

# Acrobatic Gymnastics National Planning and Review Meeting

18<sup>th</sup> September 2022

# Agenda

- Overview of 2021/22
- Technical Committee
- Performance Pathway
- International Competition Results
- Education
- Judging Update
- Handbook and Calendar
- National Development Plan
- Regional Matters
- AOB

# Overview 2021/2022

- Recovering from Covid Pandemic
- New Technical Committee Structure
- Creation of Acro Technical Committee Coaching Panel (TCCP)
- New FIG CoP and ToD and National Development Plan (NDP10)
- International Competitions: 2 Worlds, 1 Europeans, 2 World Cups and 1 World Games
- National Competitions: British, PWC and National Finals
- New CEO and Executive Director for Sport
- Loss of National Coach and Performance Manager
- Re-validation of all Brevet Judges and all Club, Regional and National Judges
- Whyte Review

# Acrobatic Technical Committee

2021-2024

# Technical Committee Structure

- Changes in BG Technical Regulation
- The structure of the Technical Committees reduced from 7 members to 3 members:
  - Chairman (NTCC) – Melanie Sanders
  - National Judging Coordinator (NJC) – Caroline Hodgson
  - National Competition Organiser (NCO) – Debby Said
- The Acro TC created a subcommittee - Technical Committee Coaching Panel (TCCP)
- Ian Said – Chair of the TCCP and co-opted member of the TC.
- TCCP Members:
  - Adam McAssey
  - Vicki Kirkham
  - Shelley Gonsalves
  - Keri Llewellyn

# Technical Committee Coaching Panel

Ian Said

# Technical Committee Coaching Panel (TCCP)

- The Acro TCCP works with and on behalf of the Acrobatic Technical Committee (ATC).
- The TCCP is the point of contact for the BG Education Department in all matters regarding coach education and development.

## **The main responsibilities of the TCCP are to:**

- Provide advice on qualification requirements for the BG competition pathway
- Support and develop the Acro coaching network
- Input into policies and procedures that impact the coaching profession
- Responsible for developing and monitoring discipline specific content for coaching resources
- Advise on the selection criteria and appointment of BG tutors and assessors
- Facilitate and support mentoring framework for coaching levels
- Provide advice and guidance for any coaching specific queries
- Input into the education strategy

# Work to Date

- NDP Audit
- Presented the audit with suggestions to ATC
- Looking into the feasibility of a newsletter in conjunction with BG to include updates, technical features, sport specific information
- Point of contact with the coaching community for any coaching, education and NDP related queries



# Performance Pathway

Alex McGregor

## What is the Performance Pathway?

- To engage clubs and Home Nations with the vision of British Gymnastics
- To ensure clubs and Home Nations aim to develop their gymnasts in line with the needs of success on world stage
- To identify and support the development of talented gymnasts
- To support the development of coaches who are able to develop our future generation of British gymnasts

# DEVELOPMENT MODEL

Clubs, Regions and Home Nations are all an integral part of our pathway and gymnasts may enter the British Gymnastics Performance Pathway at any point from one of these squads.

## PERFORMANCE

Individualised support based in Lilleshall aligned to winning medals for Great Britain



## DEVELOPMENT

Support is camp-based at Lilleshall National Sports Centre with gymnasts building towards international representation. The focus of their camps should be meeting the long term needs of what it will take to win involving technical, physical and psychological needs



## FOUNDATION

The primary aim to identify and confirm talent, with a focus on engaging personal coaches and working on the fundamentals needed for long term gymnastic success



British  
Gymnastics



ENGLISH  
INSTITUTE  
OF SPORT

British  
Gymnastics

# Selected Gymnasts

# The Athlete Agreement

**The agreement outlines all behaviours, codes of conduct and expectations of you as a gymnast on the British Gymnastics Performance Pathway.**

- Selection and squad attendance
- Fitness, injury, illness
- Athlete conduct
- International Representation
- Kit
- Confidentiality

# Pastoral Care

**There will be a pastoral care officer present at every camp you attend.**

- The pastoral care officer will be your primary point of contact when not training (this is usually from 5pm-9am).
- Should you have any queries or concerns at any point during this time then they are contactable.

