



**Dutch
Gymnastics**

Competition Rules Acrobatic Gymnastics

D/E Level
2023 -2025

Version September '23



Foreword

We are pleased to present to you the new competition rules Acrobatic Gymnastics D/E Level. The regulations are valid from September 1, 2022 to December 31, 2024.

These competition rules Acrobatic Gymnastics D/E Level is an addition to the Technical Rules of Acrobatic Gymnastics.

Interim changes to and/or additions will be announced through separate newsletters and can be downloaded, along with the difficulty tables, at www.kngu.nl.

The regulations were developed in part with the idea of:

- make a good connection from the D/E Level to the A/B/C Level;
- obtain more challenge and variety, making Acrobatic Gymnastics a spectacular sport for athletes and audiences to do and watch;
- encourage athletes to participate in our beautiful sport.

The regulations were developed under the responsibility of the National Technical Committee for Acrobatic Gymnastics (LTC-AG). In addition to the Working Group on Broad Sports, several other persons have been involved in the development of the regulations.

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

In case there are contradictions between competition regulations and the Technical Regulations, the provisions of the KNGU Technical Regulations will prevail.

The article numbering is broadly similar to the numbering of the A/B/C Regulations. Articles not applied in the D/E Regulations have been omitted.



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PART I: Purpose and Validity

Article 1: Purpose and validity

- 1.1** Primary goal 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 the KNGU and 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 exercise.
- 1.4** The competition rules act as an introductory framework in order to acquire the knowledge and skills to the extent that prosperous advancement at the national to international level can occur.
- 1.5** To increase the understanding in the different levels, it was chosen to modify the D/E rules so that in addition to the competition rules, judging is similar or somewhat similar to the A/B/C Level and rules.
- 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: Match Program

Article 2: Disciplines and competitions.

2.1 Within Acrobatic Gymnastics, competitions are held in the following disciplines:

Duo	Men/ladies/mixed*
Trio	Gents/ladies/mixed**
Quartet	Gents/ladies/mixed**

* lady/lord top/bottom doesn't matter

**dame/lord upper/lower and number per gender does not matter;

2.2 Competitions at the D/E Level are divided into four age categories, with the age of the oldest partner leading the way. These categories are:

	E-Level	D-Level	D+Level
Entry	6 to 12 years	N/A.	N/A.
Youth	8 to 13 years	8 to 14 years	N/A.
Junior	8 to 15 years	8 to 16 years	9 to 17 years
Senior	8 years and older	8 years and older	9 years and older

2.3 In the Netherlands, we face different types of competitions:
Age categories in the D/E Level (except E-Intermediate Level):

- preliminaries (regional);
- district finals;
- semifinals nationwide;
- finals nationwide.

E-Instep Level:

In addition, your district may offer the E Entry level. Each district is free to offer this level or not. In addition, offerings may vary by district.

- 2.4** In addition to these rules, there will be an annual contest information booklet issued. In it you can read things related to, for example:
- The standards to be achieved regarding participation in national competitions;
 - The number of competitions per year;
 - competition dates and location;
 - enrollment procedure;
 - accreditation of trainers;
 - material;
 - entering and leaving the competition area;
 - music;
 - jury requirements;
 - competition passports;
 - doping;
 - costs;
 - medals.

Match Program

- 2.5** In the D/E Level, one combination exercise is performed. In the D+Level, two exercises are shown to the judges, namely a balance and dynamic exercise
- 2.6** The exercise of duos, trios and quartets in the D/E Level, are composed using the special requirements. In addition, there are various restrictions and clarifications. Also, the summary pages in Appendix 7 of the different categories can be used.
- 2.7** The exercise for the duos, trios and quartets in the E-Instap level is composed of the compulsory exercise material. This exercise material can be found on the KNGU website and will not be discussed further in these Competition Rules.



PART III: Contest Management and Organization

Article 3: Match 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:

- Delegate(s) of the National Technical Committee on Acrobatic Gymnastics (LTC-AG);
- match director;
- principal jurors;
- jury presidents;
- difficulty judges;
- technical judges;
- artistic judges;
- staff of the organizing association;
- First aid/sports medicine .

3.2 At competitions under the responsibility of the District Technical Committee Acrobatic Gymnastics of the KNGU, the following persons must be present:

- delegates to the District Technical Committee on Acrobatic Gymnastics (DTC-AG);
- competition management District Technical Committee Acrobatic Gymnastics (DTC-AG);
- help Match management organizing association;
- chief judges (if the number of judges allows);
- jury presidents;
- difficulty judges;
- technical judges;
- artistic judges;
- staff of the organizing association;
- First aid/sports medicine .



Article 4: The Main Jury

- 4.1** The head judge and race director oversee the proper observance of the rules at a race, each with their own set of duties.
- 4.2** 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 or District Acrobatic Gymnastics Technical Committee (LTC-AG or DTC-AG).
- 4.3** Members of the Chief Jury have no responsibilities to participating teams during race day.
- 4.4** 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

- 4.5** It controls 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.
- 4.6** It has the right to hold judges, trainers and participants accountable for their behavior if it is not in accordance with the regulations.
- 4.7** She evaluates and records the judges rating for each exercise in terms of:
- meeting special requirements;
 - the accuracy of the difficulty value, the total score and penalties from each exercise;
 - The consistency and logic of the technical score (T-Score) and the artistic Score (A-Score).
- 4.8** She checks the judges' grades for accuracy and takes action if errors are made.
- 4.9** 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.



- 4.10** It takes the appropriate disciplinary action when a juror has a very makes serious error, or judges inconsistently or shows bias.
- 4.11** It may abort / have an exercise aborted if the safety of a participant is at risk.

Article 5: The Jury of Appeal.

- 5.1** The jury of appeal supervises the rules as stated in the competition regulations, technical regulations and statutes of the KNGU.
- 5.2** The appeals panel consists of three members:
- one member from the National or District Technical Committee on Acrobatic Gymnastics. This person shall be the chairman of the appeal jury;
 - one member (preferably a certified national level 3 or 4 judge) will be appointed by the Jury Affairs Working Group;
 - one independent person, being the (assistant) match director or to be designated by the match director.
- 5.3** The (vice) president of the LTC-AG or DTC-AG may also be present at any protest.

Article 6: Rights and Duties of Participants Rights of Participants

- 6.1** They may only compete in one discipline at one 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 into two so that everyone has adequate space. This may be in an inturn room (if on a similar floor) or five minutes before the start of the competition block on the competition floor. An average of ten teams are allowed on the competition floor during this warm-up time.



- 6.5 They are entitled to have their exercise restarted if, for reasons beyond their responsibility, the exercise is not 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 the 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 **The use of medication is not permitted in the inturn and competition areas. Should an athlete have to use medication for medical reasons prior to or after an exercise in one of these areas, this will have to be reported to the jury president and competition management. If an athlete uses medication in these areas without a valid reason, the entire team will be disqualified.**

- 6.10 They should know the competition schedule and stick to it.

- 6.11 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.

- 6.12 They follow all directions from the officials.

- 6.13 They are not allowed to make marks on the floor that aid in the execution of their exercise.

- 6.14 They must be ready in time for the awards ceremony in competition attire.

Sanctions

- 6.15 If a competitor fails to comply with any of the above rules, a warning or penalty will be given by the chief judge and/or jury president.

- 6.15** If an athlete, due to other commitments, cannot be present at the march or award ceremony, this must be reported in advance to the National or District Technical Committee (LTC-AG or DTC-AG).

Failure to report the absence, deliberately disrupting the awards ceremony or deliberately ignoring the established rules of presentation may result in one of the penalties listed below:

- the result will be revised and the respective team will drop in the results list to last place;
- Any medals or advancement spots will be lost and will be transferred to the participants at the top of the new results list.

- 6.16** In special circumstances, such as illness, the chief judge will approve absence during the awards ceremony without penalty.

- 6.17** A second violation of any order will result in a penalty.

Article 7: Rights and Duties of Trainers
The rights of trainers

- 7.1** They will be informed of the order of participants.
- 7.2** They can find the competition schedule (at least one week prior to the competition) in the calendar of the National or District Technical Committee which includes a minimum of 20 minutes of inturn time for a team (10 minutes on the competition floor and then also 10 minutes in the inturn room) prior to the competition. In addition, there is five 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).
- 7.5** They are informed about problems with match sheets of their teams, v.w.v. the special requirements or the starting value 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** Trainers must know the rules (Competition Rules, Technical Rules, House Rules, anti-doping rules and advertising rules and the other rules established by the KNGU) apply and act accordingly.
- 7.10** They shall not make contact in any way with judges of 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 in triplicate no later than 10 days before the competition day (for address see agenda of the National and/or District Technical Committees).

It is the trainer's responsibility to turn in these match sheets on time and check them for accuracy and completeness before sending them in.

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 match sheet it must be turned in by the trainer himself.

This should be done before the intramural competition in question begins, so that the judges can still process them in their overview. On this modified competition sheet, clearly indicate (in RED/ROZE):

- That it is a change by at the top of the contest sheet "CHANGE."
- which lane and block the team is in;

- Which team (competition number) it is about;
- the element that has been modified is printed or shaded in red;
- the above may be printed or done with a pen/arc pen.

7.12 In case of injury, it is possible to make a minor adjustment on the competition sheet. This request for adjustment must be made to the difficulty jury and the request must be received by the difficulty jury before the start of the intramural of the corresponding jury meeting.

7.13 Trainers on the competition floor wear sportswear (association training suit, not Dutch Delegation clothing) 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 and/or competition management. It is the right of the head judge and/or competition management 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 two level 3, 4 or 5 judges.

8.2 It is desirable that at least one member of the main jury, is also a member of the Jury Affairs Working Group of the LTC-AG or DTC-AG.

Rights of the grand jury

8.3 The chief judge should be treated with respect because of knowledge and expertise.

Responsibilities of the chief judge

8.4 She, like the other judges, must wear appropriate jury attire (Article 10).

8.5 It checks the judge's certificates for validity for the level of competition, if not, the judge in question will not be allowed to judge.

8.6 She must be present at all jury meetings.

8.7 She advises the judges' chairs and the other judges before, during and after the competition on their responsibilities.

8.9 She oversees fair judging.

8.10 She reviews and checks the work of all judges involved in the competition.

8.11 She monitors the scores given during the match. If necessary, it is possible to use the video footage to determine the correct scores.

8.12 She discusses with the Judging Working Group when obvious deficiencies in judging are noted.

8.13 After the competition, she compares the judges' scores with the grade given by the head judge and the judge's chair.

8.14 She may confer with the jury foreman if he concludes that there are errors in judging.

- 8.15** She approaches the difficulty jury and reconsiders the calculation of the difficulty rating and penalties if necessary.
- 8.16** It may require judges to adjust their grade when errors are made in judging.
- 8.18** It has the right to see the official competition video and use it as evidence to resolve inconsistencies and to see if serious errors were made by the judges' panels.
- 8.19** She may, if a protest has been filed against the difficulty grade and this protest merits rectification, confer with the jury president.
- 8.20** She should come between the two when:
- the jury foreman allows incorrect A, T or Difficulty scores to be given;
 - the jury foreman does not give the deductions that should be given;
 - the difficulty jury does not give time errors or incorrectly;
 - the difficulty jury does not properly interpret the special requirements;
 - a juror ignores errors from own association in order to influence the grade;
 - a juror judges too low;
 - a juror gives a grade in order to favor or disadvantage teams.
- 8.21** If a biased juror ignores the warning, the chief judge may decide to exclude the juror from the competition. If this occurs again in a subsequent competition, the juror in question may be sanctioned.

