

THE 10 COMMANDMENTS OF ACRO RULES

A Parent's Introduction to the Sport
Revised for the 2006 Rules

USAG Region 3 Acro

Kansas ◇ Oklahoma ◇ New Mexico ◇ Texas ◇ Arkansas ◇ Louisiana

Compiled by Alex Douglas

Distributed on the world wide web by the *Texas Acro* www.freewebs.com/txacro

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Note: This primer is a general outline intended to provide a bird's eye view for parents just entering the sport of competition basics.

MATCHING PARTNERS

I AGE GROUPING

A. Groups are determined by the eldest member of the group regardless of youngest age of the group.

B. Groups are:

Pair/Group

11 and under

12 – 14

15 – 16

17 and up

II HEIGHT, MASS AND MATURITY

A HEIGHT

1. The top of the flyer's head should be above the base's suprasternal (notch of the clavicle).

2. **Junior Elites and Elites** receive a 0.5 deduction if size difference is less than 1 cm above suprasternal notch. And a 1.0 deduction if shortest partner is below suprasternal notch of tallest partner..

3. **L8- 10** receive a deduction of 0.2 if the difference is less than .1 cm or more.

4. **L4 -7** No deduction if difference is 3.0 cm or less.

L4-7 have .2 deduction if greater than 3.0 cm.

5. There is an Artistry deduction for size in reference to weight difference, as well as physical maturity differences and "adult/child" differences in the Presentation Category of 0.1, 0.3 or 0.5.

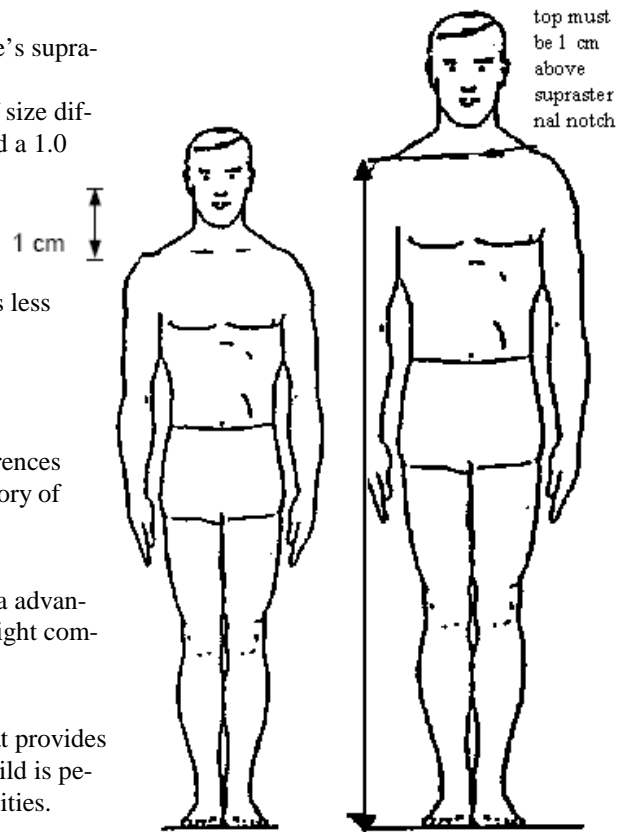
B MASS

Mass refers to the difference in size that provides extra advantage to performers. Think of it as weight, width and height combined.

C MATURITY

Maturity refers to the appearance of age difference that provides advantage to competitors. The appearance of Adult/Child is penalized. This also refers to skills and performance abilities.

Partners need to be equal in abilities.



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ROUTINES

III EVENTS AND SKILLS

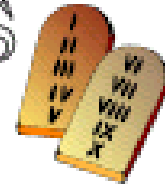
A. There are 5 events in USAG Acrobatic Gymnastics Competition classified by gender and number. 1. Women's Pair 2. Mixed Pair 3. Men's Pair 4. Women's Group 5. Men's Group

| Women's Pair | Mixed Pair | Men's Pair | Women's Groups | Men's Groups |
|--------------|------------|------------|----------------|--------------|
| | | | | |

Acrobatic Skills Families

| Static | | | Dynamic | | | Individual | | |
|---|--|--|--|--|---|----------------------------------|--|---|
| Static | Moving | Transitional | Toss & Catch | Boosts | Dismounts | Dance | Acrobatic | Tumbling |
| Balances held still for 3" | Balances in which the base moves | Balances in which the top moves | Flyertossed and caught by the base | Flyer goes overhead | Flyer on floor | Ballet & jazz, etc. | Presses, scales, & abilities | Handsprings & saltos |
| Static Balance Bent Arm Hand to Hand | Moving 1-Arm Back Bird, Slide Split | Transitional Low Back Walk Low Hand to... | Toss & Catch Foot to Hand, Toss 1/2 Turn, Foot to Hand | Boost Boost Back Tuck | Dismounts F/H, Front Tuck | Dance Ring Leap | Acrobatic Back Roll Extension | Tumbling Round Off, Back Hand... |