# Gymnast Welfare

## National Welfare Officer – Gemma Wright

- Contact –
  - 07739 512201
  - [gemma.wright@british-gymnastics.org](mailto:gemma.wright@british-gymnastics.org)
- Wider role to provide safe sport policies and procedures and welfare support and point of contact across the organisation
- Welfare Issues
- Point of contact for gymnasts and parents in this programme
- Signpost to various support available



ENGLISH  
INSTITUTE  
OF SPORT

British  
Gymnastics

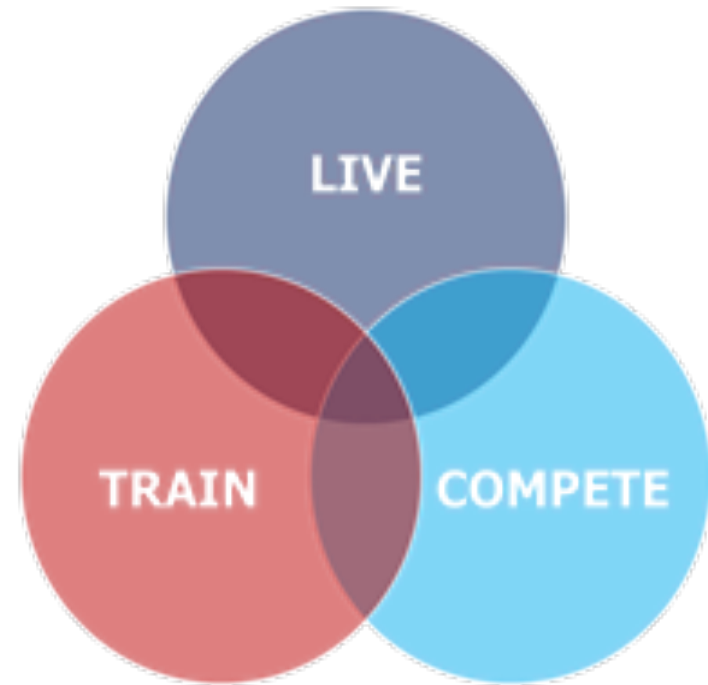
# The Curriculum



# Pathway Aims and Ambitions

Rather than one singular goal, our Performance Pathway aims to develop three key aspects in a young gymnast.

Our desire is that through our programmes, a gymnast will hone abilities that will not just prepare them as an elite gymnast, but for life outside of gymnastics and the challenges the world will provide for them.



# Curriculum Pillars



Ownership &  
Decision making

Able to make decisions based on the information available to them and take ownership and responsibility for these.



Performance  
Psychology

Possesses mental skills to be able to prepare and perform in life, training and competition.



Physical training  
& Recovery

Understands training principles and how to apply them to optimise performance, recover effectively and reduce injury risk.



Health &  
Wellbeing

Prioritises their own health, both mental and physical. Able to recognise challenges and access support when needed.



**ENGLISH  
INSTITUTE  
OF SPORT**

British  
Gymnastics

# EXPECTATIONS

Being part of a British Gymnastics Performance Pathway Programme is an honour that many gymnasts strive to achieve. Subsequently we have some key expectations that we would like to outline and require you to adhere to. Further detail is in the Code of Conduct which we encourage you to read.

**Listen** – make the most of the opportunity and pay attention to coaches and coaching available.

**Communicate** – be open, honest and polite when talking to the coaches and staff. We encourage you to speak up if you don't understand anything.

**Be curious** – ask questions, there are no silly ones.

**Rules are rules** – follow instructions from coaches, stay in your rooms after bed time, arrive at training on time. Any breaches of the code of conduct may result in removal from the programme.

**Come prepared** – have appropriate kit, bring food when needed, notify us of injuries in advance of training.

**Take accountability** – as with your performance, you are ultimately responsible for how you behave and train whilst on camp so please think about what you are doing and don't just follow the crowd.

