



**Dutch  
Gymnastics**

# **Competition Rules Acrobatic Gymnastics**

A / B / C - level

2022 - 2024

Version September 2021

## Foreword

We are pleased to present to you the new competition rules Acrobatic Gymnastics A, B and C levels.

The regulations are valid from January 1, 2022 to December 31, 2024.

This competition regulation Acrobatic Gymnastics A / B / C - level is an addition to the Technical Regulations Acrobatic Gymnastics of the FIG.

Interim changes and/or additions will be announced through separate newsletters. These can be downloaded at [www.dutchgymnastics.nl](http://www.dutchgymnastics.nl)

The corresponding difficulty tables can be downloaded at [www.fig-gymnastics.com](http://www.fig-gymnastics.com).

The regulations were developed in part with the idea of:

- To make a good connection from C - to B - level and from B - to A - / international level.
- Obtain more challenge and variety, making for athletes and audiences, Acrobatic Gymnastics a spectacular sport to do and to watch.
- Encourage athletes to participate in our beautiful sport.

The regulations were created from the Working Group on Jury Matters under the responsibility of the National Technical Committee on Acrobatic Gymnastics (LTC-AG).

We owe these people many thanks for their knowledge, time and energy to make the implementation of the regulations possible.

N.B. The difficulty tables of the FIG are unchanged by us and are applicable for the competitions at A -, B - and C - level. From now on we will only use elements included in the difficulty tables of the FIG, both for national and international competitions. Any additions to this will be translated from the FIG newsletters to Dutch newsletters.

For the A - level, during national DG - competitions, these regulations should be used. If one wants to qualify for participation in international competitions the FIG - regulations will apply.

In case there are contradictions between race rules and the Technical Regulations, the provisions of the DG Technical Regulations will prevail.

## **Content**

Foreword

### **Part I: Purpose and validity**

Art. 1: Purpose and validity

### **Part II: Competition Program**

Art. 2: Disciplines and competitions.

### **Part III: Contest management and organization**

Art. 3: Match Management

Art. 4: The Jury of Appeal.

Art. 5: The Main Jury

Art. 6: Rights and obligations of participants.

Art. 7: Rights and duties of trainers.

### **Part IV: The Jury**

Art. 8: The Main Jury

Art. 9: Composition of jury panels Art. 10:  
Rights and duties of jury members

Art. 11: Jury Chairs

Art. 12: Difficulty Judges

Art. 13: Artistic and technical judges Art.

14: Jury attire

### **Part V: Structure and composition of exercises**

Art. 15: Construction of exercises

Art. 16: Length of exercises

Art. 17: Composition of exercises.

Art. 18: Characteristics of the balance exercise Art.

19: Special requirements balance exercise  
(pairs).

Art. 20: Special requirements balance exercise (groups).

Art. 21: Time faults for pair, group and individual elements

Art. 22: Characteristics of dynamic exercise Art. 23:

Special requirements dynamic exercise

Art. 24: Errors in the dynamic exercise

Art. 25: Characteristics of the combination exercise

- Art. 26: Special requirements of combination exercise  
Art. 27: Performance of individual elements in all exercises

**Part VI: Artisticity**

- Art. 28: Artistic  
Art. 29: Relationship within team/ Length differences  
Art. 30: Expression  
Art. 31: Performance/ Choreography  
Art. 32: Creativity  
Art. 33: Musical Accompaniment and Choice of Music

- Art. 34: Competition clothing  
Art. 35: Accessories and tools

**Part VII: Implementation and technical assessment**

- Art. 36: Implementation and technical assessment

**Part VIII: Difficulty**

- Art. 37: Difficulty  
Art. 38: Contest sheets Art.  
39: New elements

**Part IX: Assessment of exercises**

- Art. 40: Assessment  
Art. 41: Scores and display of scores  
Art. 42: Penalties from the total score

- Art. 43: Protest

**Part X: Tables of errors and subtraction**

- Art. 44: Subtraction of difficulty jury and jury chair Art.  
45: Artistic judging  
Art. 46: Technical errors



## **Attachments**

1. Guideline Technical Judging
2. Definition of elements
3. Measurement Procedure
4. Stenotation
5. Clothing
6. Glossary

## **PART I**

### **PURPOSE AND VALIDITY**

#### **Article 1: PURPOSE AND VALIDITY**

- 1.1** The primary purpose of the competition rules is to act in accordance with the guidelines, inspire athletes and encourage developments of all aspects of Acrobatic Gymnastics in cooperation with DG and the FIG.
- 1.2** The competition rules and difficulty tables provide an objective and uniform guideline for evaluating all related circumstances regarding the competitive nature of Acrobatic Gymnastics.
- 1.3** Gymnasts and coaches can use the competition rules and related documentation as guidelines for creating their exercises.
- 1.4** The competition rules serve as a framework to accumulate the knowledge and skills of gymnasts, coaches and judges to the extent that prosperous advancement at the national to international level can occur.
- 1.5** To increase understanding across gymnastic disciplines, the structure and terminology of the competition rules was harmonized where practical and applied within other disciplines
- 1.6** The competition rules contain manageable rules and guidelines that will allow the public and media to understand the world of athletes in all its forms.

## PART II

### COMPETITION SCHEDULE

#### Article 2: DISCIPLINES AND COMPETITIONS

##### 2.1 Disciplines

Within Acrobatic Gymnastics, competitions are held in five disciplines

- Ladies' couple; two ladies.
- Gentleman couple; two gentlemen.
- Mixed couple; the lower partner is male, the upper partner is female.
- Ladies group; three ladies.
- Men's group; four gentlemen.

##### 2.2 Contests are for:

- C-junior level (age 9 to 17 in the year of the competition);
- C-senior level (min. 9 years in year of competition)
- B-junior level (age 10 to 19 in the year of the competition);
- B-senior level (min. 10 years in year of competition)
- Age Group Pupils (8-15 years old in the year of the competition);
- Age Group Youth (9-16 in the year of the competition)  
(international 11-16);
- Age group Juniors 1 (10-18 in the year of the competition)  
(international 12-18);
- Age group Juniors 2 (11-20 years in the year of the competition, max. 8  
years age difference) (international 13-19);
- A-level (age min. 12 years in the year of competition)  
(international min. 15 years).

##### 2.3 Matches

In the Netherlands we deal with different types of competitions: For the C-level:

- Preliminaries (regional or district);
- District Finals;
- Semifinals nationwide;
- Final nationwide.

For the B and A level

- Placement matches nationwide;
- Finals nationwide.

- 2.4** The annual competition information booklet contains items related to:
- The standard to be achieved regarding participation in national competitions;
  - The limit to be achieved in terms of obtaining a medal at national competitions;
  - The number of competitions per year;
  - competition dates and location;
  - the enrollment process;
  - accreditation of trainers;
  - material;
  - entering and leaving the competition area;
  - music;
  - jury requirements;
  - competition passports;
  - doping;
  - costs;
  - medals.

#### **Match Program**

- 2.5** The A-level and junior 1 and 2 age groups perform three drills:
- a balance exercise;
  - a dynamic exercise;
  - a combination exercise.
- 2.6** The C-level, B-level and age group Youth perform two exercises:
- a balance exercise;
  - a dynamic exercise.
- 2.7** Age Group Pupils perform one exercise:
- a combination exercise.
- 2.8** The age group Pupils, Youth, Juniors 1 and 2 use their own rules in addition to these rules, see DG site and <http://www.fig-gymnastics.com> (World Age Group Competition Rules)
- 2.9** Where we refer to the A in these regulations, we mean A-senior, since the age groups as mentioned in Article 2.8 have their own regulations.



## **PART III**

### **COMPETITION MANAGEMENT AND ORGANIZATION**

#### **Article 3: COMPETITION MANAGEMENT**

**3.1** At competitions under the responsibility of the National Technical Committee for Acrobatic Gymnastics of the KNGU, the following persons must be present:

- Delegates from the Rural Technical Committee on Acrobatic Gymnastics (LTC-AG);
- Delegates from the competition working group of the National Technical Committee on Acrobatic Gymnastics (LTC-AG);
- Contest Director;
- Main jury;
- Jury Chairs;
- Difficulty judges;
- Technical judges;
- Artistic judges;
- Staff of the organizing association;
- First aid/sports medicine.

#### **Article 4: THE JURY OF APPEAL**

**4.1** The jury of appeal supervises the rules as stated in the competition regulations, technical regulations and statutes of the KNGU.

**4.2** The appeals panel consists of three members:

- 1 member is from the National Technical Committee on Acrobatic Gymnastics. This person is the chairman of the appeal jury.
- 1 member (preferably a certified international judge) will be appointed by the Jury Affairs Working Group.
- 1 independent person, being the match director or to be designated by the match director.

**4.3** The (vice) president of the LTC-AG may also be present at any protest.

**Article 5: THE COURT JURY**

- 5.1 The head judge and race director oversee the proper observance of the rules at a race, each with their own set of duties.
- 5.2 At KNGU competitions, the main jury consists of one or two judges of the highest class. They are appointed by the Jury Working Group, which in turn is supervised by the National Technical Committee for Acrobatic Gymnastics (LTC-AG).
- 5.3 Members of the head jury have no responsibilities to the participating teams during race day.
- 5.4 With the exception of disciplinary measures, all decisions of the chief jury are binding during the race day. They will be reviewed as soon as possible thereafter and any serious error found in the process will be corrected.

**Responsibilities of the head judge during the competition**

- 5.5 It monitors the behavior of trainers, judges, participants and organizers in terms of observing the technical rules, competition regulations, jury regulations and all other applicable regulations of the KNGU.
- 5.6 It has the right to address judges, trainers and participants on their behavior if it is not in accordance with the regulations mentioned in Article 4.
- 5.7 She evaluates and records the judges rating for each exercise in terms of:
- meeting special requirements;
  - the accuracy of the difficulty value, total score and penalties of each exercise;
  - The consistency and logic of the technical score (T-score) and the artistic score (A-score).
- 5.8 She checks the judges' grades for accuracy and tolerance and takes action if errors are made.
- 5.9 It intervenes, in case of serious errors of the jury president. This is the case when the jury president does not properly direct his/her panel so that compliance with the rules is jeopardized.
- 5.10 It takes appropriate disciplinary action when a juror makes a very serious error, or judges inconsistently or shows bias.



- 5.11 She may cancel/allow an exercise to be cancelled if the safety of a participant is in jeopardy.
- 5.12 It may allow stopping or restarting an exercise if there is an error with the sound system or if the music was started at an incorrect time.

## **Article 6: RIGHTS AND LIABILITIES OF PARTICIPANTS.**

### **Rights of participants**

- 6.1 They may only participate in 1 discipline and at 1 level. This level and discipline is fixed after the first official competition and applies for the entire competition year.
- 6.2 They are entitled to safe training facilities during competition.
- 6.3 They have the right to be informed by the trainer about the block assignment and the inturn time on the competition floor.
- 6.4 They are entitled to a warm-up period before their performance on the competition floor. At the discretion of the competition director, the warm-up may also be divided in half so that everyone has adequate space. This may be in an inturn room (provided on a similar floor) or 5 minutes before the start of the competition block on the competition floor. A maximum of 10 teams are allowed on the floor during this warm-up time.
- 6.5 They are entitled to have their exercise restarted if, for reasons beyond their responsibility, the exercise cannot be completed. For example, if the power fails during the exercise.

### **Obligations of participants**

- 6.6 Participants must know, apply and follow the rules (Competition Rules, Technical Rules, Internal Rules, anti-doping rules and other rules established by the KNGU).
- 6.7 They must meet the age requirements set forth in the contest rules and contest information booklet.
- 6.8 They must be polite to officials, their own coach and those of other teams, participants and spectators, and conduct themselves with dignity and integrity at all times.
- 6.9 They should know the competition schedule and stick to it.
- 6.10 They must be ready for the race in proper attire at least half an hour before the scheduled start time. The race director, after consultation and with the permission of the chief judge, may decide to advance the race schedule, for example, if the race goes smoothly and prosperously or if there are many dropouts.
- 6.11 They follow all directions from the officials.
- 6.12 They are not allowed to make marks on the floor that aid in the execution of their exercise.
- 6.13 They must be ready in time for the awards ceremony in competition attire.



6.14 If measurement is applicable, they should attend the measurement on time.

### **Sanctions**

- 6.15** If a participant fails to follow any of the above rules, a warning or penalty will be given by the head judge.
- 6.16** Failure to appear at or disrupt the awards ceremony, willful disregard of the established rules of presentation, may result in the penalties listed below:
- The medal is lost;
  - The league results will be revised, they drop to last place in the results table;
  - Medals will be presented to the participants at the top of the new results list.
- 6.17** In special circumstances, such as illness, the chief judge will approve absence during the awards ceremony without penalty.
- 6.18** A second violation of any order will result in a penalty.
- 6.19** If measurement is applicable, participants who attempt to influence the measurement ( **c h e a t i n g** ) will be excluded from participation.

