.

All Level 5 and 6 routines should be given 4 minutes 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 5 minutes to perform this includes the completion of the judging of the routines.

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 USJO and FIG Rules and Regulations - Precedence and Updates

In cases of any contradiction between USJO rules and GO rules for Levels 5-10, 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 level elements can be found in the USJO Level 1-4 Program.

Access the USJO Level 1-4 program can be found at:

https://usagym.org/pages/acro/pages/jo_codeofpoints.html

3 Pre-Competitive Acrobatic gymnastics

3.1 Types of Competitions

Establishment of the basic elements and skills for Acrobatic Gymnastics should be acquired through USJO Level 1-4 Program.

Presently the level structure for Pre-Competitive Acrobatic Gymnastics in Ontario is based on the four levels of the USJO Level 1-4. As this discipline is in its infancy in Ontario the program is looking for participation. Gymnastics Ontario would like to promote the development of Acrobatic Gymnastics for fun and fitness performed at the lower level keeping athlete safety and sport enjoyment a priority.

Access the USJO Level 1-4 program can be found at:

https://usagym.org/pages/acro/pages/jo_codeofpoints.html

USJO Level 2-4 Compulsory music may be found at:

https://usagym.org/pages/acro/music/jo_compulsory.html

USJO Level 2-4 Compulsory choreography may be found at:

https://usagym.org/pages/acro/video/jo_compulsory.html

4 Competitive Acrobatic Gymnastics

4.1 Competitive Structure

Gymnastics Ontario for the purpose of development has adopted the USA Junior Olympic (USJO) Acrobatic Gymnastics levels 5 through 10. Gymnastics Ontario is adopting the FIG Code of Points for Age Group Athletes 11-16 (AG1), 12-18 (AG2) and 13-19 (Junior) as well as the Senior category of 15 and Over. Gymnastics Ontario has also adopted an intermediate level titled "YOUTH".

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

Level 5 Individual competition offers categories of Women's and Men's.

A new competition that can be undertaken at the initiative of the competition host is the Block program. General rules may be set by the competition host together with the Technical Committee to run the Block Program in this introductory year of competition.

Access the USJO Block Program can be found at:

https://usagym.org/pages/acro/pages/overview_blocks.html

Age Divisions and Requirements:

For Levels 5 and 6, age divisions are:

8 – 12

13+

For Level 5 Individual, age divisions are:

8

9

10-11

12+

For Levels 7 and 8 age divisions are:

8 - 13

14+

There are no age divisions for USJO Levels 9, 10 and Gymnastics Ontario Youth.

FIG International Age Group and Senior, 11-16 (AG1), 12-18 (AG2), 13-19 (Junior), or Senior 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.

Age divisions are based on the athlete's age as of the **December 31 of the current season.**

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

For all levels, all athletes must be a minimum of 8 years old to compete.

Athletes under 8 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 8 years, then the entire pair/group will be considered under age to compete.

In addition, as a participation promotion we will offer:

- Family Acrobatic Gymnastics Performance (any combination of family members, age minimum 8 years of age, no upper age limit).
- Group Performance (3 or more participating, minimum 1.5 minutes, free routine, music optional, minimum 8 years of age).

4.2 Athlete Registration

- Clubs must register their acrobatic gymnastics athletes as one of the following:
 - Recreational: (non-discipline specific)
 - Interclub: There is NO INTERCLUB level at this time
 - Provincial: Acro Levels 5 through 10, Gymnastics Ontario YOUTH Level
 - National: FIG Code Levels for Acrobatics 11-16 (AG1), 12-18 (AG2), 13-19 (Junior), or Senior
- 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.
- 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. Athletes are permitted to compete as part of an additional large team group or family group in addition to competing in a pair and a group in the standard levels (e.g. a female gymnast competes as a 11 year old top in a Level 6 Women's Pair, a Level 5 Women's Trio and as part of her club's large team routine).

4.3 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 (no athlete substitution).
- 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 Age Group 11-16 (AG1), 12-18 (AG2), 13-19 (Junior), or Senior 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 routines (FIG Age Group 11-16 (AG1) and all 3 routines (FIG Age Group 12-18 (AG2), 13-19 (Junior), and Senior) must have been competed over the Ontario Cups, either all in one competition or over the Ontario Cups

e.g. A 12-18 (AG2) Men's Four may compete their Balance routine at the 1st Ontario Cup, their Dynamic routine at 2nd Ontario Cup and their Combined routine at the 2nd Ontario Cup thereby qualifying them to the Ontario Championships.

4.4 Awards

- Awards will be given for all levels 1st through 8th at all Ontario Cups and Ontario Championships.
- Where athletes perform dynamic, balance and combined routines (FIG International Age Group levels and Senior level) awards will be given for dynamic routine results, balance routine results, combined routine results, and overall results at Ontario Championships only. However, in the case where there are less than three entries in the event, one single overall medal only shall be presented.
- In the "Family Acrobatic Gymnastics Performance" and "Group Performance" routines will not be comparison judged but rather receive a token of participation representing a Gold, Silver or Bronze Standard of Performance to be determined by the judges.
- If out of Province athletes compete in Ontario Cups or Championships, awards will be given to these athletes as earned. However, the out of province athletes may not displace Ontario athletes at the Ontario Championships therefore, duplicate awards are awarded.
- Awards for the Level 5 Individual routine rounds will be separate from the pair/group awards.
- Tie Break Rules:
 - In general, any ties will not be broken, duplicate awards will be given and the next place(s) will be skipped. (USA 2018 Rules and Regulations Section 11.1 - General Regulations)
 - In the event of a tie at a Tour Selection event, FIG qualification tie break rules will apply for FIG based events and USJO tie break rules will be used for the USJO events to determine which pair(s) or group(s) are to be selected, however, duplicate awards will be given for that meet. Any specific tie break rules set in the Selection event directives will supersede this rule.
 - In the case of a tie for any of the FIG or Youth levels where we have a qualification and final round structure, the FIG tie breaking rules shall apply as follows (FIG Technical Regulations 2017 Section 5):
 - In the case of a tie in points in Qualification rounds, the ranking will be determined by the following criteria:
 - The highest sum of E scores of the Balance, Dynamic and Combined exercise
 - The highest E score of the Combined exercise
 - If there is still a tie, the tie will not be broken and the starting order (for finals) will be decided by draw.
- In case of a tie at any place in Finals, the tie will not be broken.
 - In the case of a tie for USJO levels, as per 2018 USJO Rules and Policies, Section 11, ties will not be broken, and duplicate awards will be presented.