## HAVE FUN!

# DRUG FREE SPORT: ANTI-DOPING

British Gymnastics works in partnership with UK Anti-Doping (UKAD) and FIG to protect the integrity of the sport, fully endorsing the testing programmes set by both these entities.

It is important as a young developing gymnast that you and your parent or carer understand your responsibility to anti-doping. As such, we recommend you spend some time completing the Anti-Doping Education Course on the British Gymnastics Academy ([www.british-gymnastics.org/academy](http://www.british-gymnastics.org/academy))

## Key messages to remember are:

- Strict liability means that you are responsible for what enters your body, nobody else
- You could be tested at any time – this gets more likely the higher you progress up the pathway
- Gymnasts taking any medication should check it on a regular basis, and every time a new packet is purchased and/or received. This can be done via Globaldro ([www.globaldro.com](http://www.globaldro.com))
- Whilst we do not recommend taking supplements without consultation of one of our nutritionists; if gymnasts take any supplements then these should be checked using ([www.informed-sport.com](http://www.informed-sport.com))
- UK Anti-Doping are the regulating body for anti-doping in the UK. Please use their website to stay up to date and access useful educational resources ([www.ukad.org.uk](http://www.ukad.org.uk))



# SHOULD I USE SOCIAL MEDIA?

We know many of you will use social media; there can be great benefit to this but there are also some potential pitfalls. We encourage you to follow the guideline below.

DO	DON'T
Encourage gymnasts to show personality	Talk negatively about other competitors, countries, organisations/brands
Remember these posts will be seen by everyone	Swear/abuse/be rude
Be responsible	Link/re-tweet/like/share any unsuitable content
Share your sports performances and achievements	Create content of other people without their permission
Post regular comments when appropriate	Post personal sponsor content during British Gymnastic time (squads/competitions etc)
Acknowledge your support teams and funding	Use your phone when in a training session!

# International Competitions and Results

2021-2022

# International Events since last NPRG

- World Championships, July 2021 – Geneva, Switzerland
- European Championships, October 2021 – Pesaro, Italy
- World Championship, March 2022 – Baku, Azerbaijan
- World Cup, May 2022- Maia, Portugal
- International Competition & World Cup, June 2022 – Rzeszow, Poland
- World Games, July 2022 – Birmingham, USA

# World Championship 2021

- Challenging Competition for the GBR Team:
  - Many gymnasts retired during the pandemic
  - Selections made prior to Covid were honoured
  - Many newly formed partnerships
  - Covid still a big influence in training, competition and daily life
- No spectators allowed at event
- Much improved international field - obvious which countries had been in lockdown for an extended period
- Qualification for another International Events
- No National Coach in position – TP was subcontracted to support the GBR team selection and preparation for the competition.



# World Championship 2021 - Results

## 11-16

- MxP – 3rd
- MP – 2nd

## 12-18

- MG – 3rd

## 13-19

- MP – 2nd
- MG – 3rd

## Senior

- No Medals
- MP qualified place at World Games

# European Championship 2021

- Covid still a big impact on then GBR team
- Team was becoming more settled than at the Worlds 2021
- GBR team was still young and had little experience due to the pandemic
- The competition was considered as a step towards the World Championships 2022
- The target was for the GBR team to perform high quality routines
- Selections were difficult, with no performance manager or national coach in role
- TP was subcontracted to support the GBR team selection and preparation for the competition

# European Championship 2021 - Results

## 11-16

- MP – 3<sup>rd</sup>
- WG – 3<sup>rd</sup>
- MG – 3<sup>rd</sup>

## 12-18

- MxP – 1<sup>st</sup>
- MG – 3<sup>rd</sup>

## 13-19

- MG – 2<sup>nd</sup> (Bal), 3<sup>rd</sup> (Dyn), 2<sup>nd</sup> (Com)

