



COMPETITION REGULATIONS FOR AESTHETIC GROUP GYMNASTICS

AND PAN AMERICAN PROGRAM

CATEGORIES OF 4-6, 6-8, 8-10, 10-12, 12-14

This regulation of the FENMEGEG (National) and PAN AMERICAN program IS MANDATORY, for the children's categories

IDEA

The objective of the NATIONAL and PAN AMERICAN program is to show the AGG technique of gymnasts, bilateral muscle work and the physical capacities. The short program offers an easy way to access the sport of AGG.

- Required technical elements (list of required elements, valid for two years).
- The entire choreography should be a series of different groups of movements.
- Bilateral work (body movements, jumps and balances -> see list of required elements).
 - With the mandatory program it is easier for new groups to start the sport and participate in competitions.
 - The compulsory program has parts that are **pre-selected** such as athletic difficulties and body difficulties

NUMBER OF GYMNASTS:

Minimum four (4) gymnasts, maximum ten (10) gymnasts.

- Penalty by the Responsible Judge: -0.5 for each missing or additional gymnast

PROGRAM DURATION

The duration of the FENMEGEG program is between 1.45-2.00.

The timer starts from the beginning of the first movement after the group has taken its starting position in the competition area.

The timer stops as soon as all the gymnasts are completely still.

- **Penalty by the Responsible Judge:** -0.1 for each additional or missing full second. The penalty is proposed by both Time Judges.

The entrance of the group to its starting positions should not take too long, nor be accompanied by music or include additional movements.

- **Penalty by the Responsible Judge** (proposed by most AV judges): -0.3 for an entry that takes too long, is accompanied by music, or includes additional movements



MUSIC

Music is unrestricted (theme) in all categories

Music can be performed by one or more instruments. Vocals and lyrics are allowed in the piece of music. It should be uniform and complete without interruptions, with a clear and well-defined structure, and should be appropriate for the gymnasts' age category. Disconnected music fragments or irregular sound effects are not allowed. A short signal may sound before the music. A short musical introduction without movement is allowed. Gymnasts are not allowed to make vocal sounds, except for individual clapping, banging, or similar rhythm effects.

There must be a single piece of music recorded in the form requested by the organizers.

The following information should be clearly marked in the music file:

- Club Name
- Group name.
- Competition Program
- Category
- Duration of the music.

The name (or names) of the composer and the title of the music must be provided to the organizers upon request.

The exercise must be done entirely with musical accompaniment.

When incorrect music is played, the group is responsible for immediately stopping the exercise. The team restarts its exercise as soon as the correct music starts.

A group may only repeat its exercise in "force majeure" situations, such as an accident or an error caused by the organizers (e.g. power failure, sound system error, etc.).

Approval from the Responsible Judge/Senior Jury is required for repetition of the program.

COMPETITION AREA

The size of the competition mat is 13 m x 13 m, including the limit line. The limit line must be clearly marked and at least 5 cm wide. Gymnasts are not allowed to leave the competition mat during their competition routine, including the start and end position of the routine

- **Penalty by the Responsible Judge:** -0.1 for each gymnast each time the limit line is crossed. Penalties are proposed by the Line Judges.

COSTUMES, HAIRSTYLE AND MAKEUP OF THE GYMNASTS:

COSTUMES

The competition costume worn by a team must be a gymnastics suit (leotard or unitard), with or without a skirt, and must have an aesthetic appeal that appreciates the spirit and principles of competitive sport, but not a show or performance.

The competition costume must be identical (in material and style) and the same color for all members of the group. However, if the competition wardrobe is made of printed material, some slight differences due to the cut are tolerated. The competition costumes must remain unchanged throughout the program.

Gymnasts should perform the exercise with beige toe caps.

Competition costume must be made of non-transparent material, with the exception of the sleeves, neckline and legs at the bottom of the crotch. The neckline of the jersey should not be lower than the upper chest at the front and the bottom of the scapulae at the back. The skirt cut should be long enough to cover the groin in the front and the buttocks in the back.

Competition costumes must not distract or impede a clear view of movements or disturb the evaluation of the execution.

- It is allowed:

- Ankle stockings, over or under suit
- Small decorations on the competition costume/skirt (such as bows, crystals, ornaments, etc.) that are aesthetic and do not disturb the execution of the program.
- Support bandages and foot colored ribbons.



It is forbidden:

- Hats or other head coverings.
- Separate decorations on the wrists, ankles and/or neck.
- All kinds of earrings and other jewelry.
- Lights on the competition suit,
- Gloves or sleeves on the palm.
- Decorations or decorative elements that are too large in the competition costume that do not allow the judges to see the movements.
- Pants.

The competition suit must not hurt or insult any religion or nationality or express any political attitude or opinion.

• **Penalty of the Responsible Judge** (proposed by the majority of VA judges): -0.3 for dress that hurts, insults or expresses a religion, or takes a political stance, or that hurts people.

HAIR AND MAKEUP

Hair (except short hair) must be tied back for the safety of gymnasts. Small hair decorations (including the net covering the hair gathered in onions) are allowed (maximum size of all decorations together for hair is about 5 x 10 cm, height from the scalp maximum of 1 cm) and must be of the same style. The gymnasts' hairstyle must remain unchanged from the beginning to the end of the program. Each hairstyle destroyed will result in an AV penalty.

***CLARIFICATION:** The loss of small forks and small glass will not be penalized.

It is not allowed to use hair dyes that can be transferred to the competition mat

The makeup must comply with the principles of competitive sport, but it must not be a show or a performance. Sporty, moderate and aesthetic make-up is allowed. Theatrical makeup, drawings or other drawings on the face, stones or sequins, bright shadows, too dark/unnatural lipstick colors, colored contact lenses, etc. **are not allowed**. False eyelashes (no longer than 1 cm) are allowed.

- **Penalty of the Responsible Judge** (proposed by a majority of VA judges): -0.1 for one gymnast and -0.2 for two or more gymnasts for dress, hair, or makeup that does not comply with these rules.
- **Penalty of the Responsible Judge** -0.1 for each hairstyle destroyed.
- **Penalty of the Responsible Judge** (proposal of the Line Judges): -0.1 for each lost item (hair decoration, pointe shoes, etc.).
- **Penalty of the Responsible Judge** (proposed by the Line Judges): -0.2 for each color spot.