4.5 Tour Selection

ACRO Tour will take place at the TC assigned event.

ACRO Tour Team will consist of one highest scored pair/group from 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.

GO Tour Team Coach Selection will be based on Gymnastics Ontario Coach Selection Policy.

4.6 Training Camps

Two province-wide training camps will be offered. A suggested Fall Training Camp will be an intermediate level camp for athletes who have experience performing or competing acrobatic gymnastics. A suggested Winter Training Camp will be for athletes who are learning a basic level of acrobatic gymnastics skills. Resources outlining spotting, conditioning programs and general acrobatic gymnastics education will be the focus of the training camps. Call to Camp information packages will be posted on the Gymnastics Ontario website and registration can be done through the Acrobatic Gymnastics Program Manager.

4.7 Competitions

- Gymnastics Ontario will run 2 Ontario Cups and 1 Ontario Championships.
- 1st Ontario Cup: Acrobatic Gymnastics will take place between December and February.
- 2nd Ontario Cup: Acrobatic Gymnastics will take place between February and April.
- The Ontario Acrobatic Gymnastics Ontario Championships will take place end of April beginning of May.
- Scores must be flashed on an overhead projector or screen at all Ontario Cup and Ontario Championships as routines are completed.
- Call to Meet information packages will be posted on the Gymnastics Ontario website and registrations will be done through **the Online Competition Management System, KSIS**.
- Acrobatic Gymnastics Invitational competitions are welcome. Please submit Invitational Competition Bid to Host to the Acrobatic Gymnastics Program Manager.
- Clubs wishing to attend Training Camps or to compete outside Canada must submit sanction requests to Gymnastics Canada through Gymnastics Ontario prior to consolidating travel plans.

5 Acrobatic Gymnastics Rules

5.1 USJO Levels 5-10 Rules

Level 5 Individual Routine may be found in Section 6.2 of this document (Gymnastics Ontario Technical Regulations).

Code of Points for Level 5-10 are found at: https://usagym.org/pages/acro/pages/jo_codeofpoints.html

Any and all rules updated in periodic newsletters as published by USGA WILL also apply to competition in Ontario. These newsletters can be found at:

<https://usagym.org/pages/acro/updates/technical.html>

Level 5 Clarification

Level 5 Music: Level 5 pairs/groups must use the USJO compulsory music found on the USA Gymnastics website.

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

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

USJO Compulsory music may be found at:

https://usagym.org/pages/acro/music/jo_compulsory.html

USJO Compulsory choreography may be found at:

https://usagym.org/pages/acro/video/jo_compulsory.html

5.2 Gymnastics Ontario Youth Level Rules

Youth Level Requirements (equivalent to the International Beginner level offered at major international invitational competitions): No maximum age separation and no height deduction.

General Rules:

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

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

(Note these rules are subject to revision based upon Maia International Acro Cup rules for the 2019 competition.)

5.3 FIG Age Group and Senior Rules

FIG Acrobatic Gymnastics Code of Points for International Age Group competitions and Senior Level can be found at www.fig-gymnastics.com

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: <http://www.fig-gymnastics.com/site/pages/newsletters-acro.php>

6 Additional Information and Appendices

6.1 Additional Documents and References

Coaches and Judges should have the following documents:

USJO Gymnastics Acro website

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

US 2018 Acro Rules and Policies

https://usagym.org/pages/acro/pages/rules_policies.html

US Newsletters and Technical Updates

<https://usagym.org/pages/acro/updates/jo.html>

FIG Website

<http://www.fig-gymnastics.com/site/>

FIG Main Rules

<http://www.fig-gymnastics.com/site/rules/rules.php>

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

<http://www.fig-gymnastics.com/site/rules/rules.php>

FIG Newsletters and Technical Updates

<http://www.fig-gymnastics.com/site/pages/newsletters-acro.php>

6.2 Level 5 Individual Routine

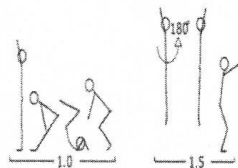
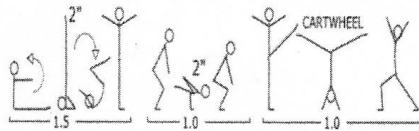
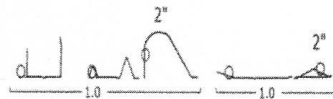
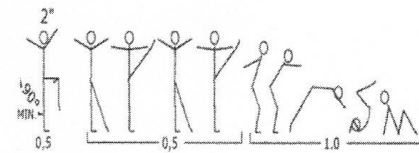
Execution: 10 points

- 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

/10

Total DD Score

/10

Total Overall score

/20

**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