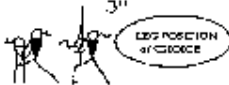


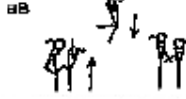
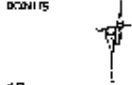


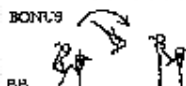




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IV JUNIOR OLYMPIC PROGRAM

1. There are 3 types of routines:
 - a. Combined: elements of balance and tempo in one routine.
 - b. Static (formerly called Balance): a variety of balance elements in one routine.
 - c. Dynamic (formerly called Tempo): a variety of tempo elements in one routine.
2. There are 10 levels, advancing from 1 to 10, Jr. Elite & Senior Elite
3. Levels 1 – 3 are non routine levels, and non competitive.
4. Levels 4 to 7 have one 3 minute maximum Combined routine
 - a. Levels 4 & 5 are compulsory, (5 allowed artistic license)
 - b. Class 6 & 7 are optional, drawing from 2 columns of 13 skills
(7 gets .1 bonus points)
4. Levels 8 to 10 have two 2½ minute maximum routines; Static and Dynamic.
 - a. Level 8 has compulsory skills to draw upon and the Table of Difficulty.
 - b. Level 9 & 10 draws upon the Table of Difficulty for skills with restrictions.
5. Jr Elite and Elite draw completely upon the Table of Difficulty with no restrictions and charts determining difficulty of skills according to values which are added up .

Sample Illustration of Progressions

| Level | Static | Dynamic |
|-------|--|---|
| 4 | Handstand on knees while sitting.  | 3 nd Stand on hands, no flight, for foot pitch.  |
| 5 | Handstand on knees while standing in lunge.  | 3 rd Foot pitch with flight.  |
| 6 | Overarched handstand on knee while standing in lunge.  | 3 rd Foot pitch, straddle jump.  |
| 7 | Hand to hand on bent arm support.  | 3 rd Foot pitch, back tuck salto.  |
| 8 | Hand to hand in overarch on bent arm support.  | 3 rd Foot pitch, back layout salto.  |
| 9 | High hand to hand.  | 3 rd Foot pitch, back layout with a full twist.  |
| 10 | High hand to hand in overarch.  | 3 rd Foot pitch, double back tuck salto.  |

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V TARIFF SHEETS

A. In order for judges to follow the routine, coaches must submit a diagram form called the *tariff sheet*.

B. The USAG provides a prepared chart (sample at right) for levels 4 – 7 that we simply have to number, and fill appropriate athlete, coach and club information.

C. **For L4 & L5** there are 13 skills that have to be performed in order for a 10.0 Difficulty start.

D. **For L6** there are 2 columns of 25 skills that may be performed in any order, with no bonus points for a 10.0 Difficulty start.

E. **For L7** there are 2 columns of 25 skills. The left side is the base point column for a 9.0 start. The right column is the bonus point side for a 10.0 Difficulty start. Start score depends on skills performed.

F. **Combined routines from L7 and lower** have 4 balance skills for pairs & 3 for groups, 4 dynamic skills, and 5 individual skills that are judged.

G. **L8 performs** 2 routines (a static routine and a dynamic routine)

- Pair Static have 4 compulsory & 2 optional elements
- Group Static have 2 compulsory & 1 optional elements
- Pair Dynamic have 4 compulsory & 2 optional elements
- Group Dynamic, and 4 compulsory & 2 to 4 optionals.
- Static Individual has an unlimited number of skills to perform, but must have 1 balance, 1 agility, 1 flexibility & choreography skill from category 1.
- Dynamic Individual must have 4 category 2 skills, 3 must be tumbling & 1 may be choreographic. One salto must be performed by all, or a pass of 3 connected skills.