DISCIPLINE

Discipline of Gymnasts and Coaches.

All teams must be present and perform their program at the official training.

All teams and coaches must respect the team competing and not disturb the judges and the public during the competition and/or training. The use of loud vocals or music from outside the competition mat **is not permitted** during performances by other teams, and this will result in a **penalty deducted from VA**.

Gymnasts are not allowed to warm up on site before entering the mat. During the competition program, coaches and reserve gymnasts must remain in the designated place for coaches. They cannot stay anywhere visible near the carpet. This will lead to a **deducted penalty from VA**.

- **Penalty of the Responsible Judge:** -0.3 per discipline of the coach and/or gymnast(s)



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In no case may a coach, team leader, or other official person communicate verbally or by signals with a gymnast or group during exercise. Any help that contributes to successful execution of a program will result in a penalty deducted from VA.

- **Responsible Judge Penalty:** -0.3 for any kind of help

Gymnasts are not allowed to make any vocal sounds during the exercise, except for individual claps, beats or similar rhythmic effects, and this will result in a penalty deducted from VA.

- **Responsible Judge Penalty** (proposed by most AV judges): -0.1 each time.

AREAS OF EVALUATION AND SCORING

Teams will be evaluated by three areas:

- | | |
|--------------------------------------|---|
| 1. Composition, Technical Value (TV) | Maximum 2.10 points (category 4-6 years)
Maximum 2.80 points (categories 6-8; 8-10 and 10-12; 12-14)
Maximum 4.00 points (JUNIOR and SENIOR categories) |
| 2. Composition, Artistic Value (VA) | Maximum 5.0 points |
| 3. Execution (EXE) | Maximum 8.5 points (category 4-6 years)
Maximum 10.0 points (categories 6-8; 8-10 and 10-12; 12-14, JUNIOR and SENIOR) |

TECHNICAL VALUE

The 12 compulsory elements of the PANAMERICAN programme are pre-selected for the mandatory programme. The pre-selected mandatory elements are presented in **FREE ORDER**. The team can show other elements (balances, jumps, acrobatics, etc.) but they are not taken into account for the point count.

The Technical Value (TV) consists of required elements (technical combinations of body movements, jumps, balances and turns/promenade) that are the same for each team. Each team must perform the technical elements as indicated in the list of required elements (attached).

*NOTE: All elements must be executed according to the criteria written in the text, (can be guided with the video exercises) The execution of elements that are NOT as in the list will automatically be counted as zero (0) points.

The idea of the Short Program is to show the AGG technique, bilateral muscle work, physical capabilities and the different types of GEG technical combinations.

Balances characteristics.

All balances must be carried out clearly and have the following characteristics:

- The shape is fixed and well defined during balancing ("photo").
- Sufficient height of the raised leg.
- Good body control during and after balance.

Turns:

- A rotation of a minimum of 360° must be completed in a fixed way.
- If the rotation required in a dynamic equilibrium is not demonstrated by each gymnast, the element is not counted as an equilibrium.

Jumping characteristics.

Jumps must have the following characteristics:

- Fixed and well-defined shape during flight.



- Stable and well-defined shape during jump rotation.
- Good lift during the jump.
- Good body control during and after the jump.
- The landing should be light and smooth.

Characteristics of body movements.

Body movements must have the following characteristics:

- Aesthetic group gymnastics is made up of stylized and natural total body movements where the hips form the basic center of motion.
- A movement performed with one part of the body is reflected throughout the body.
- All series of body movements (BMS) must be performed in a fluid manner and highlight the continuity from one movement to another, as if they were created by the previous movement and can be performed with arm movements (swings, pushes, waves, figure-eights, etc.) or different types of steps (rhythmic steps, walking, running, etc.).

Steps and jumps

The series of steps and jumps should develop the agility of gymnasts. The execution of steps must show good technique and coordination, and they must be performed rhythmically.

For example:

- Variations of walking and running.
- Variations of different dance steps (e.g., waltz, polka, etc.).
- Variations of jumps and dance steps, skips and hops series of folk dances.

Acrobatic movements.

Acrobatic elements are movements in which the gymnast's body rotates on its vertical position (head-shoulders-hips line) face down with the support of the hand(s), head or in the air.

- Pre-acrobatic elements are allowed when they do not contain a vertical upside down position of the head-shoulder-hip line.

- NOTE: The roll or flip (forward or backward) without time in the air is counted as a body movement and is therefore not considered an acrobatic element.

In acrobatic movements, gymnasts must show good muscle control, coordination, and agility. Acrobatic movements should be fluid and naturally integrated into the choreography. Acrobatic movements should be performed with the agility and skills of the gymnasts and correct technique in mind.

For example:

- The wheel (all types) without clear stops in the upright position

Prohibited Acrobatic Moves.

The following acrobatic moves are not allowed anywhere in the choreography:

- Hand, head, or elbow stands.
- Any acrobatic move with time in the air.

Flexibility movements.

Flexibility movements should show a clean line, spaciousness, and good control. The movements must be performed with good technical quality and considering healthy aspects, in addition to showing a good balance between flexibility and strength. The shape of the movement must be clearly visible. The choreography should show the flexibility of the gymnasts in the legs on the front line.

On the front line, flexibility should be shown on both the left and right side. The amplitude must be 180°



TABLE OF MANDATORY ITEMS BY CATEGORY

	Required elements	Value	CATEGORY. 4-6 years	CATEGORY 6-8 years old
1	1 Body Wave	0.2	Frontal wave on knees	Side body wave,legs together
2	1 Body Swing	0.2	Forward body swing, legs together	Forward body swing, legs together
3	1 A Series of Body Moves	0.3	Front bend with trunk twist + front line	Back extension with turn + twist
4	1 B Series of Body Moves	0.4		Forward swing with legs together + kneeling twist + arch back with both knees on the floor
Balances				
5	1 Balance	0.2	Passé balance without relevé	Balance with one leg back at 45 degrees without relevé
6	1 Balance Series	0.3	Turn in place (cross one leg over the other and turn in place on the 2-foot relay)	Balance Left passé in front + Balance 90° right in front
Jumps				
7	1 leap/ jump	0.2	Vertical Jump	Passé jump(with preparation of chasée)
8	1 leap/jump series	0.3		Vertical Jump + Star Jump (X)
Steps, steps and jumps				
9	1 set combined with another group of movements	0.3	FREE: Minimum 6 steps with minimum 2 different types of steps & combined with other movement group (e.g. arms) and speed change	
Acrobatic Movement				
10	1 Acrobatic Move	0.2	Forward somersault	Side cartwheel (any variation)
Flexibility				
11	2 legs: 1) front with right 2) left 3) side	0.1	Roe deer position on the floor	Front (right – left) - Side (make a combination of 2 of your choice)
12	1 Back	0.1	Arch back from the floor	Back



