

Beginner (Infantil) Rules:



General rules (requirements are based on 11-16 age group rules):

- The exercise is composed of compulsory elements, selected from the World Age Group Rules, and optional elements, selected the FIG Tables of Difficulty. All elements must be performed as in the drawings.
- There is no height penalty. However, the rules for the logical relationship between partners in artistry are applied.
- Each pair/group must also perform the required number of optional elements. Optional Elements can be the same as in the Compulsory Tables but not from the same row used in Compulsory and must be chosen out of the Tables of Difficulty. (to indicate that this is the optional element).
- The Difficulty value of the exercise is calculated according to the difficulty value of the performed elements up to a MAX of 0,3:
- A penalty of 1.0 is applied when:
 - For each missing requirement
 - Performing more elements than the ones required.
 - A forbidden element is performed. (see for forbidden elements FIG 11-16 rules)
- All Special Requirements must be met within the declared elements on the Tariff sheet.
Exception: *If a different element is performed to that declared for difficulty on the Tariff sheet by the coach, the gymnasts will not receive the difficulty value of this element. However, this element will count for Specific Requirements and there will always be a 0.3 penalty for wrong Tariff sheet.*

Pairs:

- 1 balance and 1 dynamic compulsory element (1 SR each)
- 1 balance and 1 dynamic optional element (1 SR each)
- 1 dynamic element, compulsory, or optional need to be a catch (1SR)
- Maximum 1 dismount.
- Optional elements can be chosen from the compulsory tables, if they are on different rows to those used as compulsory elements.
- Maximum elements allowed 4 pair/group elements and 3 individuals

Groups:

- 1 compulsory pyramid and 1 compulsory dynamic element (1 SR each)
- 1 dynamic optional element (1SR)
- 1 dynamic element, compulsory, or optional need to be a catch (1SR)
- Maximum 1 dismount.
- Optional elements can be chosen from the compulsory tables, if they are on different rows to those used as compulsory elements.
- Maximum elements allowed 3 pair/group elements and 3 individuals
- The WG can use the pyramid from row 1, box 5 without penalty for extra elements.

Individuals:

- 3 individuals (1SR)
- Minimum 1 tumbling element (1SR)