

APPENDIX

BASE FGP – RULES

2ª DIVISÃO FGP – RULES

2026/2027

General Rules for Base (FGP)

- Perform one choreographed combined exercise with musical accompaniment, which may include music with lyrics.
- The maximum duration of the exercise is 2 minutes.
- **Infantil Base, Iniciado Base, Juvenil Base** must perform:
 - compulsory elements taken from the Compulsory Elements Tables AG/JR – count towards the difficulty score.
 - optional elements from the Difficulty Tables of FIG or Appendix 4 of the AG/JR. – don't count towards the difficulty score.
 - Individual elements from the Difficulty Tables of FIG or Appendix 4 of the AG/JR. – do not count towards the difficulty score.
- **Infantil Base, Iniciado Base, Juvenil Base:** elements from the Compulsory Elements Table AG/JR may be performed as optional, only if they appear on different rows from those performed as compulsory elements and are included in the Tables of Difficulty of FIG or in Appendix 4 of the AG/JR.
- **Infantil Base:** Women Pair, Men's Pair and Mixed Pair may perform elements from any of these specialities as Compulsory Elements listed in the TD-AG/JR.
- **Iniciado Base:** Mens Pair and Mixed Pair may perform elements from any of these specialities as Compulsory Elements listed in the TD-AG/JR.
- **Junior Base and Senior Base:** rules for constructing the exercise must be respected, namely, the proportion that the balance elements should not exceed twice the value of dynamic elements or vice versa.

- In Women's Group (*except for Infantil Base*), only one element with a horizontal start and landing on the arms is allowed (pirouettes and helis).
- In Women's Group (*except for Infantil Base*) are not allowed to perform any pyramid where the top's feet rest on the base's hands, while the base's hands are on the ground.
- In Women's Group (*except for Infantil Base*) - only one element with a catch in the arms starting from the floor is allowed (1/4 extension to arms from the floor - front or back).
- In Women's Pairs and Mixed Pairs - only one element with a catch in the arms starting from the floor is allowed (1/4 extension to arms from the floor - front or back).
- For each missing requirement, a deduction of 1-point is applied.
- Performing forbidden elements will result in a 1-point penalty.
- Front or back tuck/*salto* is not compulsory, as an Individual Element.
- Handstand is not compulsory.
- Alternative elements are not allowed.



Difficulty Values:

- Infantil Base Difficulty: 0.0pt – 0.3pt
- Iniciado Base Difficulty: 0.0pt – 0.5pt
- Juvenil Base Difficulty: 0.0pt – 0.5pt
- Junior Base Difficulty: 0.0pt – 0.5pt (DV=50) – Minimum DV = 15 (If not fulfilled = -1.0 deduction)
- Senior Base Difficulty: 0.0pt – 0.6pt (DV=60) – Minimum DV = 20 (If not fulfilled = -1.0 deduction).
- If the limits are exceeded in Junior and Senior Base, a 2.0-point penalty is applied to the final score.
- Depending on the difficulty, bonus points are awarded to the difficulty score.

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Infantil Base	
Difficulty	Bonus
0.0 to 0.1	+ 0
0.2	+ 0.5
0.3	+ 1.0

Iniciado Base Juvenil Base	
Difficulty	Bonus
0.0 to 0.3	+ 0
0.4	+ 0.5
0.5	+ 1.0

Junior Base	
Difficulty	Bonus
1 to 20	+ 0
21 to 30	+ 0.5
> 31	+ 1.0

Senior Base	
Difficulty	Bonus
1 to 30	+ 0
31 a 40	+ 0.5
> 41	+ 1.0

Note: Bonus will not be awarded if the requirements are not met.

INDIVIDUAL ELEMENTS FOR BASE (FGP)

- Infantil Base / Iniciado Base / Juvenil Base - 3 individual elements simultaneously or in waterfall (1 requirement), of which 1 is tumbling (1 requirement).
- Junior Base - 3 individual elements (1 requirement)
- Senior Base - Not compulsory. Max. 3.

1 R = 1 requirement

Each Requirement missing = -1,0 deduction

INFANTIL BASE (6-13) DIF MAX 0.30	BASE FGP				
	PAIRS Combined Exercise	1 compulsory balance element (1 R) 1 compulsory dynamic element (1 R)	1 optional element of balance (1 R) 1 optional element of dynamic (1 R)	3 individuals (1 R) (minimum 1 tumbling - (1 R))	Minimum 1 catch (1 R) Maximum 1 dismount Maximum 4 pair elements. Maximum 3 individuals.
	GROUPS Combined Exercise	1 compulsory pyramid (1 R) 1 compulsory dynamic element (1 R)	1 optional dynamic element (1 R)		Minimum 1 catch (1 R) Maximum 1 dismount Maximum 3 group elements. Maximum 3 individuals.
Compulsory = elements taken of “Youth & Junior Rules 25-28 – Compulsory elements table” – counting for difficulty Optional = elements taken of “Tables of Difficulty” or “Youth & Junior Rules 25-28 – Optional elements table” – not counting for difficulty					