H. **L9 performs** 2 routines (a static routine and a dynamic routine)

- Pair Static have 6 balance min V1, 3 must be held for 3 seconds. 2 points of support, 1 handstand min V4, 1 mount min V3, 1 base motion min V3 (includes top & base), 1 top transition min V3.
- Group Static min 3 pyramids min V6, each with 1 3 second static hold. 1 handstand in a pyramid, 1 top transition min V3, no more than 1 double support pyramid, no more than 1 pyramid with 2 tops working,
- Dynamic for Pairs & Groups: min 6 skills with flight, 2 must be catches; values min of 1 and max of 4; max rotation 8/4 in tuck; 1 twist (pairs 180° in 4/4 & groups 360° in 3/4); Pairs need 1 h/h or f/h catch; Groups need 1 4/4 beginning and ending on feet or 1 toss and catch from handstand 2/4.
- Static Individuals: each must perform 4 skills from Cat 1; the 4 must be 1 of balance, agility, flexibility, and choreography; min V1
- Dynamic Individuals: each must perform 4 skills from Cat 2, 1 may be choreographic; each 1 salto in a series; min V1.

TARIFF SHEET

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|
| 1A | 2A | 3A | 4A | 5A | 6A | 7A | 8A | 9A | 10A | 11A | 12A | 13A | 1B | 2B | 3B | 4B | 5B | 6B | 7B | 8B | 9B | 10B | 11B | 12B | 13B |
| | | | | | | | | | | | | | | | | | | | | | | | | | |

Level 7 Women's Pair

Entry # _____
 Age Group _____
 Club _____
 Coach _____

Name _____
 Birthdate _____

Name _____
 Birthdate _____

2008 Specifications 12 - 05

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I. L10 performs two routines:

- Pair Static: min 6 balance skills min V1, 3 must be held 3 seconds; 2 points of support h/h & f/h; 1 handstand min V6; 1 mount min V4; 1 motion of base min V8 (includes top work); 1 top transition min V4.
- Group Static: 1 pyramid min V12 (includes top transition); no more than 1 pyramid in double support; no more than 1 pyramid with 2 tops working; 1 top handstand min V6; 1 top transition min V4
- Dynamic for Pairs & Groups: min 6 skills with flight – 2 must be catches; min V1 no max value; max rotation is 10/4; must have 1 front & 1 back salto min 4/4; Pairs need 1 h/h or f/h catch min V6; Groups need platform to platform with top begin & ends on feet 4/4 or top caught in handstand 2/4
- Individual Static for Pairs & Groups: 4 Cat 1 skills of balance, agility, flexibility, & choreography V1 & up.
- Individual Dynamic for Pairs & Groups: 4 Cat 2 skills, 1 may be choreographic; 1 salto each in series; min

| Difficulty Requirements Static & Dynamic | | | |
|---|---------|---------|-----------|
| | Minimum | Maximum | Allowance |
| L8 Pairs & Groups | 0 | 35 | 45 |
| L9 Pairs & Groups | 35 | 60 | 80 |
| L10 Pairs & Groups | 60 | 110 | |
| Jr & Sr Elite | 90 | | |

V1 & up.

J. Jr Elite & Elite follow FIG rules and must have a minimum difficulty of 90.

V1 MUSIC & CHOREOGRAPHY

A. MUSIC

1. All routines are performed to music.
2. Levels 4 to 7 have a maximum of 3 minutes, but no minimum.
3. Since Level 8 to 10 perform 2 (and Jr. Elite & Elite 3 routines), they have a maximum of 2 and a half minutes.
4. No lyrics are allowed, vocals in background that aren't words are accepted.
5. Routines are timed by the first and last movements, *not by the music*.
6. Music can not be manually faded out and receives a 1.0 deduction.

B. CHOREOGRAPHY

1. Routines should be choreographed using elements of dance, individual skills, and pair/group skills. Partners should have transition moves from dance to stunts and should interact with one another, the audience, and judges.

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COMPETITION

VII MEET FORMAT

- A. General warm-up of 30 minutes to 1 hour is to provided before competition.
- B. Athletes are measured by Meet Referee before or at the time of 5 minute touch line up..
- C. Competitive attire must be complementary in pair/groups.
- D. After opening ceremonies of introductions, national anthem, etc. athletes present before audience in team warm-up suits with white socks.
- E. 3 to 5 minute touch is provided before each rotation.
- F. Each rotation lasts 20 to 30 minutes.
- G. Warm up suits are worn for awards with white socks.

