

AGE GROUPS AND RULES



26 - 28 MARCH 2026



TECHNICAL RULES & COMPETITION PROGRAMME

All the FIG technical rules considered valid during the period of the competition:

- Technical Regulations
- Code of Points (2025-2028)
- Youth & Juniors Rules (2025-2028)
- All the official FIG newsletter will be applied

LEVEL	AGE LIMITS	GENERAL RULES	QUALIFICATIONS	FINALS
Beginner	7 - 13	General rules below	Combined	Combined
Youth Base	8 - 16	General rules below	Combined	Combined
Open Base	10+	General rules below	Combined	Combined
Pre-Youth	10 - 16*	Rules for Pre-Youth FIG Youth & Juniors Rules	Balance + Dynamic	Defined by FIG
Youth	11 - 18*	Rules for Youth FIG Youth & Juniors Rules	Balance + Dynamic	Combined
Junior	12 - 19*	Rules for Junior FIG Youth & Juniors Rules	Balance + Dynamic	Combined
Senior	14+*	Rules for Seniors FIG	Balance + Dynamic	Combined

* Exceptionally one year below FIG minimum age to accommodate for future FIG partnerships.

BEGINNER RULES

BEGINNER		
(Requirements are based on 11-16 FIG Youth & Junior Rules)		
Combined exercise with maximum duration of 2 minutes / DIF: Máx 0.3/ No height penalty		
PAIRS	Balance elements (MAX 2): 1 Compulsory (1SR) + 1 Optional (1SR)	Individuals (MAX 3): 3 individuals (1SR) MIN 1 tumbling element (1SR)
	Dynamic elements (MAX 2): 1 Compulsory (1SR) + 1 Optional (1SR) One of the elements needs to be a catch (1SR) MAX 1 dismount	
	Maximum elements allowed 4 pair/group elements and 3 individuals	
GROUPS	Balance elements (MAX 1): 1 compulsory pyramid (1SR) The WG can use the pyramid from row 1, box 5 without penalty for extra elements	Individuals (MAX 3): 3 individuals (1SR) MIN 1 tumbling element (1SR)
	Dynamic elements (MAX 2): 1 Compulsory (1SR) + 1 Optional (1SR) One of the elements needs to be a catch (1SR) MAX 1 dismount	
	Maximum elements allowed 3 pair/group elements and 3 individuals	

Optional elements can be chosen from the compulsory tables, if they are on different rows to those used as compulsory elements.

BASE RULES

YOUTH BASE (Requirements are based on 11-16 FIG Youth & Junior Rules)		
Combined exercise with maximum duration of 2 minutes / DIF: Max 0.5 / No height penalty		
PAIRS	Balance elements (MAX 3): 2 Compulsory (2SR) + 1 Optional (1SR)	Individuals (MAX 3): 3 individuals (3SR) MIN 1 tumbling element (1SR)
	Dynamic elements (MAX 3): 2 Compulsory (2SR) + 1 Optional (1SR) One of the elements needs to be a catch (1SR) MAX 1 dismount	
	Maximum elements allowed 6 pair/group elements and 3 individuals	
GROUPS	Balance elements (MAX 2): 1 compulsory pyramid (1SR) + 1 optional pyramid (1SR) Repetition of pyramid categories is allowed. Each pyramid must be performed as a separate construction. The WG can use the pyramid from row 1, box 5 without penalty for extra elements.	Individuals (MAX 3): 3 individuals (3SR) MIN 1 tumbling element (1SR)
	Dynamic elements (MAX 3): 2 Compulsory (2SR) + 1 Optional (1SR) One of the elements needs to be a catch (1SR) MAX 1 dismount	
	Maximum elements allowed 5 pair/group elements and 3 individuals	

Optional elements can be chosen from the compulsory tables, if they are on different rows to those used as compulsory elements.

BASE RULES

OPEN BASE (Requirements are based on 12-18 FIG Youth & Junior Rules)			
Combined exercise with maximum duration of 2 minutes / No height penalty			
PAIRS/ GROUPS	3 Balance elements (3SR)	3 individuals (3SR)	Maximum elements allowed 8 pair/group elements and 3 individuals Repetition of pyramids from the same category not allowed DIF: MIN of 0,01 and a MAX of 1,00 Minimum of 15 values in difficulty, if not 1,0 penalty
	3 Dynamic elements (3SR) One of the elements needs to be a catch (1SR) MAX 2 dismounts		