

List of updates to Competition rules Seniors and Juniors for 2023

- Chapter 1.4.1
Clarification on time judges: Penalty is proposed by both Time Judges.
- Chapter 1.6.2
Added information and penalty on destroyed hairdo: *Clarification: Loss of small hair pins and small rhinestones will not be penalized.*
- Chapter 1.7.2
Added: *Gymnasts are not allowed to make any vocal sounds during the routine, except single claps, taps or similar rhythmic effects and will result in a penalty (-0.1 each time) deducted from Artistic value.*
- Chapter 2.2.2.
Clarification: Calculation of TV must start *by taking into account first the combined series. Afterwards, no particular order apply.*
- Chapter 2.1.2.1.
Clarification in Unity
- Chapter 3.1.2.2.1.
*Variety in planes, directions and levels deductions:
Not showing all the required criteria (direction, plane and level) -0.1 / each time*
- Chapter 3.1.2.2.2.
Variety in use of space and formations: *Change from two times to three times*
- Chapter 3.1.2.2.3. Variety in travelling: *Change from two times to three times*
- Chapter 3.1.4.5.
Added: Penalty for *extra sound made by gymnast*
- Chapter 3.1.4.6.
Dress, hair and make-up not conforming to the regulations: *Destroyed hairdo penalty*
- Chapter 3.2.1.1.
Change: *The composition must show at least one (1) right side balance, one (1) left side balance, one (1) right side jump/leap and one (1) left side jump/leap.*
- Chapter 3.2.1.2.1.
Added: *Both criteria described above (turning and change of directions) must be performed.*