### **Article 7: RIGHTS AND LIABILITIES OF TRAINERS.**

#### **The rights of trainers**

- 7.1** They will be informed of the order of participants.
- 7.2** They will receive a competition schedule that includes a minimum of 45 minutes of inturn time and 5 minutes of inturn time on the competition floor for each block. They also take into account the provisions of Article 6.10.
- 7.3** They can use safe and adequate training facilities.
- 7.4** They may view the score sheets after the game (found on the website [www.dutchgymnastics.nl](http://www.dutchgymnastics.nl))
- 7.5** They are informed of problems with match sheets from their teams, regarding the special requirements or baseline of the exercise. This information goes preferably by e-mail and only in high exception by phone.

#### **Obligations of trainers**

- 7.6** They act with honesty and integrity and in a manner that best serves the sport.
- 7.7** They behave respectfully, neatly and politely toward their own participants, other participants, judges, trainers and competition officials.
- 7.8** They ensure the safety of their own participants and that of other participants.

**7.9** They are aware of the KNGU technical regulations, Acrobatic Gymnastics competition regulations, difficulty tables, anti-doping regulations and advertising regulations and act accordingly.

**7.10** They do not make contact in any way with jurors from any jury panel during the competition. If this provision is not adhered to, the juror in question will be suspended for the remainder of the competition and both the trainer and the juror will receive an official warning.

**7.11** They should make sure that a fully completed competition sheet is available at the WG Jury Affairs (for address see agenda Dutch Gymnastics website) no later than 10 days before the competition day. It is the trainer's responsibility to hand in these competition sheets on time and check them for correctness and completeness before sending them in.

**7.12** They may make an adjustment (due to special requirements, restrictions or to clarify an element) on the competition sheet only on the advice/request of the MJ. Changes will be communicated via email. When the MJ submits the request to the trainer for a modified contest sheet, it must be turned in by the trainer himself until no later than the beginning of the judges' meeting. They may make a minor adjustment on the competition sheets half an hour before the competition if necessary due to injury. This request for adjustment must be made to the difficulty jury.

**7.13** Trainers on the competition floor wear sportswear (association training suit, not Dutch Delegation wear) and have long hair tied back.

#### **Sanctions**

**7.14** Trainers who do not comply with the rules (misleading or influencing judges, inappropriate behavior or language toward participants, other trainers, judges or officials, exhibiting behavior that disrupts the attention of participants) will be immediately removed from the competition floor by the head judge. It is the right of the head judge to re-admit the trainer, but the trainer will receive an official warning.

**7.15** A second offense may result in a penalty.

## **PART IV**

### **THE JURY**

#### **Article 8: THE MAIN JURY**

- 8.1** The main jury consists of 2 level 4 or 5 judges.
- 8.2** It is desirable that at least 1 member of the main jury, is also a member of the Jury Affairs Working Group.

#### **Article 9: COMPOSITION OF THE JURY PANELS**

**9.1** A jury panel ideally consists of:

- 1 Jury president; JV
- 2 Difficulty judges; MJ
- 4-6 Technical judges; TJ
- 4-6 Artistic judges; AJ

The minimum complement of a jury panel is:

- 1 Jury Chair;
- 1 Difficulty Jury;
- 2 Technical judges;
- 2 Artistic judges.

- 9.2** The jury chairpersons are appointed for each competition by the National Technical Committee Acrobatic Gymnastics, which delegates this task to the Jury Affairs Working Group. The jury chair and the difficulty jury must be from different associations. They may not have responsibilities/obligations to any association at a competition, for example fulfilling a dual role such as that of judge and trainer. When the jury panels are assigned, a draw will be made as to whether a jury member will judge technically or artistically at a competition. The result of this draw will be announced to the judges in a timely manner.
- 9.3** At KNGU competitions, each association is required to provide a judge. This judge must be able to judge at the highest level at which a club competes. Clubs participating for the first year are exempt from this rule. Associations competing at a higher level for the first time are exempted from this regulation with the understanding that they WELL have to provide a judge at a lower level. If the obligation to provide a judge is not met, the LTC-AG will request a



administrative fee of 45 euros per match ( half day), contrary to the rules for this in the HHR (see also article 1.2).

- 9.4 Classification of judges will be based on experience.
- 9.5 When 1 judge is provided by an association, they can be used as difficulty, technical or artistic judges. This will be decided when the panels are put together.
- 9.6 All judges must be proficient in the Dutch language both verbally and in writing.

#### **Article 10: RIGHTS AND OBLIGATIONS OF JURY MEMBERS**

##### **Rights**

- 10.1 All judges should be respected for their knowledge and ability as judges. Provided that they judge in accordance with the rules of the competition rules of Acrobatic Gymnastics.

##### **Commitment of judges before the competition**

- 10.2 They must hold a valid jury license Acrobatic Gymnastics from the KNGU.
- 10.3 They should prepare well for the competition by studying the Acrobatic Gymnastics competition rules.
- 10.4 An important side task is to support the trainer of their own club with checking the match sheets, but the final responsibility remains with the trainers.
- 10.5 They will bring the appropriate jury records (artistic and technical jury sheets) to record the exercise correctly.
- 10.6 They should attend refresher trainings and be present at judges' meetings before, during and, if applicable, after the competition.

##### **Obligation of judges during competition**

- 10.7 They should conduct themselves with dignity and respect and judge in good conscience without regard to person and/or association.
- 10.8 They strictly adhere to the rules as stated in the Technical Regulations, the competition regulations Acrobatic Gymnastics and the jury regulations. If this is not the case, a verbal warning can be given by the head jury, the jury chairman or working group Jury Affairs. For a second offense, the juror may be officially sanctioned.
- 10.9 They will wear the official judges' uniform. Judges who do not appear in the proper attire will not be allowed at the competition.
- 10.10 They have no other responsibilities during the competition.

- 10.11 They shall not make contact in any way with trainers and participants during the warm up and competition period. If there is contact in any way, it may result in immediate suspension from that match and an official warning.
- 10.12 They will follow the instructions of chief judge and jury president. Failure to do so may result in a warning or penalty.
- 10.13 They take their places as judges on time and they do not leave their places. They do not speak to other judges, spectators, trainers or participants. They shall not make contact in any other way. Jurors who do not comply with the above rule will be addressed with a warning. If necessary, a sanction will be imposed.
- 10.14 They keep a record of how they assessed each exercise including shorthand notation (see Appendix 4). This must be able to be handed over to the chairman of the jury or main jury upon request. Inquiries are made if there is a clear difference between the marks of a judge or jury panel and the main jury and as an aid to post-competition analysis.
- 10.15 They should enter or write down the grade immediately after the exercise. They may not change their grade thereafter unless authorized by the jury chairman. (All changed scores will be noted by the jury chairman and head judge, who will use them for jury evaluation after the competition). Permission to change can only be given if there has been a clear error in entering the score.
- 10.16 They will remain present until the awards ceremony and may leave the competition at the sign of the chief judge.

**Article 11: JURY CHAIRS.**

- 11.1 At official KNGU competitions, 2 jury chairpersons will be appointed.
- 11.2 These judges are of the highest possible category. They are appointed by the Working Group on Judging, under the responsibility of the National Technical Committee on Acrobatic Gymnastics. They are respected for its function and knowledge.
- 11.3 They shall at all times act ethically and correctly according to the rules of the competition regulations Acrobatic Gymnastics
- 11.4. They shall follow the instructions of the chief judge.
- 11.5 They supervise and oversee the judging of the panel throughout the competition.
- 11.6 If enough judges are present, the judges will be supported by a timekeeper, who will keep track of the duration of the exercises and a line judge who will report the crossing of the floor line.



### **Responsibilities of the jury chair for the competition**

- 11.7 She must have adequately studied the Acrobatic Gymnastics competition rules prior to the competition.
- 11.8 She watches the work of the difficulty judges, assists and guides them in reviewing the contest sheets.
- 11.9 She checks that the trainers have been informed of any errors on the competition sheets by the difficulty judge.
- 11.10 She checks that the contest sheets are present with the relevant judges.
- 11.11 She informs and advises the main jury about comments or errors found during the review.

### **Duty of the Jury Chair during the competition The Jury**

#### **Chair:**

- 11.12 Ensures that the judging panel enters the competition floor in an orderly manner and leaves the venue in an orderly fashion at the sign of the head judge.
- 11.13 Gives the signal for participants to begin their exercise.
- 11.14 Creates a steno record of each exercise.
- 11.15 Clocks the exercise and records stepping over the floor line. (She may be assisted by a line or time judge for this purpose).
- 11.16 Gives deductions from the final score according to Article 44.2.
- 11.17 Receives scores from judges, checks tolerance range and takes actions to prevent inaccuracies. After checking, she sends the scores to head judges, after which the scores are processed and shown to the public.
- 11.18 Responds to an adjudicator informing them that an error occurred in the calculation or entry of the grade.
- 11.19 Must intervene when a difficulty judge is unable to resolve a problem surrounding the value of an element or the difficulty score as described in Article 44.3.
- 11.20 Must intervene when a timekeeper or line judge has not acted appropriately.
- 11.21 Sets the score before the next participant starts, unless there is a serious problem and insufficient time to solve it. In this case:
  - asks the jury for the preliminary score;



- the jury chair advises the chief judge that action is necessary at the end of the competition, but before the awards ceremony.

**11.22** Releases the final scores and deductions of the artistic, technical and difficulty judges for display on the screen when the main judge agrees with the scores or requests a preliminary score when further investigation is required.

**11.23** During the day, keep track of which judges had to adjust the grade and what the actions were.

## **Article 12: MOEILY JURISTS**

**12.1** For each competition, up to 2 difficulty judges per panel of judges will be designated by the Judges' Working Group.

### **Responsibilities of difficulty judges before competition**

**12.2** They, in consultation with the jury chair and head judge, check the proposed difficulty value of the exercises as drawn on the competition sheet.

**12.3** They will inform the trainers via e-mail before the game of problems with the game sheet. Ask for clarification and adjustments, which are passed on via e-mail unless otherwise requested. The trainer replies to the e-mail that the e-mail has been seen or the about the adjustments made. In exceptional cases, they may allow minor changes on the match sheet up to half an hour before the match. This change must be communicated to the jury chair and the head judge.

**12.4** They report all comments and remarks on the competition sheets and pass on the clarifications and changes to jury chairman and chief judge. Errors on the competition sheet discovered during the competition are also corrected and included in the score. Such errors may result in warnings or penalties to the difficulty jury.

**12.5** They note the proposed baseline on the contest sheet.

**12.6** They make sure the contest sheets are complete.

### **Responsibilities of difficulty judges during competition**

**12.7** They check the difficulty value and set the starting value of the exercise in accordance with the competition rules.

**12.8** They advise the jury chairman when deductions from the final score should be given.

**12.9** They note on the contest sheet:

- Which elements were performed;
- changes in the value of elements;

- time errors;
- corrected difficulty value.

**12.10** They take the deductions according to Article 44.3.

**12.11** When there is discussion about the difficulty score or about subtraction related to the difficulty score, the help of the jury chairperson is requested. If these together cannot reach an agreement, the main jury is called in, which has the final judgment. The problem must be solved before the award ceremony.

**12.12** At the end of the competition day, when all grades have been confirmed by the chief judge, they return the competition sheet to the trainers. On this sheet there are notes regarding changes in the difficulty value of the elements, starting value of the performed exercise and time errors.

### **Article 13: ARTISTICAL AND TECHNICAL JURISTS.**

**13.1** Artistic and technical judges will be assigned by drawing lots.

**13.2** The artistic judges will judge an exercise for artistic value in accordance with the competition rules.

**13.3** The technical judges evaluate an exercise for technical errors in strict accordance with the competition rules.

**13.4** Exercises are assessed without consulting others.

**13.5** If electronic score processing is used and the juror makes a typographical error, the juror stands up to make it clear to the jury chair, that a mistake has been made according to Article 11.21. After the error, the jury foreman will ask to provide the juror's report to justify the request for adjustment.

**13.6** Except as mentioned in Article 13.5, no change of the grade is allowed after the entry of the score, unless the juror is asked to reconsider the grade by the jury president or chief judge in the case of an impossible score.

The change is not mandatory, the judge may refuse to adjust the grade. However a refusal may result in a warning or penalty. The juror concerned will immediately be asked to provide the report of the errors made and the situation will be evaluated during the competition analysis.

**Article 14: JURY CLOTHING**

**14.1** Judges, in order to be recognizable to the audience, trainers and participants, should be dressed uniformly.

**14.2** This cycle the judges wear Acrobatic Gymnastics:

- A black jacket.
- A black skirt (ladies) or long pants (ladies and gentlemen).
- A white shirt or shirt (women and men) or white shirt or blouse (with or without collar).
- Footwear suitable for a gymnasium.

## **PART V**

### **STRUCTURE AND COMPOSITION OF EXERCISES**

#### **Article 15: THE CONSTRUCTION OF EXERCISES**

##### **General**

- 15.1** Participants perform 3 types of acrobatic exercises: Balance, Dynamic and a Combination exercise, each with their own specific characteristics.
- 15.2** All exercises must be performed to music on a sprung free exercise floor of 12 x 12 meters. For the balance and combination exercise Men 4 may use an extra landing mat (height 20 - 50 cm) for the dismount at pyramids, see Art. 20.20.
- 15.3** Exercises should begin with a static position, be connected by choreography throughout the exercise and end in a static position (the static poses cannot be a partner or individual element of value).
- 15.4** The construction of an exercise is part of the artistic assessment.
- 15.5** Each exercise has its own special requirements and limitations, which determine the composition of the exercise. All special requirements must be achieved by performing elements declared on the competition sheet.
- Exception:* If an element is performed other than listed on the competition sheet, the gymnasts will not receive a difficulty value for the element, but the element will count toward special requirement.
- 15.6** If no element of value is shown, the result will be "DNS." (Did Not Start) is assigned and no score is given.

