



**Dutch
Gymnastics**

Competition Rules
Acrobatic Gymnastics
Supplement to A-B-C level

Pupils regulations

Version October 2022

1. Introduction

These regulations specifically address:

- Promoting preparation to A level youth.
- Structuring choices in the elements for trainers and young-age acrogymnasts.
- Encouraging good composition in a team so that there are opportunities for advancement to a higher level later in life.

These regulations are valid from November 1, 2022 to December 31, 2024

2. Participation in age group Pupils

2.1 The age for pupils is 8 to 15.

2.2 The age applies in the year of the competition. The competition year runs from January 1 to December 31.

2.3 Pupils has 5 disciplines:

- Ladies pairs
- Men's pairs
- Mixed pairs
- Ladies groups (trios)
- Men's groups (men's four)

2.4 Each gymnast may compete in only one discipline, one level and one age group.

3. Jury

A panel will be assigned according to certification and experience by the portfolio holder for judging, which is under the responsibility of the National Technical Committee for Acrobatic Gymnastics. Each jury member must have at least an ABC jury license level 3 to judge pupils.

4. General rules

- 4.1 Each pair/group must perform 1 exercise, combination, which is connected by choreography and performed to music.
- 4.2 The exercise must not exceed 2 min 00 sec and no minimum length. There is a 1 second time tolerance before a deduction for an excessively long exercise is applied by the head judge. An exercise clocked at 2.02 then gives 0.1 deduction. This is to avoid clocking errors. Every second longer than 2.01 gives a deduction of 0.1.

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

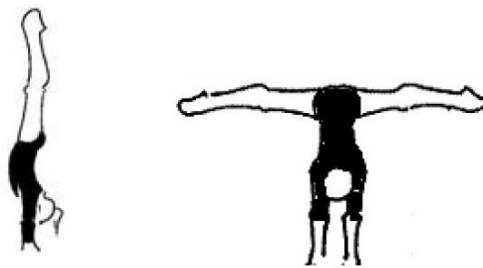
- 4.3 Each pair/group exercise consists of mandatory and elective elements.
- 4.4 Pairs and groups must choose the mandatory elements for the combination exercise from the rows of mandatory elements of the Youth Rules.
- 4.5 Pairs and groups must also perform some choice elements. The choice elements may possibly be the same as the elements from the mandatory rows, but not from the same the rows from which mandatory elements have already been chosen. The choice elements must be selected from the difficulty tables ABC so that it is clear that they are choice elements.
- 4.6 Several elements are prohibited. Performing prohibited elements will result in a deduction of 1.0 point. All prohibited elements in the youth rules are also prohibited for the pupils.
- 4.7 All partners of a pair or group must perform 3 individual elements in the combination exercise. There is a free choice of static/strength, agility, agility and/or tumbling.
- 4.8 Pairs and groups may perform simple ascents, motions, lefts, catches or dismounts. These need not be listed on the match sheet.

Importantly, these elements:

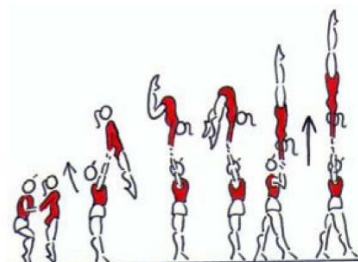
- Selected from the difficulty tables ABC
- Do not exceed the value of 5
- Not include more than 3/4 rotation or more than 360° turn

If the above rules are overwritten, a deduction of 1.0 point.

- 4.9 An incorrect contest sheet (order of elements) will receive a one-time deduction of 0.3.
- 4.10 If a pair or group or individual element exceeds the maximum value, a deduction of 1.0 will be given for not meeting the Special Requirements, this also applies to elements not drawn on the competition sheet (see 4.8, 7.3 and 8.8).
- 4.11 Only 2 jumps off can be counted for difficulty. A maximum of 3 dismounts are allowed in the entire exercise.
- 4.12 Landings of elements with a value of 1 or more must be supported by the sub-partners. If the landing is not supported (or no attempt is made to catch it), a deduction of 0.5 point will be applied. Exceptions to this are jumps thrown from a canon-ball element and 5/4 gainer somersaults from the top of the floor.
'wrap'.
- 4.13 For pairs and groups, the handstand may be performed with legs extended or spread. This need not be specifically stated on the competition sheet.



