

EGYPTIAN GYMNASTICS FEDERATION
AEROBIC GYMNASTICS TECHNICAL COMMITTEE
NATIONAL COMPETITION PROGRAM
2025-2026



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• **Compulsory for National Development (1 &2)**

AGE	NATIONAL DEVELOPMENT 1 (7-8)	NATIONAL DEVELOPMENT 2 (9-11)
Categories	IM,IW,MP,TR,GR	IM,IW,MP,TR,GR
Difficulty elements	6 ELEMENTS	7 ELEMENTS
Combination	Not allowed	1 combination (A+D,D+D,D+A) NO COMBINATION WITH COMPULSORY ELEMENTS
Acro Elements	2 elements from A1 to A2 (Optional)	2 elements from A1 to A2 (Optional)
Compulsory Elements	• Pu • Straddle or L support • Air turn • Vertical split	• Pu • Straddle or L support • Air turn • 1/1 turn
Competition space	IM & IW (7X7) MP,TR,GR (10X10)	ALL (10X10)
Optional elements (any element out of those element will be !counted 0.0! !deduction -0.5!)	• Split roll OR split through (<i>not for MEN</i>) • Tuck jump • 1/1 turn • Balance	• A-Frame • Free fall • Split jump • Straddle jump • Illusion • Helicopter • Tuck jump • 1/1 turn tuck jump • Tuck jump to split • Cossack jump • Cossack jump to split
Collaboration	Minimum 2 collaboration	Minimum 2 collaborations
Landing elements rules	-----	• No landing in split for Men in any category • Max 1 landing to pu &/or split
Attire	Attire Compulsory like FIG COP	Attire Compulsory like FIG COP



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• **Difficulty deductions for (7-8):**

Deduction	Deduction value
More than 6 elements(all categories)	-0.5
Missing compulsory element	-0.5
Less than 4 elements	-0.5
Element other than optional elements	-0.5
Repetition of same base name element	-0.5

• **Difficulty deductions for (9-11):**

From FIG COP version 5th February 2025 page.57.

DIFFICULTY	NATIONAL DEVELOPMENT DEDUCTIONS (-0.5 each time)
All Categories	Elements with 0.5 value or more
	More than 7 difficulty elements
	Missing or in any combination or not at the same time
	More than 2 difficulty elements from a same Family
	Repetition of the same base named difficulty element
	More than 2 times in Wenson position (any phase of the difficulty element which include Wenson shape will count as Wenson position)
	More than 1 difficulty elements in landing to push up and/or to split position in Group B
	Male gymnasts performing Split landing elements (Group B)
	More than 1 set of combination (D+D, D+A, A+D, A+A)
	More than 2 elements in a combination
	Combination of Compulsory elements
IM	Performing from Family 8 (Group C)
MP/TR/GR	Performing different Difficulty elements or combination with different elements and / or not at the same time



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• **Chair of judges panel deductions (7-8)&(9-11):**

CJP deduction	<u>Deduction Value</u>
Presentation fault	- 0.3
Missing club emblem	- 0.3
Repetition of Acro Elements	- 0.5
MP/TR/GR: Performing different acrobatic elements at the same time	- 0.5
MP/TR/GR: Performing same acrobatic elements in cannon (not considered as repetition)	- 0.5
Prohibited Move (P-1 to P-5)	- 0.5
Prohibited collaboration (Pyramid height)	- 0.5
Interruption of performance for 2-10 sec.	- 0.5
Stop of performance more than 10 sec.	-5.0
More than 2 acro elements	- 0.5
Men landing to split in acro variation, element, or acro variation landing to pu	- 0.5
Undisciplined behavior(coach/gymnast)	- 0.5
Performing acro in different direction (MP,TR,GR)	-0.5

- **Music and block same as season 2024-2025**
- **Block if not performed = deduction in artistry (-0.5)**
- **Block for all categories (4 AMP)**



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• **Compulsory for Youth competition**