#### **Article 16: LENGTH OF EXERCISES**

- 16.1** Balance and combination exercises have a maximum duration of 2 minutes and 30 seconds, the dynamic exercise has a maximum duration of 2 minutes. There is no required minimum length. There is a 1 second time tolerance before a deduction for an excessively long exercise is applied by the head judge. An exercise clocked at 2.32 then gives 0.1 deduction. This is to avoid clocking errors.



- 16.2** The first note of the music is considered the beginning of the clocking of the exercise (not the beep). The end of the exercise is the static position of the partners, which must coincide with the end of the music.

**Article 17: COMPOSITION OF THE EXERCISE**

- 17.1** All exercises are composed of pair/group elements characteristic of the exercise.
- 17.2** The balance exercise shows strength, balance, agility and agility.
- 17.3** The dynamic exercise shows flight phase, from different take-off positions, different body positions in flight and different catches and landings.
- 17.4** The combination exercise contains the characteristics of both the balance and dynamic exercise.
- 17.5** A maximum of 8 partner elements for value may be performed in all exercises.
- 17.6** There are special requirements for the composition of each type of exercise.
- 17.7** In each exercise, a pair or group must show the required number and type of partner elements characteristic of the particular exercise.
- 17.8** Individual elements may be performed in all exercises to increase the baseline value, however, they are not mandatory for A senior and A age group junior-2 (13-20 years national/ 13-19 years international). They should be selected from the difficulty tables.
- 17.9** In all exercises, a maximum of 3 individual elements per partner may be declared on the competition sheet for value.

Individual elements with a static pose, for example, hover or handstand, may not be supported by partners and must be held for 2 seconds.

Individual elements can be performed separately or in series, but they should not overlap. For example, arch to splits and then staying in splits counts as 1 element and not 2 elements.

- 17.10** Performing 'prohibited elements' results in a deduction of 1 point. When an element is 'forbidden' for a particular category, it is also forbidden for lower levels. The element receives no difficulty value nor does it count toward special requirements.



- 17.11** In one exercise, identical elements or connections (pair, group or individual) count only once for difficulty. Elements that are repeated do not count for special requirements. Elements are identical if they are the same in all respects.
- 17.12** The difficulty value for pair, group and individual elements is determined using the difficulty tables.
- 17.13** The difficulty of an exercise in the B and C levels is calculated as specified in the FIG CoP (Article 40.6). However, the difficulty is limited in these levels according to the diagram below:

	C-level		B-Level	
	Min	Max	min	max
Balance	30	50	50	70
Dynamic	20	40	40	60

- 17.14** Pairs and groups in the B and C levels may perform a maximum of 10 points extra above the maximum from the table in 17.13.(does not count for value) If they exceed this maximum by more than 10 points, a deduction of 1.0 point. Partner elements that are performed extra, but are not listed on the competition sheet, also count here. Therefore, if teams go over the extra 10 points as a result, a deduction of 1.0 point also follows.
- 17.15** Pairs and groups in the B and C levels that perform a difficulty below the minimum for that level will receive a deduction of 1.0 point.

**Article 18: CHARACTERISTICS OF THE BALANCE EXERCISE**

- 18.1** Characteristic of the balance exercise is that the partners remain in contact with each other throughout the performance of the pair or group element.
- 18.2** All pair and group "static postures" should be held for at least 3 seconds.
- Clarification**
- 18.3** When a mount (rise) or motion for difficulty is requested, the end posture must be held for 3 seconds.
- 18.4** If the upper partner(s) or lower partner(s) is in a stance with no value, due to repetition or restriction, or because value 0 is assigned in the difficulty tables, no difficulty can be given for the partner's static stance or motion. (Except for Art. 20.17).

**Article 19: SPECIAL REQUIREMENTS BALANCE EXERCISE (PAIRS)**

**Special requirements for balance exercise pairs A-level**

- 19.1** Pair exercises must include a minimum of 5 balance-partner elements.
- Each element must have a minimum difficulty of 1. Failure to meet this special requirement will result in a deduction of 1.0 point for *each* missing element.
- 19.2** The top must perform at least one handstand with a maximum of 2 contact points, chosen from the handstand tables of the difficulty tables.
- Failure to meet this special requirement will result in a 1.0 point deduction.

**Restrictions for pairs A-level**

- 19.3** In one exercise, the top partner may repeat the same pose (for example, handstand on 2 hands) 4 times, 2 times as a static pose and 2 times during the motion of the bottom partner. After that, no more difficulty is given to the top partner or the bottom partner unless the top partner changes to another posture of value.
- 19.4** A maximum of 4 elements of value may be performed in series or immediately following.
- 19.5** The lower partner may not repeat the same motion or mount in the exercise regardless of the upper partner's stance.
- 19.6** The lower partner and the top may not change the support point during a motion.
- 19.7** The top partner may change position once during the motion of the bottom partner.

**Clarification for pairs A-level**

- 19.8** The definition of an element of value, see Appendix 2:
- Static posture of upper partner + basic posture of lower partner
  - Mount (including the static posture of the upper partner and the posture of the lower partner)
  - Motion of upper partner + static posture of upper partner + basic posture of lower partner
  - Start posture upper partner + motion lower partner + static posture upper partner + basic posture lower partner
  - Start posture upper partner + motion upper partner + motion lower partner + static posture upper partner + posture lower partner



- 19.9** At the end of a motion from the lower partner to the floor, for example to splits or to sits, 1 or 2 hand(s) may be placed on the floor to support the motion but the final stance must be held for 3 seconds without support. If a hand does remain on the floor a technical deduction of 0.5 is given for added support.

**Special requirements for balance exercise pairs B-level**

- 19.10** Pair exercises must contain a minimum of 5 balance-partner elements. Each element must have a minimum difficulty of value 1.  
Failure to meet this special requirement will result in a deduction of 1.0 point for *each* missing element.
- 19.13** The exercise contains at least 1 partner element with a motion of the upper partner. Failure to meet this special requirement will result in a deduction of 1.0 point.
- 19.14** The exercise contains at least 1 partner element with a motion from the lower partner. Failure to meet this special requirement will result in a deduction of 1.0 point.
- 19.15** The exercise contains at least 1 static partner element with the top partner in handstand with a maximum of 2 contact points. See the difficulty tables for the different types of handstands. If this special requirement is not met, a deduction of 1.0 point will follow.
- 19.16** In the balance exercise, each partner must perform 3 individual elements, of their own choosing from the categories the static, agility and agility. An arabier may be performed before an agility element. This need not be noted on the competition sheet and does not receive any value. A deduction of 1.0 will be given for each missing element.

**Restrictions and clarifications for pairs B-level**

The restrictions for B-level pairs and clarifications for B-level pairs are the same as those for A-level pairs see Article 19.3 to 19.9.

### **Special requirements balance exercise pairs C-level**

- 19.17** Pair exercises must include a minimum of 5 balance-partner elements. Each element must have a minimum difficulty of 1.  
Failure to meet this special requirement will result in a deduction of 1.0 point for *each* missing element.
- 19.18** The exercise contains at least 1 partner element with a motion of the upper partner and/or lower partner. Failure to meet this special requirement will result in a deduction of 1.0 point
- 19.19** The exercise contains at least 1 static partner element with the top partner in handstand with a maximum of 2 contact points. See the difficulty tables for the different types of handstands Failure to meet this special requirement will result in a deduction of 1.0 point
- 19.20** In the balance exercise, each partner must perform 3 individual elements of their own choosing from the static, agility and/or flexibility categories). An arabier may be performed before the agility element. This need not be noted on the competition sheet and does not receive any value.

A deduction of 1.0 is given for each missing element.

### **Restrictions and clarifications for pairs C-level**

The restrictions for pairs C-level and clarifications for pairs C-level are the same as those for pairs A-level see Article 19.3 to 19.9.

## **Article 20: SPECIAL REQUIREMENTS BALANCE SHEET (GROUPS)**

### **Special requirements groups A-level**

- 20.1** A minimum of 2 separate pyramids must be constructed of a different category from the difficulty tables. Failure to meet this special requirement will result in a deduction of 1.0 point per pyramid.
- 20.2** 3 static postures of 3 seconds each must be performed. Failure to meet this special requirement will result in a deduction of 1.0 point per missing 3 second posture.
- 20.3** The top partner (not the middle partner working as the top partner) must perform a handstand with up to 2 points of contact on at least one pyramid. See the difficulty tables for the different types of handstands. Failure to meet this special requirement will result in a deduction of 1.0 point



### **Restrictions for A-level groups**

- 20.4** In 1 static pyramid or a pyramid with up to 3 different basic postures, difficulty is only given for 4 static postures of 3 seconds. An exception are the cat. 2 pyramids (2 working tops) where a maximum of 3 static postures can be done for value.
- 20.5** The upper partner can obtain difficulty for the same pose throughout the exercise:
- Twice for a static posture
  - Twice for a transition
- 20.6** The maximum number of individual pyramids in the entire exercise is 4.
- 20.7** Only 1 transition is allowed in category 1 pyramids.

### **Clarification for A-level groups**

- 20.8** If the special requirements are met, additional pyramids may be performed . All pyramids performed must be of a different category.
- 20.9** In the balance and combination exercise, pyramids from 1 box (box) may only be done once.
- 20.10** In a pyramid with more than 1 basic attitude from the same box, the highest basic value is given.
- 20.11** A transition pyramid is seen as 1 pyramid.
- 20.12** In a transition pyramid, the first base pyramid determines the category of the pyramid.
- 20.13** Category 2 pyramids are pyramids with 2 working upper partners. In this special category, 1 of the upper partners may change stance and get difficulty for the motion and for the new static stance, even if the position of the other upper partner and lower partner remain the same. If the 2<sup>nd</sup> upper partner does not change stance, you get 1 value for the static stance. The posture of the lower partner also gets value only 1 time.
- 20.14** When partners move at the same time this is seen as 1 motion. But when partners do not move at the same time, this is seen as different motions (for example: if first the top partner moves, then the middle partner and then the bottom partner, this is seen as 3 motions).

### Transition pyramids

- 20.15 Definition:** in a transition pyramid, the base position must change from one box to another. When evaluating the entire transition pyramid (with a maximum of 3 base positions), all base positions are given value.
- 20.16** Difficulty value for a transition of the lower partners is given only when performed from a 3 second posture to a 3 second posture.
- 20.17** Transitions must be carried out without a partner leaving the pyramid or going to the floor. During the transition, the top:
- Being of value in a static posture.
  - Being in a static position WITHOUT value (this is an exception to Article 18.14).
  - Perform a motion (with or without value) to the next static position.
- 20.18** In a transition pyramid:
- When the top partner does not change posture during a transition from the base, the starting posture determines the difficulty value of the top partner.

*It is not a requirement for the upper partner to maintain the same posture during transition and end pyramid. For example: an upper partner may sit in spread-angle support during transition and then lift to handstand for the final stance*

- When the upper partner changes position during transition (motion), the value of transition is calculated as follows:
  - o value of the starting position of the upper partner
  - o plus motion of the upper partner
  - o plus transition value of subpartners
  - o plus static final attitude of upper partner and lower partners.
- If the top partner is in a posture WITHOUT value during the transition, the top gets no value (0) BUT the transition value of the bottom partners is given.
- To get value, the upper partner and lower partners should not use an additional or different support point of the static posture during a transition.

**20.19** Definition of an element (see appendix 2)

- Static posture of upper partner + posture of lower partners
- Static posture of upper partner and/or middle partner + posture of lower partner
- Motion of upper and/or middle partner + static posture of upper and/or middle partner + posture of lower partner
- Starting posture of upper partner + transition of lower partner(s) + static posture of upper partner + new posture of lower partner(s)
- Starting posture of upper partner + motion of upper partner + transition of lower partner(s) + static posture of upper partner + new posture of lower partner(s)
- Mount + static posture of lower and upper partners

**20.20** Men's group: For the balance and combination exercise, a men's group may use an extra landing mat if it is placed against the outline of the floor. The mat must remain in the same place throughout the exercise. The trainer is responsible for placing the mat prior to the exercise and removing it immediately after the exercise.

**Special requirements groups B-level**

- 20.21** 3 static postures of 3 seconds each must be performed. Failure to meet this special requirement will result in a deduction of 1.0 point per missing 3 second posture.
- 20.22** A minimum of 2 separate pyramids must be constructed of a different category from the difficulty tables. Failure to meet this special requirement will result in a deduction of 1.0 point per pyramid.
- 20.23** The exercise contains at least 1 pyramid in which the upper partner performs a motion.  
Failure to meet this special requirement will result in a deduction of 1.0 point
- 20.24** The exercise contains at least 1 static partner element with the top partner (not the middle partner working as the top partner) in handstand with a maximum of 2 contact points. See the difficulty tables for the different types of handstands. Failure to meet this special requirement will result in a deduction of 1.0 point
- 20.25** In the balance exercise, each partner must perform 3 individual elements of their own choosing from the static, agility and/or agility category. An arabier may be performed before the agility element. This does not have to be noted on the competition sheet and does not receive any value. Failure to meet this special requirement will result in a deduction of 1.0 point per missing element.

