

## Clarifications on rules 2026-2028

### 1. GENERAL

- Penalty by Head Judge of Execution: -0,5 for each gymnast leaving the competition area during the program

**LP Junior & Women** 1.3.1. Number of gymnasts p. 4 (p.38 and p.41)

**LP Mixed Team** 1.3.1. Number of gymnasts p. 4 (p.46 and p.49)

**SP Children and Junior & Women** 1.4.1. Number of gymnasts p. 5 (p.39 and p.42)

- Music with any provocative, vulgar or inappropriate lyrics is not allowed and will result in a penalty deducted from AV.

**LP Junior & Women** 1.4.2. Music p. 5

**LP Mixed Team** 1.4.2. Music p. 6

**SP Children and Junior & Women** 1.5.2. Music p. 6

### 2. TECHNICAL VALUE

#### 2.1.2. Jump/Leap and Jump/Leap series

- The same shape of a jump or leap can be used and will count as another technical element (variation) if it is performed:
  - with a body movement (bending, twisting etc.),
  - with a rotation a turn of minimum 180° in a fixed shape and/or 360° from the moment of take-off to the moment of landing (note: the criteria of rotation will depend on the technique and amplitude of a jump/leap),
  - with en tournant technique: a turn of minimum 360° from the moment of gathering the speed to the moment of take-off (example: basic shape – split leap, variation – jeté en tournant),
  - with a different take-off (example: from one leg, variation: from assemblé).

**LP Junior & Women** Clarifications to Jumps and Leaps p. 13

**LP Mixed Team** Clarifications to Jumps and Leaps p. 15

- *Clarification:*

*If part of the team performs e.g. split leap and other part performs a split leap with a back bend, it is counted as one of the allowed body movements to repeat.*

**LP Junior & Women** Jumps/leaps with body movements p. 15

**LP Mixed Team** Jumps/leaps with body movements p. 17

#### 2.2.1. Technical Elements

- Every gymnast in a team must perform the Technical Elements with good quality...

**LP Junior & Women** p.18

**LP Mixed Team** p.25

### 3.1. ARTISTIC QUALITY

#### 3.1.1.1. AGG Technique (0,5)

- Composition does not show the total body movement technique:
  - during some parts of the program (max. 10 sec during a program) -0,1
  - during half of the program -0,3
  - during the whole program -0,5

**LP Junior & Women** Deductions in AGG technique: p. 21

**LP Mixed Team** Deductions in AGG technique: p. 28

**SP Children and Junior & Women** Deductions in AGG technique: p. 26



## 3.1.1.2. Fluency in linking movements and movement series (0,5)

- Movements and movement series are not fluently and naturally linked to the previous or following movements:
  - during some parts of the program (max. 10 sec during a program) -0,1
  - during half of the program -0,3
  - during the whole program -0,5

**LP Junior & Women** Deductions in Fluency in linking movements and movement series: p. 21

**LP Mixed Team** Deductions in Fluency in linking movements and movement series: p. 28

**SP Children and Junior & Women** Deductions in Fluency in linking movements and ... p. 27

## 3.1.2.2.4. Variety of body movements (0,1)

- Deductions in Variety of body movements:
  - Not fulfilling all required criteria -0,1
  - Similar body movements are overused -0,1

**LP Junior & Women** p. 23

**LP Mixed Team** p. 30

**SP Children and Junior & Women** p. 29

## 3.1.4.3. Religion, nationality, political and any other type of insult

- Overall composition including movements, music...
- Movements, expressions...
- Music with any provocative, vulgar...

**LP Junior & Women** p. 27

**LP Mixed Team** p. 35

**SP Children and Junior & Women** p. 31

## 3.2. ARTISTIC ELEMENTS

### 3.2.1.1. Bilaterality in jumps/leaps and balances (0,8)

- The composition must show at least one (1) right leg direction balance, one (1) left leg direction balance, one (1) right leg direction jump/leap and one (1) left leg direction jump/leap.

**LP Junior & Women** p. 32-33

**LP Mixed Team** p. 40-41

### 3.2.2.4. Synchronized movement element of the team (0,2)

- The team can travel or change the formation during the element, however gymnasts must use the same directions and levels throughout the whole element.

**LP Junior & Women** p. 35

**LP Mixed Team** p. 43

**SP Children and Junior & Women** p. 32

## 5. JUDGING

### 5.2.1. Evaluation panels

- One of the evaluation judges in each panel (No. 1) will be the **Head Judge**.

**SP Children and Junior & Women** p. 41