

Acrobatic Competition Structure

Adult Gymnastics British Championships 2024

V2.1

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Copyright

The Adult Gymnastics Acrobatic Rules and Tables of Difficulty must not be copied, duplicated or reproduced by whatever means, in whole or part, without the written consent from the Acrobatic Technical Committee and British Gymnastics.

Foreword

The Adult Gymnastics British Championships is open to anyone aged 18 and over regardless of experience or ability, with the opportunity to socialise and compete.

The event creates a fun and relaxed atmosphere where competitors can meet like-minded people whilst showcasing their gymnastics skills.

Competition entry for the Adult Gymnastics British Championships is in accordance with BG entry to competition policy which is based on coaching qualifications.

Regions/Home Nations remain entitled to determine the criteria for entry in their own regional events using the Adult Gymnastics British Championships framework, however, competition regulations for the Adult Gymnastics British Championships will be published annually in the British Gymnastics National Competition Handbook.

The Acrobatic Technical Committee is pleased to present the Adult Gymnastics British Championships Rules and Tables of Difficulty for 2024.

1. GENERAL INFORMATION

1.0 Entry Instructions

All entries are to be made via a BG registered club using the online entry system on the GymNET portal. Only club secretaries and coaches who have been granted the correct entry permissions will be able to submit an entry. An online entry guide can be found [here](#).

For support or assistance with your entry please contact the Events department at events@british-gymnastics.org

Non-British citizens competing as guests can form part of a team, but the team will not be eligible to rank in the official competition results.

1.1 Age Bonus

Each competitor will receive an age bonus determine by their age. A competitors' age will be calculated as their age reached in the year of the competition. The aggregate age bonus for a partnership will be added to the partnership's total score for each routine.

Age	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
Age Bonus	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0

1.2 Competition Attire, Accessories and Aids

The choice of competition attire, accessories and aids must be gymnastic in character and design. Attire must be elegant and complement the artistry of an exercise. It should not divert attention from the performance of the gymnasts nor require adjustment during an exercise.

- Partners must wear identical or complementary attire.
- The choice of competition attire, accessories and aids must be gymnastic in character and design nor require adjustment during an exercise.
- Women and girls may perform in leotards, one-piece unitards or leotards with skirts. Leotards may be with or without sleeves.
- Men and boys may compete in leotards with gymnastic shorts or long gymnastic trousers. One-piece suits/unitards are allowed. When they wear trousers, footwear (gym shoes, socks) must be worn.
- For safety reasons, loose clothing, raised attachments and accessories are not allowed.
- All attire must be modest including the use of proper undergarments. The cut of the leg of leotards must not go above the iliac crest (hipbone). The neckline must be no further down than half the sternum in the front, or below the lower line of the shoulder blades in the back. Lace and transparent material on the torso must be fully lined.
- Provocative, swimsuit, dance style leotards with narrow straps, character outfits and photographs in the design are forbidden.
- Competitors, not wearing trousers, may perform with or without footwear but if footwear is used it must be flesh coloured or white, clean and in good repair.
- Jewellery, including earrings and studs, necklaces, rings, bracelets, anklets, nose and navel studs, is not allowed.
- Character hair accessories (e.g. tiaras, feathers and flowers) and face painting are not allowed.

1.3 Scoring

The Total Score is used in determining the rankings of competitors and is calculated by adding together:

- The average mark for Technical merit, which is then multiplied by two. This has a maximum score of 20.0 (Execution or E score)
- The average mark for Artistic merit which has a maximum score of 10.0 (Artistry or A score)
- The Difficulty Value of Grades which is calculated as shown in section 5 - Difficulty.

$$\text{E score} + \text{A score} + \text{D score} = \text{Total Score}$$

If four technical and four artistry judges are used, the average is determined by eliminating the high score and the low score and taking the average of the middle two scores. If only three technical and three artistry judges are used, the average is determined by taking the average of all three scores.

For all competitions, the execution and artistry of performances are each evaluated from 0 – 10.0 to an accuracy of 0.001.

