

TECHNICAL REGULATIONS

ACROBATIC GYMNASTICS

FEBRUARY 2026

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1 GENERAL REGULATIONS

1.1 OBJECTIVES

The objectives of the Technical Programs of Gymnastics Canada (GymCan):

a) coordination and supervision of technical aspects of all national and international gymnastic activities of GymCan;

b) establishment and elaboration of technical regulations for Canada in accordance with the technical rules of the World Gymnastics Federation (WGF), formerly known as the Federation Internationale de Gymnastique (FIG);

c) planning and conducting of competitions, clinics, and courses relating to the program of GymCan;

d) conducting and determining the scope of examinations for instructors, coaches, judges and other officials at the national and international level;

e) introducing, approving and promoting articles or literature of technical content and instructional materials to be published under the authority or with the sanction of GymCan;

f) establishment of and full conduct of the National Team program.

1.2 PURPOSE OF THE TECHNICAL REGULATIONS

The purpose of the Acro Technical Regulations is to ensure a common understanding and consistent application of the regulations related to the conduct of acrobatic gymnastics in Canada and to outline the structure and functioning of the GymCan Technical Programs.

These regulations apply to the national championship level of acrobatic gymnastics in Canada:

- Level 7 (USDP)
- Level 8 (USDP)
- Level 9 (USDP)
- Level 10 (USDP)
- Aspire (Appendix A)
- FIG Pre-Youth (11-16)
- FIG Youth (12-18)
- FIG Junior (13-19)
- FIG Senior

Any levels outside the national championship levels mentioned above will be subject to separate guidelines defined by the applicable provincial or territorial organization.

1.3 CATEGORIES

Acrobatic Gymnastics is made up of five event categories:

a) Women's Pairs (W2/WP)
b) Men's Pairs (M2/MP)
c) Mixed Pairs (Mx2/MxP)
d) Women's Groups (W3/WG)
e) Men's Groups (M4/MG)

1.4 ACROBATIC PROGRAM DOCUMENTS

In addition to the FIG Rules, Code of Points and these technical regulations, the Acro Program also follows the documents listed below which are available on the Acro microsite:

a) GymCan Acro Judge Regulations
b) USDP Code of Points (applicable to Levels 7-10)
c) Regulations
d) Hosting Requirements for GymCan Acro Events

1.5 AUTHORITY OVER REGULATIONS

- The GymCan Staff (Program Lead(s)), with assistance of the Technical Committee of each discipline, will develop the regulations and policies for the specific discipline.
- The Technical Regulations are valid until modified by the appropriate procedure
- The Discipline's Technical Committee has the authority to recommend and approve changes to the Technical Regulations of the specific program.
- The Discipline's Technical Committee will develop and adopt program policy based on the Technical Regulations.
- Amendments/Modifications/additions to the technical regulations may occur during the year.
- Each year, the Program Assembly (PA) will be granted the opportunity to submit motions to the TC. These motions will be reviewed by the Technical Committee (TC) and relevant motions will be brought forward to the PA to be voted upon at the yearly PA meeting (post Canadian Championships).
- The proposed modification/addition and rationale are circulated in writing by the World Games Program Manager, to all Assembly members thirty (30) days prior the deadline for vote;
- The proposed modification/addition is adopted by a 2/3 majority of the provinces and territories who have replied in writing by the deadline.

2 ELIGIBILITY

2.1 ATHLETE ELIGIBILITY

a) Athletes competing in GymCan competitions or activities must:
   i. Be an amateur as outlined by the regulations of GymCan, FIG and the International Olympic Committee (IOC) governing amateur status
   ii. Be duly affiliated member of his/her P/T association and of GymCan; membership must be with the province of residence
   iii. Be a member in good standing (not currently being sanctioned) with GymCan and P/T Association
   iv. Be a Canadian citizen OR Permanent Resident
   v. Not compete or not have competed internationally for a country other than Canada.

