

**2017
FOUNDATION RULES**

Age in the year of competition	9 years
Categories Same sex pairs (PR) are allowed	IW IM MP PR TR GR
Routines Per gymnast	Maximum x 2
Music	1.15 (+/- 5 sec)
Competition space	7 x 7 IW IM MP TR 10 x 10 GR
Lifts	0
Attire Tights or form fitting body shorts for girls Form fitting body shorts for boys	FIG Cop but no Make Up
Difficulty elements Difficulty Factor: D score 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