Penalties are deducted from the Total Score by the Chair of the Judging Panel (CJP) and the Difficulty Judge (DJ) in accordance with the current FIG Code of Points to give the Final Score.

$$\text{Final Score} = \text{Total Score} + \text{Aggregate Age Bonus} - \text{Penalties}$$

1.4 Teams

There will be a Team Event. At the time of entry into the Adult British the region must nominate a minimum of 3 partnerships (at least 1 pair and 1 group) who will form the team. All gymnasts within the team must be members of clubs from the same club and competitors can only represent one team.

Scores used for each partnership for the purpose of the Team Event will be the average of that partnership's Finals Scores across their static and dynamic routines or the Final Score for their combined routine (**Overall Score**).

The winning Team will be based on the sum of the 3 highest **Overall Scores** from the nominated partnerships but must consist of at least 1 pair and 1 group.

2. COMPETITION STRUCTURE

This document should be read in conjunction with the Tables of Difficulty (Appendix D).

2.0 Competition Categories

Competitors may compete in more than one discipline but only once in each category i.e. a female competitor may enter Women's Pair, Mixed Pair and Women's Group, but can only be represented in one partnership per category.

The Acro competition consists of five categories covering one level of competition:

1. Men's Pair - Two male competitors
2. Women's Pair - Two female competitors
3. Mixed Pair - One male competitor (male must be base) and one female competitor
4. Women's Group - Three female competitors
5. Men's Group - Four male competitors

2.1 Tie Breaks

In the case of a tie, for all events including the Team Competition, the ranking will be determined by the following criteria:

- The highest E-score of the (Balance + Dynamic) or Combined routine
- The highest sum of the E and A scores of the (Balance + Dynamic) or Combined routine
- In the exceptional event that a tie remains, the tie will not be broken.

2.2 Height Deductions

There will be no height deductions.

2.3 Length of Exercises

All exercises have a maximum duration of 2 minutes. There is no stipulated minimum. Any music over the stipulated time will receive an overtime penalty, applied in 1 second increments. The first note of the music, not the beep where used, is considered as the beginning of the exercise. Starting before the music results in a penalty. The timing of the exercise continues until the last movement of the gymnasts and the end of an exercise must be a static position and not an element of difficulty. Finishing after the music results in a penalty. Difficulty and Special Requirements are given to elements performed after the music has ended.

2.4 Musical Accompaniment

All exercises may be performed to music with words but must respect to the FIG code of ethics.

All music used in competition routines must conform to the relevant licensing requirements. Details may be found here

Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used but this should be checked on the PPL website to confirm the track is included within their repertoire.

All music must be uploaded via the BG website in line with the timeframes set out in the Competition Handbook. Late submission of music will incur a financial penalty.

3. JUDGING

3.1 Judging Deductions

All exercises are judged for technical merit, in accordance with the current FIG Code of Points.

A tolerance of 0.5 for Prelims and 0.3 for Finals is employed. Where the appropriate tolerance is not achieved the CJP will consult with the SJ to bring the scores in tolerance.

The following provides a summary of the judge's deductions:

A penalty of 1.0 is applied:

- For physical assistance by the coach (CJP).
- For each missing pair element, a Special Requirement penalty is applied (DJ).
- For performance of a forbidden element. This penalty is applied for each violation, even if the performed element is not declared on the tariff sheet (DJ).
- A fall (EJ).

NOTE: 1.0 is the maximum deduction for the performance of a single element.

A penalty of 0.5 is applied:

- When poor sportsmanship in the field of play is exhibited (CJP).
- Music Infringements (CJP).
- Each time a gymnast lands 2 feet outside the boundary (CJP).
- When forbidden or immodest attire is worn (CJP).
- Markings on the floor or presence of a coach (CJP).
- Serious technical faults (EJ).
- Landing performed without support (EJ).
- The Bases hand remains on the floor in a static hold following a motion (EJ).

A penalty of 0.3 is applied:

- Re-start of exercise without justification (CJP).
- Starting before or ending before/after the music (CJP).
- All attire infringements not stated elsewhere (CJP).
- Indecent positions (CJP).
- When elements are not performed in order on Tariff Sheet (DJ).
- For each second missing of a 3 (") second static element (DJ).
- For each second missing of a 2 (") second individual element (DJ).
- Significant technical faults (EJ).