b) A Canadian citizen living outside Canada who wishes to compete at National level competitions must be a member of a club affiliated with a Provincial/Territorial Organization (P/TO). The athlete must follow the provincial and national rules regarding participation at the National level competitions.

c) A Canadian citizen who has dual citizenship and competes internationally for a foreign country may not receive National Team status. Upon request from the foreign country, he/she may compete out-of-competition in the Qualification of the Canadian Championships only.

d) A foreign athlete not representing or not having represented his/her own country at an international competition and who has resided in Canada for at least 12 months in a row but has not yet resided for at least two years before his/her request may compete out-of-competition at the Canadian Championships provided that he/she has:
   i. submitted a written request to the GymCan office
   ii. satisfied the requirements of his/her P/T related to qualification for the competition
   iii. any out-of-competition athlete competing at a Canadian Championships cannot take the place of a Canadian on the podium. The foreign athlete will tie with the Canadian athlete.

e) Gymnasts are permitted to compete in only one category and level per GymCan championship event.

f) All athletes participating in international GymCan events and all National Team members must be One Badge Compliant.

2.2 ATHLETE AGE ELIGIBILITY

Age eligibility for GymCan national level competition will be determined by the year of the competition and specified in the Directives for each event. GymCan national level competitions will be in accordance with the following age specifications:

Level	Age Requirements	Maximum age discrepancy within the unit
Level 7	Aged 9 - no max*	Maximum of 8 years
Level 8	Aged 9 - no max*	If a member of the unit is: 9 years old: maximum of 8 years 10 years old: maximum of 9 years 11+ years old: maximum of 10 years
Level 9	Aged 9 - no max*	If a member of the unit is: 9 or 10 years old: maximum of 9 years 11+ years old: maximum of 10 years
Level 10	Aged 9 - no max*	If a member of the unit is: 9 or 10 years old: maximum of 9 years 11 or 12 years old: maximum of 10 years 13+ years old: no maximum
Aspire	Aged 9-16	Maximum of 8 years
FIG Pre-Youth (11-16)	Aged 9-16	NA
FIG Youth (12-18)	Aged 10-18	NA
FIG Junior (13-19)	Aged 11-19	NA
FIG Senior	Aged 13+	NA

*These levels may be further divided by age depending on the number of registered participants within the event. If there are more than 20 units registered in a level and category, the units may be divided into smaller competition groups of equal (or approximately equal) size according to the age of the oldest gymnast within the unit. Age divisions within a level and category will be announced after the deadline for nominative registration. Any withdrawals received after this time will not affect the previously announced divisions.

Competitive age is defined as the age of the athlete on December 31st of the competition year (competition year = the calendar year the competition is scheduled to take place).

Out of age partnerships are not permitted to compete in GymCan National Championship events.

2.3 COACH ELIGIBILITY

Coaches must:

- Be current, registered members in good standing with their P/TO;
- Adhere to the GymCan policies and procedures; and
- Maintain current/up-to-date personal records for all GymCan risk management requirements.

- Safe sport compliant

The coaching certification requirements to attend GymCan national level competitions are as follows:

- NCCP Comp 1 Certified in Acrobatic Gymnastics
- NCCP Comp 2 Certified in Artistic Gymnastics (MAG or WAG); or
- Acrobatic gymnastics coaching certification from a FIG Academy or country recognized by Gymnastics Canada as a country with reputable coach education training. A coach who has achieved certification via this pathway would be required to go through the GymCan evaluation process.

2.3.1 NCCP ACRO COACH CERTIFICATION

The coach qualification requirements will be re-evaluated upon completion of the NCCP Acro specific coaching course.

2.3.2 COACH EXEMPTION PROCESS TO PARTICIPATE TO A NATIONAL EVENT

Should a coach not meet the minimum coaching requirements outlined under 2.3. Coach Eligibility, they must submit a coach exemption request to participate to a GymCan event.