TABLE OF MANDATORY ELEMENTS BY CATEGORY

	Required elements	Value	CATEGORY 8-10 and 10-12 years old	CATEGORY. 12-14 years
1	1 Total Body Wave	0.2	Side body wave (basic form)	Total forward body wave
2	1 Total Body Swing	0.2	Forward body swing, legs together	Swing changing directions
3	1 Body movement series	0.3	Lunge + traveling twist	Side body wave basic form + relaxation
4	1 Body movement series	0.4	Backward extension + lunge with trunk traveling + forward body wave	Front bend with trunk traveling + wave + forward swing with traveling or changing directions
Balances				
5	1 Balance	0.2	Side balance leg raised (over 90°) with same hand support, legs straight	Back Balance with One Hand Hold
6	1 Balance Series	0.3	Series of two (2) balances consists of front balance leg up over 90° with hand support + one step for changing of supporting leg (not closing legs) + back balance leg raised up over 90° without hand support, both legs are straight, body on horizontal position	side balance with leg raised over 90° + front leg raised minimum 90°
Jumps				
7	1 Jump	0.2	Scissors leap	Tuck jump with 180° rotation
8	Leap/jump series	0.3	Series of two (2) leaps consists of stag leap + passe leap	Stag leap + scissors leap
Steps, skips and hope series				
9	1 series combined with another group of movements	0.3	Consists of at least 6 steps and 2 steps combined with another movement group	
Acrobatic Movement				
10	1 Acrobatic Movement	0.2	Side cartwheel (any type)	Free choice
Flexibility				
11	Front line (right/left) and side line	0.1	Front (right – left) -Side (make a combination of 2 of your choice)	
12	1 Back	0.1	Any shape or element	



ARTISTIC VALUE (5.0 points)

The philosophy of Aesthetic Group Gymnastics is based on harmonious, rhythmic and dynamic movements performed with the natural use of strength and showing continuity and fluidity. Aesthetic Group Gymnastics is made up of stylized and natural total body movements, where the hips form the basic center of movement.

MAXIMUM SCORE FOR ARTISTIC VALUE FOR ALL CATEGORIES: 5.0

The evaluation of the Artistic Value will be done with the AV Deduction Table for the Short Program.

The theme/musical style is the same for all teams competing in the short program. Judges of artistic value will evaluate how the team displays and supports the theme throughout the routine with the AGG technique.

ARTISTIC COMPONENTS REQUIRED FOR CHOREOGRAPHY

AGG Quality (1.5)

- AGG Technique

The philosophy of Team Aesthetic Group Gymnastics is based on harmonious, rhythmic and dynamic movements performed with the natural use of breath and strength, showing continuity and fluidity. Aesthetic Group Gymnastics is made up of stylized and natural total body movements, where the hips form the basic center of movement.

Choreography should be performed using the total body movement technique that follows the AGG philosophy.

Body movements and series of body movements with the AGG technique should predominate in the choreography.

? Deductions by AGG technique:

- o The choreography does not show the total body movement technique:

- During some parts of the program -0.3
- Throughout the program -0.5

- Fluidity in linking movements and series of movements

Movements and series of movements must be linked in a fluid and natural way. The movements must be connected in such a way that the flow of the movements continues from one movement to another as if it were created by the previous movement, underlining continuity.

The choreography must show elements and series of elements without them appearing as separate parts.

? Deductions for lack of fluency in the linking of movements and series of movements:

- o Movements and series of movements are not linked in a fluid and natural way with the previous or following movements:

- During some parts of the program -0.3
- Throughout the program -0.5

- Continuity.

The choreography must show continuity from the beginning of the exercise to the end of the exercise. Any part of the routine that disrupts or breaks the continuity of exercise will result in a continuity deduction.

Continuity errors include, for example, poorly connected or executed pre-acrobatic elevations or elements, poor or illogical connection of elements (e.g., ordinary running), fixed upright position face down of the head-shoulders-hips line during elements, etc.

? Deductions for continuity:

- o Illogical connections in the program -0.1 / each time
- o Static gymnast during the program -0.1 / each time

***NOTE:** The maximum deduction for "Continuity" is 0.5!



Structure. (1,7)

- **Unity.**

The choreography should form a total unit from the beginning of the exercise to the end of the exercise, even if the choreography is varied. The different parts of the choreography cannot appear as separate parts. **No breaks in the structure and style of the choreography** are allowed.

The plot of the choreography should not be broken. Different types of solos or canons give nuances, but they should not be overused.

Good timing and similar techniques and team performance should prevail.

→ **Deductions for lack of unit:**

- o The choreography does not form a total unit -0.1

- **Variety of choreography.**

The structure of the entire choreography must be versatile and varied. This includes variety in choreography, variety in directions, planes and levels; variety in the use of space and formations; variety in displacements and variety of body movements.

The choreography as a whole must be varied. The use of different groups of movements (body movements, balances, jumps) should be varied and should be in harmony and balance during choreography.

- **Variety in directions, planes and levels.**

Choreography should be performed using different directions (forward, backward, lateral, diagonal, oblique) and different planes and levels (low level: for example, on the ground; high level: in a standing position with the body elevated, or in the air such as jumps; and medium level: between the low and high levels, such as knees or legs bent with the body bent over).

The entire team must show moves and series at each level during the program. The entire team should show different directions at the same time, as well as different planes and levels at the same time. The same direction, plane or level can last a maximum of 10 seconds at a time and then must be changed immediately.