## Senior

- MP – 2<sup>nd</sup> (Bal), 3<sup>rd</sup> (Dyn), 2<sup>nd</sup> (Com)
- MxP – 3<sup>rd</sup> (Bal)
- MG – 3<sup>rd</sup> (Bal), 2<sup>nd</sup> (Dyn)

# World Championship 2022

- The team was starting to establish itself following the pandemic
- The competition was still in an empty arena with no spectators
- The competition was complicated by the Russian invasion of Ukraine
- All partnerships performed to the highest of their abilities and everybody with no exception deserves credit for their efforts and performance
- Selections were still difficult, with no performance manager or national coach in role
- TP was subcontracted for a final time to support the GBR team selection and preparation for the competition

# World Championship 2022 - Results

## 12-18

- MP – 1st
- MG – 3rd

## 13-19

- MG – 1<sup>st</sup>

## Senior

- MxP – 2<sup>nd</sup> (Bal), 3<sup>rd</sup> (Dyn), 2<sup>nd</sup> (Com)
- MG – 2<sup>nd</sup> (Bal), 1<sup>st</sup> (Dyn), 1<sup>st</sup> (Com)
- Team – 3<sup>rd</sup>

# Other GBR International Competitions

- **World Cup, Maia, Portugal – May 2022:**
  - MxP King Edmund – 6<sup>th</sup>
  - WG King Edmund – New – participated for experience – qualified 11<sup>th</sup>
  - MP Tigers – Recently moved to Senior following World Championships – 6<sup>th</sup>
  - MG Spelthorne – 1<sup>st</sup>
  - MG Deerness – New – participated for experience – 5<sup>th</sup>.
- **World Cup, Rzeszow, Poland – June 2022:**
  - MxP King Edmund – 3<sup>rd</sup>
  - WG King Edmund – 4<sup>th</sup>
- **GBR Team to Rzeszow, Poland**
  - 11-16 WG – 1<sup>st</sup>
  - 12-18 WP – 5<sup>th</sup>
  - 12-18 WG – 1<sup>st</sup>
  - 13-19 WG – 5<sup>th</sup>

# World Games 2022

## MP

- GBR had qualified a MP at the World Championships 2021.
- Due to illness the selected MP (who won the World in 2022 at 12-18) required a partnership change 1 month prior to the event.
- The newly formed performed very well, given the difficult circumstances, and finished in 5th.

## MG

- GBR were awarded a MG place at short notice due to the war.
- The MG, which were newly formed after Covid, showed improvement each competition they participated in and performed amazingly to win the World Games.

# Coach & Judge Education



# Coaching Courses

Level	Number of courses offered/planned this financial year
Level 1	11 online, 2 Face to face in Scotland
Level 2	13
Level 3 modules	14
Level 4	1
Level 5	1

- Online courses at level 1 have allowed more places to be offered (16 per course vs 12)
- Reduce waiting times
- Easier for younger coaches as no gymnast demonstrators required and reduces worries through in club video assessments.

# Judging Re-validation

- All Club, Regional and National judge re-validation courses have been completed
- Acro was the first discipline to complete there re-validation courses
- Acro has 196 Club, 52 Regional, 20 National and 10 Brevet judges revalidated
- Acro has more judges revalidated than any other discipline (278 Acro / 842 All discipline Judges)
- This was the first attempt at a fully online course and although there were some areas for improvement which have been fed back via the TC, it was well received by the judges.

	Course	Jan	February	March	April	May	June	July	Total judges
Online self-paced eLearning with online assessment	Club Judge Revalidation (2022-2024)	78	64	39	5	6	4		196
	Regional Judge Revalidation (2022-2024)	31	12	5	4				52
	National Judge Revalidation (2022-2024)	13	4	2	1				20

# Judging Courses

- Courses for new Acro judges will be delivered as online self paced learning
- Course examinations will be via an online assessment
- They are currently being worked prepared. Club Courses are due for release late autumn, with Regional and National to follow shortly after.
- The Education team are grateful for the TC's collaboration and their willingness to try a fully online programme for this cycle.