Coach Exemption requests must be submitted a minimum of 4 weeks prior to the start of the event. Exemption requests must include the $25.00 Administration Fee payable to GymCan (fee is waived for NCCP Acro Competition 1 trained coaches if exemption requests are submitted a minimum of 4 weeks prior to the start of the event). Late exemption requests will be charged an additional $100.00 processing fee and will be processed at the discretion of the Program Manager or designate. Other requests may be considered in extenuating circumstances (for example, last minute major illness). Please refer the following link for the Coach Exemption Form:
https://activitymessenger.com/p/6oq5glP?lang=en

The coach requesting an exemption must have a coach responsible with them at all times while coaching on the field of play and this would be considered as a mentorship opportunity.

3 GYMCAN COMPETITIONS AND EVENTS

3.1 INTRODUCTION

The GymCan National level Acro competitions are annual national acro gymnastics events in Canada. These competitions showcase the talents of Canadian gymnasts in the following events:

Category	Level
Women's Pairs (WP/W2) 1 unit = 2 female gymnasts	Levels 7-10 Aspire FIG Pre-Youth (11-16) FIG Youth (12-18) FIG Junior (13-19) Senior
Men's Pairs (MP/M2) 1 unit = 2 male gymnasts	Levels 7-10 Aspire FIG Pre-Youth (11-16) FIG Youth (12-18) FIG Junior (13-19) Senior
Mixed Pairs (MxP/Mx2) 1 unit = 1 female gymnast and 1 male gymnast	Levels 7-10 Aspire FIG Pre-Youth (11-16) FIG Youth (12-18) FIG Junior (13-19) Senior
Women's Groups (WG/W3) 1 unit = 3 female gymnasts	Levels 7-10 Aspire FIG Pre-Youth (11-16) FIG Youth (12-18) FIG Junior (13-19) Senior
Men's Groups (MG/M4) 1 unit = 4 male gymnasts	Level 7-10 Aspire FIG Pre-Youth (11-16) FIG Youth (12-18) FIG Junior (13-19) Senior

3.2 OBJECTIVES

The main objectives of the Canadian Acro Gymnastics Championships are:

a) To act as the mechanism for the declaration of National Champions;

b) To promote and increase visibility of Acrobatic Gymnastics in Canada;

c) To serve as a celebration of the Gymnastics Community;

d) To provide an athlete centered environment allowing competitors the opportunity to achieve their personal best;

e) To serve as a mechanism for:

   i. National Team Selection

ii. International Event Selection

iii. World Championships Selection

iv. World Age Group Championships Selection

v.

3.3 QUALIFICATION AND ENTRY QUOTAS

Each Provincial/Territorial Organization (P/TO) will determine the athlete qualification process specific to their membership, however, GymCan recommends that athletes have participated in at least one provincially sanctioned event during the competitive season.

The table below shows the minimum qualification scores to Canadian Championships for each level. The scoring recommendations are based upon achieving a score of approximately 7.5 in artistry and execution (at most USDP levels) and 7.0 (FIG levels) and the maximum value for difficulty for a routine. These recommendations are meant to help determine appropriate/readiness for the athletes to compete at Canadians but are not mandatory:

Level	Qualification Score for Canadian Championships
Level 7	21.0 (REQUIRED)
Level 8	45 (Recommended)
Level 9	45.7 (Recommended)
Level 10	46.1 (Recommended)
Aspire	23 (Recommended)
FIG Pre-Youth (11-16)	43 (Recommended)
FIG Youth (12-18)	65.5 (Recommended)
FIG Junior (13-19)	67.1 (Recommended)
FIG Senior	67.1 (Recommended)

3.4 RIGHTS OF COMPETITORS

a) To compete in only one category of events in national championships.

b) To be provided with safe training facilities, in conditions comparable to those which will be used during the competition. At least one training session to be provided on the podium floor in the competition venue with exercise music.

c) To be informed by the coach and Head of Delegation of the training schedule.

d) To warm up before performance of each exercise, according to the schedule, on a regulation floor with comparable conditions to those of the podium floor, with no more eight (8) units on the floor at a time.

e) To restart an exercise when, due to reasons beyond their control, the exercise cannot be completed (e.g. the electricity shuts off during performance).