→ **Deductions for lack of variety in directions, plans and levels:**

- o Staying too long (more than 10 seconds) in one direction, plane, or level -0.1 / each time
- o Not showing all required criteria (address, floor plan and level) -0.1 / each time

***NOTE:** The maximum deduction for "Variety in directions, planes and levels" is 0.3!

- **Variety in the use of space and formations.**

The team must use all areas of the competition area. Formations must vary in size and location in the area of competence. The team must display a minimum of 4 geometrically different formations during the program.

The same geometric formation and/or the same location of the formation in the competition area (used more than three times) must not be abused during the program. The same use of space or the same formation can last a maximum of 10 seconds at a time and then must be changed immediately.

→ **Deductions for lack of variety in the use of space and formations:**

- o Staying too long (more than 10 seconds) in the same formation or location -0.1/each time
- o Abuse of the same formation and/or location of the formation (used more than three times) -0.1 / each time



- o Some parts of the area of competence are not used
- o Less than 4 geometrically different formations

-0,1
-0,1

***NOTE:** The maximum deduction for "Variety in the use of space and formations" is 0.5!

- **Variety in movement.**

The change of location in the area of competence must be fluid and have a logical reason. Movements can be made, for example, by taking steps, rolling or jumping. Scrolls must demonstrate good technique and use different styles or types of scrolling.

If the commuting is done with steps, these connecting steps should not include ordinary runs or steps with any inconsistent style and should not be abused. The same type of commuting should not be abused (= used more than three times) during the program.

→ **Deductions for lack of variety in movement:**

- o Displacements without a logical reason (illogical change of place) -0.1 / each time
- o Abuse of the same type of displacement (used more than three times) -0.1 / each time

***NOTE:** The maximum deduction for "Variety in movement" is 0.3!

- **Variety of body movements.**

The choreography should contain different body movements, series of body movements, and different types of movement. Body movements or similar types of movement should not be abused.

Variety must be demonstrated by:

- Perform all the fundamental body movements, with varied forms of body movements.
- Show movements in different planes or levels or with different power or rhythm.
- With and without steps.

→ **Deductions for lack of variety of body movements:**

- o Not meeting all required criteria -0,1
- o Abuse of similar body movements -0,1

***NOTE:** The maximum deduction for "Variety of Body Movements" is 0.1!

- **Tempo and dynamics.**

- Fast and slow parts of the choreography.

The variation in the rhythm of the choreography must be clear. The structure must have at least one clearly fast part and at least one clearly slow part, and gymnasts must be able to execute at different rhythms during the program.

- Strong and soft parts of the choreography.

The choreography must be dynamic. The structure must have at least one clearly strong part and at least one clearly soft part, and gymnasts must be able to execute different dynamics during the program.

→ **Deductions for tempo and dynamics:**

- o Missing at least one clearly fast part -0,1
- o Missing at least one clearly slow part -0,1
- o Missing at least one clearly strong part -0,1
- o Missing at least one clearly soft part -0,1



MUSIC AND EXPRESSION (1.0).

- **Character and style of choreography.**

The choreography must have a clearly defined character and style. Character and style must be maintained throughout the program. The idea and atmosphere should form a consistent unit, showing the character and style of the choreography.

→ **Deductions by character and style of choreography:**

- o The character and style of the choreography are not developed:
 - During some parts of the program -0,1
 - Throughout the program -0,2

- **Expressive body language.**

The choreography should be expressive, and expressiveness should show in the movements throughout the program. The idea and expression must form a consistent unit throughout the routine. Expression must be developed through movements and series of movements, not through separate and limited expressions.

The choreography must show aesthetic appeal; This can be seen in the movements and in the style of the gymnastic expressions. Expressive body language should be appropriate for the gymnasts' age category, the skill level of the group, and the group's ability to express the style. The expression should fit the style and look natural. Overly dramatic facial expressions are not considered natural or appropriate for AGG.

→ **Deductions for expressive body language:**

- o Body language is not expressive and/or appropriate for AGG:
 - During some parts of the program -0,1
 - Throughout the program -0,2

- **Music.**

The music must correspond to the idea and expression of the choreography, and the movements, style and rhythm of the music must fit. The gymnasts' movements should form a unity with the music, and if the tempo or atmosphere of the music changes, this should be reflected in the choreography and execution.

The choreography should complement the structure of the music, for example, by using the accents of the music and its melody. In addition, the use of rhythm and melody should be shown, as well as different nuances and effects of the music. **Monotonous background music** is not allowed.

The music should vary in tempo and dynamics. It should have at least one **fast part**, at least one **slow part**, at least one **strong part**, and at least one soft part.

The theme, style, and difficulty level of the music should be appropriate for the gymnasts' age category. The team must show the ability to express the chosen music.

Music must form a unity. If the music is composed of different pieces of music, the different themes and modes must be linked to each other, and their coexistence must have the maximum possible unity. No gaps in the music or a bad connection between two musical themes are allowed. The editing must be of good quality.

It may contain additional sound effects, but they should not be irritating or disconnected. The music should not end abruptly and should not end before or after the gymnasts' last movement.

**→ Deductions from music:**

- o The music does not support the choreography (background music):
 - During some parts of the program -0.1
 - Throughout the program -0.2
- o Music is not variable -0.1
- o Music is not appropriate for the team (skills, age, etc.) -0.1
- o The music stops before or after the last movement -0.1
- o Disconnected music (illogical combination of music, poor music connection, disconnected additional effects, music that ends abruptly, etc.) -0.1 / each time

***NOTE:** The maximum deduction for "Music" is 0.6 points.

Deductions for collaboration in elements (0.8).

Choreography should show different elements of collaboration, such as team collaboration without elevation, pair/trio collaboration without elevation, synchronized team movement element, and team canon element.

Each element will be counted at most once, additional elements of equipment will not be counted. Choreography can contain other types of collaborations, but they will not be counted as collaboration elements with a value of AV.

The value of each successfully completed collaboration element is 0.2 points. The execution of each element must show good technique. Elements with major errors in execution (errors of -0.3 points or more) will not be evaluated.

Elements of collaboration	Maximum rating	Assessment every time	Maximum value
Team collaboration	1	0.2	0.2
Couple or trio	1	0.2	0.2
Synchronised movement of the team	1	0.2	0.2
Team canon elements	1	0.2	0.2
			0.8

- **Team collaboration without elevation.**

Team collaboration is a cooperative work between all gymnasts. It can be shown either by physical contact with each other or by passing over, under or through one or more gymnasts.

