

2017 RAC RULES	PRE-FOUNDATION	FOUNDATION	NATIONAL DEVELOPMENT	GROUP 1	GROUP 2	SENIOR
Age in the year of Competition	6-8 years	9 years	10-11 years	12-14 years	15-17 years	18 years or above
Categories Same sex pairs (PR) are allowed	IW IM MP PR TR GR	IW IM MP PR TR GR	IW IM MP PR TR GR	IW IM MP PR TR GR	IW IM MP PR TR GR	IW IM MP PR TR GR
Routines Per gymnast	Maximum x 2	Maximum x 2	Maximum x 2	Maximum x 2	Maximum x 2	Maximum x 2
Music No sound effects or additional accents	1.15 (+/- 5 sec)	1.15 (+/- 5 sec)	1.15 (+/- 5 sec)	1.15 (+/- 5 sec)	1.20 (+/- 5 sec)	1.20 (+/- 5 sec)
Competition space	7 x 7 IW IM MP PR TR 10 x 10 GR	7 x 7 IW IM MP PR TR 10 x 10 GR	7 x 7 IW IM MP PR TR 10 x 10 GR	7 x 7 IW IM MP PR TR 10 x 10 GR	7 x 7 IW IM MP PR TR 10 x 10 GR	7 x 7 IW IM MP PR TR 10 x 10 GR
Lifts RAC with no value	0	0	0	Maximum x 1 optional	Maximum x 1 compulsory	Maximum x 1 compulsory
Attire Tights or form fitting body shorts for girls and form fitting body shorts for boys	FIG Cop and no Make Up	FIG Cop and No Make up	FIG Cop and No Make Up	FIG Cop and Light Make Up (Preferably None)	FIG Cop with Make Up used sparingly	FIG Cop with Make Up used sparingly
Difficulty elements Difficulty Factor: All categories -D score and D deduction / 2	Compulsory Skills x 6 A Push up B Support 0.05 - 0.2 C Tuck or Cossack Jump C Air Jack D 1/1 Turn D Sagittal or Frontal Split	Maximum x 6 RAC NAC FIG Skills 0.05 -0.3 Maximum x 4 floor elements	Maximum x 6 RAC NAC FIG Skills 0.05 -0.3 Maximum x 4 floor elements	Maximum x 8 RAC NAC FIG Skills 0.05-0.3 Maximum x 5 floor elements	Maximum x 8 RAC NAC FIG Skills 0.05 -0.5 Maximum x 5 floor elements	Maximum x 8 RAC NAC FIG Skills with optional element Values: 0.05-0.5 including optional element 0 .6 Maximum x 5 floor elements
PU/Split landing	0	Maximum x 1 to split	Maximum x 1 to split	Maximum x 1 to split Maximum x 1 to pu	Maximum x 3 to split and or p u	Maximum x 3 to split and or p u
Element pool	1 element from each group	1 element from each group	1 element from each group	1 element from each group	1 element from each group	1 element from each group
Optional Difficulty and Acrobatic Combinations	0	0	0	0	0	0
Optional Acrobatics must be performed without combination	0	0	0	0	0	0
Exceptions	No prohibited moves No 1 arm push up No 1 arm support No split or push up landing, off-axis jump or salto 360 twist No lift No Acrobatics	No prohibited moves No 1 arm push up No 1 arm or support No push up landing, off-axis jump or salto 360 twist No lift No combinations No Acrobatics	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 No combinations No Acrobatics	No prohibited moves No 1 arm push up No 1 arm support No off-axis jump or salto 360 twist No combinations No Acrobatics	No prohibited moves No 1 arm push up No 1 arm support No off-axis jump or salto 360 twist No combinations No Acrobatics	No prohibited moves No 1 arm push up No 1 arm support No off-axis jump or salto 360 twist No combinations No Acrobatics