- 4.14 Elements drawn in the mandatory elements that go from low (bent) arms to high (extended) arms must be performed in a fluid motion, with the low arm position being part of the movement.



5. Pairs

- 5.1 A pair of exercises should include six partner elements.
- 5.2 2 tempo elements must be chosen from the youth rules. A maximum of 1 element per row.
- 5.3 2 balance elements must be chosen from the youth regulations. A maximum of 1 element per row.
- 5.4 1 Choice tempo element, chosen from the difficulty tables ABC with a minimum value of 1 and a maximum value of 14.
- 5.5 One of the tempo elements must be a catch (mandatory or choice element).
- 5.6 1 Choice balance element, chosen from the difficulty tables ABC with a minimum value of 1 and a maximum value of 9.
- 5.7 A deduction of 1.0 point follows for each missing or over-executed element.

6. Groups

- 6.1 A group exercise should include two different pyramids and three tempo parts.
- 6.2 2 tempo elements must be chosen from the youth rules. A maximum of 1 element per row.
- 6.3 1 balance tower must be chosen from the youth regulations.
- 6.4 1 Choice tempo element chosen from the difficulty tables ABC with a minimum value of 1 and a maximum value of 14. For gentlemen groups, a maximum value of 10.
- 6.5 1 Choice balance tower chosen from the difficulty tables ABC with a minimum value of 4 and a maximum value of 16 for the static position of all partners together (value of the base position + value of the top). It may not be combined with the tower from the youth rules.
- 6.6 A maximum of 3 horizontal catches may be performed in the women's groups.
- 6.7 In the men's groups, 1 horizontal catch may be performed from the youth rules (mandatory element).

- 6.8 In the men's groups, 1 horizontal catch may be performed from the difficulty tables ABC (choice element).
- 6.9 A deduction of 1.0 point follows for each missing or over-executed element.

7. Individual

- 7.1 All partners of a pair or group must perform 3 individual elements in the Combination exercise. There is a free choice of static/strength, agility, agility and or tumbling. The tumbling elements must be performed with run-up in advance and landed on 2 feet according to the character of the element.
- 7.2 Individual elements must be performed concurrently or in immediate succession.
- 7.3 Individual elements should be selected from the difficulty tables ABC with maximum value 10.
- 7.4 A deduction of 1.0 is given when an individual element is missing.

8. Difficulty

- 8.1 The focus of pupil competitions is on perfecting the technical and artistic execution of the exercise and not the difficulty.
- 8.2 The exercises are judged on their technical and artistic performance based on the ABC competition rules.
- 8.3 The mandatory elements determine the difficulty value.
- 8.4 Choice elements are not counted in the difficulty value of the exercise but must be performed to meet the special requirements.

8.5 Conversion table for the pupils:

Value mandatory elements	Start value
0.0	0.0
0.1	0.1
0.2	0.2
0.3	0.3
0.4	0.4
0.5	0.5

8.6 The total score is calculated by adding together the following:

2x the average technical grade + the average artistic grade + the difficulty value - the deductions of the Jury President and the Difficulty Jury in accordance with the competition regulations ABC.

8.7 With the technical and artistic scores, the average is taken from the 6 or 4 or in exceptional circumstances 3 technical judges. With 6 technical judges, the 2 highest and 2 lowest scores drop off, with 4 judges the highest and lowest drop off, and with 3 judges the average is taken of all the scores.

8.8 Minimum/maximum value of choice elements

Discipline	Elements	Minimum	Maximum
Pairs	Balance	1	9
	Pace	1	14
Women's group	Balance	4	16
	Pace	1	14
Men's Group	Balance	4	16
	Pace	1	10
Individual		1	10