The entire team must clearly participate in the element.

Team collaboration in subgroups **is not allowed**.

Support from one or more gymnasts **is permitted**; however, a lift is not permitted during team collaboration.

- **Collaboration in pairs or trios without elevation.**

The entire team should perform collaborative movement(s) in pairs and/or trios at the same time or in a short period of time. The movements of the couples/trios may be different. Pair/trio collaboration can be shown either through physical contact with each other or by going over, under, or through one or more gymnasts.



- **Synchronized movement element of the equipment.**

A synchronized team movement element is a movement or series of movements performed by the entire team at the same time in full synchronization. The entire team must perform identical movements, such as body movements and series of body movements, dance steps performed with additional movements, etc. The duration of the item is at least 5 seconds or 8 counts.

The team can move or change the formation during the element; However, all gymnasts must use the same directions and levels throughout the element.

Jumps, somersaults, or balances **are not allowed** during the synchronized movement element of the equipment.

- **Canon element of the equipment.**

The canon element is a movement or series of movements in which a movement or series of movements is copied and repeated identically by all gymnasts at equally long intervals of time. At least three (3) intervals are required.

The whole team must participate in the canon element. All gymnasts must begin their role within six (6) times. The movement must be performed using the whole body and with identical movements.

- **Value for each successfully completed collaboration element: 0.2**

Choreography cannot include a gymnast's lift (in which a gymnast's body weight is fully supported by other gymnasts or loses contact with the ground).

***EXCEPTION** in junior and senior categories: One (1) lift (no value) is allowed without losing contact during the routine. The elevated gymnast must be active (must help with his own strength when raised by the other gymnasts) and is not allowed to lose contact with the gymnast/gymnasts.

In any case, the gymnast may not step on another or be carried during elevation or collaborations.

Movement/lifting prohibited

-0.5 / each movement/lift

- **Junior and senior categories.**

The choreography cannot contain acrobatic movements, not even during the lift.

Acrobatic elements are movements in which the gymnast's body rotates on its vertical position (head-shoulders-hips line) upside down with the support of one hand, the head or in the air.

- Pre-acrobatic elements are allowed when they do not contain a vertical upside down position of the head-shoulder-hip line.

***NOTE:** The somersault (forward or backward) without time in the air counts as a body movement and is therefore not considered an acrobatic element.

THE MAXIMUM SCORE FOR ARTISTIC QUALITY IS 5.0 POINTS.

During the exercise, a judge evaluates the content of the program and each error that deviates from AV requirements.

At the end of the exercise, a judge:

- Subtract any missing errors or collaboration elements from the maximum value of each requirement, using the AV deduction table.

- It counts the points for each requirement, awarding the total score to the team.

- If necessary, mark a proposal for penalties.



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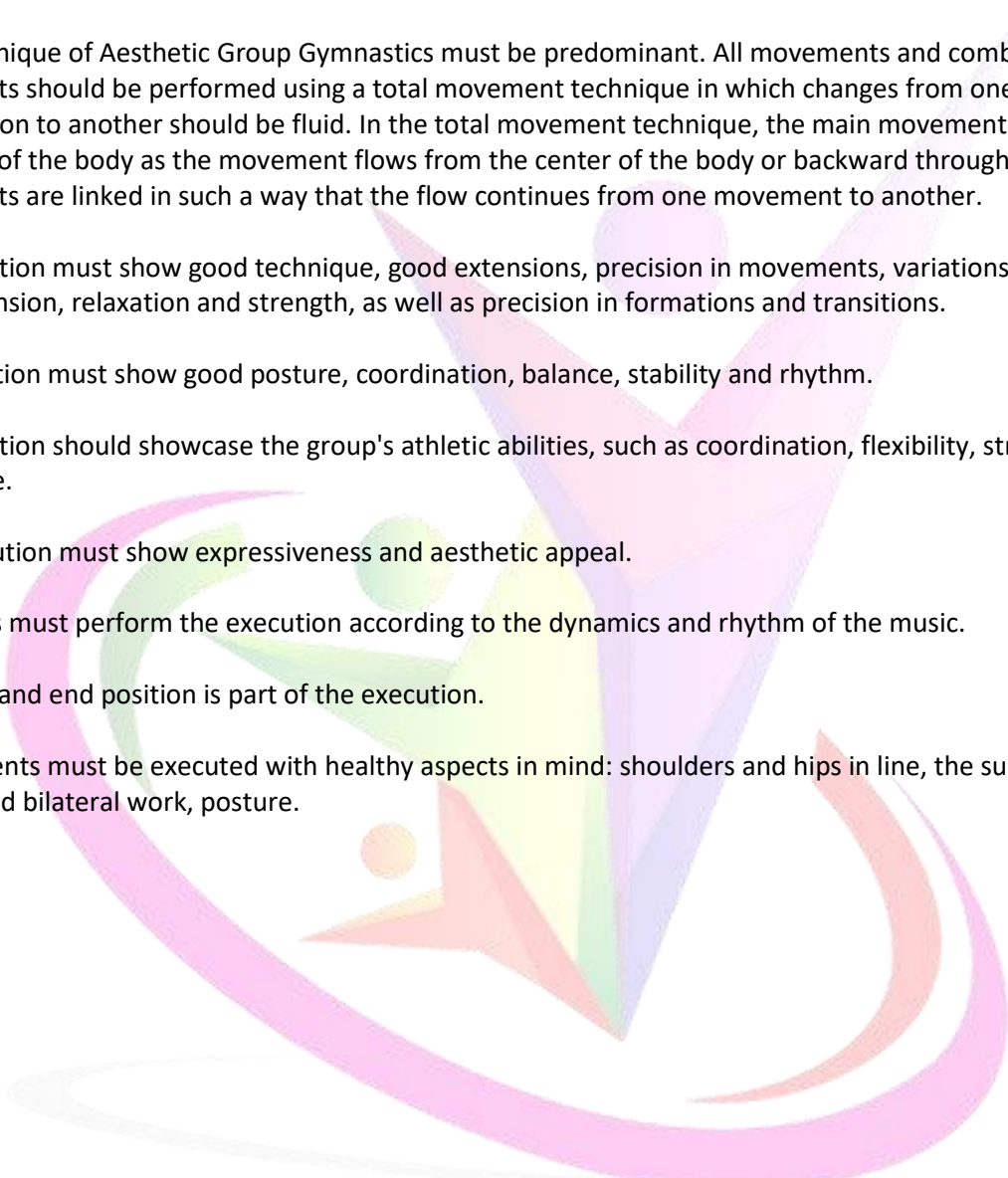
AV SP - DEDUCTION TABLE: TEAM