Article 9: Composition of the Jury Panels.

- 9.1** A jury panel ideally consists of:

- 1 jury foreman (JV);
- 2 difficulty judges (MJ);
- 4 technical judges (TJ);
- 4 artistic judges (AJ).

The minimum complement of a jury panel is:

- 1 jury foreman (JV);
- 1 difficulty judge (MJ);
- 2 technical judges (TJ);
- 2 artistic judges (AJ).

- 9.2** The jury chairpersons are appointed for each competition by the National or District Technical Committees Acrobatic Gymnastics, which delegates this task to the jury working group or the committee member whose task is to make the jury assignment.

The jury president and the difficulty jury must be from different associations. They must not have responsibilities / obligations to any association at a competition, for example, the of a dual role such as that of judge and trainer.

When making a jury panel assignment, specified judges will be randomly placed as technical or artistic judges. The assignment of a jury panel will be announced to jurors no later than one week before the competition.

- 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 the club participates.

Associations competing for the first year are exempt from this arrangement. Associations competing at a higher level for the first time are exempt from this arrangement with the understanding that they WELL have to provide a judge at a lower level.

Annually, in the national competition booklet, the rules regarding non-delivery of the number of judges will be stated. These rules may be revised annually.

- 9.4 Classification of judges will be based on experience.
- 9.5 When one judge is provided by an association, they can be used as a difficulty, technical or artistic judge. 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 Duties of Jurors 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.

Judges' obligations 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 trainers of their own association, checking the match sheets. But the final responsibility remains with the trainers.
- 10.5 Bring the appropriate supplies for judging (i.e., artistic jury sheets, sheets for the jury chair, or blank paper for technical judging) to properly record the exercise.
- 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 regulations as stated in the Technical regulations, the Acrobatic Gymnastics competition regulations and the jury regulations. If this is not the case, a verbal warning can be given by the head judge, the jury chairman or working group Jury Affairs. For a second offense, the juror may be officially sanctioned.

10.9 Judges **do not have "official Jury attire"** and judges are also not required to be dressed in ABC jury attire at DE Level competitions.

However, they are expected to wear appropriate clothing, preferably "Smart casual."

It is mandatory to wear athletic shoes upon entering the hall.

The DTC and LTC provide recognition of judges so that distinctions can be made between judge, coach, athlete, audience.

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 warm-up and the competition period. If there is contact in any way, it may result in immediate suspension from relevant match and official warning.

10.12 They follow the instructions of chief judges and jury presidents during the competition.

10.13 They take their places as judges on time and do not leave their places. They do not speak to other judges, spectators, trainers or participants. They shall not make contact by any other means. 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 5). This must be able to be handed over upon request by the jury chair or chief judge.

Inquiries are made if there is an obvious discrepancy between the marks of a juror or jury panel and the main jury and to aid in post-competition analysis. If marks cannot be explained then a warning or penalty will follow, depending on the severity.

- 10.15** They should write down the grade immediately after the exercise and they may not change their grade thereafter unless authorized by the jury chair. All changed scores will be noted by the jury chair and head judge, who will use them for the jury evaluation after the competition).

Permission to change can only be given if there has been a clear error in addition.

- 10.16** They will remain present until the awards ceremony and may leave the competition at the sign of the chief judge or jury president.

Article 11: Jury Chairs

- 11.1** At official KNGU competitions, two jury presidents are assigned.

- 11.2** These judges shall be of the highest possible class. They are appointed by the Working Group Jury Affairs of the National Technical Committee Acrobatic Gymnastics or by a District Technical Committee member Acrobatic Gymnastics who is responsible for jury affairs.

The jury president

- 11.3** It shall at all times act ethically and correctly according to the rules of the competition rules of Acrobatic Gymnastics.

- 11.4** She follows the instructions of the chief judge.

- 11.5** She supervises and oversees 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 by the difficulty judges, in case of any errors on the competition sheets.
- 11.10 She checks that contest sheets are present for the relevant judges.
- 11.11 She informs and advises the main jury about comments or errors found during the grading.

Duties of the Jury Chair during the competition The Jury

Chair

- 11.12 She shall ensure that the jury panel enters the competition floor in an orderly manner and leaves the venue in an orderly manner at the sign of the Chief Jury.
- 11.13 She signals for participants to begin their exercise.
- 11.14 She makes a shorthand report of each exercise.
- 11.15 She clocks the exercise and notes the steps over the floor line (she may be assisted by a line or time judge for this purpose).
- 11.16 It gives deductions from the final score according to Article 44.2.
- 11.17 She receives the scores from the judges and takes actions to prevent inaccuracies. After checking, she sends the scores to head judges or competition management, after which the scores are processed and displayed to the public.
- 11.18 She will indicate to the adjudicator when an error is suspected in the calculation of the grade.
- 11.19 She asks a juror to adjust the grade when:
 - the difficulty jury did not use the correct deductions.



- 11.20** It must intervene when a timekeeper or line judge has not acted appropriately.
- 11.21** It sets the score before the start of the next participant, unless there is a serious problem and insufficient time to solve it. In this case:
- asks the jury for the preliminary score;
 - advises the chief judge that action is necessary at the end of the block or at the end of the competition, but before the awards ceremony.
- 11.22** She releases the final scores and deductions of the artistic, technical and difficulty judges for display on the screen when the chief judge agrees with the scores or requests a preliminary score when further investigation is required.
- 11.23** If applicable, the chief judge will consult with the jury chair to further assess the difficulty rating:
- she consults with the difficulty judge involved, asks for an explanation of the grade;
 - it consults its own findings and reaches a decision after joint consultation;
 - she asks the chief jury expert if no agreement is reached. Together they review the footage recorded by the organization to resolve the issue.
- 11.24** She keeps track throughout the day of which judges had to adjust the grade and what the actions were.

Article 12: Difficulty Judges

- 12.1** At official KNGU competitions, a maximum of two difficulty judges are appointed per jury panel. They are appointed by the Working Group Jury Affairs of the National Technical Committee Acrobatic Gymnastics or by a District Technical Committee member Acrobatic Gymnastics who is responsible for jury affairs.

Responsibilities of difficulty judges before competition

The difficulty jury

- 12.2** The difficulty judge, in consultation with the judge chair and head judge, checks the proposed difficulty value of the exercise as indicated on the competition sheet.
- 12.3** The difficulty judge will inform the trainers before the competition via e-mail of problems with the competition sheet and request clarification and adjustments, which will be communicated via e-mail unless otherwise requested. The trainer will provide a read confirmation of the e-mail.
- 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 contest sheet discovered during the contest 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** The difficulty judge checks the difficulty value and sets the baseline value of the exercise in accordance with the competition rules.
- 12.8** The difficulty judge advises the jury chair when deductions from the final score should be given.
- 12.9** The difficulty judge notes on the competition sheet:
- What elements were performed;
 - Changes in the value of elements;
 - Time errors;
 - Corrected difficulty value.
- 12.10** The difficulty jury takes the deductions according to Article 44.3
- 12.11** If there is a discussion about the difficulty score or about deductions related to the difficulty score, the assistance of the chief judge will be sought. The problem must be resolved before the award ceremony.
- 12.12** At the end of the competition day or after the respective block, when all grades have been confirmed by the



head judge or jury chairman, the trainers return the competition sheet with notes on changes in the difficulty value of the elements, baseline value of the exercise performed, any penalties and timing errors.

Article 13: Artistic and Technical Judges.

- 13.1 Artistic and Technical judges are randomly placed on competition lane and function.
- 13.2 The artistic judges will judge an exercise on its artistic value in accordance with the competition rules.
- 13.3 The technical judges evaluate an exercise for technical errors in 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. The jury chair will ask for the juror's report immediately after the error to justify the request for adjustment.
- 13.6 With the exception as mentioned in Article 13.5, no modification 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. The change is not mandatory, the juror may refuse to adjust the grade. However a refusal may result in a warning or penalty. The juror in question will immediately be asked to provide the record of the errors made and the situation will be evaluated during the competition analysis.

Article 14: Jury clothing

- 14.1 Judges **do not have "official jury attire,"** nor are judges required to be dressed in ABC jury attire at DE Level competitions.

However, they are expected to wear appropriate clothing, preferably "Smart casual.

It is mandatory to wear athletic shoes upon entering the hall.



The DTC and LTC provide recognition of judges so that distinctions can be made between judge, coach, athlete, audience.

PART V: Construction and Composition of Exercises

Article 15: Composition of exercises

General

- 15.1** Participants in the D+ level perform two exercises: Balance and a dynamic exercise.
Participants in the D/E level perform one combination exercise.
- 15.2** All exercises must be performed to music and on a 12 x 12 meter sprung free exercise floor.

- 15.3** Exercises should begin with a static position, connected be by choreography throughout the exercise and end in a static position (no partner or individual element).
- 15.4** The construction of the exercise is part of the artistic assessment.
- 15.5** Each exercise within a given level has its own special requirements and limitations, which determine the composition of the exercise. All special requirements must be achieved by performing the 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.

- 15.7** When something of value is executed but not completed, the result "DNF" (Did Not Finish) is assigned and no score is given.

Article 16: Length of exercises

- 16.1** Dynamic and balance exercises have a maximum duration of 2 minutes.
Combination exercises have a maximum duration of 2 minutes and 30 seconds.

There is no required minimum length. There is 0 second time tolerance before a deduction is applied for an exercise that is too long. An exercise clocked at 2.31 min then gives 0.10 deduction.

- 16.2** The first note of the music is considered the beginning of the clocking of the exercise. The end of the exercise is the static posture 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 duo/group elements characteristic of the exercise.



- 17.2 The balance exercise demonstrates strength, balance, agility and flexibility.
- 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 exercise composition requirements for each level.
- 17.7 In each exercise, a duo or group must show the required number and type of balance or dynamic elements characteristic of the particular exercise.
- 17.8 Individual elements must be performed in all exercises. They should be selected from the difficulty tables. For requirements on individual elements, see composition requirements and special requirements.
- 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 1.00 point. If an element is 'prohibited' for a particular category, it is also prohibited for the lower levels. The element receives no difficulty value nor does it count toward special requirements.
- 17.11 In one exercise, identical elements or connections (duo, group or individual) count only once for difficulty.

Elements that are repeated do not count for special requirements. Elements are identical if they are equal in all respects.

17.12 The difficulty value for duo, group and individual elements is determined using the difficulty tables.

17.13 The difficulty of an exercise in the D and E levels is calculated by dividing the difficulty value by 100 (e.g., a difficulty of 35 in the D Level becomes an MW of 0.35). However, the difficulty is limited in these levels according to the diagram below:

	E-Level		D-Level	
	min	max	min	max
PE - IE	15	25	30	40
MW	0,15	0,25	0,30	0,40

	D+Level			
	Balance		Pace	
	min	max	min	max
PE - IE	20	30	20	30
MW	0,20	0,30	0,20	0,30

17.14 Duos, trios and quartets from the D+, D and E levels may perform up to an additional 10 points above the maximum from the table in 17.13 (does not count for extra value). If they exceed this maximum by more than 10 points (more than 40 in the D+, more than 50 in the D and more than 35 in the E), a deduction of 1.00 point will follow.

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 1.00 point also follows.

17.15 Duos, trios and quartets in the D+, D and E levels performing a difficulty below the minimum for that level will receive a deduction of 1.00 point.

Article 18: Characteristics of the Balance Sheet Elements.

18.1 Characteristic of a balance element is that the partners remain in contact with each other during the performance of the duo or group element.

18.2 All duo and group "static postures" for value must be held for a minimum of 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 posture 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 posture or motion. (Except for Art. 20.17).

