REGULATIONS

on the Coaches Council in Acrobatic Gymnastics

Expert Advisory Group of Coaches
on Difficulty Tables

2026

1. General Provisions

1.1. The Coaches Council in Acrobatic Gymnastics (hereinafter referred to as the "Council") is an expert group of coaches established to prepare and consolidate professional proposals concerning the assessment, alignment, and development of difficulty tables for elements.

1.2. The Council regards the coach not as a passive observer, but as a direct co-creator of sporting performance and as an authoritative expert in the practical assessment of element difficulty.

1.3. The Council performs an advisory function in relation to the Technical Committee (hereinafter referred to as the "Technical Committee") and does not replace its authority. Final decisions on matters considered by the Council remain the responsibility of the Technical Committee.

1.4. The Council does not develop judging rules or regulations beyond matters relating to the alignment and grading of element difficulty.

2. Purpose and Philosophy of the Council

2.1. The purpose of the Council is to improve the quality and practical validity of proposals relating to difficulty tables for elements in Acrobatic Gymnastics.

2.2. The Council's core philosophy is that coaches have both the right and the responsibility to express a well-reasoned opinion on every entry in the difficulty table, as coaches design routines, prepare athletes to perform elements, and bear practical responsibility for safety and progression.

2.3. The Council serves as an aggregator of expert proposals from the coaching community and submits high-quality, well-reasoned recommendations to the Technical Committee for consideration.

3. Core Operating Principles

3.1. Expertise and Practical Validity. Opinions are provided by active or former coaches with experience preparing pairs and groups to a high level. Priority is given to the practical feasibility of elements and the assessment of risks.

3.2. Focus on Difficulty Tables for Elements. The Council works exclusively on matters concerning the alignment, grading, and adjustment of element difficulty.

3.3. Proactivity. The Council does not merely identify inconsistencies; it proposes specific adjustments, alternatives, and implementation scenarios when considering an issue.

3.4. Support for the Technical Committee. The collective expert opinion is formalized as a recommendation for consideration by the Technical Committee; final decisions remain with the Technical Committee.

3.5. Transparency and Rationale. Each proposed amendment is accompanied by technical analysis, and an analysis of its impact on the competitive routine.

3.6. Balanced Interests. When preparing proposals, the Council considers the development of the sport and incentives for progression, athlete safety, and equal conditions for different federations and countries.

4. Functions and Practical Roles of the Council

- Gathering and consolidating the coaching community's views on specific elements and their ratings in the difficulty table.
- Preparing formal proposals for the Technical Committee, including a brief summary, detailed rationale, examples of routines, and recommendations for implementing changes.
- Assessing the feasibility of elements at junior and senior level, taking account of age-related and anthropometric characteristics.
- Conducting risk analysis by identifying elements with a high risk of injury under their current rating and preparing recommendations for risk reduction, including changes to requirements or the introduction of safeguarding criteria.
- Developing criteria for trial periods to test changes to the difficulty table in competition before final approval.
- Maintaining a precedent database documenting successful and unsuccessful changes to the table and their consequences for team preparation.
- Communicating with the Technical Committee and the coaching community through regular reports, explanatory notes, and seminars on the interpretation of changes.

5. Council Working Procedure

5.1. Issue Identification. A request from the Technical Committee, a federation, or coaches initiates consideration. An element or group of elements is selected for review.

5.2. Expert Session. Council members collect and examine available materials, including videos, protocols, and medical reports, and discuss technical aspects and risks.

5.3. Proposal Development. A brief summary, detailed rationale, proposed wording for the difficulty table, and an implementation option are prepared: pilot, immediate, or deferred.

5.4. Submission to the Technical Committee. A package of materials and a presentation are submitted to the Technical Committee. The Council retains its advisory status throughout subsequent discussion.

5.5. Monitoring. When changes are approved, feedback is collected and their consequences are assessed in subsequent cycles.

6. Requirements for Proposal Content

6.1. Each Council proposal shall include a brief summary of the issue under consideration, technical rationale, a description of safety risks, athlete preparation requirements, an analysis of the impact on the competitive routine, and a proposed implementation option.

6.2. The key criterion when formulating proposals is the technical feasibility of an element in practice for adequately prepared athletes.

6.3. Where necessary, the Council may propose the introduction of safeguarding criteria, adjustment of requirements, or a trial period before final approval of a change.

7. Final Provisions

7.1. The Council formulates expert recommendations within the scope of the tasks and principles established by these Regulations.

7.2. This document is intended to serve as a foundation for organizing the Council's advisory work and its interaction with the Technical Committee.