### **Restrictions and clarifications for B-level groups**

The restrictions for group B-level and clarifications for group B-level are the same as those for group A-level see Articles 20.4 to 20.20.

### **Special requirements groups C-level**

- 20.27** 3 static postures of 3 seconds each must be performed. Failure to meet this special requirement will result in a deduction of 1.0 point per missing 3 second posture.
- 20.28** A minimum of 2 separate pyramids must be constructed of a different category from the difficulty tables. Failure to meet this special requirement will result in a deduction of 1.0 point per pyramid.
- 20.30** The exercise contains at least 1 pyramid in which the top partner performs a motion. Failure to meet this special requirement will result in a deduction of 1.0 point
- 20.31** In the balance exercise, each partner must perform 3 individual elements of their own choosing from the static, agility and/or agility category. An arabier may be performed before the agility element. This does not have to be noted on the competition sheet and does not receive any value.

Failure to meet this special requirement will result in a deduction of 1.0 point per missing element.

### **Restrictions and clarifications for C-level groups**

The restrictions for groups C-level and clarifications for groups C-level are the same as those for group A-level see Article 20.4 to 20.20

## **Article 21: TIME FAULTS FOR PAIR/GROUP AND INDIVIDUAL ELEMENTS**

- 21.1** If a 3 second attitude is requested and 1 or 2 seconds is executed, then;
- a time error of 0.6 or 0.3 is given, respectively
  - the element gets difficulty value
  - the element counts for special requirements. This rule also applies to a static posture that follows a motion.
  - deductions will be given for technical errors by the technical judges.





- 21.2** If a pair or group initiated but did not complete a static pose or held it for less than 1 second, then;
- this element receives no difficulty value and the maximum deduction for time errors (0.9) is given by the difficulty jury
  - counts the element does not count for special requirements.
  - Do the technical judges give deductions for the technical errors and a deduction of 0.5 for an incomplete element or a deduction of 1.0 for a fall.
- 21.3** During the construction of a pair or group element and until ALL partners are in place and until the top partner is in a position of value (regardless of whether the element is asked for difficulty value), slipping or falling in ascending will not be penalized with a time penalty. Technical deductions are applied and the element may be repeated for difficulty.

#### **Individual elements**

- 21.4** If an individual element is performed with a static posture but held for only 1 second, difficulty value is given and it counts for special requirements. But a time fault (0.3) is given and the technical judges give technical deductions.
- 21.5** If an individual element is started with a static attitude but not completed, it will not receive a value. The element also does not count for special requirement (if applicable in the respective category) A time error of 0.6 is applied by the difficulty judges. Technical judges give deductions for technical errors and 0.5 for incompleteness of the element or 1.0 for a fall.

#### **Article 22: CHARACTERISTICS OF THE DYNAMIC EXERCISE**

- 22.1** Participants should demonstrate various forms of flight phase. Individual and assisted flight, using a variety of directions, rotations, propellers and different body positions.
- 22.2** The characteristic of dynamic elements is that there is flight phase and contact between partners is short, supported or it interrupts the flight.
- 22.3** Landings on the floor may be performed with support or without support but in either case it must be controlled (e.g. the person jumping off should be able to hold the landing themselves as if unsupported).
- 22.4** All catches must be checked. Technical deductions will be given for lack of control.



- 22.5 Dynamic connections (linking) allow dynamic elements to be executed immediately one after another (in tempo), i.e., moving from one element to another without a stop or additional preparation.

**Article 23: SPECIAL REQUIREMENTS FOR DYNAMIC EXERCISES**

**Special requirements for dynamic exercises A-level**

- 23.1 The exercise contains a minimum of 6 pairs or group of elements with flight phase, with a difficulty value of at least 1. Failure to meet this special requirement will result in a deduction of 1.0 for each missing element.
- 23.2 A minimum of 2 catches must be made. Failure to meet this special requirement will result in a deduction of 1.0 for each missing catch.

**Limitations of pairs and groups A-level**

- 23.3 The following constraints affect the baseline of an exercise:
- No more than 3 jumps off count for value (but jumps off are not mandatory)
  - No more than 3 horizontal catch positions count for value (horizontal is lie in arms but also catch on hips). Pendulum (swing) and canon ball are NOT considered horizontal positions.
  - No more than 3 links count for value
  - No more than 3 same starting stances count for value
- Exceptions:*
- o No restrictions on number of baskets as starting position for groups
  - o 4 same starting positions from "bent arms" (half arm) may be performed at Pairs for difficulty ("bent arms": see shorthand notation in Appendix 4)
- No more than 4 elements in series or directly following each other count for value
  - No more than 5 final positions on the floor (dismount + dynamic element) count for value

**Additional restrictions for women's A-level groups**

The following limitations affect the baseline value of an exercise in women's groups.

- 23.4 All three partners must actively participate in an element to obtain value. For example, 1 sub-partner may throw the top over to the other sub-partner and demand value for doing so. Helping to land is not considered actively cooperating on an element; in this case, the element will not count for value or for special requirements.

**Additional restrictions for men's A-level groups**

- 23.5** The following constraints affect the difficulty value and baseline in men's groups:
- A change of partners during the flight phase is not considered the same element as if performed without a change.
  - Only one element counts for difficulty where one partner is thrown by the other 3;
  - Only one element counts for difficulty where one partner is taken care of by the other three;
  - Only one horizontal catch (regardless of which) counts for difficulty value;
  - Only one element performed by the men's group working as two pairs, simultaneously, is judged for difficulty. The difficulty value for these elements are added up and divided by two (the values are taken from the tables of pairs).
  - Only one element counts for difficulty, with only 3 partners actively involved and the fourth not actively participating. Helping to land is not considered actively participating in an element.

**Special requirements for dynamic exercises B-level**

- 23.6** The exercise contains at least 6 pairs or group of elements with flight phase, with a difficulty value of at least 1. Failure to meet this special requirement will result in a deduction of 1.0 for each missing element
- 23.7** A minimum of 2 catches must be made. Failure to meet this special requirement will result in a deduction of 1.0 for each missing catch.
- 23.8** All partners perform 3 individual tumbling elements. A deduction of 1.0 is given for each missing element or special requirement.

**Additional special requirements for pairs B-level**

- 23.9** The exercise contains at least one partner element with a toss-up to (hand) stance in the hands. Failure to meet this special requirement will result in a deduction of 1.0.
- 23.10** The exercise contains at least one partner element with a backward somersault from a vertical starting position with at least 4/4 width axis rotation. Failure to meet this special requirement will result in a deduction of 1.0.
- 23.11** The exercise contains at least one partner element with a somersault forward from a vertical starting position of at least 4/4 width axis rotation. Failure to meet this special requirement will result in a deduction of 1.0.

#### **Additional special requirements for B-level groups**

- 23.12** The exercise contains at least one partner element with a backward somersault from a vertical starting position with at least 4/4 width axis rotation. Failure to meet this special requirement will result in a deduction of 1.0.
- 23.13** The exercise contains at least one partner element with a somersault forward from a vertical starting position of at least 4/4 width axis rotation. Failure to meet this special requirement will result in a deduction of 1.0.

#### **Restrictions and clarifications for pairs and groups B-level**

The restrictions for pairs and B-level groups and clarifications for pairs and B-level groups are the same as those for pairs and A-level groups see Articles 23.3 and 23.4.

#### **Additional restrictions for men's B-level groups**

The restrictions for men's B-level groups and clarifications for men's B-level groups are the same as those for men's A-level groups see article 23.3 and 23.5.

#### **Special requirements for dynamic exercises C-level**

- 23.14** The exercise contains at least 6 pairs or group of elements with flight phase, with a difficulty value of at least 1. Failure to meet this special requirement will result in a deduction of 1.0 for each missing element
- 23.15** A minimum of 2 catches must be made. Failure to meet this special requirement will result in a deduction of 1.0 for each missing catch.
- 23.16** All partners perform a minimum of 2 and a maximum of 3 individual tumbling elements. If less than 2 or more than 3 individual tumbling elements are performed, a deduction of 1.0 per element will be given.

#### **Additional special requirements for pairs C-level**

- 23.17** The exercise includes at least one partner element with a toss-up to (hand) stance in the hands. Failure to meet this special requirement will result in a deduction of 1.0.
- 23.18** The exercise contains at least one partner element with a somersault backwards or forwards from a vertical starting position with at least 4/4 width axis rotation. Failure to meet this special requirement will result in a deduction of 1.0.



### **Additional special requirements for C-level groups**

- 23.19** The exercise contains at least one partner element with a somersault backwards or forwards from a vertical starting position with at least 4/4 width axis rotation. Failure to meet this special requirement will result in a deduction of 1.0.

### **Restrictions for pairs and groups C-level**

The restrictions and clarifications for pairs and groups C-level and clarifications for pairs and groups C-level are the same as those for pairs and groups A-level see Articles 23.3 and 23.4.

### **Additional restrictions for men's C-level groups**

The additional restrictions for men's C-level groups and clarifications for men's C-level groups are the same as those for men's A-level groups see article 23.3 and 23.5.

## **Article 24: FAULTS IN THE DYNAMIC EXERCISE**

- 24.1** When a dynamic element is deployed but not completed,
- the element gets no difficulty value
  - does not count toward special requirements.
  - the technical judges give the relevant deduction for the element plus a deduction of 0.5 for incomplete element or 1.0 if there is a fall.
- 24.2** If all the phases of a dynamic element have been executed, but the partner is not captured properly (without control),
- the element is given the difficulty value
  - counts the element for special requirements.
  - the technical judges give a deduction of 0.5 for a major error. If the partner falls from a catch or after a landing, the technical judges give a deduction of 1.0 for a fall.

## **Article 25: CHARACTERISTICS FOR THE COMBINATION EXERCISE**

- 25.1** The combination exercise is composed of elements characteristic of both balance and dynamic exercise.
- 25.2** The difficulty value of pair, and group balance elements should not be more than double the dynamic elements or vice versa, the difficulty value of the dynamic elements should not be more than double the balance elements.

*For example, if the dynamic pair/group elements have value 60 then for the balance elements no more is given as 120 and vice versa. If the difficulty value of either is above the allowed number, what is above this value is not counted.*

**Article 26: SPECIAL REQUIREMENTS COMBINATION EXERCISE**

- 26.1** The exercise contains a minimum of 3 static poses and 3 dynamic elements are. Each element must have a minimum difficulty of value 1. If this special requirement is not met, a deduction of 1.0 will be given for each missing element.
- 26.2** A minimum of one catch must be performed. Failure to meet this special requirement will result in a deduction of 1.0.
- 26.3** The top partner must perform a handstand (maximum 2 points of contact) on the bottom partner(s). In groups, the middle partner may not perform this special requirement instead of the top partner. Failure to meet this special requirement will result in a deduction of 1.0.

**Restrictions**

- 26.4** All limitations of balance and dynamic exercise apply.
- 26.5** In the combination exercise, no more than 2 dismounts count for difficulty.

**Article 27: IMPLEMENTATION OF INDIVIDUAL ELEMENTS**

- 27.1** Individual elements must be performed by all partners simultaneously or in *immediate* succession to qualify for difficulty. However, the number of individual elements performed in series may vary.

*Example:*

*OP1: arabier - flikflop - somersault (3 elements)*

*OP2: Bow (1 element)*

*Top: Split (1 element)*

*Total number of elements is 3 (OP1 performs the maximum allowed number of elements).*

- 27.2** All 3 individual elements for which value is requested must be on the contest sheet. All individual elements of a series must be on the contest sheet and receive value. If an element is repeated or not on the contest sheet, successive elements in the series will also not receive value.

*Example:*

*Arabian - flikflop- somersault = series = 3 elements*

*This series fulfills the maximum number of individual elements and must include ALL 3 on the competition sheet (do not omit the Arabian) and also receive value.*

- 27.3** If one of the partners fails to perform an individual element, those of the other partner(s) also fail to qualify for difficulty value
- 27.4** All individual elements of value performed by the partners in one exercise are added together and divided by the number of partners to determine the difficulty for individual elements. The result is rounded to the nearest whole number and 0.5 rounded up.
- i.e. 
$$\frac{\text{The sum of the value of the elements performed}}{\text{Number of partners}}$$
- 27.5** The performance of individual elements (single or series) of each partner will be judged separately with a maximum deduction of 1.0 per partner.
- 27.6** If an individual element was started but not completed
- receives no difficulty value and, at the B and C levels, does not count toward special requirement.
  - the technical jury gives a deduction of 0.5 for an incomplete element. If there is a fall, a deduction of 1.0 is given.

Time errors apply in some cases, for individual elements which require a static posture, for example, a handstand.