A penalty of 0.1 is applied:

- For each second over 2 minutes (CJP).
- Each time a gymnast steps over the boundary line (CJP).
- Each time the attire is adjusted or an accessory is lost (CJP).
- Small technical faults (EJ).

In addition, the DJ can take the following penalties:

- Any Element started and not completed = no Difficulty and no Special Requirement credit given.
- Any static Pair/Group element held less than 1 second = 0.10 time faults + no Difficulty and no Special Requirement credit given.
- Any static Individual element held less than 1 second = 0.6 time faults + no Difficulty and no Special Requirement credit given.

All exercises are judged for Artistic merit, in accordance with the current FIG Code of Points (see Appendix E for artistry judging sheet).

- The minimum Artistry score is 5.00 and the maximum Artistry score is 10.00.
- There are 5 Artistry criteria:
 - Partnership (Maximum 2.0) - Partnership selection that creates a logical relationship between individuals in pair or groups that is characterised by a visible connection.
 - Expression (Maximum 2.0)- Making the audience understand your thoughts or feelings, character, attitude. Gymnasts convey a particular emotion
 - Performance (Maximum 2.0) – The act, process or art of performing by using amplitude, space, pathway, levels and synchronisation.
 - Creativity (Maximum 2.0) - Display imagination, originality, inventiveness, inspiration, Variation in: composition, entries / exits, elements.
 - Musicality (Maximum 2.0) - Gymnasts express the music throughout the performance:
 - Match movement to the rhythm, melody and mood of the music being played;
 - Synchronise with music beats;
 - Vary the magnitude or speed / tempo of movements with music;
 - Use expressive movements that are influenced by melody, variations in rhythm and mood or combinations of these.

4. COMPOSITION OF EXERCISES

All competitors are required to perform either (i) a balance and dynamic routine or (ii) a combined routine only:

- Balance routine
 - For Pairs, a balance routine must contain 5 Balance Pair elements each with a minimum of a 3 second hold
 - For Groups, a balance routine must contain 3 different pyramids each containing a minimum of a 3 second hold
 - Dynamic routine
 - For Pairs and Groups a dynamic routine must contain 5 Dynamic Pair/Group elements
- OR**
- Combined Routine
 - For Pairs and Groups a combined exercise is composed of 5 elements either 3 Balance and 2 Dynamic or 2 Balance and 3 Dynamic). Each Balance element must be with a 3 second hold.

In addition to the pair/group elements required, each competitor **may** perform a maximum of 3 individual elements in each routine but are not required to perform any for Special Requirements and will not receive any difficulty value for individual elements performed. Any 3 individuals from the following categories: static, flexibility, agility and tumbling may be performed in any routine. All partners do not need to perform individuals from the same difficulty box in the Tables of Difficulty. No repeat of an individual is allowed.

4.1 General Rules

- The drawings in the Tables of Difficulty are only a guide to the general shape of elements.
- Elements should be selected to show optimum variety
- Elements may be performed with minor stylistic variation from the element pictured in the Tables of Difficulty and are not considered as different elements.
- Elements can be linked between different rows as long as it doesn't result in a 6 second hold in the same static position.
- No pair/group element can be repeated and claimed for Difficulty and/or Special Requirements
- Entries and exists to elements are optional unless specified in the Tables of Difficulty

4.2 General Clarifications

- When a lever is stated in the element descriptions it may be performed in either a straddle or pike lever position.
- A handstand may be performed with legs either apart or together.
- The directions of handstands during balances are optional unless stated in the element descriptions.
- Motions to knees, sit or splits are optional unless specifically stated otherwise in the in the Tables of Difficulty. Any hand(s) used to assist the motion must be lifted from the floor for the static hold.
- Kneeling may be performed to either high knees or to kneeling sitting on ankles.
- In sitting the Base's legs may be together or in straddle unless stated otherwise in the element descriptions.

- Cartwheels as an individual can finish either sideways or with a ¼ turn.
- The roles of the Top, Middle and Base(s) are interchangeable.

4.3 General Restrictions

Performance of a forbidden element will result in a 1.0 penalty.

