

Dear Friends,

Some of the clubs that are planning to come to the Vegas Acro Cup have asked if we will be using the revised rules for the Youth Competition. We want to make participation as easy as possible for those of you with athletes in the Youth Program. So we will be using the revised youth rules for Vegas Acro Cup.

Revised Youth Rules:

The revised rules are essentially the same except the changes noted as follows:

- 1) The exercise is a maximum of 2 minutes.
- 2) Optional Skills may be selected from the 11-16 FIG Age Group Program compulsory elements. However, these skills must not be selected from the same ROWS used for the compulsory elements.
- 3) 3 individual elements are required. (A salto is not required.)

Youth Competition Program Rules

General Rules:

1 Combined exercise with a maximum of 2 minutes duration.
Difficulty is calculated just like in FIG 11-16 Age Group.

Exercise Composition Rules:

Pairs: Choose 2 balance elements from 11-16 difficulty tables + 1 optional element from FIG tables and 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables (OPTIONAL can be from 11-16 difficulty tables but not the same ROWS used on the compulsory elements).

Groups: Choose 1 pyramid from 11-16 difficulty tables + 1 optional pyramid from FIG tables (only 2 static holds of 3'' are required in the routine) and 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables (OPTIONAL can be from 11-16 difficulty tables but not the same ROWS used on the compulsory elements).

Individual: 3 individual elements must be performed. **(NO SALTO REQUIRED.)**

We are looking forward to seeing you at the Vegas Acro Cup.