INICIADOS BASE (8-15) DIF MAX 0.50	BASE FGP				
	PAIRS Combined Exercise	1 compulsory balance element (1 R) 1 compulsory dynamic element (1 R)	2 optional elements of balance (2 R) 2 optional elements of dynamic (2 R)	3 individuals (1 R) (minimum 1 tumbling - (1 R))	Minimum 1 catch (1 R) Maximum 1 dismount Maximum 6 pair elements. Maximum 3 individuals.
	GROUPS** Combined Exercise	1 compulsory pyramid (1 R) 1 compulsory dynamic element (1 R)	1 optional pyramid (1 R) 2 optional dynamic elements (2 R)		Minimum 1 catch (1 R) Maximum 1 dismount Maximum 5 group elements. Maximum 3 individuals.
Compulsory = elements taken of “Youth & Junior Rules 25-28 – Compulsory elements table” – counting for difficulty Optional = elements taken of “Tables of Difficulty” or “Youth & Junior Rules 25-28 – Optional elements table” – not counting for difficulty Groups can only build two pyramids, and both must be new constructions (ROW 1 – BOX 5 = 1 pyramid) Repetition of categories of pyramids is allowed.**					

BASE FGP					
JUVENIS BASE (9-16) DIF MAX 0.5	PAIRS Combined Exercise	2 compulsory balance elements (2 R) 2 compulsory dynamic element (2 R)	1 optional element of balance (1 R) 1 optional element of dynamic (1 R)	3 individuals (1 R) (minimum 1 tumbling - (1 R))	Minimum 1 catch (1 R) Maximum 1 dismount Maximum 6 pair elements. Maximum 3 individuals.
	GROUPS Combined Exercise	1 compulsory pyramid (1 R) 2 compulsory dynamic elements (2 R)	Minimum 3 balance elements (3 pyramids or 1 transitional 1 pyramid and 1 pyramid) (3 R) 1 optional dynamic element (1 R)		Minimum 1 catch (1 R) Maximum 1 dismount Maximum 6 group elements. Maximum 3 individuals.

Compulsory = elements taken of "Youth & Junior Rules 25-28 - Compulsory elements table" - counting for difficulty

Optional = elements taken of "Tables of Difficulty" or "Youth & Junior Rules 25-28 - Optional elements table" - not counting for difficulty

Repetition of categories of pyramids is allowed.

JUNIORES BASE (10-18) MIN DIF 15 MAX DIF 50	BASE FGP			
	PAIRS Combined Exercise	3 balance elements (3 R) 3 dynamic elements (3 R)	Individual elements 3 individuals (1 R)	Minimum 1 catch (3 R) Maximum 2 dismounts Maximum 8 pair elements. Minimum 15V of difficulty (<15 DV = -1,0 final score) (>50 DV = -2.0 final score)
	GROUPS Combined Exercise	3 balance elements (3 R) 3 dynamic elements (3 R)		Minimum 1 catch (1 R) Maximum 2 dismounts Maximum 8 group elements. <u>Repetition of pyramid categories is not allowed.</u> 3 Separated pyramids are allowed. Minimum 15V of difficulty (<15 DV = -1,0 final score). (>50 DV = -1,0 final score).

SENIORES BASE (+12) DIF MIN 20 DIF MAX 60	BASE FGP			
	PAIRS Combined Exercise	3 balance elements (3 R) 3 dynamic elements (3 R)	Individual elements Minimum 0 Maximum 3	Minimum 1 catch (1 R) Maximum 2 dismounts Maximum 8 pair elements. (<20 = -1,0 final score) (>60 = -2,0 final score)
	GROUPS Combined Exercise	3 balance elements (3 R) 3 dynamic elements (3 R)		Minimum 1 catch (1 R) Maximum 2 dismounts Maximum 8 group elements. <u>Repetition of pyramid categories is not allowed.</u> <u>3 Separated pyramids are allowed.</u> (<20 = -1,0 final score). (>60 = -2,0 final score).

General Rules for 2ª Divisão (FGP)

- All exercises are performed with choreography and with musical accompaniment, which may include music with lyrics.
- Pairs and Groups from 2ª Divisão must perform a balance exercise and a dynamic exercise.
- The maximum duration of the exercise is 2 minutes.
- Juvenil 2ª Divisão must perform:
 - o compulsory elements taken from the Compulsory Elements Tables AG/JR – count towards the difficulty score.
 - o optional elements from the Difficulty Tables of FIG or Appendix 4 of the AG/JR – do not count towards the difficulty score.
 - o Individual elements from the Difficulty tables of IG or Appendix 4 of the AG/JR.
- Juvenil 2ª Divisão: elements from the TD-AG/JR may be performed as optional, only if they appear on different rows from those performed as compulsory elements and are included in the TD or in Appendix 4 of the AG/JR.
- In Women's Group, only one element with a horizontal start and landing on the arms is allowed (pirouettes and helis).
- Women's Group are not allowed to perform any pyramid where the top's feet rest on the base's hands, while the base's hands are on the ground.
- Women's Group – only one element with a catch in the arms starting from the floor is allowed (1/4 extension to arms from the floor – front or back).



