

FÉDÉRATION INTERNATIONALE  
DE GYMNASTIQUE



**CODE OF POINTS ACROBATIC GYMNASTICS**  
**TABLES OF DIFFICULTY 2017-2020**  
January 2017



<b>1. INTRODUCTIONS</b>			
• Contents		3	
• Preamble		4	
• Introduction		5	
<b>2. GENERAL</b>			
• General Rules		8-10	
• Start and End Points		11-12	
• Categories of Handstands and Footstands		13-14	
<b>3. PAIRS BALANCE</b>			
• Examples		15-17	
• Static Holds and Motions		18-26	
• Mounts		27-41	
<b>4. PAIRS DYNAMIC</b>		42	
• Additional Table for Links		43	
• Dynamic Elements		44-55	
<b>5. WOMEN'S GROUP BALANCE</b>			
• Static Holds and Motions Top		56-64	
• Base Pyramid positions		65-71	
<b>6. WOMEN'S GROUP DYNAMIC</b>			72
• Additional Table for Links			73
• Dynamic Elements			74-82
<b>7. MEN'S GROUP BALANCE</b>			83
• Evaluation of transitions			86
• Examples Mounts			88-89
• Static Holds and Motions Top			90-93
• Base Pyramid positions			94-110
<b>8. MEN'S GROUP DYNAMIC</b>			111
• Additional table for Links			112
• Dynamic Elements			113-126
<b>9. INDIVIDUAL ELEMENTS</b>			127
• General rules			128
• Static holds and strength			129-131
• Flexibilities			132
• Agilities			133-136
• Tumbling			137
<b>10. TARIFF SHEET &amp; NEW ELEMENT FORM</b>			

## PREAMBLE

The Tables of Difficulty are integral to the FIG Code of Points (CoP) for Acrobatic Gymnastic. It is important when using the Tables that reference is made to Section V and VIII of the Code of Points.

The document contains elements which are possible for performance in Acrobatic Gymnastics' competition. Through selection of starts, motions, mounts, holds and dismounts, competitors are able to be creative in forming exercises.

The document content is evolutionary rather than definitive. Additions and modifications are made as new elements are created and clarifications become necessary.

These Tables may **not** be reproduced without written permission of the FIG.

## Acknowledgements

The Acrobatic Gymnastics' community is indebted to the following for their contribution to the Tables of Difficulty:

- Members of the FIG Acrobatic Technical Committee 2013-2016 for their expertise in revising the Tables for the cycle 2017-2020  
Rosy Taeymans, Tonya Case, Irina Nikitina, Karl Wharton, Nikolina Hristova, Frank Böhm, Yuriy Goliak.
- The original artist for the majority of the drawings found in the Tables, Vitcho Kolev.
- Vitcho Kolev and Irina Nikitina for a new concept to simplify the work of coaches and judges for pair and trio balance.
- The FIG Secretariat for the availability of expert technical advice and assistance.
- Acrobatic coaches and athletes for their creativity in stretching the boundaries of gymnastic knowledge and skills.

# INTRODUCTION

## Content

The Tables of Difficulty are used in all FIG approved competitions. Only elements in the Tables of Difficulty may be performed for difficulty credit at FIG events.

The Tables include elements or parts of elements already performed during the history of Acrobatic Gymnastics, in addition to a range of potential to be performed in the future.

Difficulty is given for pair and group elements as well as individual elements.

Some elements have been declared '**forbidden**' in the interests of safety and aesthetics.

## Difficulty Value of Elements

The difficulty value of a pair or group element is the sum of the different parts of the element.

## Tariff Sheets

At the end of the Tables of Difficulty is an example of the official Tariff Sheet on which the elements of each exercise to be performed during a competition are declared. Each exercise is drawn on a separate Tariff Sheet. The rules for completing a Tariff Sheet are explained in the Code of Points.

A drawing must be made of each pair group element in the order it is to be performed. Pair group elements precede individual elements that also must be drawn in the order to be performed. Drawings may be reproduced from the Tables of Difficulty. The Tariff Sheet must be "**Computer generated**". Original drawings (TOD, AGR) must be clearly presented and not open to a variety of interpretations. Shorthand notation on Tariff Sheets may **not** be used.

The pages from which elements are created or selected, the number of the drawing and the value of the element and its parts must be recorded on the Tariff Sheet. The intended length of 'holds' must be declared.