18.5 Characteristic balance elements

Static posture:	Duo/Group elements which is held for 3 seconds;
Opgang (mount):	Movement, which begins on the floor or on the partner, to a static position at a higher point ending in a 3 second pose;
Movement (motion) of the upper partner: Motion of the subpartner in pairs:	Movement from one position to another, ending in a three-second posture;
Group transitions:	From a static posture at a point of support to a other.

18.6 Characteristic Individual elements - Balance

Strength & Balance: <i>(Static holds & strength):</i>	E.g. Handstand, headstand, float stand, elbow, shoulder or chest stand, lifting. Static postures (individual) must be held for 2 seconds become.
Agility: <i>(Flexibility):</i>	E.g., splits, splits, arcs;

Agility: <i>(Agility):</i>	E.g. Rolls, cartwheels (including free cartwheels/flips) and combinations of elements landed in a short held position.
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In the E/D level, a maximum of 2 individual elements - balance per partner may be declared on the competition sheet for value. In the D+ level, a maximum of 3 individual elements - balance per partner may be declared on the competition sheet for value.

Article 19: Special Requirements Balance Exercise

Special requirements for the balance exercise duo D+ level

- 19.1 Duo exercises must include at least 4 balance-partner (maximum 8) elements.
- 19.2 The top partner must perform at least 1 element in handstand of at least value 3.
- 19.3 At least 1 motion must be performed by the upper or subpartner.
- 19.4 Each partner must perform 3 individual element from 2 different categories.
All categories (strength & balance, agility and flexibility) must be performed by at least 1 partner.

Special requirements for the balance exercise trio D+ level

- 19.5 A minimum of 3 static poses of 3 seconds must be performed.
- 19.6 A minimum of 3 separate pyramids must be constructed of different categories from the difficulty tables.
- 19.7 The top partner(not the middle partner working as top partner) must perform at least 1 element in handstand of at least value 3.
- 19.8 The exercise contains at least 1 pyramid in which the top partner(not the middle partner working as the top partner) performs a motion.



- 19.9** Each partner must perform 3 individual elements from 2 different categories.

All categories (strength & balance, agility and flexibility) must be performed by at least 2 partners.

Clarification:

Partner 1; strength & balance/leness/ability

Partner 2; strength & balance/leness/ability

Partner 3; a choice of 2 categories

Special requirements for the balance exercise quartet D+ level

- 19.10** A minimum of 3 static poses of 3 seconds should be performed.
- 19.11** The top partner(not the middle partner working as the top partner) must perform at least 1 element in handstand of at least value 3. When the top partner and middle partner switch positions, the handstand can also be performed by the middle partner.
- 19.12** A minimum of 3 separate pyramids must be constructed from 2 different categories from the difficulty tables.
- 19.13** The exercise contains at least 1 pyramid in which the top partner (not the middle partner working as the top partner) performs a motion. When the top and middle partners switch positions, the handstand can also be performed by the middle partner.
- 19.14** Each partner must perform 3 individual element from 2 different categories.

All categories (strength & balance, agility and flexibility) must be performed by a minimum of 3 partners.

Article 20: Limitations and Clarifications Balance Sheet.

Constraints for balance elements (DUOs).

- 20.1** In the exercise, the top partner is allowed to repeat the same pose (for example, a spread angle) 4 times, twice as a static pose and twice 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.
- 20.2** Up to 3 partner elements of value may be performed in series or immediately following.
- 20.3** The lower partner may not repeat the same motion in the exercise regardless of the posture of the upper partner and/or the lower partner. A motion is the same if the beginning and ending posture are the same.
- 20.4** The subpartner may not change the support point during a motion of value.
- 20.5** If the top partner and bottom partner change position at the same time, the top partner may change position or support point once during the motion of the bottom partner. The lower partner must always begin the motion should it involve an element for extra value.
- 20.6** If the upper partner or lower partner is in 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 and no longer counts for SV.

Clarifications for balance elements (DUOs).

- 20.7** The definition of an element of value, see also Appendix 2:
- static posture (3 seconds)
 - Mount (rise) + Static stance (3 seconds)
 - Starting Posture (1 second) + Motion + Static Posture (3 seconds)
- 20.8** 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 0.50 will be given for added support.



This motion is only possible for elements where the top partner is in a standing position.

Restrictions for balance element groups (trio & quartet)

- 20.9** The exercise allows the top partner to repeat the same posture (for example, a spread angle) 4 times, twice as a static posture and twice 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.
- 20.10** 3 partner elements of value may be performed in series or immediately following.
- 20.11** If an upper partner, middle partner or lower partner is in posture without value, due to repetition or restriction, no difficulty is given for the partner's static posture or motion (exception are pyramids with two working upper partners).

Clarifications for balance element groups (trio & quartet)

- 20.12** In each trio exercise, partner elements from at least 3 different categories must be shown. If only 2 pyramids are performed in the D-Level they must obligatorily come from two different categories.
**in a D+ balance exercise, a minimum of 3 pyramids must be performed.*
- 20.13** In each quartet exercise, partner elements from at least 2 different categories must be shown. If only 2 pyramids are performed in the D-Level they must obligatorily come from two different categories.
**in a D+ balance exercise, a minimum of 3 pyramids must be performed.*
- 20.14** Category 2 pyramids are pyramids with 2 working upper partners. In this special category, one of the upper partners is allowed to change positions and receive difficulty for the motion and for the new static position, even if the position of the other upper partner and lower partner remain the same.

If the second upper partner does not change posture, you get 1 time value for the static posture. The posture of the lower partner also gets only 1 time value.

If both partners perform the same posture, it is considered one static posture, allowing the posture to be performed again at a different place in the exercise.

- 20.15** When partners move at the same time this is seen as one motion. But when partners do not move at the same time it is seen as different motions (for example: if first the top partner moves and then the middle partner and then the bottom partner, this is seen as 3 motions).
- 20.16** The definition of an element of value, see also Appendix 2:
- static posture (3 seconds)
 - Mount (rise) + Static stance (3 seconds)
 - Starting posture (1 second) + Motion + Static posture (3 seconds)

Article 21: Time errors for Duo/Group and Individual Balance 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 has initiated but not completed a static pose or has 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 duo 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 (-0.3 technical) or falling in climbing up will not be penalized with a time fault. The technical judges give deductions for the technical errors and 0.5 for incompleteness of the element or 1.0 for a fall.

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 of 2 seconds but is 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 Elements.

- 22.1** Participants must demonstrate various forms of flight phase. Individual and assisted flight, using a variety of directions, rotations, propellers, different body positions and jumps.
- 22.2** The characteristic of dynamic elements is that there is flight phase and contact between partners is short, supported or lacking.

Catch: from partner to partner	Flight from partner(s) to partner(s)
Catch: from floor to partner	Flight from floor to partner(s)
Dynamic	Flight from the ground with brief contact between partner(s) to obtain additional flight before landing back on the floor
Jump off	Flight of the partner(s) to the floor or with a brief contact with the partner(s) to the floor.

- 22.3** Landings on the floor should be performed with support and should 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 deduction will be given for lack of control. **Exception:** the landing of the 5/4

somersaults in women's duos may be with and without support performed.

22.5 Dynamic connections (linking) allows dynamic elements to be executed immediately one after the other (in tempo), i.e. without a stop or additional preparation for one element to go to the other.

22.6 Comment on the element below:



The hands of the lower partner may be placed under the hands of the other lower partner or around the ankles of the upper partner. Hands may not be placed around the calf muscle.

Article 23: Special requirements for Dynamic exercises Special

requirements for dynamic exercises D+ level duo

- 23.1** The exercise contains a minimum of 5 duo or group elements with flight phase.
- 23.2** The exercise contains at least one partner element with Toss stance as the starting position (minimum W2).
- 23.3** The exercise includes at least one partner element with 4/4 width axis rotation forward or backward.
- 23.4** The exercise contains at least 1 catch.
- 23.5** The exercise contains 2-3 IE-Tumbling elements in which at least 1 partner performs a (walk) skip, flikflop or somersault.

Special requirements for dynamic exercises D+ level groups (trio and quartet)

- 23.6** The exercise contains a minimum of 5 duo or group elements with flight phase.

- 23.7** The exercise includes at least one partner element in a basket/platform-
- 23.8** The exercise includes at least one partner element with 4/4 width axis rotation forward or backward.
- 23.9** The exercise contains at least 1 catch.
- 23.10** The exercise contains 2-3 IE-Tumbling elements in which at least 2 partners perform a (walk) skip, flikflop or somersault.

Restrictions and clarifications for duos, trios and quartets D+ level

- 23.11** The following constraints affect the baseline of an exercise:
- No more than 8 elements may be performed
 - no more than 3 jumps off count for value (but jumps off are not mandatory)
 - no more than 3 horizontal catches count for value (horizontal is lying in arms, but also catch on hips)
 - no more than 3 same starting stances count for value (including basket)
 - no more than 3 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 restriction for trios

- 23.12** All partners (upper and lower partners) must actively cooperate on an element to obtain value. Merely helping to land is not considered actively cooperating on an element; in this case, the element will not count for value or special requirements.
- Exception: In some situations, not all partners may actively cooperate in the deployment of an element, the elements where this applies are marked with an *.

Additional restrictions for quartets

- 23.13** The following constraints affect the difficulty value and the baseline value:
- a change of lower partners during the flight phase is not considered the same element as if it were performed without a change.
 - only one dismount performed by the quartet working as two duos, simultaneous or immediately following, will be assessed for



difficulty (the difficulty for these elements is taken from the tables of pairs)

- only one element counts for difficulty in which one partner is thrown by the other three
- only one element counts for difficulty where one partner is taken care of by the other three
- only one element counts toward difficulty, with only three partners actively involved and the fourth not actively participating. Helping to land is not considered actively participating in an element.

Article 24: Errors in the Dynamic Elements.

- 24.1** If 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 elements.

Composition Requirements Combination Exercise D-Level (ALL AGE & DISCIPLINES)

- 25.2** the combination exercise contains 6 to 8 partner elements
- 25.3** a minimum of 3 PE - Balance elements must be performed
- 25.4** a minimum of 3 PE - Dynamic elements must be performed

25.5 2 IE - Balance elements must be performed per partner



25.6 1 or 2 IE - Tumbling elements must be performed per partner

Composition requirements combination exercise E-Level (ALL AGE & DISCIPLINES)

25.7 the combination exercise contains 6 to 8 partner elements

25.8 a minimum of 4 PE - Balance elements of maximum value 3 must be performed. When a transition is performed, a maximum value of 3 applies per posture/motion.

The example below **may be** executed in the E-level even though it exceeds the maximum value of an element.

1		"3	2	3		"3	4	//8
	3		3		2			
	13.A				13.A			
			9.TAB2.H-I					
	13.7				13.2			

25.9 a minimum of 2 PE - Dynamic elements of maximum value 3 must be performed

25.10 2 IE - Balance elements must be performed per partner. Elements from the strength and balance and agility tables may have a maximum value of 3. Elements from the agility tables may have a maximum value of 2.

25.11 1 IE - Tumbling elements of maximum value 2 must be performed per partner.



Article 26: Special Requirements and Restrictions for the Combination Exercise D/E Level

A summary of composition requirements, special requirements and limitations can be found in Appendix 7.

Special Requirements combination exercise D-Level (DUOs)

26.1 Special Requirements D-Level (DUOs):

PE - Balance

- the exercise contains at least 1 partner element in which the top partner performs a handstand, chosen from the difficulty tables of at least value 3.
- the exercise contains at least 1 partner element with a motion of the upper partner and/or lower partner.