COUNTRY

AGG QUALITY (1,5)				STRUCTURE (1,7)				EXPRESSION AND MUSIC (1.0)				COLLABORATION ELEMENTS (0,8)							
Mistakes and deductions		Max	Sum of deduct.	Mistakes and deductions		Max	Sum of deduct.	Mistakes and deductions		Max	Sum of deduct.	Team elements		Max	Sum of deduct.				
AGG technique	Composition does not show the total body movement technique: -0.3 during some parts of the program -0.5 during the whole program	-0.5		Unity	<u>Composition does not form a total unity:</u> -0.1 composition does not form a total unity	-0.1		Character and style of the composition	Character and style of the composition is not developed: -0.1 during some parts of the program -0.2 during the whole program	-0.2		Team collaboration	 Team	-0,2					
				Variety of the composition	<u>Variety in directions, planes and levels:</u> Staying too long (more than 10 sec) in one direction, plane or level: -0.1 / each time Not showing all the required criteria (direction, plane and level): -0.1 / each time	-0.3													
<u>Variety in use of space and formations:</u> Staying too long (more than 10 sec) in the same space or same formation: -0.1 / each time Same formation and/or same location of the formation is overused (used more than three times): -0.1 / each time Some parts of the competition area are not used: -0.1 Less than 6 different formations: -0.1	-0.5		Expressive body language		Body language is not expressive and/or appropriate for AGG: -0.1 during some parts of the program -0.2 during the whole program	-0.2		Pair or trio collaboration	 2/3	-0,2									
<u>Variety in travelling:</u> Travelling without a logical reason (illogical change of place): -0.1 / each time Same way of travelling is overused (used more than three times): -0.1 / each time	-0.3																		
Fluency in linking movements and movement series	Movements and movement series are not fluently and naturally connected to the previous or next movements: -0.3 during some parts of the program -0.5 during the whole program	-0.5			Variety of the composition	<u>Variety of body movements:</u> Not fulfilling all required criteria: -0.1 Similar body movements are overused: -0.1	-0.1		Music	Music does not support the composition (background music): -0.1 during some parts of the program -0.2 during the whole program Music is not variable: -0.1 Music is not appropriate for the team (skills, age, ect.): -0.1 Music stops before or after last movement: -0.1 Disconnected music (illogical combination of music, music is poorly linked, disconnected additional effects, music ended by breaking up abruptly, etc.): -0.1 / each time	-0.6		Synchronized movement	S	-0,2				
						Tempo and dynamics	Missing at least one clearly fast part: -0.1 Missing at least one clearly slow part: -0.1 Missing at least one clearly strong part: -0.1 Missing at least one clearly soft part: -0.1	-0.4										Canon element	C
Σ AGG Quality (sum of deductions)				Σ Structure (sum of deductions)				Σ Expression and Music (sum of deductions)						Σ Collaborations (sum of deductions)					
Σ TOTAL SCORE AV (max. 5.0 – sum of deductions):																			
PROPOSAL FOR PENALTY:		Forbidden element/incorrect music	-0,5	Religion/nat./polit.	-0.3	Group entrance	-0.3	Extra sounds	-0.1 each time	Dress	-0.1 -0.2	Hair	-0.1 -0.2	Hairdo	-0.1 each time	Make-up	-0.1 -0.2	Jewelry	-0.1 -0.2

EXECUTION.

Execution Requirements.

1. Execution must be unified and synchronized.
 2. All team members must perform the same elements either simultaneously, successively, or within a short period of time.
 - 3 . The technique of Aesthetic Group Gymnastics must be predominant. All movements and combinations of movements should be performed using a total movement technique in which changes from one body movement or formation to another should be fluid. In the total movement technique, the main movement is reflected in each part of the body as the movement flows from the center of the body or backward through the hips. The movements are linked in such a way that the flow continues from one movement to another.
 4. The execution must show good technique, good extensions, precision in movements, variations in the use of muscle tension, relaxation and strength, as well as precision in formations and transitions.
 5. The execution must show good posture, coordination, balance, stability and rhythm.
 6. The execution should showcase the group's athletic abilities, such as coordination, flexibility, strength, speed, and endurance.
 7. The execution must show expressiveness and aesthetic appeal.
 8. Gymnasts must perform the execution according to the dynamics and rhythm of the music.
 9. The start and end position is part of the execution.
 10. All elements must be executed with healthy aspects in mind: shoulders and hips in line, the support leg, the form position and bilateral work, posture.
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EVALUATION OF THE EXECUTION OF THE panamerican PROGRAM

Maximum score for Execution. 8.5 (category 4-6 years)

Maximum score for Execution: **10** (categories 6-8; 8-10 and 10-12; 12-14, JUNIOR and SENIOR)

Requirements and types of mistakes	Deduction per mistake (each time/each element, unless otherwise specified)		
	Minor: -0.1	Medium: -0.2	Major: -0.3
Posture and supporting line, healthy aspects	- incorrect supporting line (e.g. position of the supporting leg (in balances) or shoulders and hips not in line) - poor posture - heavy ending of the lift	- body control lost during or in ending of the lift	- landing from jump/leap while still in back bending - in a lift, clearly poor posture/supporting line by lifting gymnasts
Basic gymnastics technique	- insufficient extension - difference in execution between gymnasts - lack of fluency/continuity - lack of lightness	-	-
Loss of balance (in any movement):	with unnecessary movement (each time/gymnast)	with unnecessary hop (each time/gymnast)	With one support on hand, foot or other part of the body (each time/gymnast)
Unity	- lack of synchronization - imprecise planes, levels or directions - inaccuracy between movement and rhythm of the music - inaccuracy in formations	-	-
Collision between gymnasts	- execution is not or is slightly disturbed	- execution is clearly disturbed for 1 gymnast	- execution is clearly disturbed for 2 or more gymnasts
Physical characteristics: - lack in some area (flexibility, coordination, strength, speed, muscle control or endurance.) during the whole program	slight lack (team/each area)	clear lack (1-2 gymnasts/each area)	clear lack (team/each area)

