

Aerobic Gymnastics

NAC
Code of Points
2022-2024

Competition Rules

Category		Age *	Composition	Competition Space	Music Length
IM	Individual Man	18	1 male competitor	7m x 7m	1 min. 20 sec. (± 5 sec.)
IW	Individual Woman		1 female competitor	7m x 7m	
MP	Mixed Pair		1 male / 1 female competitors	10m x 10m	1 min. 25 sec. (± 5 sec.)
TR	Trio		3 competitors (males / females / mixed)	10m x 10m	
GR	Group		5 competitors (males / females / mixed)	10m x 10m	
IM	Individual Man	15-17	1 male competitor	7m x 7m	1 min. 20 sec. (± 5 sec.)
IW	Individual Woman		1 female competitor	7m x 7m	
MP	Mixed Pair		1 male / 1 female competitors	7m x 7m	
PR	Same Sex Pair		2 Female or 2 male competitors	7m x 7m	
TR	Trio		3 competitors (males / females / mixed)	7m x 7m	
GR	Group		5 competitors (males / females / mixed)	10m x 10m	
IM	Individual Man	12-14	1 male competitor	7m x 7m	1 min. 15 sec. (± 5 sec.)
IW	Individual Woman		1 female competitor	7m x 7m	
MP	Mixed Pair		1 male / 1 female competitors	7m x 7m	
PR	Same Sex Pair		2 Female or 2 male competitors	7x7	
TR	Trio		3 competitors (males / females / mixed)	7m x 7m	
GR	Group		5 competitors (males / females / mixed)	10m x 10m	
IM	Individual Man	10-11	1 male competitor	7m x 7m	1 min. 15 sec. (± 5 sec.)
IW	Individual Woman		1 female competitor	7m x 7m	
MP	Mixed Pair		1 male / 1 female competitors	7m x 7m	
PR	Same Sex Pair		2 Female or 2 male competitors	7m x 7m	
TR	Trio		3 competitors (males / females / mixed)	7m x 7m	
GR	Group		5 competitors (males / females / mixed)	10m x 10m	

Competition rules

A gymnast may compete in the age category he or she will enter the following year as follows;

Pairs - 1 gymnast may be out of age.

Trios - 1 gymnast may be out of age.

Groups - 2 gymnasts may be out of age.

Note: Gymnasts cannot compete in both a NAC and a FIG Partnership in the same category. Gymnasts can also not compete in NAC and / or FIG partnerships in both their own category and the category above.

NAC Gymnasts may compete at FIG as follows;

- Pairs - 1 gymnast may be NAC

- Trios - 1 gymnasts may be NAC

- Groups - 2 gymnasts may be NAC

Note: Gymnasts cannot compete in both a NAC and a FIG Partnership in the same category. Gymnasts can also not compete in NAC and / or FIG partnerships in both their own category and the category above.

TIE BREAKING RULES

In case of a tie at any place in qualifications or finals, the tie will be broken based on the following criteria in this order:

1. The highest total score in Execution
2. The highest total score in Artistic
3. The highest total score in Difficulty

If there is still a tie, the tie will not be broken.

Difficulty Elements

The Difficulty Elements are classified into the following 3 “groups” in consideration of the physical ability required for each skill. Elements having similar techniques in each group are classified into “families”.

- The difficulty level is ranked from 0.1 to 1.0 point.
- Competitors may select the difficulty elements within their routine.

GROUP A (FLOOR ELEMENTS)			
FAMILY 1 Dynamic Strength		FAMILY 2 Static Strength	FAMILY 3 Leg Circle
Base Name	Push Up / A-Frame	Support	Flair
	Straddle Cut	V-Support	Helicopter
	Explosive High-V	Planche / Straddle Planche	
GROUP B (AIRBORNE ELEMENTS)			
FAMILY 4 Dynamic Jump (Compulsory for IM)		FAMILY 5 Form Jump	FAMILY 6 Split Leap/Jump
Base Name	Air Turn	Tuck	Scissor Leap / Kick
	Free Fall	Cossack	Switch Split
	Gainer	Pike	Sagittal Split
	Butterfly	Straddle/Frontal Split	
	Off Axis		
GROUP C (STANDING ELEMENTS)			
FAMILY 7 Turns		FAMILY 8 Flexibility (Not allowed for IM)	
Base Name	Turn	Split	
	Horizontal Turn	Illusion	
		Balance	