# Judging Update

Caroline Hodgson

# Cycle 15 Judging Clarifications

- Several judging clarifications have been made by the FIG TC since the initial rollout of the 2022-2024 FIG Code of Points & Age Group Rules for Acrobatics. The following slides have been created to:
  - Capture clarifications that have not been included in FIG newsletters
  - Make clear any clarifications that apply to NDP10
- Although this document is targeted at judges, it is strongly recommended that coaches are familiar with its content.
- Unless otherwise indicated, the clarifications apply to all NDP and FIG levels.
- Link on BG website to clarifications: [Cycle 15 Judging Updated 1st September 2022](#)

# Cycle 15 Judging Clarifications - Execution

Criteria for Evaluation	DEDUCTION	
	Significant	Serious
Legs of base in pair/group element wider than 90° in sitting	0.3	
Top's legs wider than their shoulder width in Mexican	0.3	
Base's legs wider than their shoulder width in Seal	0.3	
Slide to splits with the knee going to the floor before moving to split. ONLY applies to 11-16 WP Row IV boxes 2, 3 and 4, since identified as a different element. Would be instructed by the CJP.		0.5
Maximum deduction per gymnast for individual elements performed in series (CAT 1 or 2)		1.0
Maximum deduction per gymnast for individual elements performed separately (CAT 1 or 2)		1.0
Maximum deduction for a fall in a partner element irrespective of the number of gymnasts that fall		1.0
Slip/stumble/trip in any part of the exercise outside elements. Also lowers Performance criteria in Artistry	0.3	0.5
Fall in any part of the exercise outside elements. Also lowers Performance criteria in Artistry		1.0
Under rotation of saltos which require some additional assistance of partner(s) to complete the rotation when the catch is horizontal (e.g. cradles and wraps)	0.3	
Under rotation of saltos which require complete support of partner(s) to complete rotation when the catch is horizontal (e.g. cradles and wraps) or which is otherwise required to prevent a fall <sup>1</sup>		0.5

<sup>1</sup> This deduction applies to all saltos regardless of landing position, but the clarification is included because there is emphasis on ensuring it is applied for horizontal catches.

# Cycle 15 Judging Clarifications – CJP Penalties

- No penalty is taken for the skirt flipping up – though the design of the skirt should still ensure that the skirt falls back to the hips of the gymnast
- Indecent positions deductions can only be taken in consultation with the SJ

# Cycle 15 Judging Clarifications – Difficulty (Grades)

- The only Tariff Sheet penalty is 0.3 deduction for elements not performed in the order declared on the Tariff Sheet
- All partners must be in place and the top (or both tops in Cat. 2 women's/men's group pyramids) must be in a position of recognised value before time faults are applied
  - For Grades 1-4 this is any position that has value in the respective grade
  - For Youth, Grade 5, IDP and FIG this is any position that has value in the Tables of Difficulty
- If a fall from a partner element occurs prior to all gymnasts being in a position of value, then no time faults are applied (unless there is a rebuild) and 0.5/1.0 execution penalty is applied



# Cycle 15 Judging Clarifications – Difficulty (Grades)

- If Individual elements are not performed together or in immediate succession no difficulty value is given, and the elements are not considered for Special Requirements.
- If one partner does not perform an individual element, those performed by the other partner(s) are not considered for difficulty value or special requirements
- In order to apply a time fault to a group or individual static element it should be a unanimous decision of the Difficulty Judge(s) and/or CJP (as applicable) in each case. I.e. no “averaging” of the total number of time faults of the Difficulty Judge(s) and/or CJP

# Cycle 15 Judging Clarifications – Difficulty (IDP & FIG)

- One alternative (OR) element is allowed, but only for dynamic elements
- If skills with plus values are not performed, the DJ just removes the plus values
- Minus values in base motions only apply to the motion of the base and not to the final static position also
- Salto's with half twist must use the logical start page for difficulty
- Where both the top and the base(s) transition at the same time, for the top start position to be given difficulty credit in addition to the top transition value the base must start to transition before the top. If the top moves first or at the same time as the base, no difficulty value is given for the start position of the top, but the top transition value is given