## **PART VI**

### **ARTISTIC**

#### **Article 28: ARTISTICS**

- 28.1** Artisticity includes the choreographic structure and construction of an exercise. There should be a variation in the choice of elements of difficulty and a relationship between the partners movement and music.
- 28.2** An exercise with good artistic execution shows the unique characteristics of a pair or group exercise in terms of expression and musicality. Artisticness transcends the mandatory interpretation of an exercise and touches the audience and judges.
- 28.3** An exercise must be shown to the spectators and judges. The exercise should exude its own identity (be original), there should be a logical coherence and the competition attire should complement the choreography.
- 28.4** Athletes must walk to their starting position via the fastest possible route without choreography. After the final stance, athletes are free to show their emotions, wave to the audience and should leave the floor.
- 28.5** Artistic judging begins at the beginning of the exercise and ends once the athletes have assumed the final stance.
- 28.6** The end of the exercise must coincide with the end of the music in a static posture that must be held for a while. (This posture should not be an element of difficulty where the descent or dismount has yet to occur)
- 28.7** The floor should not be marked to support implementation.
- 28.8** Athletes must perform their exercise without the help of coaching or physical presence.
- 28.9** Athletes must conduct themselves in a sportsmanlike manner while in the gymnasium.

#### **Article 29: RELATIONSHIP WITHIN TEAM**

- 29.1** There should be a logical relationship (maturity, level of technical execution and physical preparation, dance, balance) between partners and this should be visible. In addition, a clear connection should be visible between partners.



29.2 In addition to connecting with each other, the partners must also connect with the audience.

29.3 It should be clear that all partners show focus, projection, emphasis and expression within their relationship.

**Length differences**

29.4 Length difference between partners should be aesthetically logical and appropriate to the level and category.

29.5 Length is measured only at international competitions. In the Netherlands, length is not measured.

**Article 30: EXPRESSION**

30.1 All partners within a team must show emotion throughout their exercise.

30.2 The expression of all partners during the exercise should be in harmony with each other.

**Article 31: PERFORMANCE / CHOREOGRAPHY**

31.1 Choreography is the composition of different body movements, both gymnastic and dance, through space and time and in relation to the gymnasts themselves. It is connecting elements of difficulty in a beautiful way, through choreographic steps, jumps and turns in a continuous flow. It requires creative use of the entire space and through different movement paths, levels, directions, body shapes, rhythm and tempo.

31.2 Elements of difficulty and choreography should use space and floor.

31.3 Choreography should show originality and have a personal identity/character.

31.4 Movements should be performed with amplitude, utilizing the full space or subtle/fine executed which are appropriate to the music.

**Article 32: CREATIVITY**

32.1 Showing imagination, originality, inventiveness and inspiration.

32.2 Variation in composition

**32.3** Special and different ways to get in from an element.

**32.4** different types of elements rarely shown.

**Article 33: MUSICAL ACCOMPANIMENT AND CHOICE OF MUSIC**

**33.1** All exercises are performed to music. Music may include singing and words, provided the lyrics are not offensive according to the FIG Code of Ethics. Inappropriate words concerning, for example, sex, aggression or violence are prohibited.

**33.2** Music reproductions must be of the highest quality.

**33.3** If contestants do not start or they stop their exercise because the wrong music is put on or there is some other technical glitch, it is at the discretion of the judge chairman and head judge to have the exercise restarted without deduction. If the problem cannot be rectified immediately, it is at the discretion of the competition chairman, with the approval of the head judge, to reclassify the exercise at the end of the block.

**33.4** An exercise cannot be repeated after it has been completed.

**Musicality**

**33.5** A good musical selection will help establish the structure, rhythm and theme of the exercise.

**33.6** Each exercise should be choreographed to harmonize logically and aesthetically to the rhythm and mood of the music.

**33.7** The flow of the exercise should not be interrupted between choreography and elements of difficulty. Breaks that are logical and do not disrupt the flow of the exercise are allowed.

**Article 34: COMPETITION CLOTHING (see also annex 5)**

**34.1** The choice of competition clothing, accessories and aids is the responsibility of the judge's chairperson. It must be gymnastic in character and design and complement the artistry of the exercise. It should not distract attention from the performance of the gymnasts or require adjustment during the exercise.

**34.2** Partners must wear identical or complementary clothing.

**34.3** Ladies and girls wear gymnastics suits, catsuits or gymnastics suit with skirt. Skin-colored long leggings (full length) are allowed. Suits may be with or without sleeves, but dance style suits with very narrow shoulder straps are not allowed.



- 34.4** Skirts should cover the suit and fall no lower than just below the hipbone. The style of the skirt is free, but must always fall back to the gymnast's hips. Ballet tutus, "Island grass" and dresses are not allowed. The skirt must be attached to the outfit (it may not be removable).
- 34.5** Men wear gymnastics suits with either short gymnastics pants or long gymnastics pants. One-piece suits are also allowed.
- 34.6** Catsuits or pants in a very dark color: are allowed only, if the entire length of color on the legs is interrupted. It should be interrupted from the thigh to the ankle by light colors, on the side of the leg. The interruption should be simple and not exaggerated. The length and interruption across the legs must be the same on both legs, only the decoration may be different (international only).
- 34.7** Due to safety reasons, no loose fitting clothing, protrusions or accessories are allowed. Pants and one-piece gymnastics suits must fit snugly on the body so that the judges can judge body shape.
- 34.8** Underwear should provide proper support for gymnasts where this is necessary. The cut of the leg of a gymnastics suit should not extend above the hip bone. The neckline may not be lower than half the sternum on the front, or lower than the shoulder blades on the back. Lace (mesh-like) and transparent material of the suit on the upper body must be fully lined (so that no skin is visible).
- 34.9** Provocative (offensive) clothing, swimsuits, and photo prints as decoration are prohibited.
- 34.10** Participants may perform the exercise with or without foot coverings (skin-colored, in the color of pants or white), which are clean and in good condition. For gentlemen, foot covering is mandatory if wearing long pants.
- 34.11** An emblem of the gymnasts' country must be clearly visible on competition clothing. Gymnasts display an official flag of the country or the name of their country (or abbreviation, e.g. NED) on their competition clothing (international only see FIG Competition clothing and advertising rules cycle 2021- 2024).
- 34.12** The rules governing advertisements, as specified in the KNGU rules, must be observed.
- 34.12** Any violation of the dress code will be penalized by the judge by a penalty.

**Article 35: ACCESSORIES AND TOOLS**

- 35.1** Jewelry including earrings, studs, necklaces, rings, bracelets, anklets and piercings are not allowed.
- 35.2** Decorations, stones, sashes and lace must be incorporated into the fabric or solidly attached, any mishap arising from the appurtenances put on is the responsibility of the trainer and gymnast.
- 35.3** Hair ornaments such as hair clips, sliders, ties and ribbons, if worn, must be securely fastened. Character hair accessories (e.g., tiaras, feathers and flowers) are not permitted.
- 35.4** Painting your face is not allowed, any makeup must be subdued and not used to portray a theatrical character (animal or human).
- 35.5** Materials (such as girdles and head rolls) that aid in the execution of the elements are not allowed. Tape and support bandages must be a neutral color. Any exceptional support, such as a knee brace not available in a neutral color, may be worn without deduction if permission has been requested by the association from the head judge. Noting this request on the competition sheet is sufficient (national addition).
- 35.6** Any violation of these rules will be penalized by the jury foreman.

## **PART VII**

### **IMPLEMENTATION AND TECHNICAL ASSESSMENT**

#### **Article 36: IMPLEMENTATION AND TECHNICAL ASSESSMENT**

##### **General**

- 36.1** When assessing technical execution, we look at the technical execution of an exercise, not the technique used.
- 36.2** Each exercise is judged on perfection of execution
- 36.3** The technical judges evaluate the amplitude and technically correct execution of each element. This refers to the amount of stretching, body tension and completeness of movement i.e. to what extent is the space of the element performed fully used. Pair, group and individual elements are all assessed separately.
- 36.4** Criteria for assessment
- Efficient technical implementation;
  - Correctness of line and form;
  - Amplitude in the performance of pair, group or individual elements, that is, full stretching in balance elements and maximum flight in dynamic elements;
  - Stability of static elements;
  - With confidence, effectively pitch, throw and catch;
  - Landing control.

## **PART VIII**

### **MOEILY**

#### **Article 37: MOEILY**

- 37.1** The difficulty of an exercise is determined by the choice of elements used in the composition of an exercise.
- 37.2** Difficulty value is given only for pair, group and individual elements.
- 37.3** The difficulty value for pairs, groups and individual elements is determined using the FIG's difficulty tables for Acrobatic Gymnastics, which are published separately.
- 37.4** The difficulty value for A-seniors is "open," it has no limit. However, the error table is also applied when performing elements of high difficulty. That is, even in high-risk elements the appropriate deductions should be given if the elements are not performed correctly. The difficulty value for B and C level in the Netherlands is limited, see Article 17.13.
- 37.5** Difficulty can only be given for elements declared on the contest sheet and executed. They must have been selected from the difficulty tables.
- 37.6** Special rules apply for combination exercises at A-level, see Article 25.2.
- 37.7** In all exercises, the difficulty jury deducts penalties from the final score for missing special requirements. So too for performing prohibited elements, time errors for individual and pair/group elements in static poses, and not performing the elements in the correct order.
- 37.8** In the balance and combination exercise, elements indicated as a 3 second hold on the competition sheet will be judged as such by the difficulty judges. If the element is held for less than 3 seconds, the MJ will give the appropriate time faults. These time faults will be deducted from the final score.

#### **Article 38: COMPETITION SHEETS**

- 38.1** A contest sheet is the drawn declaration, made on the computer, of the pair, group and individual elements of difficulty, which will be performed. Use the pictures from the ABC difficulty tables. (Except youth and pupil who can use pictures from the relevant regulations.)

use). The difficulty value, the page and the number of the element in the difficulty tables should appear with each element. The intended time of a static pose should be indicated, as should the direction of the somersault, the amount of rotation and the degrees of a screw (length axis turn).

**38.2** It is a trainer's job to make sure that match sheets are turned in correctly and on time.

**38.3** The competition sheet must be turned in 10 days before the competition. The contest information booklet has more information on this.

**38.4** Consequences of not/ late submission of contest sheets:

a) Failure to submit until one day (24 hours) after the communicated submission date and time, without the approval of the jury working group, will result in a fine of 25 euros per missing/tardy contest sheet.

B) Teams whose competition sheets are turned in without the approval of the judging panel less than one day (24 hours) prior to the competition will not be allowed to compete in the respective competition.

In special cases, contest sheets will be accepted via e-mail.

**38.5** Competition sheets are created digitally (Acro Companion is preferred) and are accepted at national competitions in the A/B and C levels. Official competition sheets must be used and completed in the prescribed manner. An example is included in these competition rules as well as on the Dutch Gymnastics website. Unofficial, illegible or incomplete sheets will be returned to be redrawn in the correct manner.

**38.6** Pair/group elements should be drawn first and in order in which they are executed. At the bottom come the individual elements separately and in order in which they are performed. If the elements are not drawn in the correct order, a deduction of 0.3 will be deducted from the final score by the MJ.

*The deduction of 0.3 for an incorrect competition sheet (wrong order, different element etc.) can be given a maximum of 1 time per exercise.*

**38.7** Only the elements you want to count for difficulty are drawn on the contest sheet. If more than 8 are drawn, the first 8 count for difficulty.

**38.8** Only elements declared and actually performed will be evaluated for difficulty and special requirements. In the dynamic exercise, a maximum of 1 alternative (OR) may be declared. In the combination exercise a maximum of 1 alternative (OR) may be declared for a dynamic element. As soon as more than 1 alternative is drawn the competition sheet will be returned for correction.



- 38.9** No later than 48 hours before the start of the competition, trainers will be informed by the difficulty judge via email if there are any problems with the submitted competition sheet. It is the responsibility of the trainer to find a solution to the problems. Minor (requested only by MJ) changes, clarifications can be made via email until time limit specified by the MJ at the latest. If errors are found on the match sheet during the match that have not been reported, the correct value must be used. The MJ will receive a warning for not reporting inaccuracies on the competition sheets which may result in penalties. Match sheets created in Acro Companion are checked directly by the program, and here the trainer will be notified of any errors made.
- 38.10** Due to exceptional circumstances (e.g., injury), it is at the discretion of the Chief Judge, Jury President and difficulty judge to allow minor changes on the competition sheets up to 30 minutes before the start of the competition. This can be done, with a drawing of the element changed or modified and explanation of the difficulty value, element number and page of the difficulty tables. The difficulty judge will confirm the value and inform the judge chairman and head judge of the change. No difficulty value will be given for changes submitted later.
- 38.11** If a change sheet is specifically requested by the MJ from the trainer, it must be turned in to the head judge in triplicate one hour before the start of race day. This is before the start of the jury meeting. The head jury will arrange for further distribution to the jury chairmen and difficulty jury. The difficulty jury and jury chair will recheck this new contest sheet. There must be a clear indication on the contest sheet of what has been changed in red, along with the block number and course number.

**Article 39: NEW ELEMENTS**

- 39.1** The TC-ACRO of the FIG will review new international elements in the TC-ACRO meetings. Elements are considered new if they cannot be found in existing tables or published in bulletins and are not prohibited. Requested elements will be published in the supplementary newsletters on the KNGU website.
- 39.2** Elements executed with a minute stylistic change are not considered a new element but a variation on it. They may be executed using the same number and value as the existing element





- 39.3** The request for international assessment must be submitted on the official form, which can be found in the difficulty tables and include a detailed drawing or photograph of the element and its estimated difficulty value and an email with video attachment.
- 39.4** International applications, together with the necessary documentation (video), must be submitted by the KNGU, through the jury working group of the National Technical Committee for Acrobatic Gymnastics.
- 39.5** Requests that do not meet the above criteria will not be considered.
- 39.6** The evaluation of the requested elements will be done during the ACRO TC meeting of the FIG and may be performed starting 6 months after publication in the ACRO newsletter.