3.5 OBLIGATIONS OF COMPETITORS

a) To know, observe and adhere to the prevailing policies, technical regulations, Anti-Doping Regulations, the applicable Codes of Points and the Athletes' Oath.

b) To meet the prevailing age regulations for the particular event, defined by the Technical Regulations.

c) To be polite to officials, coaches, volunteers, other competitors and the spectators, and to behave with dignity, integrity, and sportsmanship at all times.

d) To know and adhere to the training and competition schedule.

e) To be ready for the competition, in the correct attire, at least one hour before the time indicated in the program and to be ready for performance at the scheduled time. The event organizers, with the permission of the Jury of Appeals, has the right to bring a session forward in time if withdrawals occur.

f) To follow all the instructions of the competition officials.

g) To make no marks on the competition floor to assist performance.

h) To present to the medal ceremony on time and in the correct attire.

i) To present for size measurement at the designated time and place.

3.6 SANCTIONS (COMPETITORS)

a) Failure of a competitor to adhere to any of the regulations will result in a warning or sanction from the Chair of the Jury of Appeals.

b) Failure to present for a medal ceremony or to willfully disregard the rules for presentation on the podium will result in the following sanctions:

- The unit will be withdrawn from the competition.
- The competition ranking will be revised.
- The medals will be awarded according to the new rankings.

c) For exceptional circumstances, such as illness, the Chair of the Jury of Appeals may excuse absence from a medal ceremony without penalty.

d) A second offence of any kind will result in sanctions.

e) Competitors who do not appear for measuring at the requested time or who obstruct measuring (try to cheat) by not following instruction for measuring or try to obtain favourable measurement by any means will be disqualified from the competition.

3.7 RIGHTS OF COACHES

a) To be informed of the order of performance for competitors as determined by draw.

b) To be provided with safe training facilities, with equipment comparable to that which will be used during the competition.

c) To receive documentation concerning training and competition schedules and to have access

to scores daily during competitions. The registered coach also has the right to a designated place, close to the podium, to observe the exercise of his/her competitor during competition.

d) At Canadian Championships, to be informed before the start of competition, at a designated time and place, of any problems with Tariff Sheets that could affect Special Requirements or difficulty value of an exercise.

3.8 OBLIGATIONS OF COACHES

a) To act at all times honestly, with integrity, and good sportsmanship, and in the best interest of the sport of Acrobatic Gymnastics.

b) To behave towards all competitors, judges, coaches and officials in a respectful, courteous and polite way and to operate in accordance with Human Rights, Child Protection Laws, GymCan and P/TO Code of Ethics and Conduct.

c) To ensure the safety of their own and other competitors.

d) To know and strictly adhere to the prevailing policies, technical regulations, Anti-Doping Regulations and the applicable Codes of Points.

e) To make no verbal, electronic or other contact with any judges during the warm-up periods or competitions. Infringement will result in the immediate disqualification of the judge(s) concerned from officiating for the particular competition session, accompanied by formal warning to both the judge and the coach.

f) It is the coach's responsibility to ensure that the Tariff Sheets are correct before submission.

g) To inform the Difficulty Judges for the event category for exceptional reasons of any minor adjustments to the content of the exercise, through drawings, with values, at least 30 minutes before the start of the competition segment.

h) To adhere to all requirements of Safe Sport.

3.9 SANCTIONS (COACHES)

a) Coaches who do not abide by the rules either by cheating, influencing a judge's score, using abusive behaviour or speech towards gymnasts, other coaches, judges or officials or distracting attention away from athletes' performances, will be banned immediately from the competition hall by the Chair of the Jury of Appeals. An official warning is issued to the coach and to the province. Return is at the discretion of the Jury of Appeals.

b) A second offence will result in sanctions.

c) Warnings are carried throughout the cycle for all official National events. For example, if a coach receives a warning for a serious violation of rules at National championships and a second warning in another GymCan or PTO sanctioned event/activity, the second warning is an automatic proposal to the Disciplinary Commission for sanction.

d) Coaches who are not in Club, Provincial, or National uniform during competition will be required to leave the arena. Return is at the discretion of the Superior Jury.

e) Sanctions are made to coaches in accordance with GymCan Policy

3.10 COMPETITIVE ATTIRE, ACCESSORIES AND AIDS – ATHLETES

Competitive attire, accessories, and aids (on the field of play) as outlined by FIG Code of Points (Article 34) for the applicable competitive cycle.

