



**Dutch  
Gymnastics**

**Acrobatic Gymnastics**  
*Contest Rules Entry*

2023-2025

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## Introduction

These regulations are specifically created for and aimed at:

1. The preparation of Acrobatic Gymnastics in the E Level;
2. Structuring choices in the elements for trainers and acrogymnasts at an early age;
3. Providing recreants with a positive competition experience in acrogym;

## Participation age group Entry

1. The Entry has two disciplines, where the composition is completely free: men's, women's, mixed.
  - Duos
  - Trios
  - Quartets
2. The minimum age for the Entry level is 6 years old in the year of competition. The competition year runs from Jan. 1 to Dec. 31;
3. The maximum age for the Entry level is 12 years old in the year of competition. The competition year runs from Jan. 1 to Dec. 31;
4. Each Entry-level gymnast may compete in only one discipline, one level and one age group and may train a **maximum of two times per week**.

## Composition and valuation of the exercise

1. Each team must perform one exercise, a combination exercise, which is connected by choreography;
2. The exercise is a compulsory exercise with prescribed choreography;
3. There are three exercises from which the team may choose which to perform;
4. The various choreographies can be found through the links on the Dutch Gymnastics website ([www.dutchgymnastics.nl](http://www.dutchgymnastics.nl)).

## Choice of elements

1. Each team is required to show a partner element from each row;
2. Each partner is required to choose an individual element from the corresponding row;
3. Which element is shown is entirely up to the choice of the coach and the team;
4. It involves three balance elements, two (preparatory) dynamic elements and three individual elements.

### Contest sheets

1. There is a ready-made mandatory competition sheet for each exercise;
2. Please make sure that the correct match sheet is turned in before the start of the match.
3. The competition sheet needs only the personal data: Association, data trainer, names of athletes. No choice has to be made in advance which elements are going to be shown.

### Difficulty

1. The difficulty rating of the exercise is determined by the number of elements shown by the team;
2. No value is assigned to the various elements, but an element from each row must be executed;

### Subtraction Jury President

The deduction in bold is specific to the E Entry Level. The other deductions are similar to the D/E Level.

Subtraction Jury President		Deduction	
1.	Duration of an exercise longer than allowed	0,10	Per second
3.	Unsportsmanlike conduct	0,50	
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	
14.	Physical help from the coach	1,00	
<b>20.</b>	<b>Wrong contest sheet turned in</b>	<b>0,50</b>	

### Subtraction Difficulty Jury

The deduction in bold is specific to the E Entry Level. The others equal the D/E Level.

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
8	Elements not performed according to order match sheet	0,30	Per sheet
<b>9.</b>	<b>Absence of a row of elements</b>	<b>1,00</b>	<b>Per row</b>

### Difficulty score

Number of rows / elements	M-Score
9 elements	0,09
8 elements	0,08
7 elements	0,07
6 elements	0,06
5 elements	0,05
4 elements	0,04
3 elements	0,03
2 elements	0,02
1 or 0 element	0,01



### Match progression

At the Entry level, awards are not given by ranking but by score. All Entry-level athletes will receive an appreciation moment on the podium.

Depending on the organization, entry-level students receive a diploma or other appreciation (to be arranged by the organization).

Distribution:

Bronze	Score between: 1.00-18.00
Silver	Score between: 18.01-21.00
Gold	Score of 21.01 or higher

*Attached is a sample diploma that can be used.*

### Choreography

Each team has a choice of three prescribed exercises. Exercise choreography may be adjusted only if a team has too little/too much music.

In the case of too little time, part of the choreography may be omitted. In the case of too much time, movements appropriate to the team and choreography may be added.


### Dress code

The choice of competition clothing, 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 must cover the suit and fall no lower than just below the hip bone. Examples of proper suits can be found in the A/B/C and D/E competition rules.

### Exception:

At the entry level, the following suits are also allowed:

	
<p>Suits which can be purchased at the standard sports store. Even if the skirt does not meet the dress code as given in the A/B/C and D/E regulations Becoming.</p>	<p>Suits with association logo.</p>

### Notice:

*Ballet costumes with a stand-up tutu or lots of tulle are not allowed due to safety reasons.*



**Dutch  
Gymnastics**

Name: \_\_\_\_\_

Partner of: \_\_\_\_\_

Date: ----- \_\_\_\_\_

Silver



Gold



Bronze

**DIPLOMA**  
Acrobatische Gymnastiek