# Cycle 15 Judging Clarifications – Difficulty (IDP & FIG)

- In a transitional pyramid:
  - If there is a time fault directly before or after transition the transitional value is still given
  - If the top is in a “0 value” position and a fall occurs during the transition, the maximum time fault (0.9) is applied. No difficulty value is given for the transition of the base(s).
  - If there is a fall during the transition of a transitional pyramid with same Category base positions, no difficulty value is given for a rebuild of the second pyramid
- No restriction on the number of starts from platform in groups
- 4 identical start positions from short arm in pairs are allowed
- Mounts with rotation are considered identical to mounts without rotation

# Cycle 15 Judging Clarifications – Difficulty (IDP & FIG)

- Base motions with rotation are not identical to base motions without rotation
- In 11-16 gymnasts must perform 3 individual elements in the Balance exercise (free choice out of Flexibility, Balance and Agility tables) and in the Dynamic exercise (out of Tumbling table)
- In IDP 1, IDP 2 and 12-18 gymnasts must perform 3 individual elements from any category
- In 13-19 & Seniors no individual elements are required but a maximum of 3 can be performed from any category for difficulty credit

# Competition Handbook and Calendar

Debby Said

# Changes to Handbook

- Price Increase - British £60 and others £55
- Regional entry fee - Increase from £350 to £400
- Registration - To take place in the warm-up hall
- Music – To be available during podium training
- Kiss & Cry - No videoing or photography allowed from the Kiss & Cry
- Competition attire – No crop tops allowed in the warm-up hall or podium training
- Tariff Sheets - Coaches must provide their email and telephone details on the Tariff Sheets
- Withdrawals - Must be sent to the National Competition Organiser
- Competitors seating - Must be used by the gymnasts not the spectator seats
- Regional kit - Club kit cannot be used at National Finals
- Coach attire – No shorts allowed, long trousers/legging only

# Competition Calendar 2023

Date	Event	Venue
10th - 12th March	World Cup	Maia - Portugal
7th - 9th April	World Cup	Puurs - Belgium
15th - 16th April	English Championships (pre-selection)	Newton Aycliffe
13th - 14th May	NDP Finals	Fenton
8th - 9th July (TBC)	<b>POTENTIAL</b> - British Championships (1 <sup>st</sup> Trial)	Telford
22nd -23rd July (TBC)	<b>POTENTIAL</b> – Trial (2 <sup>nd</sup> Trial)	LNSC
25th - 30th July (TBC)	British Championships – <b>MAYBE MOVED EARLIER</b>	Liverpool
12th - 15th October	European Age Group Championships	Varna - Bulgaria
18th - 22nd October	European Championships	Varna - Bulgaria
25th - 26th November	Pat Wade Classic	Fenton

# National Development Plan

2021 - 2024



# Recommendations for Regional Prelims

The Acro TC makes the following Recommendations to. The Regional TC's

- Regional Qualifications should use an out of Region brevet Judge as the CJP
- Regional winners with a score of 7.00 or greater should progress to National Finals
- The SJ is decided by the Region and if possible should be an out of Region brevet judge
- To apply a time fault it should be a unanimous decision of the Difficulty Judges and CJP (as applicable). i.e. no “averaging” of the total number of time faults of the Difficulty Judge(s) and/or CJP.