3.11 COMPETITIVE ATTIRE – JUDGES AND COACHES

All judges and coaches are to be dressed appropriately in the competition venue.

a) **Judges**: as per FIG judge's regulations.

b) **Coaches**: Provincial or club team t-shirt, golf shirt, tracksuit pants with or without tracksuit jacket. No ball caps permitted on the FofP.

c) **Penalties**: Coaches - not allowed on the floor; Judges - not permitted to judge.

3.12 ATHLETIC MEASUREMENT – HEIGHT DISCREPANCIES

All competitors will be required to report for measurement according to the published schedule within the official competition documentation. The "Procedure for Athletic Measurement" is in accordance with FIG or USDP Code of Points.

The measurements will be recorded by a member of the Acro Program Committee (or designated GymCan staff member) and will be confirmed by the recording representative and an official representative of the athletes (i.e. personal accredited coach, team manager, or P/T head of delegation/chef de mission).

The confirmed measurement of the recordings will be entered into KSIS and reviewed by the CJP prior to the start of the competition. The CJP will confirm the applicable penalty for size intolerance from the final score of each exercise.

The differences in height allowed between gymnasts are defined in the WGF and USDP Code of Points. For Aspire level of competition, there is no height deduction.

3.13 TRAINING

At least one training session will be provided to all units in the competition venue (warm-up and podium floors) the day of, or one day prior to the start of the event. Training will include music on the podium floor. Every unit will be given the opportunity to train with their full music for each of their exercises on the podium floor. This may take place over two separate podium training for levels with 3 different exercises (B, D, C) depending on the timing allocations/scheduling for the event.

3.14 GENERAL WARM-UP AND STRETCHING AREA

Units will be assigned 30 minutes in the general warm-up and stretching area prior to each training and competition segment.

3.15 WARM-UP FLOOR

Units will be assigned a time on the official warm-up floor (sprung gymnastics floor, 12x12m) immediately preceding each podium training and competition segment as follows:

- Training: 30 minutes on the official warm-up floor
- Competition: 25 minutes (USDP and Youth Levels)
- Competition: 35 minutes (FIG Levels)

During training, a maximum of 6 units at a time will be allowed on the warm-up floor. Units cycle through the floors as a "training group" or "flight".

During competition, a maximum of eight (8) units at a time will be allowed on the warm-up floor at a time. Units cycle through the floors individually according to their competition time.

3.16 START ORDERS

Start orders will be determined by random draw for each routine (B, D, C). GymCan will conduct the draws and publish the starting orders no later than 10 days preceding the start of the event.

Start orders for all finals will be conducted in accordance with FIG Technical Regulations 2025 (Article 3.2.2).

3.17 MUSIC AND TARIFF SHEETS

Music must be uploaded to KSIS by the date specified in the event directives.
Music files must be clearly labelled with the following information:
Partnership Level (B,D,C)_Category (W2,M2,Mx2,W3,M4)_province/territory_last names.
(Example**:** Junior_B_W2_ON_Smith-Johnson)

Pairs/Groups must also make arrangements to bring a USB accessible backup in case of a technical problem during competition or training.

Tariffs must be uploaded to KSIS by the date specified in the event directives. Late tariffs will be penalized according to the directives.

