

2017 FIG RULES	NATIONAL DEVELOPMENT	GROUP 1	GROUP 2	SENIOR
Age in the year of Competition	10-11 Years	12-14 Years	15-17 Years	18 or above years
Categories	IW IM MP TR GR	IW IM MP TR GR	IW IM MP TR GR	IW IM MP TR GR
Routines Per gymnast	Maximum x 3	Maximum x 3	Maximum x 3	Maximum x 3
Music	1.15 (+/- 5 sec)	1.15 (+/- 5 sec)	1.20 (+/- 5 sec)	1.20 (+/- 5 sec)
Competition space	7 x 7 IW IM MP TR 10 x 10 GR	7 x 7 IW IM 10 x 10 MP TR GR	10 x 10 All Categories	10 X 10 All Categories
Lifts Cop lift for Groups 1 and 2 with no value and Cop lift for Seniors with value	0	Maximum x 1 optional lift	Maximum x 1 compulsory lift	Maximum x 1 compulsory lift
Attire National Development: Tights or form fitting body shorts for girls and form fitting shorts for boys	FIG Cop and No Make Up	FIG Cop and Light Make Up (Preferably None)	FIG Cop and Make Up used sparingly	FIG Cop with Make Up used sparingly
Difficulty elements Difficulty Factor all Junior categories: D score and D deductions /2 Difficulty Factor Seniors: IW IM MP and Male TR GR D score and deductions /2 Female or Mixed TR GR D score / 1.8 and D Deductions /2	Maximum x 6 (including optional element) Values: 0.1-0.4 with 1 optional element at 0.5 Maximum x 4 floor elements	Maximum x 8 (including optional element) Values: 0.1-0.6 with 1 optional element at 0.7 Maximum x 5 floor elements	Maximum IW IM x 10 and MP TR GR x 9 (including optional element) Values: 0.2-0.7 with 1 optional element at 0.8 Maximum x 5 floor elements	
Compulsory elements MP TR GR : Must be performed at the same time and without combination	A Push Up B Straddle Support C 1/1 Air Turn D Vertical Split	A Helicopter to PU B Straddle maximum 1/1 turn C Tuck Jump 1/1Turn D 1/1 Turn to Vertical Split	A Helicopter to Split or Wenson B Straddle Support maximum 2/1 turns C Straddle Jump D Illusion or Free Illusion to Vertical Split ?	FIG Cop Values 0.3-1.0
PU/split landing	Maximum x 1 to split	Maximum x 1 to split Maximum x 1 to pu	Maximum x 3 in split and/or pu	Maximum x 3 to split and/or pu
Optional Difficulty and Acrobatic Combinations	0	Maximum x 1with 2 different elements D+D D+A A+D	Maximum x 2 with 2 different elements D+D D +A A+D	Maximum x2 with 2/ 3 different elements D+D D+A A+D D+D+D A+ D+A D+A+D
Optional Acrobatics Must be performed without combination	Maximum 2 elements from A1 -A3	Maximum 2 elements from A1 –A6	Maximum 2 elements from A1 –A7	Maximum 2 elements from A1 –A7
Exceptions	No prohibited moves No 1 arm push up No 1 arm support No push up landing, off-axis jump or salto 360 twist No lift and No combinations No acrobatics A4-A7	No prohibited moves No 1 arm push up No 1 arm support No off-axis jump or salto 360 twist No acrobatics A7	No prohibited moves No 1 arm push up No 1 arm support No off-axis jump or salto 360 twist	No Prohibited Moves