## **PART IX**

### **ASSESSMENT OF EXERCISES**

#### **Article 40: ASSESSMENT**

##### **General**

- 40.1** Each of the 3 exercises: balance, dynamic and combination, has a different character and is judged on difficulty, artistic and technical execution.
- 40.2** The panel chair is responsible for ensuring that all judges on a panel arrive at their grade in accordance with the rules.
- 40.3** The artistic judges evaluate the artistic execution of the performed exercises to determine the A score.
- 40.4** The difficulty judge determines the starting value of the exercises. The total difficulty value is converted to a difficulty score, the M-score.
- 40.5** The technical judges assess the technical execution of the performed exercise to determine the T-score.
- 40.6** The chairman of the jury will subtract the penalties from the final score (which is created by the sum of the A, T and M scores).

#### **Article 41: SCORES AND SHOWING OF SCORES**

- 41.1** All scores, penalties and difficulty rating are displayed to the public. The form in which this is done may vary and is subject to the capabilities an organization can provide and to advancing techniques.
- 41.2** At all competitions, technical performance and artistic performance is rated from 0 to 10.0 with an accuracy of 0.001.
- 41.3** The difficulty of seniors at A level has no maximum; it is "open. In juniors 1 and 2, youth, pupils, B and C levels, the difficulty is limited to a maximum.

#### **The T-score (technical)**

- 41.4** The T-score is the technical score for a performed exercise, it is the average of the 6 or 4 or in exceptional circumstances 3 technical judges. With 6 technical judges the 2 highest and 2 lowest scores drop off, with 4 and 3 technical judges the highest and lowest scores drop off. Then the average score is done times two (x2). The technical score is determined to the nearest 0.001 with no rounding of the last mark.

#### **The A-score (artistic)**

- 41.5** The A-score is the technical score for a performed exercise, it is the average of the 6 or 4 or in exceptional circumstances)3 artistic judges. With 6 artistic judges the 2 highest and 2 lowest scores drop off, with 4 and 3 artistic judges the highest and lowest scores drop off. The artistic score is determined to the nearest 0.001 with no rounding of the last digit.

#### **The M-score (difficulty)**

- 41.6** The sum of the difficulty of the elements performed and declared in an exercise gives a the difficulty value.
- 41.7** The M-score for performance is determined by converting the difficulty value to the starting value. The difficulty value divided by 100 is the M-score.
- 41.8** The difficulty grade of the exercise is shown if the jury chair gives her approval for this.

#### **The overall score**

- 41.9** The total score is the score obtained before the chairman and/or difficulty judge subtracts the penalties.
- 41.10** The categories A- juniors 1 and 2, youth, pupils, B and C level have a maximum grade (depending on maximum difficulty). For the A senior category, the maximum grade is unlimited.
- 41.11** The total score for a performed exercise is calculated according to the formula below: A-score + M-score + T-score = total score for the exercise.

#### **Article 42: PENALTY'S OF TOTAL SCORE**

- 42.1** Penalties (Subtraction from the total score) are applied by the judge's chair, resulting in the final grade.  
This is made clear in the following formula:

$$\text{Total score (A-score + M-score + T-score) - Penalties} = E \text{ (final score)}$$

**42.2 The jury foreman provides deductions from the final grade:**

- For length difference between partners (international only);
- Exceeding the time limit of the length of the exercise;
- ~~Music contains words in more than 1 exercise;~~
- ~~Restart of an exercise without cause;~~
- Step, land and fall over the line;
- Incorrect clothing or violations regarding accessories;

**42.3 The difficulty judge gives deductions from the final grade for:**

- Time errors in static poses not held long enough as indicated on the competition sheet;
- Failure to meet Special Requirements;
- Performing prohibited elements;
- Failure to perform the elements according to the order on the competition sheet

**Article 43: PROTEST**

- 43.1** A protest may be submitted to the chief judge if the difficulty score does not match what was performed, a calculation error is discovered or the difficulty value was incorrectly converted to the difficulty score.
- 43.2** Difficulty jury penalties may be reconsidered if there is a change in the difficulty grade is done after a protest.
- 43.3** Protests can only be made against a decision concerning a team of one's own association.
- 43.4** No protests can be made against technical or artistic marks, time errors or other penalties.
- 43.5** A trainer approaches the head judge in case of an alleged calculation error. He does this as soon as possible, but in any case until half an hour after the last exercise of the competition section.
- 43.6** The main jury may, if necessary, verify the point of discussion by viewing video material made by the organization. In consultation with the difficulty jury and the jury president of the track concerned, a reconsideration can take place. If necessary, the head jury, jury president and the difficulty jury of the other track can also decide.
- 43.7** If a decision cannot be made immediately, the grade is a preliminary grade, which will be reconsidered as soon as possible after the competition, but before the awards ceremony.



**Dutch  
Gymnastics**

## PART IX

### ASSESSMENT OF EXERCISES

#### Article 44: PENALTY OF THE JURY CHAIRMAN AND MOEILY JURY

44.1 The subtractions are from 0.1 to 1.00 as clarified in the error table.

44.2 Penalties of the total score by the jury president.

	<b>Subtraction of jury foreman</b>	<b>Deduction</b>
1.	Duration of an exercise longer than allowed.	0.1 per second
2.	Length difference between upper partner and successor partner according to Appendix 3*.	0.5 or 1.0
3.	Unsportsmanlike conduct.	0,5
4.	Errors in the music (e.g., inappropriate music)	0,5
5.	Steps across the line.	0.1 at a time
6.	Landing with 2 feet outside the floor boundary or falling outside the floor boundary.	0.5 at a time
7.	Starting before the music or ending before or after the music	0,3
8.	Failure to comply with advertising rules (National emblem not visible)*.	0,3
9.	Correcting clothing or losing accessories (e.g.hairpins).	0.1 at a time
10.	All deductions related to dress code violations unless otherwise noted.	0,3
11.	Prohibited (e.g., wide sleeves) or unaesthetic clothing (e.g., neckline too low, suit between buttocks)	0,5
12.	Marking on floor, mat on floor (except MG at balance and combination)	0,5
13.	Unesthetic attitudes	0,3
14.	Coach present on the floor	0,3

\* International and qualifying competitions only.

**Article 44.3:**
**PENALTIES OF THE TOTAL SCORE BY THE DIFFICULTY JURY**

	<b>Subtraction difficulty jury</b>	<b>Deduction</b>
1	Time fault for any pair or group element held shorter than requested.	0.3 per sec. too short
2	Static pair or group element is not completed.	0.9 time error, no difficulty, no special requirement
3	Individual static element is held for one second.	0.3 time error
4	Individual static element is not completed.	0.6 time error, no difficulty
5	Element deployed but not finished.	no difficulty, no special requirement
6	Any violation of a Special Requirement.	1.0 per missing requirement
7	Performing a prohibited element.	1.0 at a time
8	Elements not performed according to order on competition sheet.	0,3

**Article 45: ARTISTIC JURISING**

Artistic judging is not only "WHAT" the gymnast(s) perform, but also "HOW" they perform it and "WHERE" they perform it.

**45.1** For artistic judging, the following artistic criteria are maintained and applied in a positive manner using the following distribution:

<b>Partnership</b>	<b>max. 2 .0</b>
<b>Expression</b>	<b>max. 2 .0</b>
<b>Choreography</b>	<b>max. 2 .0</b>
<b>Creativity</b>	<b>max. 2 .0</b>
<b>Musicality</b>	<b>max. 2 .0</b>

Artistic judging is done based on all criteria in the artistic section of the competition rules by using the rating scale.

## 45.2 Description of criteria:

### *Partnership*

Partnership is a logical relationship between partners in a pair or group:

- Maturity.
- Level of preparation.
- Balance in implementation among partners.
- Shown by a visible connection.

### *Expression*

Making your thoughts, feelings, character, attitude clear to the audience. The gymnasts convey a certain emotion.

### *Choreography*

"The act", what is shown using amplitude, space, movement directions/orbits, levels. Synchronization between partners: showing one whole is better than two or more different gymnasts.

### *Creativity*

Show an imagination, originality, inventiveness and inspiration.

*Variation in:*

- composition of the exercise
- mounting and dismounting
- elements

### *Musicality*

There is harmony between the music and movements performed by the gymnasts:

- (The type of) movements matches the rhythm, melody and mood of the chosen music.
- The movements are in sync with the accents of the music.
- The movements vary in size or speed/tempo of the music.
- Use of expressive movements based on the melody, variations in the rhythm and mood of the music or combinations thereof.



#### 45.3 Rating scale for each criterion:

<b>Perfect: 2.0</b>	The exercise is of an <b>exceptionally high standard</b> according to the criteria
<b>Excellent: 1.8-1.9</b>	The exercise is of a <b>high standard</b> according to the criteria
<b>Very good: 1.6-1.7</b>	The exercise is of a <b>very good level</b> according to the criteria
<b>Good: 1.4-1.5</b>	The exercise is of a <b>good/average level</b> according to the criteria
<b>Sufficient: 1.2-1.3</b>	The exercise is of a <b>low level</b> according to the criteria
<b>Weak: 1.0-1.1</b>	The exercise is of <b>very low level</b> according to the criteria

#### 45.4 Guideline artistic score:

- Perfect exercises                      Score between 9.6 and 10
- Excellent exercises                      Score between 9.0 and 9.5
- Very good exercises                      Score between 8.0 and 8.9
- Good exercises                              Score between 7.0 and 7.9
- Sufficient exercises                      Score between 6.0 and 6.9
- Weak exercises                              Score between 5.0 and 5.9

#### Article 46: TECHNICAL FAULTS

**45.1** Article 46 contains a table listing and giving examples of the extent of the various technical errors.

**45.2** Execution errors are penalized with a deduction per occurrence of the maximum mark 10.00. The following scale of deductions is used for this purpose:

- Minor errors                              0.1
- Obvious errors                            0.2 - 0.3
- Major errors                                0.5
- Traps                                         1.0

**46.3** Deductions for implementing a single pair/group element cannot exceed 1.0.

**46.4** The following table is a guide to the deductions that can be given for the technical errors in the performance of pair/group elements, individual elements or choreography. It is impossible to list or draw every technical error. Judges are expected to use this manual as a basis for giving deductions, even for errors not listed in these tables.

#### 46.5 Amplitude

Criteria for assessment	Subtraction		
	Small	Clear	Large
1. Loss of stretch or amplitude or body tension in the execution of a element (feet, legs, knees, arms, back ....)	0.1	0.2-0.3	0.5
2. Lack of amplitude in the flight phase of the dynamic elements, deviation from correct direction in all elements (B, D, Ind.)	0.1	0.2-0.3	0.5

#### 46.6 Body posture, angle and line

Criteria for assessment	Subtraction		
	Small	Clear	Large
1. Handstand from the vertical or ideal position.	0.1	0.2-0.3	0.5
2. Hollow back and/or hip flexion when trying to maintain an upright position.	0.1	0.2-0.3	0.5
3. Bending the arms in hand positions and angle of the knee, ankles, wrists to hold the handstand.	0.1	0.2-0.3	0.5
4. Legs above or below ideal position in postures (e.g., legs below horizontal when performing a spread angle support).	0.1	0.2-0.3	0.5
5. Leg spread less than 180°	0.1	0.2-0.3	

#### 46.7 Hesitation, stepping and slipping

Criteria for assessment	Subtraction		
	Small	Clear	Large
1. Upper partner's hesitation or adjustment in ascension or transitions.	0.1	0.2-0.3	
2. Hesitation in a motion phase of an element that interrupts fluid motion.	0.1	0.2-0.3	
3. Loss of control in a motion, resulting in restarting the motion		0.3	
4. Hopping or stepping in support, catching or landing. 1-2 = small; 3 or 1 large step = clear; 4+ = large.	0.1	0.2-0.3	0.5

5. Slipping a foot, hand or arm in the ascending, balancing, in transitions or in catching.		0.3	
6. One foot, one hand or other part of the body going through the the basket or slipping from the support point of dynamic catches/landings on the partner.		0.3	
7. Tripping/moving during exercise outside the elements		0.3	0.5

#### 46.8 Instability

Criteria for assessment	Subtraction		
	Small	Clear	Large
1. Instability or wobble of the lower partner(s) or top during construction of a balance or tempo element.	0.1	0.2-0.3	0.5
2. Lower partner(s) swings from heels to toes or takes steps when trying to make a stabilize posture	0.1	0.2-0.3	More than 3 steps 0.5
3. Adjusting positions after catching or before throwing or stabilizing the balance.	0.1		
4. A light touch from a partner or the floor or clear support from the partner to maintain balance on a partner or during landing.		0.3	
5. Unintentionally falling on one knee or placing one hand on the floor or one leg, head or shoulder on or against the partner.			0.5
6. Volatile pushing of the bodies or shoulders against the upper partner, by the lower partner(s), to support the upper partner		0.3	
7. Pushing the lower partner(s) with their hulls or shoulders against the upper partner to cope with a major problem to provide stability maintain or prevent a fall.			0.5
8. Added help from partner(s) to prevent a fall (e.g., in the event of a failed catch or to camouflage a bad landing).			0.5