3.18 COMPETITION STRUCTURE

Units will compete according to the following competition structure at GymCan championships events:

a) USDP Level 7 and Aspire compete one Combined exercise, twice. The winner in each category is determined by the total score, which is the sum of the final scores from both combined exercises (C + C).

b) Levels 8, 9, 10 compete one Balance exercise and one Dynamic exercise. The winner in each category is determined by the total score, which is the sum of the final scores from the Balance and Dynamic exercises (B + D).

c) FIG Pre-Youth (11-16), Youth (12-18), Junior (13-19) and Senior compete as per FIG rules.

d) Any category with a single entry may award the Canadian Championship title as long as the pair/group meets the minimum score requirement determined annually as outlined in regulation 3.3.

3.19 FINALS

The quota for finals in the FIG Pre-Youth (11-16), Youth (12-18), Junior (13-19) and Senior categories is dependent on the total number of entries registered in the applicable category:

a) 8 units or less registered = Top 6 units qualify to finals.

b) 9-15 units registered = Top 8 units qualify to finals

c) 16-20 units registered = Top 10 units qualify to finals

d) 21+ units registered = Top 12 units qualify to finals

3.20 TIES

a) Levels 7-10: As outlined by USAG Rules and Policies for the applicable competitive cycle.

b) FIG Pre-Youth (11-16), Youth (12-18), Junior (13-19), Senior: As outlined by WGF (FIG) Code of Points for the applicable competitive cycle.

c) Aspire: As outlined in Appendix A.

3.21 EVALUATION OF EXERCISE AND SCORING

a) Levels 7-10: As outlined by USAG Code of Points for the applicable competitive cycle.

b) FIG Pre-Youth (11-16), Youth (12-18), Junior (13-19), Senior: As outlined by WGF (FIG) Code of Points for the applicable competitive cycle.

c) Aspire: As outlined in Appendix A.

The process for determining the A/E score will depend on the number of judges assigned to the panel:

- If there are 3 judges on panel, the total A/E score is determined by calculating the average of all three scores submitted.
- If there are 4 or 5 judges on panel, the total A/E score is determined by dropping the high and low scores and calculating the average of the middle scores remaining.
- If there are 6 judges on panel, the total A/E score is determined by dropping the 2 highest and 2 lowest scores and calculating the average of the middle scores remaining.

3.22 APPEALS

a) Appeals may be made based on the difficulty score, equipment failure, and/or mathematical error only.

b) A coach may review the difficulty slip completed by the CJP and DJ without submitting an official appeal if there is a question about the difficulty score and/or penalties applied by the CJP/DJ. (The difficulty slips will be available in a designated area after judges' scores have been entered and posted.) There is no fee to request a difficult slip review.

c) Only the coach who has been officially registered with the unit may initiate a difficulty slip review and/or appeal on behalf of their athletes. Requests for difficulty slip reviews and/or appeals related to the score posted for a unit from anyone other than the unit's registered coach will not be accepted.

d) After reviewing the difficulty slip, a coach may file an official appeal if there is concern regarding an error that is eligible for appeal (see item a. above)

e) The appeal must be filed within 10 minutes of the posting of the score for the exercise in question.

f) There is no cost to submit an appeal.

g) The following process will be followed when resolving an appeal:

- The coach must submit the appeal in writing (in English or French) to the World Games (WG) Program Manager or designated GymCan Staff - Appeals Form (see Appendix A).
- The appeal must clearly detail the elements or values that are in question.
- Upon receiving the appeal, the designated member convenes the Jury of Appeals.
- The Jury of Appeals makes every effort to resolve the appeal immediately, but may need to wait until a break in competition (i.e.; the end of the rotation or session).
- To resolve the appeal, the Jury may choose to consult the judging panel and/or use video review
- There must be clear and conclusive evidence in the review to overturn the original decision of the panel.

- CJP and/or DJ penalties may be reconsidered (positively or negatively) if there is a change in the difficulty score after an appeal.
- The execution and/or artistry scores given by the panel cannot be changed based on an appeal.
- Should an appeal be sustained, an adjustment of the score will be made by the CJP, the designated member and the adjusted score (if applicable) is entered on the official score sheets and displayed to the public.
- The World Games (WG) Program Manager will notify the coach by email, the final decision taken.
- The decision of the Jury of Appeals is final.