PE - Dynamic

- the exercise contains at least 1 partner element from a toss position.
- the exercise contains at least 1 partner element with a 1/4 width-axis rotation.

IE - Balance Sheet

- all partners must show 2 IE Balance elements from a different category (Strength & Balance, Agility & Dexterity)
- Throughout the exercise, all categories of IE Balance must be performed

IE - Tumbling

- All partners must show 1 or 2 IE-Tumbling elements, the length of the series may vary per partner but a partner may not show more than 2 elements of this category. *A series may not be interrupted by choreography, but may be interrupted by an intermediate step or leg change.*
- at least 1 partner performs a (Loop) Overturn, Flikflop or Salto

26.2 A deduction of 1.00 point will be given for each missing composition requirement or special requirement.

Special Requirements combination exercise D-Level (GROUPS)

26.3 Special requirements D-Level (trios and quartet):

PE - Balance

- the exercise contains at least 1 partner element in which the upper partner performs a handstand, chosen from the difficulty tables of at least value 3.

In quartets: When the top partner and middle partner switch positions, the handstand can also be performed by the middle partner.

- the exercise contains at least 1 partner element with a motion from the upper partner.
- Pyramids must be constructed of at least 2 different categories from the difficulty tables. If 2 pyramids, then 2 different categories.

PE - Dynamic

- the exercise contains at least 1 partner element from basket.
- the exercise contains at least 1 partner element with a 2/4 width-axis rotation.

IE - Balance Sheet

- all partners must show 2 IE Balance elements from a different category (Strength & Balance, Agility & Dexterity)
- Throughout the exercise, all categories of IE Balance must be performed

IE - Tumbling

- All partners must show 1 or 2 IE-Tumbling elements, the length of the series may vary per partner but a partner may not show more than 2 elements of this category. *A series may not be interrupted by choreography, but may be interrupted by an intermediate step or leg change.*
- at least 2 partners perform a (Loop) Overturn, Flikflak or Salto.

26.4 A deduction of 1.00 point will be given for each missing composition requirement or special requirement.

Special Requirements and limitations combination exercise E-Level (DUOs)

26.5 Special Requirements E-Level (DUOs):

PE - Balance

- the exercise contains at least 1 partner element in which the upper partner performs a handstand, chosen from the difficulty tables.

PE - Dynamic

- the exercise contains at least 1 partner element from a toss position.

IE - Balance Sheet

- all partners must show 2 IE Balance elements of a different category Strength & Balance, Dexterity of maximum value 3 & Agility of maximum value 2).
- Throughout the exercise, all categories of IE Balance must be performed



IE - Tumbling

- All partners must show 1 IE-Tumbling elements of maximum value 2.

26.6 A deduction of 1.00 point will be given for each missing composition requirement or special requirement.

Special Requirements combination exercise E-Level (GROUPS)

26.7 Special requirements E-Senior (trios and quartets):

PE - Balance

- the exercise contains at least 1 partner element in which the upper partner performs a handstand, chosen from the difficulty tables. In quartets: When the top partner and middle partner switch positions, the handstand can also be performed by the middle partner.

Trio:

Pyramids must be constructed of at least 3 different categories from the difficulty tables.

Quartet:

Pyramids must be constructed of at least 2 different categories from the difficulty tables.

PE - Dynamic

- the exercise contains at least 1 partner element from basket.

IE - Balance Sheet

- all partners must show 2 IE Balance elements of a different category Strength & Balance, Dexterity of maximum value 3 & Agility of maximum value 2).
- Throughout the exercise, all categories of IE Balance must be performed

IE - Tumbling

- All partners must show 1 IE-Tumbling elements of maximum value 2.

26.8 A deduction of 1.00 point will be given for each missing composition requirement or special requirement.

Restrictions for balance elements E/D level (DUOs).

26.9 In the exercise, the top partner is allowed to repeat the same pose (for example, a spread angle) 4 times, twice as a static pose and twice 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.

- 26.10 A maximum of 3 partner elements of value may be performed in series or immediately following.
- 26.11 The lower partner may not repeat the same motion in the exercise regardless of the posture of the upper partner and/or the lower partner. A motion is the same if the starting and ending posture is the same.
- 26.12 The sub-partner may not change the support point during a motion.
- 26.13 If the upper partner and lower partner change positions at the same time, the upper partner may change position or support point once during the lower partner's motion.
- 26.14 If the upper partner or lower partner is in posture 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 posture or motion.

Restrictions for balance elements E-/D-level trio/quartet

- 26.15 In the exercise, the top partner is allowed to repeat the same pose (for example, a spread angle) 4 times, twice as a static pose and twice 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.
- 26.16 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.
- 26.17 The maximum number of individual pyramids in the entire exercise is 4.
- 26.18 If an upper partner, middle partner or lower partner is in posture is without value, due to repetition or restriction, no difficulty is given for the partner's static posture or motion (exception are pyramids with two working upper partners).

Constraints for dynamic elements E/D level

- 26.19** The following constraints affect the baseline of an exercise:
- no more than 2 jumps off count for value (but jumps off are not mandatory)
 - no more than 2 horizontal catches count for value (horizontal is lying in arms, but also catch on hips)
 - no more than 2 same starting stances count for value (including basket)
 - no more than 3 elements in series or immediately adjacent count for value
 - no more than 3 final positions on the floor (dismount + dynamic element) count for value

26.20 The following restrictions apply to duos, trios and quartets in the E level

- Permitted rotations
 - Width-axis rotation vo/ao maximum 1/4
 - Longitudinal axis rotation maximum 360°

26.21 Trio: All partners (upper and lower partners) must actively participate in an element to obtain value. Exception: In some situations, not all partners may actively cooperate in the deployment of an element; the elements where this applies are marked with an *. Quartet: All partners (upper and lower partners) must actively cooperate in an element to obtain value. In a quartet, active cooperation occurs when a partner participates in an element, this can also occur when catching a partner.

Additional restrictions for quartets

- 26.22** The following constraints affect the difficulty value and the baseline value:
- a change of partners during the flight phase is not considered the same element as if performed without a change.
 - only one dismount performed by the quartet working as two duos, simultaneously or immediately following, is judged for difficulty (the difficulty for these elements is taken from the tables of duos)

- only two horizontal catches (any) count toward the difficulty value
- only one element counts toward difficulty, with only three partners actively involved and the fourth not actively participating.

Article 27: Implementation of Individual Elements

27.1 Individual elements of the same category (IE-Balance vs. IE- Tumbling) must be performed by all partners at the same time or in immediate succession to qualify for difficulty. However, the number of IE-Tumbling elements performed in series may be different.

Clarification:

However, the different categories within the IE Balance (Strength/Balance/Leadiness/ Agility) may be performed at the same time

Rad stroke to knee (IE Balance) & splits (IE Balance) = ✓

Wheel stroke to knee (IE-Balance) & Arabian (IE-Tumbling) = ✗

27.2 All three (or four) 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.

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 0.50 rounded up.

i.e.

$$\frac{\text{de som van de waarde van de uitgevoerde elementen}}{\text{aantal partners}}$$



- 27.5** The performance of individual elements of each partner will be judged separately. For each partner, a maximum deduction of 1.0 can be given for an individual element/series.
- 27.6** If an individual element was started but not completed
- it receives no difficulty value and does not count toward special requirement.
 - the technical judges will give 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.

Clarification:

If 1 partner performs an individual element during choreography, he/she will not be given value. Value is given only if all partners perform an individual element at the same time or in immediate succession of value.

Technical deductions will be given if 1 partner performs an individual element (and is not given difficulty and does not count toward the individual requirements).

PART VI: Artistic

Article 28: Artistic

General principles

- 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 a good artistic performance shows the unique characteristics of a duo 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 static posture. This posture should not be an element of difficulty where the exit 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 aid 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 should show emotion throughout their exercise. Variation of movements must be shown. The emotions must complement the music; playback is not allowed. Expression is also shown by body posture and not just facial expression.
- 30.2 The choreography should have its own identity which is unique to the duo or group.

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 must use space and floor.
- 31.3 Choreography should show originality and have personal identity or 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/out of an element.
- 32.4 Different type 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 malfunction, 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 reschedule 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, Accessories and Aids (see annex 6)

- 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 permitted.
- 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 permitted. 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 should not be lower than half the sternum in the front, or lower than the shoulder blades in the back. Lace (gauzy) and



transparent material of the pack on the upper body should
Are fully lined (so 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.
- 34.13 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 supportive bandages must be a neutral color. Each



exceptional support, such as a knee brace that is not in a neutral color obtainable, may be worn without deduction if permission has been requested by the association from the chief judge.

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 Review

- 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. Duo, 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 duo, 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: Difficulty

Article 37: Difficulty

- 37.1** The difficulty of an exercise is determined by the choice of elements used in its composition.
- 37.2** Difficulty value is given only for duo, group and individual elements.
- 37.3** The difficulty value for duos, trios, quartets and individual elements is determined using the KNGU's difficulty tables for acrobatic Gymnastics D+/D/E Level.
- 37.4** The difficulty value for the D+/D/E level is limited, see article 17.13 to 17.15.
- 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.
- 37.7** In all exercises, the difficulty judges deduct penalties from the final score for missing special requirements.

So too for performing prohibited elements, timing errors in duo, group and individual elements in static postures, and failure to perform elements in the correct order.

- 37.8** In the combination exercise, elements indicated as a 3 second posture on the competition sheet will be judged as such by the difficulty judge. If the element is held for less than 3 seconds, the MJ will give time faults. These time faults will be deducted from the final score.

Article 38: Contest sheets

- 38.1** A contest sheet is the signed declaration, made on the computer, of the duo, group and individual elements of difficulty, which will be performed. The difficulty value, the page and the number of the elements in the difficulty tables should appear with each element.
- For balance elements, the intended time should also be noted;
 - For dynamic elements, note whether the element is performed forward or backward, how much is forward or backward rotation, and whether a screw/turn is performed in the element;

- at individual elements, Strength & Balance category, must also include the intended time are noted.

38.2 It is a trainer's job to make sure the match sheets are delivered correctly and on time.

38.3 The match sheet must be turned in at least 10 days before the match. This deadline (10 days) may vary from district to district.

In the (district) competition information booklet or in the calendar on the Dutch Gymnastics website there is more information about 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 that competition.

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

38.5 Contest sheets are created digitally and are accepted at national competitions in the D+/D and E 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 Duo/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 the MJ will deduct a deduction of 0.3 from the final score. If an element is performed other than the one shown on the sheet, no 0.3 deduction will be made and the element will count for SV.

The deduction of 0.3 for an incorrect match sheet (wrong order) can be given a maximum of once per exercise.

- 38.7** Only the elements you want to count for difficulty are drawn on the contest sheet. If more than the allowed elements are drawn, the first ones count for difficulty.
- 38.8** Only elements declared and actually performed will be judged for difficulty and special requirements. A maximum of 1 alternative (OR) may be declared for a partner element per exercise. Once 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 competition sheet submitted. It is the responsibility of the trainer to find a solution to the problems. Minor (only by MJ requested) 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 failure to report inaccuracies on the match sheets which may result in penalties.
- 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 may 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



is in red, indicating the block number and the track number.

Article 39: New Elements

- 39.1** The LTC- AG's Working Group on Broad Sports and Working Group on Jury Matters will review the elements twice a year. Applications for the new elements must be submitted by July 1 of the respective year and will then be listed on the KNGU website via a newsletter by October 1.
- 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 new elements will have to be made by mail to the Broadcast Working Group. In that mail should be a description of the element, a photo, video or picture of the element.
- 39.4** Requests that do not meet the above criteria will not be considered.