VIII SCORES & QUALIFYING

A. SCORES

1. All levels can earn a maximum score of 30.00.
2. All levels can have a Difficulty Start of 10.00, Execution Start of 10.00 and an Artistic Start of 10.00 from which the deductions are subtracted.
3. Level 7 has a Technical Start with a base of 9.00 and with bonus points earn a 10.00 start. Execution and Artistic Starts remain the same.
4. Level 8 works from a compulsory table and the Table of Difficulty and earn their score by totaling the *numerical values* of the chosen skills. There are maximum difficulties that they may earn, but they are allowed to go beyond that difficult for additional value to add in if need. Technical Values are then given decimal values. Allowance means that the additional difficulty earned may be added in to make up for CJP deductions.
5. Level 9 to Elite have no compulsory skills specified, but have requirements directing what may be used. Technical Value is determined by a chart.
6. The CJP (head judge) then subtracts a separate set of deductions from the sum of the Difficulty score..
7. L8 and up total scores are the combination of Static and Dynamic with Jr. Elites and Elites adding a Combined score to the total.

B. QUALIFYING SCORES

Qualifying scores are needed to go from Local meets to Nationals.

1. Level 4 may go to Regionals but not Nationals.
2. Level 5 to Elite may go to Nationals.
3. The qualifying score for Nationals can be earned at the State Meet, but all athletes must compete at Regionals. That means that the Regional score only applies if they did not earn it at the State Meet. Athletes must also compete in the State Meet that they are from, but may also earn their qualifying score in another state.
4. Level 10's by special permission can exhibit at some international meets.
- 5.. Table below is found on page 68 in the Rules book.

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| | Qualifying Score for States | Qualifying Score for Regionals | Qualifying Score for Nationals |
|----------|-----------------------------|--------------------------------|--------------------------------|
| Level 4 | - | - | Not applicable |
| Level 5 | - | - | 20.0 |
| Level 6 | 20.0 | 21.0 | 22.0 |
| Level 7 | 20.0 | 21.0 | 22.0 |
| Level 8 | 40.0 | 42.0 | 44.0 |
| Level 9 | 40.0 | 42.0 | 44.0 |
| Level 10 | 40.0 | 42.0 | 44.0 |
| Elite | 61.0 | 63.0 | 65.0 |

X CATEGORIES JUDGED

- Difficulty Score.** Every level has its own system for determining difficulty. Difficulty credit is given for what is actually performed.
- Execution.** Maximum of 10. Deductions are taken on how elements are performed by each athlete. All levels have the same 10.0 Execution start.
- Artistry.** Maximum of 10. Deductions on construction and performance of the routine. All levels have the same 10.0 start.
- CJP Deductions.** Additional deductions taken by the CJP from the Difficulty score..
- Final score** for L4 to L7 is the combined routine score. For L8 to L10 it is the total of the two routines, static and dynamic. For Elites it is the total of the three routines, static, dynamic and combined.

X JUDGES



**Meet Referee/
CJP (Chair
of the Judges
Panel)**

A. Meet Referee:

1. Meet Referee:

- ☞ Is the overall superior judge at a meet (and must be Regionally rated or higher for State Meets, and State rated or higher for local meets)
- ☞ Checks tariff sheets with difficulty judge prior to meet
- ☞ Times tape player before meet
- ☞ Settles controversies regarding rules
- ☞ Is on panel of appeals
- ☞ Sends Meet Referee report within 10 days of meet.

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B. Panel Judges

2. CJP:

- ☛ Is superior judge of panel
- ☛ Signals start of routine
- ☛ Works with Time Keeper
- ☛ Makes the CJP deductions as well as execution & artistry deductions
- ☛ Checks differences of panel judge scores to maintain range
 - ☛ Verifies Difficulty Judge's score
 - ☛ Calculates and displays final score



3. Difficulty Judge:

- ☛ Evaluates diagrams prior to meet
- ☛ Determines what elements are actually performed & maximum difficulty of routine
- ☛ Determines bonus if applicable

Difficulty Judge

4. Execution Judges:

- ☛ Are panel judges looking for execution errors which include:
 - ☛ Wobbles, strains, steps, lack of amplitude, falls to ground, & breakdowns of skills resulting in ncompletion of skills



Execution
and
Artistic
Judges

5. Artistic Judges:

- ☛ Are panel judges looking for artistic errors which include:
 - ☛ Variety in stunts combined with dance links, use of floor, appearance of partners, choreography, elements of surprise or predictability.

C. Technical Workers:

1. Meet Director
 - hosts the competition
 - gives awards
 - sends results to clubs and National office
2. Timekeeper times duration of exercise next Arbiter
3. Runner takes score sheets of Technical Judges to Arbiter, then to scorekeeper
4. Scorekeeper records and tallies all the scores for a meet
5. Medical Personnel on hand first aid

D. Judge Stations;

Judges are all on one side, but separated 5' from another. This rule is very good for the athletes and coaches. Routines can be choreographed to display the best side of the performers, thus hiding faults. It is also very good for exhibition.