Age	12-14
Categories	IM,IW,MP,TR,GR
Music Length	1minute 15 seconds (+/- 5sec)
Difficulty elements	Maximum 7 elements. Minimum 4 families. IM: Family 4 / IW: Family 7 are NOT compulsory.
Acro elements	2 elements from A1 to A4 (optional) and NO repetition
Combination	1 set of combination with maximum of 2 elements are allowed. (D+D or D+A or A+D or A+A)
Value allowed	0.2-0.6
Landing elements	Maximum of 2 elements landing to PU and/or to split position.
Collaborations	Minimum of 2 collaborations (Missing collaboration=Deduction in Artistry)
Competition space	ALL (10X10)
Optional elements allowed (any element out of those element will be !counted 0.0! !deduction -0.5!)	• A-Frame or A-Frame ½ • A-Frame wenson • EXPLOSIVE CAPOEIRA ¼ TWIST TO PU • EXPLOSIVE CAPOEIRA ¾ TWIST TO PU • Straddle or L support maximum 2/1 turn • V support • Flair OR Flair to wenson • Helicopter or helicopter 1/1 turn • Helicopter to split • Helicopter to wenson • Air turn or 2/1 air turn • Free fall or Free fall 1/1 twist • Gainer ½ twist • Butterfly • Tuck jump 1/1 turn or tuck jump 2/1 turns • 1/1 turn tuck jump to split • Tuck jump to pu or 1/1 turn tuck jump to pu • Cossack jump or Cossack jump 1/1 turn • Cossack jump to split or ½ turn Cossack jump to split or



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	1/1 turn cossack jump to split • Cossack jump ½ twist to pu • Pike jump or 1/1 turn pike jump • Pike jump to pu • Pike jump to split OR Pike jump ½ to split • Straddle jump or straddle jump 1/1 turn • Straddle jump to split • Straddle jump to pu • Switch split leap OR Switch split leap to split • Scissors leap ½ turn • Split jump or 1/1 turn split jump • Split jump to split • Split jump switch to split • Split jump to pu • 2/1 TURNS – EN DEDANS • 3/1 TURNS – EN DEDANS • 1/1 TURN WITH LEG AT HORIZONTAL – EN DEDANS • Illusion • Double illusion • Free illusion • FREE VERTICAL SPLIT WITH 1/1 TURN • BALANCE 1/1 TURN
Attire	Attire Compulsory like FIG COP



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• Difficulty deductions:

From FIG COP version 5th February 2025 page.55.

DIFFICULTY	YOUTH DEDUCTIONS (-0.5 each time)
All Categories	Elements with 0.7 value or more
	More than 7 difficulty elements
	Less than 4 families
	More than 2 difficulty elements from a same Family
	Repetition of the same base named difficulty element
	More than 2 times in Wensong position (any phase of the difficulty element which include Wensong shape will count as Wensong position)
	More than 2 difficulty elements in landing to push up and/or to split position in Group B
	Male gymnasts performing Split landing elements (Group B)
	More than 1 set of combination (D+D, D+A, A+D, A+A)
	More than 2 elements in a combination
IM	Performing from Family 8 (Group C)
MP/TR/GR	Performing different Difficulty elements or combination with different elements and / or not at the same time

• Chair of judges panel deductions:

CJP deduction	Deduction Value
Presentation fault	- 0.3
Missing club emblem	- 0.3
Repetition of Acro Elements	- 0.5
MP/TR/GR: Performing different acrobatic elements at the same time	- 0.5
MP/TR/GR: Performing same acrobatic elements in cannon (not considered as repetition)	- 0.5
Prohibited Move (P-1 to P-5)	- 0.5
Prohibited collaboration (Pyramid height)	- 0.5
Interruption of performance for 2-10 sec.	- 0.5
Stop of performance more than 10 sec.	-5.0
More than 2 acro elements	- 0.5
Men landing to split in acro variation, element, or acro variation landing to pu	- 0.5
Undisciplined behavior(coach/gymnast)	- 0.5
Performing acro in different direction (MP,TR,GR)	-0.5



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• **Compulsory for Junior competition**

Age	15-17
Categories	IM,IW,MP,TR,GR
Music Length	1 minute 25 seconds (+/- 5sec)
Difficulty elements	Maximum 7 families Minimum 4 families IM (family 4 compulsory) IW (family 7 compulsory)
Acro elements	Maximum 2 elements from A1-A5 without any twist
Allowed value	0.2-0.7
Floor landing elements	Maximum of 3 elements landing to PU and/or to split Male gymnasts no split landing
Collaborations	Minimum 3 collaborations (Missing collaboration=Deduction in Artistry)
Attire	Attire compulsory like FIG COP
Competition space	ALL (10X10)
Optional elements allowed (any element out of those element will be counted 0.0! !deduction -0.5!)	• 1 Arm / 1 Leg pu • A-Frame or A-Frame ½ • A-Frame wenson or A-Frame ½ turn to wenson • A-Frame to split or A-Frame ½ turn to split • Straddle cut • Explosive high V ½ twist to pu • Capoeira ¼ twist to pu • Capoeira ¾ twist to pu • Straddle or L support maximum 2/1 turns • Straddle / L support maximum 2/1 turns • V support • <u>V-SUPPORT 1/1 TURN +0.1(bonus)</u> • Straddle planche • Frontal split planche