#### 46.9 Rotations

Criteria for assessment	Subtraction		
	Small	Clear	Large
1. Under or over rotation of turns, twists or somersaults.	0.1	0.2-0,3	0.5
2. Underrotation of somersaults through which the somersault is completed with some help from the partners.		0.2-0.3	
3. Under or overrotation of somersaults requiring full assistance to complete the somersault and/or to avoid a fall.			0.5





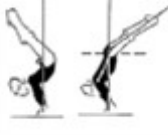



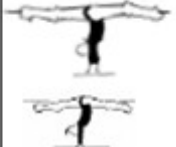






















#### 46.10 Incomplete elements and traps.

Criteria for assessment	Subtraction		
	Small	Clear	Large
1. Failure to complete an element without a trap.			0.5
2. Partner comes to the floor and lands unintentionally or illogically, without control, from a point of balance or support, but without a fall.			0.5
3. One foot or hand slips off a partner's 4. support point and hands are used to prevent a fall.			0.5
4. Both feet or hands slide along or through the platform or slide off the shoulder or other support point on the partners' body in an attempt to maintain balance or in a catch = FALL			1.0
5. Fall to the floor or one(s) partner(s) from a pyramid or pair element or from a platform without a logical or controlled landing = VAL			1.0
6. An uncontrolled landing or fall to the ground, on the head, seat, abdomen, back or side, hands and knees, both hands and feet or both knees = FALL			1.0
7. Forward or backward roll after landing without first showing a held landing on the feet = FALL			1.0

## **ANNEXES**

## APPENDIX 1

### Guidelines for technical judging




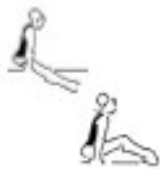













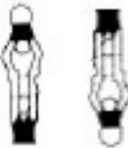

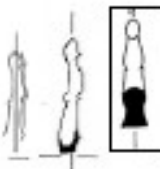
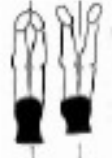






		Fouten Balans				
Element	ideal	0.1	0.2	0.3	0.5	
1	Handstand					
						
						
						
2	Mexicana					
						
						
						
						






































		Fouten Balans				
Element	Ideal	0.1	0.2	0.3	0.5	
3	Vlrag					
	Diepe vlrag					
	Split vlrag					
4	Bovenbalans					



Errors Ba lans

		Errors Ba lans				
Element		Ideal	0.1	0.2	0.3	0.5
5	Hoekhandstand					
6	Krokodil/ plankje					
	Splitje					
7	Wijde armen					
8	Achterover buiging					
9	Boogje					
10	Tafel					

		Fouten Balans				
	Element	Ideal	0.1	0.2	0.3	0.5
11	Hoeksteun/ spreidhoeksteun					
						
	Hoge hoeksteun					Top: gespreide benen in hoge hoeksteun
12	Armen					
						
13	Voeten en knieën					
						
						

		Fouten Dynamisch					
Element	Ideal Position	0.1	0.2	0.3	0.5	1.0	
1	Hurk						
							
2	Hoek						
							
3	Strek						
							
4	Stappen of landing zonder ondersteuning		 1 stap	 2 stappen	 3 stappen	 4 en meer stappen	
6	Landing met ondersteuning						
							
							



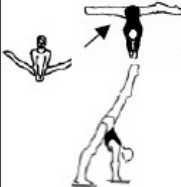
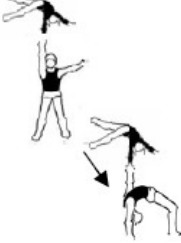
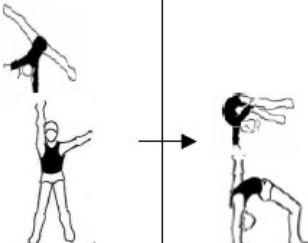
## APPENDIX 2

### DEFENITION of Element

#### Pairs:

The definition of an element of difficulty:

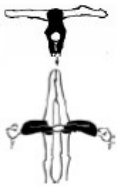

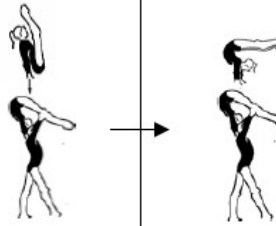
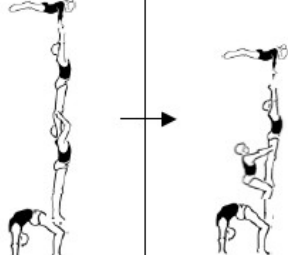
1. Static posture upper partner and lower partner.
2. Mount (including static posture of upper partner and lower partner).
3. Motion upper partner + static posture upper partner and lower partner.
4. Starting position upper partner + motion lower partner + static stance upper partner and Lower partner.
5. Starting position upper partner + motion upper partner + motion lower partner + static stance upper partner and lower partner.





Nr 1	Nr 2	Nr 3	Nr 4	Nr 5
3"	3"	3"	3"	3"
				

#### Groups:

The definition of an element of difficulty:

1. Static posture upper partner + basic posture.
2. Static posture of upper and/or middle partner + basic posture.
3. Motion upper and/or middle partner + static posture upper and/or middle partner + basic posture.
4. Starting posture upper partner + transition + ending posture upper partner + new basic posture.
5. Starting posture upper partner + motion upper partner + transition + final posture of upper partner + new basic posture.
6. Mount + end posture + basic posture.

Nr 1	Nr 2	Nr 3	Nr 4
3"	3" 3"	3"	3"
			

Nr 5		Nr 6
3"		3"
	→	
		

### Individual elements

All **three** individual elements that count for difficulty value must be drawn on the contest sheet. **All** individual elements in series must be drawn on the contest sheet and will receive difficulty value. If an individual element is repeated or not drawn, the elements that follow will receive no difficulty.

For example:

Arabian flikflop somersault = series = 3 elements

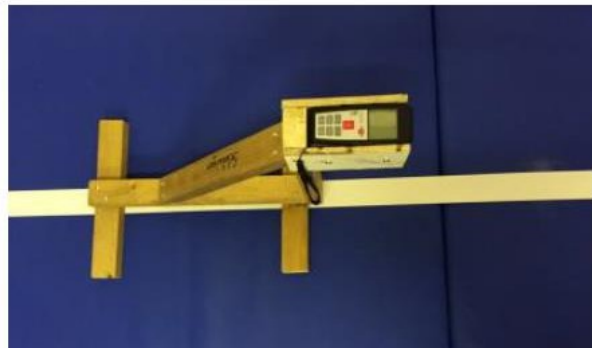
This series meets the maximum number of individual elements and **all** three elements must be drawn on the contest sheet to receive difficulty value.

### APPENDIX 3

#### Measurement Procedure

- Athletes will be measured in mm. by a (para)medic in the presence of a member of the LTC-AG or its delegate.
- All athletes performing as lower partner (bases), middle partner (second or third) and upper partner (top) are measured as follows:
  1. Barefoot in T-shirt or leotard
  2. They lie on their backs, in a straight line on the floor, in normal posture with the feet together and the knees fully extended. The shoulders are relaxed.
  3. The horizontal length from the feet (heels) to the top of the head is measured with an electronic distance measuring device.
- The measurements are written down and turned in to the head judge. This must show that all partners have been measured. The head judge determines who will receive a deduction for length difference.
- The difference between the partners may be 29 cm (with a tolerance up to 29.99)
  - A difference of > 30 cm or < 34.99 gives the following deduction: SEN 0.5
  - A difference of  $\geq 35$  cm gives the following deduction: SEN 1.0
- The deduction applies to each exercise.
- For groups, the difference between the largest and the next largest partners applies. They are all measured in the same way.

Sample measurement equipment:





Correct posture during measurement:



- Feet against the wall
- Knees pushed to the back
- Head in a neutral position
- Shoulders relaxed

Posture errors during measurement: Error

1: Heels not against the wall

Error 2: Knees bent Error 3:

Bulged back






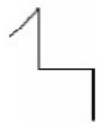

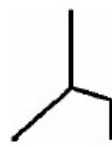












Mistake 4: Hollow back

Mistake 5: Head not on the ground























**APPENDIX 4** Stenonotation

• **Stands**





Staan		Stoel		Stoel los		Uitvalstand	
							
Spreidstand		Ligsteun		Boogje		Bokje	
							
Bokje zonder handen		Halve naald					
							

• **Gliding Stands**




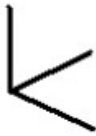







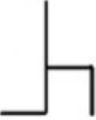


Arabesque		Attitude		Y-stand		Y-stand spagaat	
							
Achterover buigen		Diep achterover buigen		Zweefstand achterover		Ringstand	
							
Naaldstand		Naald					
							








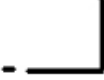




- Splits

Split / middenspagaat		Spagaat	
			





• Seat

Langzit		Spreidzit		Japanse lig		Kniestand	
							
Kniezit, 2 knieën		Kniezit, 1 knie		Kniezit achterover buigen			
							







• Lig

Ruglig		Buiklig		Ruglig benen hoog		93	
							
Rugwaarts vliegtuigje							
							


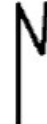











• Head

Kopstand		Op het hoofd					
							



























- Shoulder/  
Chest

Kaars		Borststand		Mexicana borststand			
							










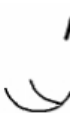








• Arm postures

2 armen laag		1 arm laag		2 armen hoog		1 arm hoog	
							
2 op elkaar		armen breed		los			
							



- Handstands

<b>Handstand</b>		<b>Handstand 1 arm</b>		<b>Handstand 2 op 1</b>		<b>Mexicanca</b>	
							
<b>Mexicanca 1 arm</b>		<b>Handstand split</b>		<b>Hoekhandstand / dislok</b>		<b>Vlag</b>	
							
<b>Bovenbalans</b>		<b>Krokodil</b>		<b>Spreidhoeksteun</b>		<b>Hoeksteun</b>	
							
<b>Hoge hoeksteun</b>							
							









• Jumps

<b>Zijwaartse spagaatsprong</b>		<b>Spagaatsprong</b>		<b>Wisselspagaatsprong</b>		<b>Ringsprong 1 been</b>	
							
<b>Ringsprong 2 benen</b>		<b>Streksprong</b>		<b>180°</b>		<b>360°</b>	
							
<b>540°</b>		<b>720°</b>		<b>Spreidhoeksprong</b>			
							





















- Wave

Cannonball							
							











• Roll

Rol voorover		Rol achterover		Rol zijwaarts		Zweefrol	
							








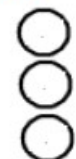



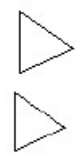







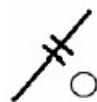












• Arches / arches

Radslag		Radslag op 1 arm		Losse radslag		Boogje achterover	
							
Boogje achterover 1 arm		Boogje voorover		Losse overslag		Russisch boogje	
							
Zitboogje (valdez)		Kip tot stand					
							


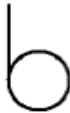












- Tumbling

Loopoverslag		Flikflak		Kopkip		Arabier	
			<b>F</b>				<b>R</b>
Overslag		Flakflik					
							





• Saltos

Temposalto		Salto a.o.		Dubbel a.o.		Triple a.o.	
							
Hoeksalto a.o.		Dubbel hoek a.o.		Streksalto a.o.		Dubbelstrek a.o.	
							
Streksalto a.o. 180°		Full in back out		Salto v.o.		Dubbel v.o.	
							
Hoeksalto v.o.		Streksalto v.o.		Zijwaartse salto		Barani	
							












- Pirouettes

Halve pirouette		Pirouette		1,5 pirouette		Dubbele pirouette	
							
2,5 pirouette		Zitdraai		Pirouette been hoog			
							













• Screws

Schroeven 180°		Schroeven 360°					
							






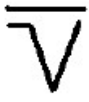


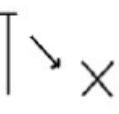


• Starting positions dynamic elements

Toss up		Uit de schoot		Basket (2)		Platform (3)	
							
Vanuit catch		Over het hoofd a.o.					
							

- End postures dynamic elements

Catch zijwaarts		Catch tot lig in de armen (groepen)		Catch naar elkaar toe		Catch van elkaar af	
							
Op de schouders		In de handen					
							

• Miscellaneous

Stappen		Diamidov		Butterfly		Flairs	
							
Tussendoor naar spagaat		Tussendoor af					
							

APPENDIX 5

**Clothing - EDUCATIONAL guidelines (numbering in accordance with COP)**

34.1 The choice of competition attire, accessories and aids is at the discretion of the judge. It must be gymnastic in character and design. The clothing must be elegant and complementary to the artistry of the exercise.