In exceptional situations, 2 judges may be used to judge. With 2 technical judges, the average of the two judges(x2) is taken.

The A-Score (Artistic)

The A-score is the artistic score for a performed exercise. With 4 judges, the highest and lowest scores drop out and an average is taken from the remaining 2 scores.

For 3 judges, the average of the three judges will be taken. The artistic score is determined to the nearest 0.001 with no rounding of the last digit.

In exceptional situations, 2 judges may be judged. With 2 artistic judges, the average of the two judges will be taken.

The M-Score (Difficulty).

41.5 The sum of the difficulty of the elements performed and declared in an exercise is the difficulty value.

41.6 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.

41.7 The difficulty grade of the exercise is shown if the jury chair gives her approval for this.

The Total Score

41.8 The total score is the score determined before the jury chairman and/or difficulty judges deduct the penalty from it.

41.9 The D+/D/E Level have a maximum grade (depending on maximum difficulty).

41.10 The total score for a performed exercise is calculated according to the formula below:

$$\text{A-Score} + \text{M-Score} + (\text{T-Score} \times 2) = \text{Total score for the exercise}$$

Article 42: Penalties from the Total

42.1 Penalties (subtracting from the total score) are applied by the jury chairman, resulting in the final grade. This is made clear in the following formula:

Total score (A-Score + M-Score + (T-Score x 2) - Penalties = E
(Final Score).

42.2 The jury foreman provides deductions from the final grade:

- exceeding time limit of the length of the exercise;
- music contains inappropriate words;
- stepping, landing and falling over the line;
- incorrect clothing or violations in terms of accessories;
- unsportsmanlike conduct.

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

- timing 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 filed, after the competition is completed - but before the award ceremony, **by the trainer of respective club** to the head judge, if the difficulty score does not match what was performed or a calculation error is discovered in the difficulty value, score or final score. **Once a competition is completed, a protest will no longer be considered.**

43.2 The difficulty judge's penalty may be reconsidered if a change in the difficulty rating is made 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 figures, artistic figures, timing errors or other penalties.

43.5 A trainer shall approach the head judge or jury president in the case of an alleged calculation error. He does this as soon as possible after receiving the competition sheet, but in any case up to 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 and reference jury concerned, reconsideration may take place.

If necessary, the head judge, jury chair and the difficulty judge of the other course may help decide. The highest licensed judge will carry the final decision.

- 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.

PART X: Errors & Penalties

Article 44: Penalties of the jury president and difficulty jury

44.1 The deductions are from 0.10 to 1.00 as clarified in the error table

Penalties by the Jury President

44.2 Penalties of the total score by the chairman of the jury

Subtraction Jury President		Deduction	
1.	Duration of an exercise longer than allowed	0,10	Per second
2.	Length difference between upper partner and succeeding partner*	0.5 or 1.0	
3.	Unsportsmanlike conduct	0,50	
4.	Errors in the music (e.g., inappropriate music).	0,50	Per exercise
5.	Steps across the line	0,10	At a time
6.	Landing with two feet outside the floor boundary or falling outside the floor boundary	0,50	At a time
7.	Starting before the music or ending before or after the music	0,30	
8.	Failure to comply with advertising rules (National emblem not visible) (international)	0,30	
9.	Correcting clothing or losing accessories (e.g., hairpins). The skirt does not fall back on the hips.	0,10	At a time
10.	All deductions related to dress code violations unless otherwise noted	0,30	Per event
11.	Prohibited (e.g., wide sleeves) or unaesthetic clothing (e.g., neckline too low, suit between buttocks)	0,50	
12.	Marking the floor, mat on the floor or coach present on the floor	0,50	
13.	unaesthetic attitudes	0,30	
14.	Physical help from the coach	1,00	

*Only international.



Penalties by the Difficulty Jury

44.3 Penalties of the total score by the difficulty jury

Subtraction Difficulty Jury		Deduction	
1.	Time faults for any duo or group element held shorter than indicated on the competition sheet	0,30	Time error per second too short
2.	Static duo or group element is not completed.	0,90	Time error, no MW, no SV
3.	Individual static element is held for one second	0,30	Time error
4.	Individual static element is not completed.	0,60	No MW
5.	Element deployed but not finished		No MW No SV
6.	Any violation of a Special Requirement	1,00	per SV
7.	Performing a prohibited element	1,00	At a time
8.	Elements not performed according to order match sheet	0,30	Per sheet

If a different element is performed than noted on the competition sheet, the element counts for special requirements but does not give a difficulty value.

Article 45: Artistic judging

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 used and applied in a positive manner by using the division below:

Partnership	max. 2.00 points
Expression	max. 2.00 points
Choreography	max. 2.00 points
Creativity	max. 2.00 points
Musicality	max. 2.00 points

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:

1. Partnership

- there is a logical relationship between partners in a duo or group;
- characterized by a visible connection.
- Balance in implementation among partners.
- Level of preparation.

2. Expression

- making your thoughts, feelings, character, attitude clear to the audience;
- the gymnasts convey a certain emotion.

3. Choreography

- How the exercise is performed using amplitude, space, movement directions/orbits, levels.
- Synchronization between partners: showing one unit is better than two or more different gymnasts.

4. Creativity

- shows an imagination, originality, inventiveness, inspiration;
- variation in: composition of the exercise, build-up and build-down, elements.

5. Musical interpretation

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

- (the type of) movements fit / fit the rhythm of the music, the melody and atmosphere of the chosen music;
- movements are in sync with accents on the music;
- the movements vary in size or speed/pace with the music;
- there is expression in movements based on the melody, variations in the rhythm and mood of the music or a combination of these.

45.3 Rating scale for each criterion:

Perfect: 2,00	The exercise is of an exceptionally high standard in terms of the criteria
Excellent: 1,80 - 1,90	The exercise is of a high standard in terms of the criteria
Very good: 1,60 - 1,70	The exercise is of a good level in terms of the criteria
Good: 1,40 - 1,50	The exercise is of a good / average level in terms of the criteria
Sufficient: 1,20 - 1,30	The exercise is of a low level in terms of the criteria
Weak: 1,00 - 1,10	The exercise is of a very low level in terms of the criteria

45.4 Guidelines artistic score:

- perfect exercises score between 9.60 and 10.00;
- excellent exercises score between 9.00 and 9.50;
- very good exercises score between 8.00 and 8.90;
- good exercises score between 7.00 and 7.90;
- sufficient exercises score between 6.00 and 6.90;
- weak exercises score between 5.00 and 5.90;

Article 46: Technical errors

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

46.2 Execution errors will be penalized with a deduction per occurrence of the maximum mark 10.00.

- minor errors 0,10
- obvious errors 0,20 / 0,30
- major errors 0,50
- fall 1,00

46.3 Deductions for the performance of a single duo/group element cannot exceed 1.0.

Table for Technical Errors

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

46.5 Amplitude

Criteria for assessment		Deduction		
		Small	Clear	Large
1	Loss of extension or amplitude or body tension in the execution of an element (feet, knees, arms back ...)	0,10	0,20 - 0,30	0,50
2	Lack of amplitude in the flight phase of the dynamic elements, deviation from the correct direction in all elements (B, D, Ind.)	0,10	0,20 - 0,30	0,5

46.6 Body posture, angle and line

Criteria for assessment		Deduction		
		Small	Clear	Large
1	Handstand from the vertical or ideal position	0,10	0,20 - 0,30	0,50
2	Hollow back and/or hip flexion when an upright position is attempted to be maintained	0,10	0,20 - 0,30	0,50
3	Bending the arms in handstand and angles of the knee, ankles, wrists to hold the handstand	0,10	0,20 - 0,30	0,50
4	Legs above or below ideal position in postures (e.g. legs below horizontal when a spread angle support is used implemented)	0,10	0,20 - 0,30	0,50
5	Leg spread less than 180°	0,10	0,20 - 0,30	

46.7 Hesitation, stepping and slipping

Criteria for assessment		Deduction		
		Small	Clear	Large
1	Upper partner's hesitation or adjustment in ascending or in transitions	0,10	0,20 - 0,30	
2	Hesitation in a motion phase of an element that interrupts fluid motion	0,10	0,20 - 0,30	
3	Loss of control in a motion, resulting in restarting the motion		0,30	

4	Hopping or stepping in support, catching or landing <i>1-2 steps = small 3 steps or 1 big step = clear 4+ steps = big</i>	0,10	0,20 - 0,30	0,50
5	Slipping of a foot, hand or arm in ascending, balancing, in transitions or in catching		0,30	
6	One foot, one hand, or other part of the body going dor the basket or slipping from the support point of the dynamic catches/landings on the partner.		0,30	
7	Tripping/moving during exercise outside the elements		0,30	0,50

46.8 Instability

Criteria for assessment		Deduction		
		Small	Clear	Large
1	Instability or wobble of the lower partner(s) or top during construction of a balance or tempo element	0,10	0,20 - 0,30	0,50
2	Lower partner(s) rock from heels to toes or take steps when trying to stabilize a posture	0,10	0,20 - 0,30	More than 3 steps 0,50
3	Adjusting positions after catching or before throwing or stabilizing balance	0,10	0,20 - 0,30	
4	A light touch on a partner or the floor to maintain balance on a partner or during landing		0,30	
5	Unintentionally falling on one knee or placing one hand on the floor or one leg, head or shoulder on or against the partner.			0,50
6	Fleeting thrusting of the bodies or shoulders against the upper partner, by the lower partner(s), in order to make the upper partner to support		0,30	
7	Pushing the lower partner(s) with their trunks or shoulders against the upper partner to accommodate a major problem to maintain stability or a fall.			0,50
8	Added help from the partner(s) to avoid a fall (e.g., in the case of a failed			0,50

	catch or camouflage a bad landing).			
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46.9 Rotations

Criteria for assessment		Deduction		
		Small	Clear	Large
1	Under or over rotation of turning, twist or somersaults	0,10	0,20 - 0,30	0,50
2	Under rotation of somersaults allowing with some help of the partners the somersault is completed		0,20 - 0,30	
3	Under or over rotation of somersaults requiring full assistance to complete the somersault and/or to avoid a fall			0,50

46.10 Incomplete elements and traps

Criteria for assessment		Deduction		
		Small	Clear	Large
1	Failure to complete an element without an fall			0,50
2	The partner comes to the floor and lands unintentionally or illogically, without control, from a point of balance or support, but without a fall			0,50
3	One foot or hand slips off a partner's support point and the hands are used to arrest a fall prevent			0,50
4	Both feet or hands slide along or through the platform or slide off the shoulder or other point of support on the partners' body when attempting to maintain balance or in a catch = VAL			1.00 = VAL
5	Fall to the floor or one partner(s) from a pyramid or duo element or from a platform without a logical or controlled landing = VAL			1.00 = VAL
6	An uncontrolled landing or fall on the ground, on the head, seat, abdomen, back or side, hands and knees, both hands and feet or both knees = FALL			1.00 = VAL
7	Forward or backward roll after landing without first showing a held landing on the feet = VAL			1.00 = VAL



Appendix Age Categories D+/D/E Level 2023
1:

D+ Level (*)		Ages	
		BP	OPs
-	D+ Senior	at least 9 years	-
-	D+ Junior	at least 9 years	maximum of 17 years

D-Level (*)		Ages	
		BP	OPs
-	D-Senior	at least 8 years	-
-	D-Junior	at least 8 years	maximum of 16 years
-	D-Youth	at least 8 years	up to 14 years

E-level (*)		Ages	
		BP	OPs
-	E-Senior	at least 8 years	-
-	E-Junior	at least 8 years	maximum of 15 years
-	E-Youth	at least 8 years	maximum 13 years
-	E-Instep	at least 6 years	maximum 12 years