3.23 JURY OF APPEALS

The Jury of Appeals is the ultimate decision-making body of the competition. The Jury acts on appeals and other competition controversies not resolved by the judging panel and/or event organizers.

The Jury may remove any judge for committing obvious errors in judging and/or bias.

All decisions made by the Jury are final. The Chair of the Jury may add members to the panel based on need if applicable.

The following individuals will make up the Jury of Appeals:

- CJP
- DJs from applicable panel
- GymCan Program Manager (Chair of Jury and Designated Member for submission of appeals)

4 DOCUMENT TIMELINES

Version	Date	Change(s)
Final 1.0	April 10, 2026	-

5 APPENDIX A – ASPIRE

The Youth level of competition will be offered for each category at GymCan championship events.

Aspire level perform one Combined exercise, maximum duration of 2 minutes (no minimum duration).

General rules:

- Each pair or group must present a combined exercise, which must be choreographed and performed to music.
- The exercise is composed of compulsory elements, selected from the World Age Group Rules, and optional elements, selected the FIG Tables of Difficulty.
- Music of all exercises has a maximum duration of 2 minutes. There is a 2" (second) tolerance before the overtime of exercise penalty is applied. There is no minimum length.
- The first note of the music indicates the beginning of the time of the exercise. The first move made by one or more competitors from the start position is considered as the "start" of an exercise. The end of an exercise is the **static position** of partners, which must coincide with the end of the music.
- There is no height penalty. However, the rules for the logical relationship between partners in artistry are applied.
- Each pair/group must perform the elements as in the drawings.
- Each pair/group must also perform the required number of optional elements. Optional Elements can be the same as in the Compulsory Tables but not from the same row used in Compulsory and must be chosen out of the Tables of Difficulty. (to indicate that this is the optional element).
- Each element chosen from the COMPULSORY Difficulty Tables has a stated difficulty value, which is used to determine the Difficulty Value of the exercise.
- Optional elements are NOT used in calculating the Difficulty value of the exercise, although they must be performed to meet Special Requirements.
- The Difficulty value of the exercise is calculated according to the difficulty value of the performed elements up to a MAX of 0,5:

A penalty of 1.0 is applied when:

• For each missing requirement
• Performing more elements than the ones required.
• A pair/group or individual element exceeds the stated maximum value.
• A simple element exceeds the maximum number of rotations, twists or the maximum value of 5.
• A forbidden element is performed. (see for forbidden elements FIG 11-16 rules)

This penalty is applied for each violation, even if the performed element is not declared on the tariff sheet.

In the whole exercise, exactly 3 individual elements must be executed by each partner from any category (Balance or Dynamic). No salto is required.

Individual elements selected from the FIG Tables of Difficulty must not exceed value 10.

Tumbling elements (Flic flac, salto's, handspring…) must be preceded by motion (run-up, round off,…) and land on one or two feet according to the character of the element. If an individual element is not declared, the element that follows is given no difficulty.

Each pair or group may use simple entries, motions, links, catches and dismounts. The do not need to be declared on the tariff sheet.

These elements must:

- Be selected from the FIG Tables Of Difficulty.
- Not exceed value 5.
- Not exceed **3/4** rotation or more than **360°** twist.
- A penalty of 0.3 is applied for incorrect Tariff Sheet (element order, wrong element,..).

This penalty is applied only **one time** per exercise.

- All Special Requirements must be met within the declared elements on the Tariff sheet.

Exception: *If a different element is performed to that declared for difficulty on the Tariff sheet by the coach, the gymnasts will not receive the difficulty value of this element. However, this element will count for Specific Requirements and there will always be a 0.3 penalty for wrong Tariff sheet.*

- Only 2 dismounts are allowed for difficulty.
- A maximum of 3 dismounts in the exercise is allowed.
- All the landings of all dynamic elements and dismounts with a value greater than 1 must be supported. If the landing is performed without support, a 0.5 penalty is applied for each occurrence.