34.4 Skirts should cover the suit and fall no lower than just below the hipbone.

Skirts with the right length



For



Side



Back

Too long



Too



tight Too short at back





- The appearance of a "ballet tutu" and an "Island grass" skirt is **not allowed**



"ballet tutu"

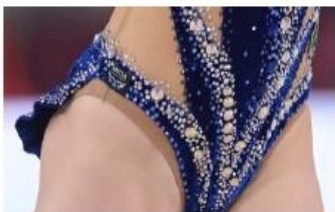


"island grass skirt"



- Women's skirts should follow just below or the line of the leotard. They should fall close to the hips. There should not be a lot of extra material/fabric.
- The skirt should go all the way around and not just partial.

The following styles are **not allowed**



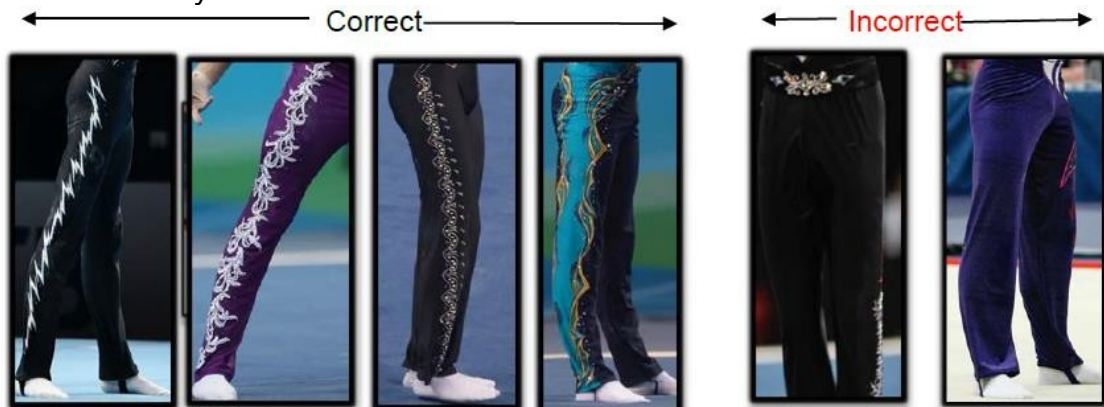
34.5 Men and boys may wear leotards with short gym shorts or long gym shorts, or one-piece suits.

Correct clothing for men and boys



34.6 Dark long pants, one-piece suits (unitards) or tights are only allowed as:

- they are interrupted from the hip to the ankle by a light pattern or decoration.
- The break should be on the side of the leg, simple and not excessive.
- The length or type of fabric should be the same on both legs, only the decoration may differ.



Skin-colored tights are allowed under leotards and skirts.

Incorrect



Correct



34.7 For safety reasons, loose-fitting clothing, protruding parts and accessories are **not permitted**.

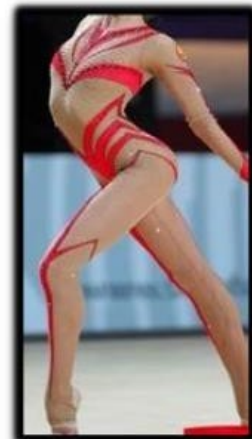
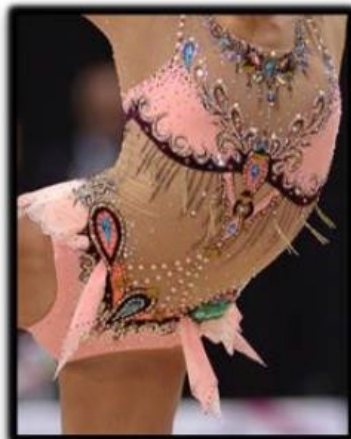




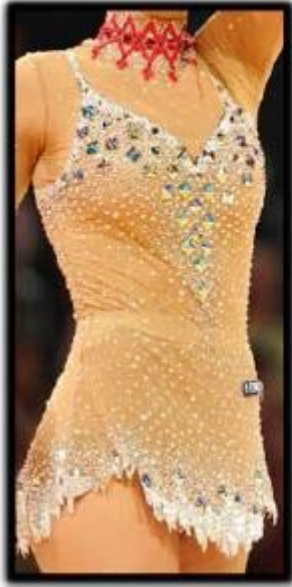
Light colors and skin-colored clothing must be lined!

34.8 Challenging clothing, swimsuit-like or character clothing, photo prints in the design, is **not allowed**.

### Swimsuit Style



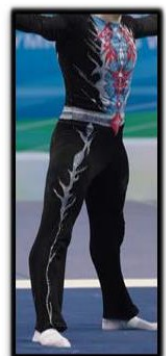
Gym suits that are almost entirely skin-colored are **not allowed**. On TV, this looks like nudity.



**Beautiful gymnastics suits for women and girls**



### Beautiful gymnastics suits for men and boys



### Clothing recommendations

- Men/boys should not use too much skin-colored fabric.

### Too much skin color for men



- As a boy, limit the use of pebbles on your competition suit.
- "Dress" style gymnastics suits are **not allowed**.

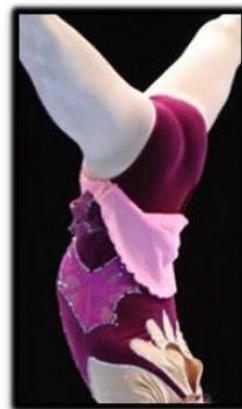


- The following "Character Hair Accessories" are **not allowed** (35.3)



- Skirts should be secured at the sides to avoid the appearance of a "lampshade" when gymnasts are upside down.

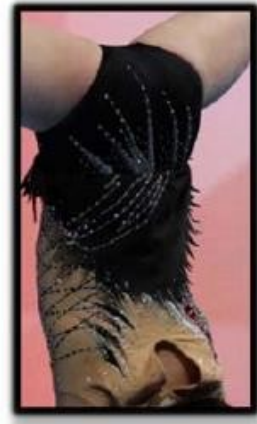
Correct



Incorrect



Ideally, the design of the suit should continue under the skirt.





## APPENDIX 6

### **Explanation of terms**

#### Regulations

- KNGU      Royal Dutch Gymnastics Union ([www.dutchgymnastics.nl](http://www.dutchgymnastics.nl)). FIG  
Fédération Internationale de Gymnastique ([www.fig-gymnastics.com](http://www.fig-gymnastics.com)).
- LTC-AG      National Technical Committee for Acrobatic Gymnastics.

#### Competition Rules

The rules for participation in Acrobatic Gymnastics competitions, which provide direction for spectators, trainers and judges.

#### Difficulty tables

A system for determining the difficulty value of elements.

#### Conversion table

A system for converting the difficulty value to a difficulty rating.

#### Contest Sheet

A drawn declaration of what the gymnasts plan to perform during the competition. Each element of difficulty is drawn in the order of performance and given a difficulty value fixed in the difficulty tables. The competition sheet also shows the maximum difficulty value of the exercise and the maximum difficulty rating prior to performance.

- Steno      A notation system of symbols to write down elements within Acrobatic Gymnastics in abbreviated form so that you can read back afterwards what was done in an exercise.

## Disciplines

♀	2	DP D2 Women's pair.
♀	3	DG D3 Women's Group.
♂	2	HP H2 Men's Pair.
♂	4	HG H4 Men's Group.
♀♂	2	GP G2 Mixed Pair.

## Exercises

The competition exercises of balance, dynamic and combination characteristic of Acrobatic Gymnastics

### Balance

The exercise in which athletes can demonstrate their strength, agility, agility, static postures, ascents and motions.  
Character elements with static postures dominate the exercise.

### Dynamic

The exercise in which athletes demonstrate the ability to initiate, assist, interrupt and terminate a flight phase.

### Combination

The exercise in which athletes demonstrate both characteristics from the Balance exercise and the dynamic exercise.

### Artistic

The structure and artistic composition and design of the exercise.

### Technical

The technical assessment of the exercise performed.

### Difficulty value

The value of the elements declared on the match sheet and executed.

### Difficulty rating

The grade of difficulty after converting the difficulty value.

### Open difficulty

There is no limit to the amount of difficulty value for the Performance of an exercise and the determination of the difficulty grade. (A-level senior).

**Closed difficulty**

The amount of difficulty given for an exercise is limited. This is for A level junior, youth and pupil, B level and C level.

**Static posture**

A static position held by a couple or group for 3 seconds

**Motion**

The motion that connects one static element to another static element.

**Mount**

A movement from the floor or partner to a static position at a higher point, ending in a 3 sec pose.

**Postures**

Static position held for a specified time. Transition

**Pyramid**

A pyramid of a women's group or men's four sharing 2 or more has that are connected by movement without going to the ground.

**Group Transition**

From static posture at one base position to static posture at another base position. 3 seconds to 3 seconds

**Partner to partner catch**

Flight from partner(s) to partner(s)

**Floor to partner catch**

Flight from floor to partner(s)

**Dynamic element**

Flight from the floor which possibly with slight support from the partner(s) gets additional flight phase and lands on the floor again.

**Dismount**

The landing on the floor, jumped from the partners.

**Tempo link**

When in a dynamic and/or combination exercise, two dynamic elements are performed in immediate succession without additional effort. Also called linking.

I.E. Individual elements.  
Elements of difficulty performed individually per gymnast simultaneously or immediately following in each exercise.

#### Identical element

An identical element is one that is the same in all its aspects. It has the same beginning and ending attitude, posture, rotation and/or direction.

#### Static postures and strength:

For example, handstands, headstands, footstands, elbow, shoulder and cheststands

#### Agility: E.g. split, arches Agility:

For example, roles and combination of elements ending in the floor in a briefly held position

Tumbling: arabier, flikflop, somersaults skips. Elements must be preceded by a movement and end on 1 or 2 feet depending on the character of the element.

#### Judges

HJ Chief Judge.

JV Jury Chair.  
Chairman of a panel of judges who takes the deductions from the total score of an exercise to determine the final score of an exercise performed.

MJ Difficulty Jury. Jury who, in cooperation with the jury president, determine the difficulty value of an exercise performed.

AJ Artistic Jury.  
The judges who judge the exercise on the artistic performance.

TJ Technical Jury.  
The judges judging the exercise on their technical execution.

## Judging

### Open judging

All judges show their scores to the audience immediately after the evaluation of the exercise.

### SV

Special Requirements. Mandatory elements prescribed for an exercise. These are checked by the jury chair and the difficulty judge, who applies a deduction of 1.0 from the total score for each missing special requirement.

### Time of an exercise

Length of an exercise which should not exceed 2 minutes and 30 seconds or 2 minutes depending on the category and type of exercise.

### Deduction for excessive exercise

For every second too long, a deduction of 0.1 per second is deducted from the total score of an exercise.

## Scores

### Scores

Adding up the marks given for an exercise.

### A-score

Artistic score. The score obtained for the artistic performance of the exercise. The artistic score is determined by taking the average of scores from a panel of 4 or 6 judges (after eliminating highest and lowest scores) or the middle score in the case of 3 judges.

### T-score

Technical score. The score obtained for the artistic performance of the exercise. The artistic score is determined by taking the average of scores from a panel of 4 or 6 judges (after eliminating highest and lowest scores) or the middle score in the case of 3 judges.

### M-score

Difficulty score for an exercise performed. It is determined by the difficulty judge (1 or 2 judges), working with each other and the judge chair to determine the difficulty value of an exercise and then converting the score to the difficulty score using the conversion tables.

### Total score

The sum of A- + M- + T- scores for the exercise performed.

Final score	(A-score + M-score + T-score) - subtraction (penalties) by the jury chair/difficulty jury.
JV penalties.	The deductions taken from the total score for the performance (A+M+T scores) by the chairman of the jury for length, length of exercise too long, clothing, line errors and not according to order competition sheet).
MJ/JV penalties.	The deductions taken from the total score of performance (A+M+T scores) by the JV and MJ(s) for missing special requirements, time errors on attitudes.
Tolerance space	The maximum space allowed between the two middle marks (for 4 or 6 judges) or between the highest and lowest (for 2 or 3 judges).
Jury Panel	A group of 6-11 judges including JV, artistic and technical judges and difficulty judges. Each member of a panel has a different task in judging an exercise.
TF	Time error. Holding a static element (partner element or individual element) too short.
WBL	Contest Sheet Late. Turning in a contest sheet late for the contest.
NVWW	Not following order contest sheet. The deduction you receive if you do not perform the elements in order as declared on the contest sheet.
Body composition	
Anthropometer	Device used to measure people.
Anthropometrist	(Para)medic who performs length measurement.
Weight	Athlete's weight.
Length difference	The difference between the head of the upper partner and the suprasternal point of the lower partner in pairs and middle partner in groups.
Body types	Body build or body composition .

Endomorph	Endomorph. A person with an endomorph body type is naturally: round, greater fat mass and not particularly muscular. The hips are wider than the shoulders. Usually lower partners.
Mesomorph	Mesomorph. A person with a mesomorph body type is naturally: athletic build, muscular and has little fat mass. Well-proportioned physique. Hips are narrower or equal to shoulders. Usually the good upper partners and lower partners.
Ectomorph	Ectomorph Someone with an ectomorph body type is naturally: tall, slender and not very muscular. They have long muscles. Mostly upper partners.
Lower partner	The lower partner of a pair or group. (base)
Middle partner	The second lower partner in a women's group. And the second and third in a men's group.
Upper Partner	Normally the smaller partner of a pair and the smallest of a (top) group balancing on the partner(s) or the main one thrown in a dynamic exercise.