

# MIKE WALKER INVITATIONAL SOUTHAMPTON GYMNASTICS CLUB

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## Mike Walker Acrobatic Competition Youth Category Rules & Requirements

Gymnasts competing in the YOUTH category will perform a combined routine only, following these requirements:

### Youth Pairs:

#### Balance

Choose 2 elements from the balance group found within the Compulsory Elements Table 11-16, plus 1 optional element from the FIG Tables of Difficulty or Appendix 4.  
(Only 2 static holds of 3" is the minimum requirement in the routine).

#### Dynamic

Choose 2 dynamic elements from the Compulsory Elements Table 11-16, plus 1 optional element from the FIG Tables of Difficulty or Appendix 4.

Maximum difficulty value given for compulsory elements (it is possible to perform more but no credit is given).

0.5 Maximum difficulty for optional elements: 1-9 Balance, 1-14 Dynamic

### Youth Groups:

#### Balance

Choose 1 balance pyramid from the Compulsory Elements Table 11-16, plus 1 optional balance pyramid from the FIG Tables of Difficulty or Appendix 4 (only 2 static holds of 3" are necessary in the routine).  
The optional pyramid can be selected from one of the same categories used in the compulsory elements, but not from the Compulsory Elements Table.

#### Dynamic

Choose 2 dynamic elements from the Compulsory Elements Table 11-16, plus 1 optional dynamic element from the FIG Tables of Difficulty or Appendix 4.

Maximum difficulty value given for compulsory elements (it is possible to perform more but no credit is given); 0.5 Maximum difficulty for optional elements: 4-16 Balance, 1-14 Dynamic (1-10 M4)

### Individual requirements for both pairs & groups:

Choose 2 individual elements from the categories of flexibilities, stands & agilities (from different categories), plus 2 tumbling elements (it is not compulsory to perform a somersault).