It is forbidden for:

- Women Pairs and Women's Groups to work on the back of the neck (except where there are two points of support) or top of the head.
- Men to perform catch in wrap.
- Men to perform mexican or ring handstand.
- Any stand on shoulders of the Base in splits without their hands on the floor.
- Groups to stand on the Bases' hips or chest with the Base in bridge where there are only 2 points of support.
- Any support at the hips or glutei with the Base in exaggerated curvature of the spine.
- Un-supported dynamic landings.

4.4 General Special Requirements

- Each missing Special Requirement results in a 1.0 penalty.
- Each pair/group box in the Tables of Difficulty counts as one element
- All pair/group balance elements must be held for a minimum of 3 seconds unless otherwise stated in the Tables of Difficulty
- Individual elements with a static hold ('Stand') must be unsupported by partners. These elements must be held for 2 seconds
- Individual elements are not required but if performed all partners must perform the same number of individuals (not necessarily the same type) either simultaneously or in "waterfall", but they cannot overlap.

5. DIFFICULTY

Each pair/group element chosen from the Tables of Difficulty has a stated Difficulty Value, which is used to determine the overall Difficulty Value of the exercise. There is no minimum requirement for difficulty and any element can be selected in line with rules for exercise construction. The difficulty of each pair/group element is calculated according to the column in which it falls in the Tables of Difficulty.

The values of the pair/group elements performed are added together to provide the total difficulty for the exercise.

Individual Elements if used do not contribute to the difficulty value of the exercise.

The difficulty value of the exercise is converted to a difficulty score by dividing the difficulty value by 10.

APPENDIX A – ARTISTRY JUDGING SHEET

These 17 questions should be answered by the artistic judges during the performance of a routine.

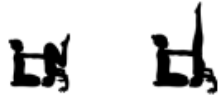


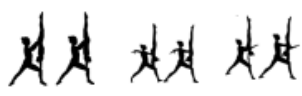



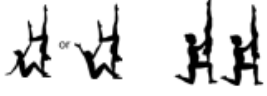


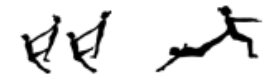









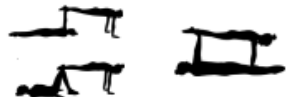




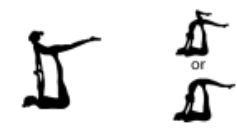







PARTNERSHIP	No	Moderately	Yes	
Is there an acceptable level of maturity between all partners?	0.0	0.2	0.4	=
Is there a good level of technical and physical preparation between all partners?	0.0	0.1	0.3	
Is there a visible consistent connection between all partners?	0.0	0.1	0.3	
PERFORMANCE				
Is the flow continuous throughout?	0.0	0.1	0.3	=
Do all the partners have great amplitude in the exercise?	0.0	0.1	0.3	
Is there synchronization between all partners throughout?	0.0	0.1	0.3	
Is it original choreography?	0.0	0.1	0.3	
Does the partnership create a personal identity ?	0.0	0.1	0.3	
EXPRESSION				
Do all partners project the emotion of the exercise?	0.0	0.2	0.4	Page 2 =
Do they maintain the emotion throughout the exercise?	0.0	0.1	0.3	
Is there harmony of the expression between the partners?	0.0	0.1	0.3	
CREATIVITY				
Do they show originality and inventiveness in the overall exercise?	0.0	0.2	0.4	=
Do they have special/different ways to get in and out of elements?	0.0	0.1	0.3	
Do they show a variety of elements and perform rarely staged elements ?	0.0	0.1	0.3	
MUSICALITY				
Is the choreography in harmony with the music throughout?	0.0	0.2	0.4	=
Is the exercise performed without and interruption between choreography and elements?	0.0	0.1	0.3	
Are the musical sentences, accents respected and used throughout?	0.0	0.1	0.3	
TOTAL SCORE =				5.0 +

The Total Artistry Score is the sum of the 5 categories + 5.0.