Requirements and types of mistakes	Deduction per mistake (each time/each element, unless otherwise specified)		
	Minor: -0.1	Medium: -0.2	Major: -0.3
Body movements: - incorrect technique - characteristics not shown for basic body movements	Mistake in technique of an element done by 1 gymnast	Mistake in technique of an element done by 2 gymnasts	Mistake in technique of an element done by 3 or more gymnasts
Jumps and leaps: - incorrect technique - characteristics not shown (shape not fixed, low elevation, poor body control, heavy landing)			
Balances: - incorrect technique - characteristics not shown (shape not fixed, insufficient amplitude, poor body control, insufficient rotation)			

Total fall (two or more supports) in any movement	-0.4 each gymnast/ each time
Lift fails	- lift fails: -0.5 each time - gymnast(s) fall to the floor from lift: -0.5 each time
AGG technique: = lack of total AGG technique	-0.3 whole program

Penalty by Judge Responsible

-0.50 for each missing or additional gymnast

-0.10 for each gymnast each time for crossing the borderline

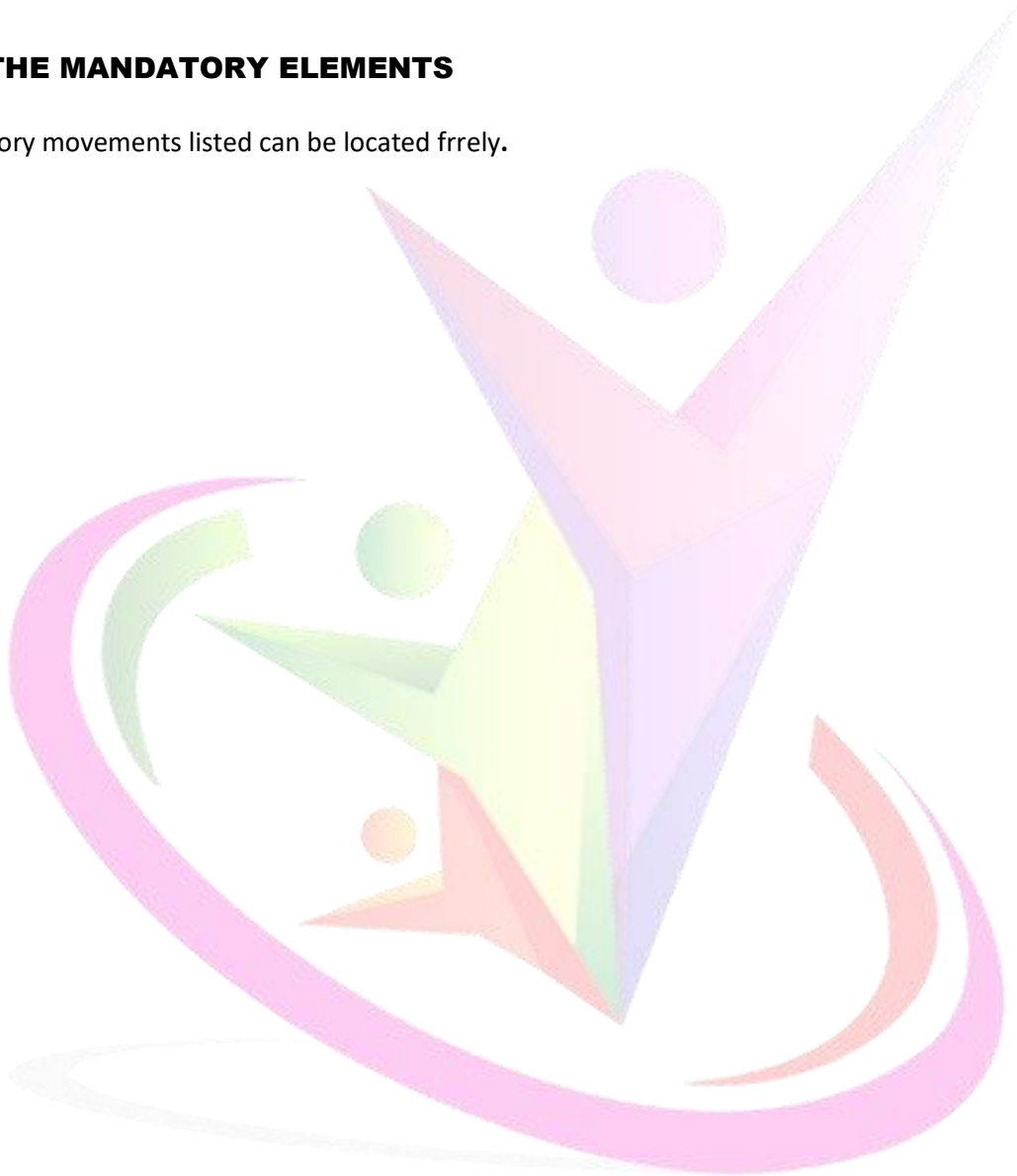
VIDEOS

- To facilitate with the **Aesthetic Group Gymnastics Technique**, the mandatory programs have **Electronic Videos** that show the different obligatory movements.

https://www.youtube.com/playlist?list=PLrYRKCOIObgwEkSgKeGKrrRt2ZgT_jSr9

ORDER OF THE MANDATORY ELEMENTS

- 12 mandatory movements listed can be located freely.



TECHNICAL REQUIREMENTS FOR GYMNASTS

JUNIOR / SENIOR/ CAT. JUNIOR UNIVERSITY, SENIOR UNIVERSITY ,

Required technical elements (list of required elements, (duration two years).

- The entire choreography should be like a series of different groups of movements.

- Bilateral work (body movements, jumps and balances -> see list of required elements).