** The LTC has the right, after taking stock of the entries, to group some categories together add for the purpose of competition.*

*** Age is determined by calendar year.*

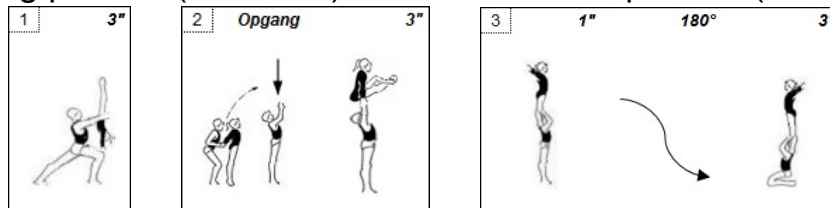
vb. In 2023, an athlete born in 2006 may not compete at the D-Junior level, since she will be 17 in the year 2023

Appendix Limitations of elements

Duos

The definition of an element of difficulty:

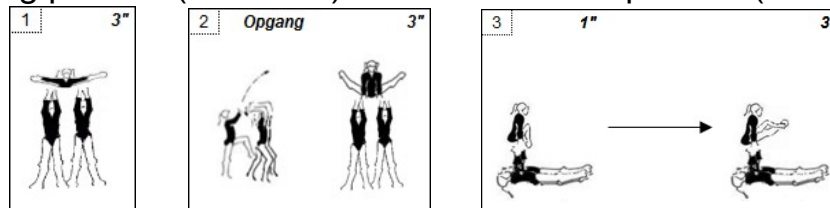
1. Static posture (3 seconds)
2. Mount (rise) + Static stance (3 seconds)
3. Starting posture (1 second) + Motion + Static posture (3 seconds)



Groups

The definition of an element of difficulty:

1. Static posture (3 seconds)
2. Mount (rise) + Static stance (3 seconds)
3. Starting posture (1 second) + Motion + Static posture (3 seconds)



Individual elements





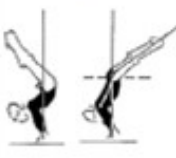



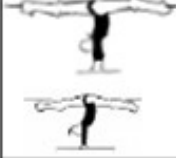





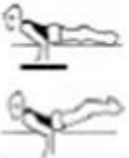







As individual elements that count for difficulty value must be drawn on the contest sheet. All individual elements in series must be drawn on the contest sheet and will receive difficulty value. If an individual element is repeated or not drawn, the elements that follow will receive no difficulty.












For example (D-Level):





































Arabian flick = series = 2 elements

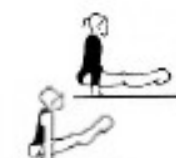


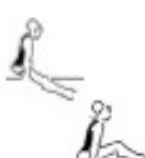













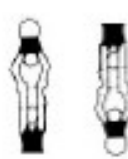

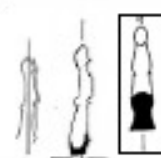







This series meets the maximum number of individual elements that may be asked for difficulty. All 2 elements must be drawn on the contest sheet and receive difficulty rating.

Appendix 3: Handbook of Technical Jurisprudence

		Fouten Balans				
Element	Ideal	0.1	0.2	0.3	0.5	
1	Handstand					
						
						
						
6	Krokodil/ plankje					
	Splitje					

8	Boogje					
						
10	Tafel					
						

Fouten Dynamisch							
	Element	Ideal Position	0.1	0.2	0.3	0.6	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						
							
							

Fouten Balans						
Element	Ideal	0.1	0.2	0.3	0.5	
11	Hocksteun/ spreidhocksteun					
						
	Hoge hocksteun					Top: gespreide benen in hoge hocksteun
12	Armen					
						
13	Voeten en knieën					
						
						



Appendix 4: Explanation of Terms

Regulations

KNGU

Royal Dutch Gymnastics Union
(www.dutchgymnastics.nl)

FIG

Fédération Internationale de Gymnastique (www.fig-gymnastics.com)

LTC - AG
Gymnastics.

National Technical Committee on Acrobatic

DTC - AG
Gymnastics.

District Technical Committee on Acrobatic

Contest Rules

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

Competition Sheet

A signed declaration of what the gymnasts want to perform during the competition. Each element of difficulty is drawn in the order of execution and given a difficulty value which is 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 you can read back afterwards what was done in an exercise.

Disciplines

Women's duo

WP

DP

D2

♀♀

Women's trio	WG	DG	D3	♀♀♀
Women's Quartet	WG	DG	D3	♀♀♀♀
Men's duo	MP	HP	H2	♂♂
Deer Trio	MG	HG	H4	♂♂♂
Men's Quartet	MG	HG	H4	♂♂♂♂
Mixed duo	MxP	GP	G2	♀♂
Mixed trio	MxG3	GG3	G3	♀♂(♀/♂)
Mixed quartet	MxG4	GG4	G4	♀♂(♀♂/♀♀/♂♂)

Exercises

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

Balance

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

Dynamic

The exercise in which athletes perform dynamic showing elements (showing elements with an escape 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 difficulty on the contest sheet and executed.



Difficulty grade	The figure of difficulty after conversion of the difficulty value (difficulty / 100)
Open difficulty	There is no limit to the amount difficulty rating for performing the exercise and determining the difficulty rating (A-level senior).
Closed difficulty	The amount of difficulty that is given for an exercise is limited. This is for the A Junior, A Youth, A Pupil and B/C/D/E Level.
Tempo	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.
Motion	The motion that connects one static element to another static element.
Ascent	A movement from the floor or partner to a static position at a higher point.
Static position	A static position held by a duo or group 1 or 3 seconds held, according to what is declared on the match sheet.
Jump off	The landing on the floor, jumped from a basket or other position on the partners.
Identical element	An identical element is an element that is equal in all its aspects. It has the same beginning and ending attitude, the same posture, rotation and/or direction.
Postures	Static positions held for a period of time.



Short postures Static postures in a balance exercise, which are not the proper time is held. They are too short for the requirement. A deduction of 0.30 per second is given from the total score by the MJs and JV.

Judges

HJ

Main Jury

JV

Jury President
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 determines the difficulty value of a performed exercise in cooperation with the jury president.

AJ

Artistic Jury
The judges judging 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

Time of an exercise

Length of an exercise which is not 2 minutes or the may exceed 2 minutes and 30 seconds.

Deduction for time

For every second too long, a deduction of 0.10 per second long exercise deducted from the total score of an exercise.

Stenonotation

Gymnastic shorthand is a universal language allowing anyone in the world to communicate with each other about the elements in an exercise and what was performed at the competition.

The purpose of the steno script is that it can be read by others, when necessary, regardless of language. All judges should be able to use the steno script when judging the exercise, and they should note the deductions in performance during the performance of the elements.

The symbols show a basic attitude or movement and can be combined with other symbols to show the total element and to show the transition from one element to another.

Scores

Scores

Adding up the marks given for an exercise.

A-Score

The A-score is the artistic score for a performed exercise.

With 4 judges, the highest and lowest scores drop out and an average is taken from the remaining 2 scores.

In the case of 3 judges, the average of the three judges is taken.

The artistic score is determined to the nearest 0.001 with no rounding of the last digit.

In exceptional situations, 2 judges may be judged.

With 2 artistic judges, the average of the two judges will be taken.

T-Score

The T-score is the technical score for a performed exercise.

With 4 judges, the highest and lowest scores fall off.

Then the average score is done times two (x2).

In the case of 3 judges, the average of the three judges is taken.

Then the grade is done times two (x2). The technical score is determined to the nearest 0.001 with no rounding of the last digit.

In exceptional situations, judging can be done with 2 judges. With 2 technical judges



taken the average of the two judges(x2).

M-Score	Difficulty score for an exercise performed. It is determined by the difficulty judge (one or two judges) working together/collaborating with each other and the judge chair to determine the difficulty value of an exercise and then dividing the score by 100.
Total score performed.	The sum of A- + T- + M-Score for the exercise
Final score	(A-Score + T-Score + M-Score) - subtraction (penalties) by the jury chair/difficulty jury.
JV Penalties	The deductions taken from the total score for the execution (A+T+M-Scores) by the judge for length of exercise too long, clothing, line errors, late submission of competition sheet and not following competition sheet).
MJ / JV Penalties.	The deductions taken from the total score of the performance (A+T+M-Scores) by the JV and MJ(s) for missing special requirements or timing errors on attitudes.
Jury Panel	A group of 6 to 11 judges, including jury chairman, difficulty judge(s), artistic and technical judges. Each panel member has a different task in judging an exercise.
Time error	Holding a static element (partner element or individual element) too short.
Contest sheet late	Late submission of a contest sheet for the competition.
Not according to order	The deduction you get if you don't put the elements in order performs as match sheet declared on the match sheet.
Add or Omit	The deduction you get when you add elements to the exercise or of elements deliberately left out during your exercise.



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 at duos and middle partner(s) in groups.

Body types Body build or body composition. Lower partner

(base). The lower partner of a duo or group.

Middle partner (middle) The second lower partner in a women's group. And the second and third in a men's group.

Upper partner (top) Normally the smallest partner of a pair and the smallest of a group balancing on the partner(s) or the main one thrown in a dynamic exercise.

Abbreviations Jurors

Chief Judge	HJ
Jury President	JV
Difficulty Jury	MJ
Artistic jury	AJ
Technical jury	TJ

Exercises

Balance	Balance exercise	B
Dynamic	Dynamic exercise	D
Combination	Combination exercise	C

Scores




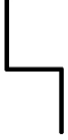



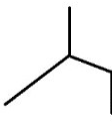











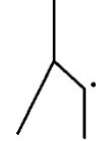

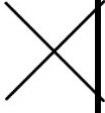


Artistic	A
Difficulty	M
Technical	T
Final score	ES
Penalties from the JV	PJV
Penalties from the MJ	PMJ
Penalties	P



Time Errors
Match sheet too late
Not following order contest sheet
Add competition sheet
Omitted match sheet











TF
WBL
NVVW
TWB
WWB





Appendix 5: Stenonotation



1. Stands							
Stand		Chair		Chair loose		Dropout	
							
Spread position		Lying Support		Arch		Bokje	
							
Buck without hands		Half needle (Pencil)					
							
2. Splits							
Split		Split					
							







3. Gliding Stands							
Arabesque		Attitude		Y-Stand		Y-position Splits	
Bending backwards		Leaning back deeply		Float backwards		Ringstand	
Needle position		Needle					

4. Sit							
Langzit		Spread Seat		Japanese lig		Knee position	
Knee seat, 2 knees		Knee seat, 1 knee		Kniezit ao			

5. Lig							
Supine		Prone		Lying back legs high		Airplane	
							
Backward airplane							
							




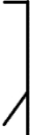







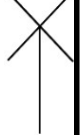



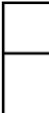










6. Head			
Headstand		On the head	
			


7. Swing	
Cannonball	
	

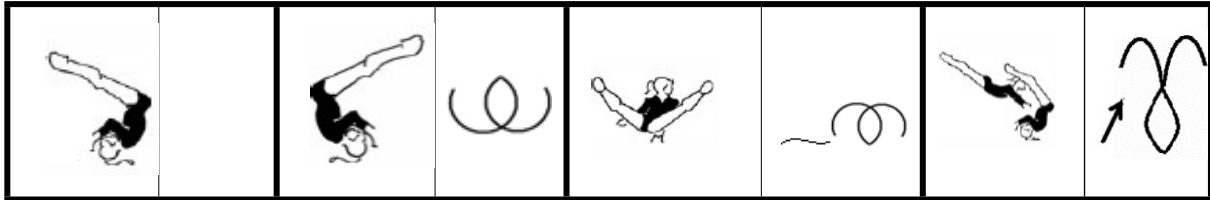
8. Shoulder/Bust					
Candle		Chest position		Mexicanca chest position	
					