Basic rules for performing difficulty/acrobatic elements

All Categories	- Minimum of 4 Families must be performed. - Maximum of 2 Base Named Elements from each Family. - If the element does not meet the "minimum requirements", then it is counted but no value is given. - Maximum of 2 times in Wenson position (any phase of the skill which include Wenson shape will count as Wenson position). - Elements cannot be repeated (Elements with same name e.g. Tuck Jump and Tuck to Split).
IM / IW	- Must perform 7 (8 for SNR) difficulty elements. - Maximum of 2 elements can be combined in 1 set. (No combination allowed in ND) - Maximum of 1 set of combinations. (No combination allowed in ND)
IM	- Compulsory to perform at least 1 element from Family IV (Group B).for Junior and seniors only - Not allowed to perform Family VIII (Group C). - No elements landing in split position (Group B).
MP / PR / TR / GR	- Must perform 7 (8 for SNR) difficulty elements. - Maximum of 2 elements can be combined in 1 set. (No combination allowed in ND) - Maximum of 1 set of combinations. (No combination allowed in ND) - Must perform the same element at the same time. - TR / GR: May not perform element overlapping (3 or more competitors in a column from the Judges' Panel view)

Combination of elements (connection)

Two elements can be combined (connected) directly without any stop, hesitation or transition

All Categories	- All elements must be performed without a "FALL" and / or Unacceptable Execution. 2 elements must be from different families (Ex: Scissors Leap+Tuck etc.) - Will be counted as 2 elements. - Combination of 2 elements may not be repeated. - If one of those 2 elements doesn't meet the "minimum requirements" or performed with a FALL or Unacceptable Execution, the combination will not receive any additional value but counted.
IM / IW	No combination of 2 acrobatic elements allowed.
MP / TR / GR	All competitors MUST perform the same Difficulty Elements combination at the same time (Acro combination is not allowed).

Acrobatic Elements

The Acrobatic elements are those listed in the Code of Points

- Acrobatic Elements can be performed with 1 or 2 arms / hands OR from 1 or 2 feet (performing with elbows will be deducted by E-Jury).
- Acrobatic elements must be used without repetition including variations.
- Using Acrobatic Elements as transition will also be counted as 1 Acro including variations.
- MP / TR / GR must perform same Acrobatic Elements at the same time.
- Acrobatic combination is not allowed.
- For IM; Acrobatic elements landing in Split position is not allowed.

Minimum Requirements

GROUP A -FLOOR ELEMENTS

Family **1**

Dynamic Strength

All elements in Family I must show the **airborne phase**. (Apart from Push Up)

BASE NAME	MINIMUM REQUIREMENTS
<i>Push Up</i>	• Elbow in line with shoulder
<i>A-Frame</i>	• Pike position (90°minimum) in airborne phase.
<i>Straddle Cut</i>	• Shoulders higher than hips level before the cut in airborne phase and perform in a vertical plane.
<i>Explosive High-V</i>	• High-V position must be shown before airborne phase.

Pilo Push Up.

Hand and feet must leave the floor at the same time.

Family **2**

Static Strength

All elements in Family II must be held for at least **2-seconds**.

BASE NAME	MINIMUM REQUIREMENTS
<i>Support</i>	• Without touch.
<i>V-Support</i>	• Without touch.
<i>Planche /</i>	• Without touch.
<i>Straddle Planche</i>	• The straight body must not exceed 20° above the horizontal. • Legs must not exceed 20° lower than horizontal.

Family **3**

Leg Circle

All elements in Family III must be performed with the **full rotation of the legs**.