Reference Range of Artistic Score:

- Perfect routines - Score between 9.6 to 10.0
- Excellent routines - Score between 9.0 to 9.5
- Very Good routines - Score between 8.0 to 8.9
- Good routines - Score between 7.0 to 7.9
- Satisfactory routines - Score between 6.0 to 6.9
- Poor routines - Score between 5.0 to 5.9

APPENDIX B - TABLES OF DIFFICULTY

Pairs Balance Elements				
Value 1	Value 2	Value 3	Value 4	Value 5
				
				
				
				
				
				
				
Any skill from the FIG Tables of Difficulty Value 1	Any skill from the FIG Tables of Difficulty Value 2	Any skill from the FIG Tables of Difficulty Value 3	Any skill from the FIG Tables of Difficulty Value 4	Any skill from the FIG Tables of Difficulty Value 5+

Pairs Dynamic Elements				
Value 1	Value 2	Value 3	Value 4	Value 5
Any skill from the FIG Tables of Difficulty Value 1	Any skill from the FIG Tables of Difficulty Value 2	Any skill from the FIG Tables of Difficulty Value 3	Any skill from the FIG Tables of Difficulty Value 4	Any skill from the FIG Tables of Difficulty Value 5+

Women's Group Balance Elements				
Value 1	Value 2	Value 3	Value 4	Value 5

Any skill from the FIG Tables of Difficulty Value 1



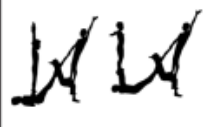















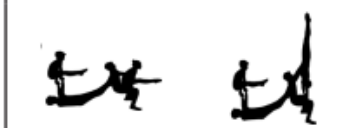





Any skill from the FIG Tables of Difficulty Value 2


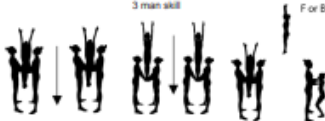

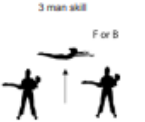




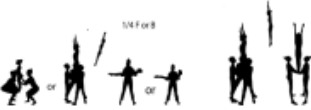
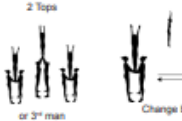




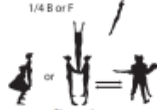

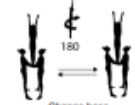








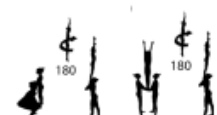





Any skill from the FIG Tables of Difficulty Value 3

Any skill from the FIG Tables of Difficulty Value 4

Any skill from the FIG Tables of Difficulty Value 5+

Women's Group Dynamic Elements				
Value 1	Value 2	Value 3	Value 4	Value 5
Any skill from the FIG Tables of Difficulty Value 1	Any skill from the FIG Tables of Difficulty Value 2	Any skill from the FIG Tables of Difficulty Value 3	Any skill from the FIG Tables of Difficulty Value 4	Any skill from the FIG Tables of Difficulty Value 5+

Men's Group Balance Elements				
Value 1	Value 2	Value 3	Value 4	Value 5
				
				
				
				
				
				
<p>ANY PAIR SKILL From Pairs Balance Table</p>	<p>ANY PAIR SKILL From Pairs Balance Table</p>	<p>ANY PAIR SKILL From Pairs Balance Table</p>	<p>ANY PAIR SKILL From Pairs Balance Table</p>	<p>ANY PAIR SKILL From Pairs Balance Table</p>
<p>Any skill from the FIG Tables of Difficulty Value 1</p>	<p>Any skill from the FIG Tables of Difficulty Value 2</p>	<p>Any skill from the FIG Tables of Difficulty Value 3</p>	<p>Any skill from the FIG Tables of Difficulty Value 4</p>	<p>Any skill from the FIG Tables of Difficulty Value 5</p>

Men's Group Dynamic Elements				
Value 1	Value 2	Value 3	Value 4	Value 5
    <p>ANY PAIR SKILL From Pairs Dynamic Table</p> <p>Any skill from the FIG Tables of Difficulty Value 1</p>	    <p>ANY PAIR SKILL From Pairs Dynamic Table</p> <p>Any skill from the FIG Tables of Difficulty Value 2</p>	     <p>ANY PAIR SKILL From Pairs Dynamic Table</p> <p>Any skill from the FIG Tables of Difficulty Value 3</p>	          <p>ANY PAIR SKILL From Pairs Dynamic Table</p> <p>Any skill from the FIG Tables of Difficulty Value 4</p>	        <p>ANY PAIR SKILL From Pairs Dynamic Table</p> <p>Any skill from the FIG Tables of Difficulty Value 5</p>