9. Arm postures							
2 arms low		1 arm low		2 arms high		1 arm high	
2 on top of each other		Arms wide		Los			

10. Jumps							
Side splits		Leapfrog		Alternating splits		Ring jump 1 leg	
Ring jump 2 legs		Stretch jump		180°		360°	
540°		720°		Spread Angle Jump			

11. Handstands			
Handstand	Handstand 1 arm	Handstand 2 on 1	Mexicanca
 	 	 	 
Mexicanca 1 arm	Handstand split	Angle handstand/dislock	Flag
 	 	 	 
Top balance	Crocodile	Corner support	Spread Angle Support
 	 	 	 
High angle support			
 			

12. Roll			
Roll forward	Roll backwards	Roll sideways	Float Roller
			

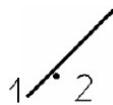


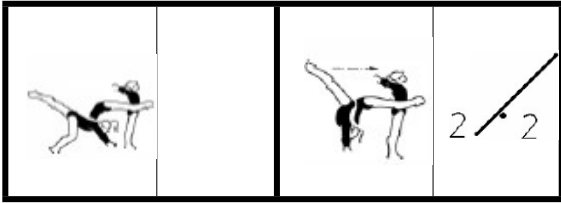
13. Overlays / Arches

Radslag		Rad stroke on 1 arm		Loose Radslag		Arch back	
Arch backward 1 arm		Bow forward		Loose Radslag		Russian bow	
Seat arch (Valdez)		Chicken to state					

14. Tumbling


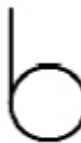












Walkover		Flikflak		Kopkip		Arabian	
Transfer		Flakflik					




































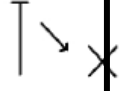


15. Saltos							
Temposalto		Salto ao		Double somersault ao		Triple salto ao	
Hoeksalto ao		Double angle ao		Streksalto ao		Double stretch ao	
Streksalto ao 180°		Full in back out		Salto vo		Double somersault vo	
Cornersalto vo		Streksalto vo		Lateral somersault		Baranie	

16. Screws			
Streksalto ao 180°		Full in back out	

17. Pirouettes							
Half pirouette		Pirouette		1.5 pirouette		Double pirouette	
							
2.5 pirouette		Seat turn		Pirouette leg high			
							

18. Starting attitudes Dynamic Elements							
Toss up		From the womb		Basket (2)		Platform (3)	
							
							
From catch		Over the head ao					
							

End postures Dynamic Elements 19.							
Catch sideways		Catch to lie in arms (groups)		Catch to each other		Catch off from each other	
							
On the shoulders		In the hands					
							

20. Miscellaneous							
Steps		Diamidov		Butterfly		Flairs	
							
In between to splits		In between					
							

Appendix 6: Dress code

Clothing

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 complement the artistry of the exercise. If a costume does not create an unsafe situation or is offensive, it should never be given a deduction without warning.

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 look 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**



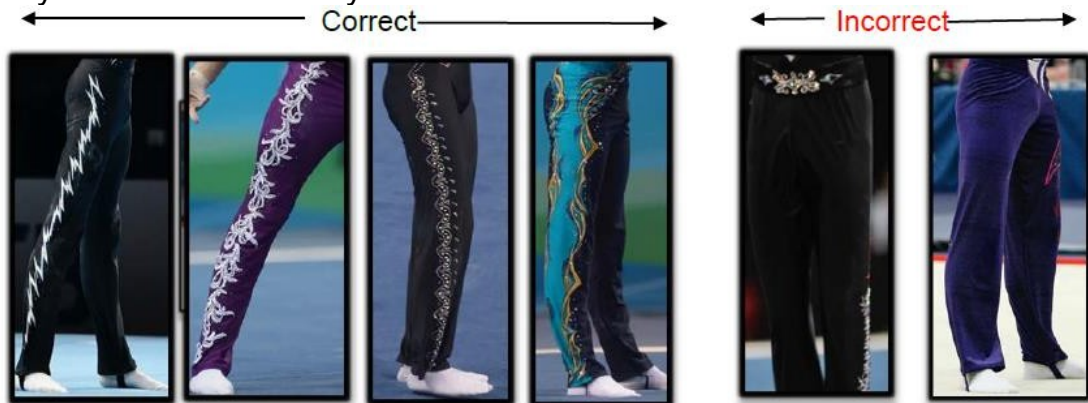
34.5 Men and boys may wear leotards with short gym shorts or long gym shorts, or one-piece suits.

Correct clothing for men and boys



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

- 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**.





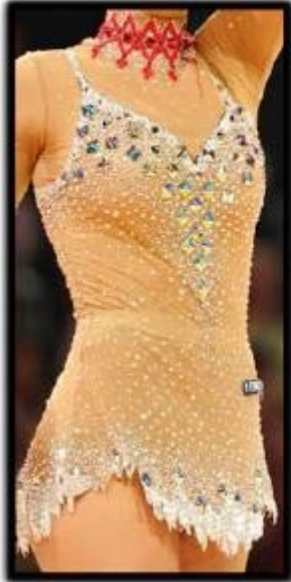
Light colors and skin-colored clothing must be lined!

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

Swimsuit Style



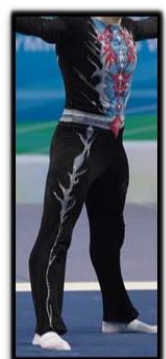
Gym suits that are almost entirely skin-colored are **not allowed**. On TV, this looks like nudity.



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 7: Composition Requirements and Special Requirements D/E Level.

This appendix contains the tools for trainers to properly put together an exercise that meets the different requirements and limitations, but also for the main judges, jury chairmen and difficulty judges. Per discipline and level there is a sheet where you can see at a glance what the exercise has to meet and what the different restrictions are.



Duo E-Level

Special Requirements

Difficulty Score

- Music: 2:30 min (may be with singing)
- 6 - 8 partner elements
 - at least 4 balance elements (maximum W3)
 - at least 2 dynamic elements (maximum W3)
- 3 individual elements
 - 2 IE - Balance (up to W3).
 - 1 IE - Dynamic (maximum W2)

	E-Niveau	
	min	max
PE + IE	15	25
MW	0,15	0,25

Composition requirements

Balance elements (up to W3)

- at least 1 element in Handstand

Dynamic elements (up to W3).

- at least 1 element from Toss position

Individual elements

- IE - Balance Sheet
 - cat: Strength/Balance, Agility maximum W3
 - cat: agility maximum W2
 - all categories must be implemented
 - each partner 2 different kinds
- IE - Dynamic (up to W2)
 - Cat.:Tumbling
 - maximum 1 element

Constraints

Balance elements

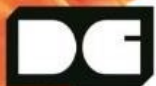
- a maximum of 4x the same position BP in one exercise
 - 2x in a static position BP
 - 2x during a motion of the OP
- a maximum of 3 elements in one series
- motion of the subpartner
 - OP may not change support point
 - OP may not repeat motion
 - BP may also perform a motion to a Static posture for value
 - final attitude must have value
 - final stance must be performed for 3 seconds

Dynamic elements

- constraints for composition of exercise:
 - a maximum of 2 jumps off (jumps off are not mandatory)
 - maximum of 2 same exit positions
 - up to 2 horizontal catches (lying/high/low/hips)
 - a maximum of 3 elements in series
 - a maximum of 3 final postures on the floor
- all partners must actively participate in an element
- maximum rotations:
 - 1/4 width-axis rotation (vo / ao)
 - 360° longitudinal rotation

Individual elements

- IE - elements must be executed simultaneously or immediately sequentially
- all individual elements must be noted on the competition sheet



Trio E-Level

Special Requirements Difficulty Score

- Music: 2:30 min (may be with singing)
- 6 - 8 partner elements
 - at least 4 balance elements (maximum W3)
 - at least 2 dynamic elements (maximum W3)
- 3 individual elements
 - 2 IE - Balance (up to W3).
 - 1 IE - Dynamic (maximum W2)

	E-Niveau	
	min	max
PE + IE	15	25
MW	0,15	0,25

Composition requirements

Balance elements (up to W3)

- at least 1 element in hand position

Dynamic elements (up to W3).

- at least 1 element from Basket

Individual elements

- IE - Balance Sheet
 - cat: Strength/Balance, Agility maximum W3
 - cat: agility maximum W2
 - all categories must be implemented
 - each partner 2 different kinds
- IE - Dynamic (up to W2)
 - Cat.: Tumbling

- maximum 1 element

Constraints

Balance elements

- a maximum of 4x the same position BP in one exercise
 - 2x in a static posture
 - 2x during a transition
- a maximum of 3 elements in one series
- pyramids from at least 3 different categories
- transitions
 - perform without a partner to the ground
 - BP must remain in a posture of value (motion or SH)

Dynamic elements

- constraints for composition of exercise:
 - a maximum of 2 jumps off (jumps off are not mandatory)
 - maximum of 2 same exit positions
 - up to 2 horizontal catches (lying/high/low/hips)
 - a maximum of 3 elements in series
 - a maximum of 3 final postures on the floor
- all partners must actively participate in an element
- maximum rotations:
 - 1/4 width-axis rotation (vo / ao)
 - 360° longitudinal rotation

Individual elements

- IE - elements must be executed simultaneously or immediately sequentially
- all individual elements must be noted on the competition sheet



Quartet E-Level

Special Requirements

Difficulty Score

- Music: 2:30 min (may be with singing)
- 6 - 8 partner elements
 - o at least 4 balance elements (maximum W3)
 - o at least 2 dynamic elements (maximum W3)
- 3 individual elements
 - o 2 IE - Balance (up to W3).
 - o 1 IE - Dynamic (maximum W2)

	E-Niveau	
	min	max
PE + IE	15	25
MW	0,15	0,25

Composition requirements

Balance elements (up to W3)

- at least 1 element in hand position

Dynamic elements (up to W3).

- at least 1 element from basket performed with at least 2 OPs.