Exceptions: *Support is optional for dismounts from "cannon-ball" elements and the 5/4 gainer salto from wrap*

- For developmental reasons, in both pair and group balance and dynamic elements, **all handstands** may be performed with legs in either a straddle or any allowed positions or with legs together to the ankle. There is no need to identify the specific leg position on the tariff sheet.
- Elements that move from low arm to high arm as indicated in the compulsory tables may be performed first to low arm then moving into high handstand as one motion, but the low position must be included in the motion.

Pairs exercise:

- There must be exactly two (2) Compulsory Balance Pair elements, each selected from a different row, I, II, III and IV of the Compulsory Element Table, I.e. one from Row I, one from Row II etc.
- There must be exactly one (1) Optional Balance Pair element selected from the FIG Tables of Difficulty.
- There must be exactly two (2) Compulsory Dynamic Elements, each selected from a different row, I, II, III and IV of the Compulsory Element Table, I.e. one from Row I, one from Row II etc.
- There must be exactly one (1) Optional Dynamic element selected from the FIG Tables of Difficulty.
- One of the Dynamic Element (Compulsory or Optional) must be a catch.

Pairs restrictions:

- The difficulty of the Optional Dynamic Elements must be a minimum of 1 value and a maximum of value 14.
- The difficulty of the optional balance element must be a minimum of value 1 and a maximum of value 9.

Groups exercise:

- There must be one (1) Compulsory Pyramid from a row of the Compulsory Element Table.
- There must be one (1) Optional pyramid selected from the FIG Tables of Difficulty, with a minimum difficulty value of 4 and a maximum difficulty value of 16 for the static hold of all partners. (Value of the base position + the value of the top) and cannot be joined with the compulsory pyramid. Each pyramid must be performed as a separate construction.
- There must be exactly two (2) Compulsory Dynamic Elements, each selected from a different row, I, II, III and IV of the Compulsory Element Table, I.e. one from Row I, one from Row II etc.
- There must be exactly one (1) Optional Dynamic element selected from the FIG Tables of Difficulty.
- One of the Dynamic Element (Compulsory or Optional) must be a catch.

Groups restrictions:

- The difficulty of the Optional Dynamic Elements must be a minimum difficulty value of 1 and a maximum difficulty value of 14 for women and a maximum difficulty value of 10 for men.
- Women's group may perform max three (3) horizontal catches.
- Men's group may perform one (1) horizontal catch selected from the Compulsory Element Table.
- Men's group may perform one (1) horizontal catch selected from the FIG Tables of Difficulty.

Tie Breaks in Qualifications:

- The highest E-score of the Combined exercise prevails.
- If there is still a tie, the tie will not be broken.

Tie Breaks in Finals:

- The highest E-score of the Combined exercise prevails.
- The highest sum of the E and A score of the Combined exercise prevails.
- If there is still a tie, the tie will not be broken.

D-Value of Compulsory Elements
0,0
0,1
0,2
0,3
0,4
0,5

6 APPENDIX B – APPEAL FORM

1. Appeals may be made based on the difficulty score, equipment failure, and/or mathematical error only.
2. Only the coach who has been officially registered with the unit may initiate a difficulty slip review and/or appeal on behalf of their athletes.
3. The appeal must be filed within 10 minutes of the posting of the score for the exercise in question.
4. There is no cost to submit an appeal.
5. To resolve the appeal, the Jury may choose to consult the judging panel and/or use video review
6. The decision of the Jury of Appeals is final.

Appeal for:

P/G#:_____ Athlete Names:

Province/Territory: _____ 1. _____

Category: WP MP MxP WG MG 2. _____

Level/Age Group: 3. _____

Routine: BAL DYN COMB 4. _____

Coach's Name: _____ Time of Appeal Submission: _____

Coach Appeal: _____

Coach Signature: _____

Jury's Decision/Response:_____

Chair of the Jury Signature: _____

Result of Appeal:

Change as follows: ☐ No change to score: ☐

New Difficulty Value: _____

New D-Score: _____

Adjustment to CJP/DJ Penalties: _____

Print Name: _____