

2017 NAC RULES	NATIONAL DEVELOPMENT	GROUP 1	GROUP 2	SENIORS
Age in the year of Competition	10-11 years	12-14 years	15-17 years	18 years or above
Categories Same sex pairs (PR) are allowed in ND and Groups 1 and 2 but not in Seniors	IW IM MP PR TR GR	IW IM MP PR TR GR	IW IM MP PR TR GR	IW IM MP TR GR
Routines Per gymnast	Maximum x 2	Maximum x 2	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 MP TR 10 x 10 GR	7 x 7 IW IM MP TR 10 x 10 GR	7 x 7 IW IM MP TR 10 x 10 GR
Lifts NAC with no value	0	Maximum 1 x optional	Maximum 1 x compulsory	Maximum 1 x compulsory
Attire National Development: Tights or form fitting body shorts for girls and form fitting body shorts for boys	FIG Cop but no Make Up	FIG Cop and Light Make Up (Preferably None)	FIG Cop and Make Up used sparingly	FIG Cop and Make Up used sparingly
Difficulty elements Difficulty Factor: All categories D score and D deduction / 2	Maximum x 6 (including optional element) Values: 0.1-0.3 with optional element 0.4 Maximum x 4 floor elements	Maximum x 8 (including optional element) Values: 0.1-0.4 with optional element 0.5 Maximum x 5 floor elements	Maximum x 8 (including optional element) Values: 0.1-0.5 with optional element 0.6 Maximum x 5 floor elements	Maximum x 8 (including optional element) Values: 0.1-0.7 with optional element 0.8 Maximum x 5 floor elements
PU/Split landing	Maximum x 1 to split	Maximum x 1 to split Maximum x 1 to p u	Maximum x 3 to split or p u	Maximum x 3 to split or p u
Element pool	1 element from each group	1 element from each group	1 element from 3 out of the 4 groups	1 element from 3 out of the 4 groups
Optional Difficulty and Acrobatic Combinations	0	Maximum x 1 with 2 different elements D+D D+A A+D	Maximum x 2 with 2 different elements D+D D+A A+D	Maximum x 2 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 x 2 elements from A1 -A3	Maximum x 2 elements from A1 –A6	Maximum x 2 elements from A1 –A7	Maximum x 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 No 1 arm push up No 1 arm Support No off-axis jump or salto 360 twist