Individual elements

- IE - Balance Sheet
 - cat: Strength/Balance, Agility maximum W3
 - cat: agility maximum W2
 - all categories must be implemented
 - each partner 2 different kinds
- IE - Dynamic (up to W2)
 - Cat.:Tumbling
 - maximum 1 element

Constraints

Balance elements

- a maximum of 4x the same position BP in one exercise
 - 2x in a static posture
 - 2x during a transition
- a maximum of 3 elements in one series
- pyramids from at least 2 different categories
- transitions
 - perform without a partner to the ground
 - BP must remain in a posture of value (motion or SH)

Dynamic elements

- constraints for composition of exercise:
 - a maximum of 2 jumps off (jumps off are not mandatory)
 - maximum of 2 same exit positions
 - up to 2 horizontal catches (lying/high/low/hips)
 - a maximum of 3 elements in series
 - a maximum of 3 final postures on the floor
- all partners must actively participate in an element
- maximum rotations:
 - 1/4 width-axis rotation (vo / ao)
 - 360° longitudinal rotation

Individual elements

- IE - elements must be executed simultaneously or immediately sequentially
- all individual elements must be noted on the competition sheet

Duo D-Level



Special Requirements

Difficulty Score

- Music: 2:30 min (may be with singing)
 - 6 - 8 partner elements
 - at least 3 balance elements
 - at least 3 dynamic elements
 - 3 - 4 individual elements
 - 2 IE - Balance Sheet
 - 1 - 2 IE - Dynamic

	D-Niveau	
	min	max
PE + IE	30	40
MW	0,30	0,40

Composition requirements Balance elements

- at least 1 element in Handstand (minimum W3)
- at least 1 motion from Upper or Lower partner

Dynamic elements

- at least 1 element from Toss position
- at least 1 element with a 1/4 Width axis rotation

Individual elements

- IE - Balance Sheet
 - cat: strength & balance, agility & agility
 - all categories must be implemented
 - each partner 2 different kinds
- IE - Dynamic
 - Cat.:Tumbling
 - maximum 1 series (length may vary by partner)
 - 1 partner performs (walk) skip, flick or somersault

Constraints

Balance elements

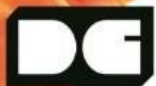
- a maximum of 4x the same position BP in one exercise
 - 2x in a static position BP
 - 2x during a motion of the OP
- a maximum of 3 elements in one series
- motion of the subpartner
 - OP may not change support point
 - OP may not repeat motion
 - BP may also perform a motion to a Static posture for value
 - final attitude must have value
 - final stance must be performed for 3 seconds

Dynamic elements

- constraints for composition of exercise:
 - a maximum of 2 jumps off (jumps off are not mandatory)
 - maximum of 2 same exit positions
 - up to 2 horizontal catches (lying/high/low/hips)
 - a maximum of 3 elements in series
 - a maximum of 3 final postures on the floor
- all partners must actively participate in an element

Individual elements

- IE - elements must be executed simultaneously or immediately sequentially
- all individual elements must be noted on the competition sheet



Trio D-Level

Special Requirements

Difficulty Score

- Music: 2:30 min (may be with singing)
- 6 - 8 partner elements
 - at least 3 balance elements
 - at least 3 dynamic elements
- 3 - 4 individual elements
 - 2 IE - Balance Sheet
 - 1 - 2 IE - Dynamic

	D-Niveau	
	min	max
PE + IE	30	40
MW	0,30	0,40

Composition

requirements Balance

elements

- at least 1 element in Handstand (Minimum W3)
- minimal motion of Upper Partner

Dynamic elements

- at least 1 element from Basket
- at least 1 element with a 2/4 Width axis rotation

Individual elements

- IE - Balance Sheet
 - cat: strength & balance, agility & agility
 - all categories must be implemented
 - each partner 2 different kinds
- IE - Dynamic
 - Cat.:Tumbling
 - maximum 1 series (length may vary by partner)
 - 2 partners performs (walk) skip, flick or somersault

Constraints

Balance elements

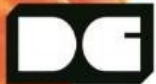
- a maximum of 4x the same position BP in one exercise
 - 2x in a static posture
 - 2x during a transition
- a maximum of 3 elements in one series
- pyramids from at least 3 different categories
 - if 2 pyramids, then 2 different categories
- transitions
 - perform without a partner to the ground
 - BP must remain in a posture of value (motion or SH)

Dynamic elements

- constraints for composition of exercise:
 - a maximum of 2 jumps off (jumps off are not mandatory)
 - maximum of 2 same exit positions
 - up to 2 horizontal catches (lying/high/low/hips)
 - a maximum of 3 elements in series
 - a maximum of 3 final postures on the floor

Individual elements

- IE - elements must be executed simultaneously or immediately sequentially
- all individual elements must be noted on the competition sheet



Quartet D-Level

Special Requirements

- Difficulty Score** 2:30 min (may be with Music. singing)
- 6 - 8 partner elements
 - o at least 3 balance elements
 - o at least 3 dynamic elements
 - 3 - 4 individual elements
 - o 2 IE - Balance Sheet
 - o 1 - 2 IE - Dynamic

	D-Niveau	
	min	max
PE + IE	30	40
MW	0,30	0,40

Composition requirements Balance elements

- at least 1 element in Handstand (Minimum W3)
- minimal motion of Upper Partner

Dynamic elements

- at least 1 element from Basket performed with at least 2 OPs.
- at least 1 element with a 2/4 Width axis rotation

Individual elements

- IE - Balance Sheet
 - cat: strength & balance, agility & agility
 - all categories must be implemented
 - each partner 2 different kinds
- IE - Dynamic
 - Cat.:Tumbling
 - maximum 1 series (length may vary by partner)
 - 2 partners performs (walk) skip, flick or somersault

Constraints

Balance elements

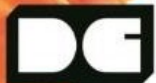
- a maximum of 4x the same position BP in one exercise
 - 2x in a static posture
 - 2x during a transition
- a maximum of 3 elements in one series
- pyramids from at least 2 different categories
 - if 2 pyramids, then 2 different categories
- transitions
 - perform without a partner to the ground
 - BP must remain in a posture of value (motion or SH)

Dynamic elements

- constraints for composition of exercise:
 - a maximum of 2 jumps off (jumps off are not mandatory)
 - maximum of 2 same exit positions
 - up to 2 horizontal catches (lying/high/low/hips)
 - a maximum of 3 elements in series
 - a maximum of 3 final postures on the floor

Individual elements

- IE - elements must be executed simultaneously or immediately sequentially
- all individual elements must be noted on the competition sheet



Duo D+ Level

Special Requirements

BALAN

CE Difficulty Score 2:00 min

- Music: 2:00 min (may include vocals)
- 4 - 8 partner elements
- 3 individual elements
 - 3 IE - Balance Sheet

	D+Niveau	
	min	max
PE+IE	20	30
MW	0,20	0,30

Composition requirements Balance elements

- at least 1 element in Handstand (minimum W3)
- at least 1 motion from Upper or Lower partner

Individual elements

- IE - Balance Sheet
 - cat: strength & balance, agility & agility
 - all categories must be implemented
 - Each partner must show at least 2 different categories.

Limitations

Balance elements

- a maximum of 4x the same position BP in one exercise
 - 2x in a static position BP
 - 2x during a motion of the OP
- a maximum of 3 elements in one series
- motion of the subpartner
 - OP may not change support point
 - OP may not repeat motion
 - BP may also perform a motion to a Static posture for value
 - final attitude must have value
 - final stance must be performed for 3 seconds

Individual elements

- IE - elements must be executed

Special Requirements

Difficulty Score

DYNAMIC

- Music: 2:00 min (may be with singing)
- 5 - 8 partner elements
- 2 - 3 individual elements
 - 2 - 3 IE - Tumbling

	D+Niveau	
	min	max
PE+IE	20	30
MW	0,20	0,30

simultaneously or immediately sequentially

Composition requirements

Dynamic elements

- at least 1 element in Toss position (minimum W2)
- at least 1 element with 4/4 Width-axis rotation forward or backward
- at least 1 catch

Individual elements

- IE - Tumbling
 - Cat.:Tumbling
 - 1 partner *performs a (walk) skip, flick or somersault*

Limitations Dynamic

elements

- constraints for composition of exercise:
 - *up to 3 jumps off (jumps off are not mandatory)*
 - *up to 3 horizontal catches (lying/high/low/hips)*
 - *a maximum of 3 elements in series*
 - *maximum of 3 same exit positions*
 - *Maximum of 3 same starting position with "bent arms"*
 - *a maximum of 5 final postures on the floor*

Individual elements

- IE - elements may be implemented in one or two series.
 - *The series may vary in length but must be performed simultaneously or in immediate succession.*



Trio D+ Level

Special Requirements

Difficulty Score

- Music: 2:00 min (may include vocals)
- 3 Static Postures
- 3 individual elements
 - 3 IE - Balance Sheet

	D+Niveau	
	min	max
PE+IE	20	30
MW	0,20	0,30

BALANCE

E

Composition

requirements Balance

elements

1. at least 1 motion from the Upper Partner
2. At least 3 pyramids, each from a different category
3. At least 1 element in which the top partner (not the middle partner working as the top partner) performs a handstand.

Individual elements

1. IE - Balance Sheet
 - cat: strength & balance, agility & agility
 - all categories must be implemented

Limitations

Balance elements

- a maximum of 4x the same position BP in one exercise
 - 2x in a static position BP
 - 2x during a motion of the OP
- a maximum of 3 elements in one series
- transitions
 - perform without a partner to the ground
 - BP must remain in a posture of value (motion or SH)

Individual elements

- IE - elements must be performed simultaneously or immediately sequentially

Special

Requirements

Difficulty Score

- Music: 2:00 min (may be with singing)
- 5 - 8 partner elements
- 2 - 3 individual elements
 - 2 - 3 IE - Tumbling

	D+Niveau	
	min	max
PE+IE	20	30
MW	0,20	0,30

DYNAMIC

Composition

requirements Dynamic

elements

1. at least 1 element in Basket position
2. at least 1 element with 4/4 Width-axis rotation forward or backward
3. at least 1 catch

Individual elements

1. IE - Tumbling
 - Cat.:Tumbling
 - 2 partners perform a (walk) skip, flick or somersault

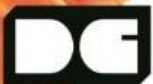
Constraints Dynamic

elements

- constraints for composition of exercise:
 - a maximum of 3 jumps off (jumps off are not mandatory)
 - up to 3 horizontal catches (lying/high/low/hips)
 - a maximum of 3 elements in series
 - maximum of 3 same exit positions
 - Maximum of 3 same starting position with "bent arms"
 - a maximum of 5 final postures on the floor

Individual elements

- IE - elements may be implemented in one or two series.
 - The series may vary in length, but must be performed simultaneously or in immediate succession



Quartet D+ Level

Special Requirements

BALANCE

Difficulty Score	2:00 min	(may include Music: vocals)
<ul style="list-style-type: none"> • 3 Static Postures • 3 individual elements <ul style="list-style-type: none"> ○ 3 IE - Balance Sheet 		
	D+Niveau	
	min	max
PE+IE	20	30
MW	0,20	0,30

Special Requirements

DYNAMIC

Difficulty Score	2:00 min	(may be with Music: singing)
<ul style="list-style-type: none"> • 5 - 8 partner elements • 2 - 3 individual elements <ul style="list-style-type: none"> ○ 2 - 3 IE - Tumbling 		
	D+Niveau	
	min	max
PE+IE	20	30
MW	0,20	0,30

Composition requirements Balance elements

1. at least 1 motion from the Upper Partner
2. At least 3 pyramids, from 2 different categories
3. At least 1 element in which the upper partner performs a handstand.

Individual elements

1. IE - Balance Sheet
 - cat: strength & balance, agility & agility
 - all categories must be implemented

Limitations

Balance elements

- a maximum of 4x the same position BP in one exercise
 - 2x in a static position BP
 - 2x during a motion of the OP
- a maximum of 3 elements in one series
- transitions
 - perform without a partner to the ground
 - BP must remain in a posture of value (motion or SH)

Individual elements

- IE - elements must be executed simultaneously or immediately sequentially

Composition requirements Dynamic elements

1. at least 1 element in Basket position
2. at least 1 element with 4/4 Width-axis rotation forward or backward
3. at least 1 catch

Individual elements

1. IE - Tumbling
 - Cat.:Tumbling
 - 2 partners perform a (walk) skip, flick or somersault

Constraints Dynamic elements

- constraints for composition of exercise:
 - a maximum of 3 jumps off (jumps off are not mandatory)
 - up to 3 horizontal catches (lying/high/low/hips)
 - a maximum of 3 elements in series
 - maximum of 3 same exit positions
 - Maximum of 3 same starting position with "bent arms"
 - a maximum of 5 final postures on the floor

Individual elements

- IE - elements may be implemented in one or two series.
 - The series may vary in length but must be performed simultaneously or in immediate succession.



APPENDIX Artistic jury sheet

The artistic jury sheet for this cycle can be found on the KNGU website (<https://dutchgymnastics.nl>).