BASE NAME	MINIMUM REQUIREMENTS
<i>Flair</i>	- From the starting position, swing to FREE front support on both hands. - Rotation of the body in support on the hands (one after the other) - Starting from leading leg crossing the other leg. - Leg circles must be supported on back. Must complete minimum of 3/4 rotation. - The ending position must be facing the same direction as the starting position.
<i>Helicopter</i>	With 1/2 turn: The ending position must be facing the opposite direction as the starting position (with tolerance of 45°).

GROUP B - AIRBORNE ELEMENTS

Family **4**

Dynamic Jump

For IM: Compulsory to perform at least 1 element from Family IV.

BASE NAME	MINIMUM REQUIREMENTS
<i>Air Turn</i>	Both feet lands together.
<i>Free Fall</i>	Hands and feet must land together.
<i>Gainer</i>	Hands and feet must land together.
<i>Butterfly</i>	Body must not exceed 45° above or under the horizontal.

Off Axis	· Body must not exceed 45° above or under the horizontal.
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Family **5**

Form Jump

BASE NAME	MINIMUM REQUIREMENTS
Tuck	· Tuck form must be shown with knees at least parallel to the floor.
Cossack	· Cossack form must be shown with legs at least parallel to the floor.
Pike	· Pike form must be shown with legs at least parallel to the floor.
Straddle / Frontal Split	· Straddle/Frontal Split form must be shown with legs at least parallel to the floor.

Family **6**

Split Leap / Jump

All elements in Family VI must be performed with Split position of minimum 170°.

BASE NAME	MINIMUM REQUIREMENTS TO BE VALID
Scissor Leap/Kick	· Leading leg at least 45°to the floor. · Switch action must be shown in the airborne phase
Switch Split Leap	· Straight leading leg at least 45°to the floor.
Sagittal Split	· Sagittal Split form (body orientation towards front leg) must be shown in the airborne phase

GROUP C - STANDING ELEMENTS

Family **7**

Turns

All elements in Family VII must be performed with rotation toward the same direction of the supporting leg (**en dedans**).
All elements in Family VII must be performed without **hopping**.

BASE NAME	MINIMUM REQUIREMENTS
<i>Turn</i>	• Must be performed on the ball of the foot.
<i>Horizontal Turn</i>	• Must be performed on the ball of the foot. • Lifted leg must not exceed 15° below the horizontal level.

Family **8**

Flexibility

All elements in Family VIII are not allowed to perform by IM.
All elements in Family VIII must be performed with **minimum of 170°** angle between the legs.

BASE NAME	MINIMUM REQUIREMENTS
<i>Vertical Split</i>	• Supporting leg must be in vertical position.
<i>Illusion</i>	• Supporting leg must not leave the floor. • Complete (full) rotation of the free leg.
<i>Balance</i>	• Must be performed on the ball of the foot. • Complete (full) rotation with holding lifted leg.

NAC Rules 2022-2024	National Development	Age Group	Junior	Senior
AGE	9-11 in the year of the competition	12-14 in the year of the competition	15-17 in the year of the competition	18 + in the year of the competition
CATEGORIES	IM, IW, MP/PR, TR, GR	IM, IW, MP/PR, TR, GR	IM, IW, MP/PR, TR, GR	IM, IW, MP, TR, GR
EXCEPTIONS	No 1 arm push up No 1 arm support	No 1 arm push up No 1 arm support	Maximum 4 floor elements	
MUSIC LENGTH	1 minute 15 seconds (+/- 5sec)		1 minute 20 sec. (+/- 5sec)	
DIFFICULTY ELEMENTS	Maximum: 7 elements	Maximum: 7 elements	Maximum: 7 elements	Maximum: 8 elements
ACROBATIC ELEMENTS	2 elements from A1 to A2 (optional)	2 elements from A1 to A4 (optional)	2 elements from A1 to A5 (optional) Salto 360° without twist ONLY.	2 elements from A1 to A5 (optional) Salto 360° without twist ONLY.
COMBINATION OF DIFF ELEMENTS	No combination	1 combination of 2 diff elements allowed	1 combination of 2 diff elements allowed	1 combination of 2 diff elements allowed
COEFFICIENT DIFF	The total score will be divided by 2 points for all categories			
COMPETITION SPACE	IM / IW / MP / TR: 7 X 7 GR: 10 X 10	IM / IW / MP/ TR: 7 X 7 GR: 10 X 10	IM / IW / MP/ TR: 7 X 7 GR: 10 X 10	IM / IW: 7 X 7 MP/TR/GP: 10 X 10
COMPULSORY ELEMENTS	Minimum of 4 families	Minimum of 4 families	Minimum of 4 families	Minimum of 4 families
ELEMENTS ALLOWED VALUE	0.1 – 0.4	0.1 – 0.5 With 1 x optional 0.6	0.1 – 0.6 With 1 x optional 0.7	0.1 – 0.7 With 1 x optional 0.8