-An elevation is allowed where the elevated gymnast actively participates in the action, and without losing contact with the rest of the gymnasts

-MINIMUM 4 FORMATIONS

-AT LEAST ONE EQUILIBRIUM, NEEDS TO BE DYNAMIC EQUILIBRIUM

-1 acrobatic element is allowed (at a single moment of the routine, either all together or a gymnast during the lift or in a collaboration)

The teams will be responsible for the selection of the elements, taking into account the table of technical requirements of the category which the Specific tables are attached. Themed free music, music time 1:45 to 2:00

NUMBER OF GYMNASTS:

Minimum four (4) gymnasts, maximum ten (10) gymnasts.

GYMNASTS' CLOTHING, HAIRSTYLE AND MAKEUP:

The same rules as at the beginning of this manual apply.

AREAS OF EVALUATION AND SCORING

Teams will be evaluated by three areas:

- | | | |
|--------------------|----------------------|---|
| 1. Composition, | Technical Value (TV) | Maximum 4.0 points – includes 13 elements |
| 2. Composition, | Artistic Value (AV) | Maximum 5.0 points |
| 3. Execution (EJE) | | Maximum 10.0 points |

TOTAL POINTS: 19.0

TECHNICAL VALUE (4.0 points maximum)

The 13 elements of athletic and physical difficulty are freely created from the PAN-American program . Which are presented in **FREE ORDER** . The team can show other elements (balances, jumps, acrobatics, etc.) but they are not taken into account for the point count.

The whole group must perform the Technical Elements with good quality or it cannot be considered as a difficulty of the Technical Value. Technical elements must be executed at the same time, in canon, or within a short period of time.

Mandatory Athletic Difficulties			
1. A-0.1 Equilibrium B-0.2	1. Series A-0.2 equilibria C0.3 D-0.4	1. Jump A0.1 B-0.2	1 Jump Series A-0.2 C-0.3 D-0.4
Difficulties or Body Movements			
2 Waves 0.2 each	2. Swings 0.2 each	2. Series A 0.3 c/c	1 Series B 0.4
Additional difficulties	A-0.2 C-0.3 D-0.5		
Balance + BM or BM + Balance	Jump + Balance or Balance + Jump		

VETERANS PROGRAM

Regulations of the VETERANS program

The objective of the VETERANAS program is to promote and disseminate the AGG for adult people who wish to continue active in sports and live the experience in competition in a healthy, friendly/recreational way.

- The Veterans Program is directed and divided into two levels

VETERANS 1

women and men aged 16 years of age and older who have the physical conditions to perform intermediate and advanced athletic difficulties (retired gymnasts or retired dancers)

VETERANS 2

Women and men aged 30 and over, who wish to practice sports as a physical activity and live the experience of recreational competitive activity (retired gymnasts, retired dancers and parents)

Required technical elements (list of required elements, (duration two years).

- The entire choreography should be like a series of different groups of movements.

- Bilateral work (body movements, jumps and balances -> see list of required elements).

-An elevation is allowed where the elevated gymnast actively participates in the action, and without losing contact with the rest of the gymnasts

-MINIMUM 4 FORMATIONS

-AT LEAST ONE EQUILIBRIUM, BE IT DYNAMIC EQUILIBRIUM

-1 acrobatic element is allowed (at a single moment of the routine, either all together or a gymnast during the lift or in a collaboration)

The teams will be responsible for the selection of the elements, taking into account the table of technical requirements of the category which the Specific tables are attached. With themed free music, music time 1:45 to 2:00

NUMBER OF GYMNASTS:

Minimum four (4) gymnasts, maximum ten (10) gymnasts.

GYMNASTS' CLOTHING, HAIRSTYLE AND MAKEUP:

The same rules as at the beginning of this manual apply.

VETERANS 1

AREAS OF EVALUATION AND SCORING

Teams will be evaluated by three areas:

1. Composition Technical Value (TV) Maximum 4.0 points – includes 13 items
 2. Composition Artistic Value (AV) Maximum 5.0 points
 3. Execution (EJE) Maximum 10.0 points
- TOTAL POINTS: 19.0

TECHNICAL VALUE (4.0 points maximum)

The 13 elements of athletic and physical difficulty are freely created by the PAN-American program . Which are presented in **FREE ORDER** . The team can show other elements (balances, jumps, acrobatics, etc.) but they are not taken into account for the point count.

The whole group must perform the Technical Elements with good quality or it cannot be considered as a difficulty of the Technical Value. Technical elements must be executed at the same time, in canon, or within a short period of time.

Mandatory Athletic Difficulties			
1. Equilibrium A-0.1 B-0.2	1. Series Equilibrium A-0.2 C0.3 D-0.4	1. Jump A0. 1 B-0.2	1 Jump Series A-0.2 C-0.3 D-0.4
Difficulties or Body Movements			
2 Waves 0.2 each	2. Swings 0.2 each	2. Series A 0.3 each	1 Series B 0.4
Additional difficulties	A-0.2 C-0.3 D-0.5		
Balance + CM or CM + Balance		Jump + Balance or Balance + Jump	

VETERANS 2

AREAS OF EVALUATION AND SCORING

Teams will be evaluated by three areas:

- | | | |
|--------------------|----------------------|--|
| 4. Composition | Technical Value (TV) | Maximum 3.8 points – includes 13 items |
| 5. Composition | Artistic Value (AV) | Maximum 5.0 points |
| 6. Execution (EJE) | | Maximum 10.0 points |

TOTAL POINTS: 18.80

TECHNICAL VALUE (3.80 points maximum)

The 13 elements of athletic and physical difficulty are freely created by the PAN-American program . Which are presented in **FREE ORDER** . The team can show other elements (balances, jumps, acrobatics, etc.) but they are not taken into account for the point count.

The whole group must perform the Technical Elements with good quality or it cannot be considered as a difficulty of the Technical Value. Technical elements must be executed at the same time, in canon, or within a short period of time.

Mandatory Athletic Difficulties			
1. Equilibrium A-0.20	1. Series Equilibrium A-0.20 C-0.30	1. Jump A,0.20	1 Jump Series A-0.2 C-0.3
Difficulties or Body Movements			
2 Waves 0.2 each	2. Swings 0.2 each	2. Series A 0.3 each	1 Series B 0.4
Additional difficulties	A-0.2 C-0.3 D-0.5		
Balance + CM or CM + Balance		Jump + Balance or Balance + Jump	