

2025-28 FIG DIFFICULTY ROUTINE REQUIREMENTS OVERVIEW



L. Smiley

Note: Artistry (Aerobic Content) Requirement - IW/IM * & PR/MP/TR/GR = 9 AMPs/4 AMP Block*

<u>NATIONAL DEVELOPMENT</u>	<u>WORLD YOUTH</u>	<u>JUNIOR</u>	<u>SENIOR</u>
<p>9-11 yrs. 1:15* +/- 5 sec 10 x 10m - IM/IW/MP/TR/GR*</p> <p>7 Elements (0.1-0.4) 2 AE from A1 - A2 Optional <i>*AE (A3-A5) ok only in Collaboration with assisted/supported Landing.</i></p> <p>*4 Compulsory Elements: A101 - Push Up A212 - Straddle Support B403 - Air Turn C702 - 1/1 Turn</p> <p><i>MP/TR/GR - CE do Same Element at the Same Time w/o Combination</i> <i>* No Combination of CE allowed</i> <i>* 1 Combination of 2 Elements*</i> <i>*Max 2* Collaboration</i></p> <p><u>IM/IW/MP/TR/GR</u> 1*Jump Landing in PU &/or Splits IM - No Split Landings IM - No F4 Jump Required IM - No F8 Allowed IW - No F7 Required</p> <p>*Elements not allowed: -DE in 1 arm support *Repetition of Element AE/DE</p> <p><u>Max D-S = 2.10* ÷ 2 = 1.05*</u></p>	<p>12-14 yrs. 1:15* +/- 5 sec. 10 x 10 m - All*</p> <p>AD (8) - 1:20* +/- 5 sec 7 Elements (0.2-0.6) 2 AE from A1-A4 Optional <i>*AE (A5) ok only in Collaboration with assisted/supported Landing.</i></p> <p>*NO Compulsory Elements: Perform Min of 4 Families 1 Combination of 2 elements <i>MP/TR/GR - Must do Same Element at the Same Time w/o Combination</i></p> <p>*Min 2 Collaborations</p> <p><u>IM/IW/MP/TR/GR</u> 2 Jump Landing in PU &/or Splits</p> <p>IM - No Split Landing (DE or AE) IM - No F4 Jump Required IM - No F8 Allowed IW - No F7 Required</p> <p>*Elements not allowed: -DE in 1 arm support *Repetition of Element AE/DE</p> <p><u>Max D-S = 4.30* ÷ 2 = 2.15*</u></p>	<p>15-17 yrs. 1:25* +/- 5 sec. 10 x 10 m - All*</p> <p>AD (8) - 1:20* +/- 5 sec 7 Elements (0.2-0.7*) 2 AE from A1-A5 w/o Twist <i>*AE (A5) ok only in Collaboration with assisted/supported Landing.</i></p> <p>*NO Compulsory Elements: * Perform min of 4 Families * 1 Combination of 2 elements <i>MP/TR/GR - Must do Same Element at the Same Time -w Combination OK</i></p> <p>* Min 3 Collaborations</p> <p><u>IM/IW,MP,TR,GR</u> - Max 3 Jumps landing in PU &/or Splits*</p> <p>IM -No Split Landing (DE or AE) *IM -Min 1 F4 Jump Required IM -No F8 Allowed *IW -Min 1 F7 Required</p> <p>*No Repetition of Elements <u>Max D-S = 5.00* ÷ 2 = 2.50*</u></p> <p>TR/GR (Mixed) 5.00 ÷ 1.9=2.63 TR/GR(Women)5.0 ÷ 1.8=2.77</p>	<p>18+ yrs. 1:25* +/- 5 sec 10 x 10 m - All*</p> <p>AD (8) - 1:20* +/- 5 sec * IW/IM - 8*Elements * MP/TR/GR - 8 Elements * Perform Min of 4* Families * Max 2 DE per Family * Max 1 per BaseName * Max 2 DEs in Wenson * Max 3 DEs (Group B) Landing in PU &/or Splits <u>IM IW</u> *Max 1 set of 2/3 Elements * 2/3 DE in combination can be from Same or Different Families *Min 3 Collaborations</p> <p><i>Note: A+A=0+0 No Bonus Value</i> <u>MP TR GR</u> *Max 1* Set of 2 Elements *No overlap of 3 or more *Do same elements at same time IM *Min 1 Dynamic Jump-Family 4 IM - No Family 8 DE-Allowed IM - No Split Landings - DE or AE IW - Min 1 F7 Required *No Repetition of an Elements</p> <p>Max D-S (IM/IW) = $\frac{5.0}{2} = 2.5$ TR/GR(Mixed) = $\frac{5.0}{1.9} = 2.63$ TR/GR (Women) = $\frac{5.0}{1.8} = 2.77$</p>