## NDP10 V1.2 – General Rules

- In all categories at National Finals medals will be awarded irrespective of the number of partnerships competing
- Height deductions updated to align with New FIG CoP
- All exercises may be performed to music with words
- Leotards with skirts may be worn at all Grades
- No Stylistic Variation allowed in Grades 1-5 including Youth

## NDP10 V1.2 – Changes to Grades 1-5

- The following Special Requirements have been removed in NDP10:
  - Bases may not repeat an identical motion, regardless of the position of the Top.
  - The top can receive difficulty value for the same position in the whole exercise 2 times in a static hold and 2 times during the motion
  - Not more than 3 dismounts will be evaluated for difficulty
  - Not more than 3 horizontal catch positions will be evaluated for difficulty
  - All partners must perform 3 individual elements characteristic of the routine for Special Requirements
  - No salto is required
- In Grade 5 more than 1 individual can be from the same category now
- A round-off can not be performed more than once in a dynamic routine
- FIG Newsletter 15 handstand on bases hands on the floor counts as an unsupported handstand

## NDP10 V1.2 – Changes to Youth, IDP1 & IDP2

- The Difficulty Value of IDP1 and IDP2 has been reduced
- Youth Pairs optional elements may only be selected from their own discipline rows
- Youth elements that are identical to elements in Grade 4 or Grade 5 must be performed in line with the corresponding technical description of the elements in Grade 4 or Grade 5 respectively
- In IDP balance and dynamic individuals can come from either the balance or tumbling page
- Individual can be from the same category but a round-off can not be performed more than once in a dynamic routine
- FIG Newsletter 15 handstand on bases hands on the floor counts as an unsupported handstand for Youth and IDP

## NDP10 V1.2 – Amendments/Clarifications

- Mexican is a forbidden element for Men
- G2 Pairs, D1: Picture should show Base in dish
- G2 Groups C3(ii) picture to match the text
- G3 WG elements D2 and E2 to align with Grade 3 Men's Group D2 and E2
- G4 WG, A3(iii): Picture should show Round-Off 1/4 straight back salto to land in log
- G4 MG, E2: Picture should show platform 180 jump dismount done by 2 tops
- G5 Balance Pairs E1(i) "on any Base position" to match the element description
- G5 Pairs C1(i) picture amended "Can be a 1/4 salto dismount from front angel or back angel"
- G5 WG Dynamic D1(ii) - the Top must start with both their feet on the floor for a boosted salto
- G5 Pairs Dynamic, A1(iii) - it should be from pitch only.

# Acro Companion

# Acro Companion

- The TC has contracted Acro Companion for the NDP10 and the FIG Levels
- Development work is currently underway and from Jan 2023 it is hoped that the system will be live so that Acro Companion will be used for Tariff Sheets for the British Championships, National Finals and Pat wade Classic
- There will be a small additional entry fee charge to cover the cost of the electronic tariff sheets
- Other national competitions will have the ability to use Acro Companion but they will need to apply and purchase tariff sheets

# Acro Companion – NDP Youth Changes

There will need to be some changes to the NDP Youth level when Acro Companion is in place in British Competitions :

- The exercise is composed of compulsory elements from the World Age Group Rules, and optional elements from the FIG Tables of Difficulty.
- If Pairs/Groups select their optional element from the World Age Group Rules they can only select an element from their own discipline and it must be from a different row to the Compulsory elements.
- The same Top position can only be used - 2 static holds and 2 transitions.
- Only 2 dismounts are allowed for difficulty and only 3 dismounts are allowed in the whole routine.
- One dynamic element must be a catch.
- Only 3 horizontal catches are allowed for Women's Groups and 1 compulsory and 1 optional horizontal catch for Men's Groups.



# Acro Companion – Youth Changes

There will need to be some changes to the NDP Youth level when Acro Companion is in place in British Competitions :

- In Pairs the optional element must have:
  - Min difficulty =1, Max difficulty = 9 for Balance
  - Min difficulty = 1, Max difficulty = 14 for Dynamic
- In Groups the optional element must have:
  - Min difficulty = 4, Max difficulty = 16 for Balance
  - Min difficulty = 1, Max difficulty = 14 WG and 10 MG 6 for Dynamic
- All partners must perform 3 different individual elements for Special Requirements from any category not exceeding difficulty of 10

# Regional Matters

Regional Representatives

Any Questions?

# Thank you

Acrobatic Technical Committee

[british-gymnastics.org](http://british-gymnastics.org)