



## B – Class AcroSport



### 1.1 General

Required is a balance and/or a dynamic exercise by the valid FIG rules for the balance/ dynamic exercise of Age Group 12-18. The maximum length of the balance exercise is 2:30 min, the dynamic exercise maximum 2:00 min. A maximum of 8 pair or group elements plus 3 individually elements are to be shown.

The difficulty is calculated, in accordance with the FIG Code of Points and the Tables of Difficulty, from the sum of the value divided by 100. For the difficulty, a **maximum of 80 V is calculated in the balance exercise** and a **maximum of 70 V in the dynamic** exercise ( $\cong$  AGC 12-18).

Both exercises have a tolerance of 10 V, which may be shown additional but not calculated for the difficulty grade.

Value shown above will be penalized with a deduction of 1.0 by the DJ, as well as ignoring the basic requirements or special requirements.

### 1.2 Balance

#### Basic Requirements:

- **Groups:**

- at least 2 single pyramids of different categories with a minimum of 3 static positions with 3" stop by the top, A maximum of 4 pyramids, all

different categories, at least 1 motion by the top

- at least 3 individually elements by category 1 (Balance – static 2") Flexibility, Agility )

- **Pairs:**

- at least 5 partner elements with a minimum of 3 static positions with 3" stop by the top ○

at least 1 motion by the top or the base ○ at least 3 individually elements of category 1 (Balance – (static 2") Flexibility, Agility)

#### Special Requirements:

- an individually somersault or back flip is not required.
- a handstand of the top is not required.
- There are all the other restrictions of the World Age Group Competition Rules 12-18.

### 1.3 Dynamic

#### Basic Requirements:

- at least 5, maximum of 8 partner elements, from that
  - at least 2 elements to the partner
 and
  - maximum 3 bounces (from partner to the floor)
- at least 2 individually elements of the category 2
- **Special requirements:**
  - an individually somersault or back flip is not required

There are all the other restrictions of the World Age Group Competition Rules 12-18.