- In Women's Pairs and Mixed Pairs – only one element with a catch in the arms starting from the floor is allowed (1/4 extension to arms from the floor – front or back).
- For each missing requirement, a deduction of 1-point is applied.
- Performing forbidden elements will result in a 1-point penalty.
- Front or back tuck/*salto* is not compulsory, as an Individual Element.
- Handstand is not compulsory.
- Alternative elements are not permitted.
- Junior Groups and Pairs should perform a minimum of 25 difficulty points, in each exercise. If the target value is not reached, a 1-point deduction is applied.
- Senior Groups and Pairs should perform a minimum of 35 difficulty points, in each exercise. If the target value is not reached, a 1-point deduction is applied.
- Juvenil 2ª Divisão Difficulty: 0.0pt – 0.5pt
- Junior 2ª Divisão Difficulty: 0.0pt – 1,0 pt (DV=100) / Minimum DV = 25 (If not fulfilled = -1.0 deduction)
- Senior 2ª Divisão Difficulty: 0.0pt – unlimited / Minimum DV = 35 (If not fulfilled = -1.0 deduction)
- Depending on the difficulty, bonus points are awarded to the difficulty score.

Juvenil 2ª Divisão	
Difficulty	Bonus
0,0 – 0,3	+ 0
0,4	+ 0,5
0,5	+ 1,0

Junior 2ª Divisão	
Difficulty	Bonus
1 – 30	+ 0
31 – 40	+ 0,5
> 41	+ 1,0

Senior 2ª Divisão	
Difficulty	Bonus
1 – 40	+ 0
41 – 50	+ 0,5
> 51	+ 1,0

Note: Bonus will not be awarded if the requirements are not met.

INDIVIDUAL ELEMENTS FOR 2ª DIVISÃO (FGP)

- All Code of Points rules for Individuals must be applied.
- Juvenil 2ª Divisão – Balance: 2 individual elements (1 R) (flexibility, agility or balance)
- Juvenil 2ª Divisão – Dynamic: 2 tumbling individual elements. (1 R)
- Junior 2ª Divisão – Not compulsory. Max. 3.
- Sênior 2ª Divisão – Not compulsory. Max. 3

1 R = 1 requirement

Each Requirement missing = -1,0 deduction

2ª DIVISÃO FGP					
JUVENIS 2ª DIVISÃO (9-16) DIF MAX 0.5	PAIRS (Balance Exercise)	3 compulsory balance elements (3 R)	1 optional element of balance (1 R)	2 individuals (1 R)	Maximum 4 balance elements. Minimum 2 individuals.
	PAIRS (Dynamic Exercise)	3 compulsory dynamic elements (3 R)	1 optional element of dynamic (1 R)	2 individuals (tumbling) (1 R)	Minimum 1 catch (1 R) Maximum 2 dismounts Maximum 4 pair elements. Maximum 2 individuals.
	GROUPS (Balance Exercise)	2 pyramids (2 R) a. 2 compulsory pyramids from different rows b. 1 compulsory pyramid and 1 optional pyramid		2 individuals (1 R)	Maximum 2 balance elements. Maximum 2 individuals.
	GROUPS (Dynamic Exercise)	3 compulsory dynamic elements (3 R)	1 optional element of dynamic (1 R)	2 individuals (tumbling)	Maximum 4 dynamic elements. Maximum 2 individuals.
Compulsory = elements taken of “Youth & Junior Rules 25-28 - Compulsory elements table” - counting for difficulty Optional = elements taken of “Tables of Difficulty” or “Youth & Junior Rules 25-28 - Optional elements table” - not counting for difficulty					

2ª DIVISÃO FGP				
JUNIORES 2ª DIVISÃO (10-18) DIF MIN 25 DIF MAX 100	PAIRS (Balance Exercise)	4 balance elements (4 R)	Individual elements Minimum 0 Maximum 3	Maximum 8 balance elements.
	PAIRS (Dynamic Exercise)	4 dynamic elements (4 R)		Minimum 1 catch (1 R) Maximum 2 dismounts Maximum 8 dynamic elements.
	GROUPS (Balance Exercise)	2 pyramids from different categories of pyramids (2 R) and <u>3 static holds (3 R).</u>		Maximum 1 pyramid transition. Maximum 8 balance elements.
	GROUPS (Dynamic Exercise)	4 dynamic elements (4 R)		Minimum 1 catch (1 R) Maximum 2 dismounts Maximum 8 dynamic elements
SENIORES 2ª DIVISÃO (+12) DIF MIN 35 DIF MAX --				