NAC Rules 2022-2024	National Development	Age Group	Junior	Senior
AGE	10-11 in the year of the competition	12-14 in the year of the competition	15-17 in the year of the competition	18 + in the year of the competition
PUSH UP / SPLIT LANDING (Difficulty Elements (Group B) / Acrobatic Elements)	<IM> - No PU and Split landing < IW/MP/TR/GR > - No PU landing - Maximum 1 element landing in SPLIT	<IM> - Maximum 1 element landing in PU - No Split landing elements < IW/MP/TR/GR > - Maximum 1 element landing in PU OR - Maximum 1 element landing in Split	<IM> - Maximum 2 elements landing in PU - No Split landing elements <IW/MP/TR/GR> - Maximum 4 element landing in PU AND Maximum 2 elements landing in Split Maximum 4 element landing in Split	<IM> - Maximum 3 elements landing in PU - No Split landing elements <IW/MP/TR/GR> - Maximum 3 element landing in PU/Split push of split
COLLABORATIONS	Minimum 1 collaboration	Minimum 2 collaborations	Minimum 2 collaborations	Minimum 2 collaborations
ATTIRE	FIG Code of Points (no make-up) Optional tights Form fitting body shorts allowed (boys and girls).	FIG Code of Points (LIGHT make-up)	FIG Code of Points	FIG Code of Points
DIFFICULTY DEDUCTIONS (-0.5 EACH TIME)	- More than 7 elements - Compulsory elements: missing or in any combination or not at the same time - Elements with more than 0.5 value - Performing elements not allowed - Elements landing to PU - More than 1 jump element landing in split - Combination of elements - Repetition of an element	- More than 7 elements - Compulsory elements: missing or in any combination or not at the same time - Elements with more than 0.7 value - Performing elements not allowed - More than 1 jump element landing to PU or Split - More than 1 combination of 2 elements - Combination of 3 elements - Repetition of an element	- More than 7 elements - Performing more elements / values than allowed - Performing elements not allowed - Elements with more than 0.9 value - More than 2 jump elements landing in Split/PU - IW, MP, TR, GR; More than 1 split landing in - IW, MP, TR, GR; More than 1 PU landing in - IM; Split landing (Group B) - IM; More than 2 PU landing in - Combination of 3 elements - Repetition of an element	- More than 8 elements - Performing more elements / values than allowed - Performing elements not allowed - Elements with more than 0.9 value - More than 3 jump elements landing in Split/PU - IM; Split landing (Group B) - IM; More than 3 PU landing in - Combination of 3 elements - Repetition of an element
CJP DEDUCTION (-0.5 EACH TIME)	Performing Acrobatic elements (A3 to A5) Performing more than 2 Acro elements	Performing Acrobatic elements (A5) Performing more than 2 Acro elements	- Performing Salto 360° with twist 2 Acrobatic Elements together - Performing more than 2 Acro elements	- Performing Salto 360° with twist 2 Acrobatic Elements together - Performing more than 2 Acro elements

NAC

Difficulty Table

GROUP A- NAC

1	2	3	4	5	6	7	8
Family 1	DYNAMIC STRENGTH (A-Frame, Straddle Cut, Explosive High-V)						

LEG CIRCLE (Flair & Helicopter)

[illegible]

GROUP C - NAC

	1	2	3	4	5	6	7	8
Family 7	TURN (Turn, Horizontal Turn)							
Family 8	FLEXIBILITY (Split, Balance, Illusion)							

Family 6

[illegible]