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- Frontal split planche to wenson
- Flair
- Flair 1/1 turn
- Flair to wenson
- Helicopter or helicopter 1/1 turn
- Helicopter to split or helicopter 1/1 turn to split
- Helicopter to wenson or helicopter 1/1 turn to wenson
- Air turn or 2/1 air turn
- Free fall or Free fall 1/1 twist or Free fall 1½ twist
- Gainer ½ twist or Gainer 1 ½ twist
- Butterfly or butterfly 1/1 twist
- Off axis jump to pu
- Tuck jump 1/1 turn or tuck jump 2/1 turns
- 1/1 turn tuck jump to split
- 2/1 turn tuck jump to split
- Tuck jump to pu or 1/1 turn tuck jump to pu
- ½ turn tuck jump ½ twist to pu
- 1/1 turn tuck jump ½ twist to pu
- Cossack jump or Cossack jump 1/1 turn or 2/1 turn
- Cossack jump to split or ½ turn Cossack jump to split or 1/1 turn cossack jump to split
- Cossack jump to pu
- Cossack jump ½ twist to pu
- ½ Cossack jump ½ twist to pu
- Pike jump or 1/1 turn pike jump
- Pike jump to split or ½ turn pike jump to split
- Pike jump 1/1 turn to split
- Pike jump to pu
- ½ pike jump to pu
- Straddle jump or straddle jump 1/1 turn
- Straddle jump to split or ½ straddle jump to split
- 1/1 turn straddle jump to split
- Straddle jump to pu or ½ turn straddle jump to pu
- Switch split leap
- Switch split leap to pu
- Switch split leap to split
- Scissors leap ½ turn or Scissors leap 1/1 turn

- Scissors leap ½ turn to split
- Split jump or 1/1 turn split jump
- Split jump to split or split jump 1/1 turn to split
- Split jump switch to split
- ½ turn split jump switch to split
- Split jump to pu or ½ split jump to pu
- 2/1 TURNS – EN DEDANS
- 3/1 TURNS – EN DEDANS
- 1/1 TURN WITH LEG AT HORIZONTAL – EN DEDANS
- 2/1 TURN WITH LEG AT HORIZONTAL – EN DEDANS
- Illusion
- Double illusion
- Free illusion
- Double free illusion
- FREE VERTICAL SPLIT WITH 1/1 TURN
- FREE VERTICAL SPLIT WITH 2/1 TURN
- BALANCE 1/1 TURN
- BALANCE 2/1 TURN +0.1(bonus)

• Difficulty deduction:

From FIG COP version 5th February 2025 page.53.

CATEGORIES	DIFFICULTY DEDUCTIONS – JUNIOR (-0.5 each time)
All Categories	Elements with 0.8 value or more
	More than 7 difficulty elements
	Less than 4 families
	More than 2 difficulty elements from a same Family
	Repetition of the same base named difficulty element
	More than 2 times in Wenson position (any phase of the difficulty element which include Wenson shape will count as Wenson position)
	More than 3 difficulty elements in landing to push up and/or to split position in Group B
	Male gymnasts performing Split landing elements (Group B)
	More than 1 set of combination (D+D, D+A, A+D, A+A)
	More than 2 elements in a combination
IM	Missing Family 4 (Group B)
IW	Performing from Family 8 (Group C)
MP/TR/GR	Missing Family 7 (Group C)
	Performing different Difficulty elements or combination with different elements and / or not at the same time



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- **Chair of judges panel deductions:**

CJP dedction	<u>Deduction Value</u>
Presentation fault	- 0.3
Missing club emblem	- 0.3
Repetition of Acro Elements	- 0.5
MP/TR/GR: Performing different acrobatic elements at the same time	- 0.5
MP/TR/GR: Performing same acrobatic elements in cannon (not considered as repetition)	- 0.5
Prohibited Move (P-1 to P-5)	- 0.5
Prohibited collaboration (Pyramid height)	- 0.5
Interruption of performance for 2-10 sec.	- 0.5
Stop of performance more than 10 sec.	-5.0
More than 2 acro elements	- 0.5
Men landing to split in acro variation,element, or acro variation landing to pu	- 0.5
Undisciplined behavior (coach/gymnast)	- 0.5
Performing acro in different direction (MP,TR,GR)	-0.5

Seniors competition:

According to FIG COP version 5th of February 2025.