



**2009-2012
Men's Junior Olympic
Age Group Competition Program**



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Special Thanks to Dr. Jon Culbertson for lending his experience, expertise and perspective one more time.

2009 – 2012 Men's Junior Olympic Age Group Competition Program

Foreword

The preparation of the Age Group Competition Program for this new quadrennium has been quite an endeavor. The last several years have been a time of incredible change for our sport. As you read on, you will see these changes reflected in our program for the coming quadrennium.

Our current program is the result of many years of work by previous writing teams and Age Group Competition Committee members. Their work lives on in the basic structure and elementary components of our current work.

The task of developing our program for the coming quadrennium began with the formation of a new committee. The Junior Olympic Program Format Coordinating Committee was formed to ensure a "big picture" perspective on our sport. Members of this committee were selected to provide a variety of intelligently-defended perspectives on our sport and our program. Their top-to-bottom perspective of our program has been invaluable in the development of our current work.

The task of writing our compulsory routines was performed by our compulsory writing team. This group was selected based on their ability to see the sport from the perspective of the working coach. Each has a successful program of his own and years of experience working in our Junior Program. Each was able to provide a very unique contribution to the dialog driving the writing of these routines.

As you know, the changes in the scoring FIG system for our optional routines and its inherent difference from the way we have traditionally scored our compulsory exercises have made it somewhat challenging to create a consistent scoring format for both. In an effort to bring the scoring systems into even closer alignment, changes have been made to our compulsory scoring system. These changes were developed and tested over the course of the last competitive season with the help of several prominent members of our judging community.

Throughout the development of this program, the solicitation of information from our men's community has been job-one. Each member of each of these committees did an outstanding job of bringing the desires and wishes of their fellow coaches to the table for discussion. I can tell you that every e-mail message addressed to me became a point of discussion during the development of this program. The passion and dedication behind many of our messages stand as a sign of the emotional well-being of our program. My personal thanks go out to each and every one of you who were pro-active enough to put the pen to paper. The gathering of this information is a never-ending process that results in a living program that changes when change is required and has stability in its elementary form. Please, keep the information coming. It's your program and we're still listening.

In closing, I would like to thank the contributing authors of this work: Bob Young, Tom Meadows, Brandy Wood, Yuejin Sun, Ron Brant, Bill Foster, Stacy Maloney, Mike Naddour, Dr. Jon Culbertson and Dennis McIntyre.

Sincerely,



Jeff Robinson
Men's Junior Olympic Program Coordinator

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Chapter 1 – General Age Group Competition Program Information

I. Age Group Competition Program Chart

LEVEL 4 (COMPULSORY)

6-7 STATE
8-9 STATE
10-11 STATE
12 & over * STATE

* 18 year maximum age

Base Score –	15.0
Specified Bonus –	0.6
Virtuosity –	0.3
<u>Stick Bonus –</u>	<u>0.1</u>
Maximum Score –	16.0

LEVEL 5 (COMPULSORY)

7-9 STATE - REGIONAL
10-11 STATE - REGIONAL
12 & over* STATE - REGIONAL

* 18 year maximum age

Base Score –	15.0
Specified Bonus –	0.6
Virtuosity –	0.3
<u>Stick Bonus –</u>	<u>0.1</u>
Maximum Score –	16.0

LEVEL 6 (COMPULSORY)

8-9 STATE - REGIONAL
10-11 STATE - REGIONAL
12 & over* STATE - REGIONAL

* 18 year maximum age

Base Score –	15.0
Specified Bonus –	0.6
Virtuosity –	0.3
<u>Stick Bonus –</u>	<u>0.1</u>
Maximum Score –	16.0

LEVEL 7 (COMPULSORY)

10-11 STATE - REGIONAL
12 & over* STATE - REGIONAL

* 18 year maximum age

Base Score –	15.0
Specified Bonus –	0.6
Virtuosity –	0.3
<u>Stick Bonus –</u>	<u>0.1</u>
Maximum Score –	16.0

VAULT (COMPULSORY) **For Levels 4, 5, 6, and 7**

Base Score –	15.0
Performance Bonus* –	0.5
<u>Stick Bonus** –</u>	<u>0.2</u>
Maximum Score –	15.7

**** There is potential for up to 0.5 in “Performance Bonus” which is to be awarded for exceptional power and efficient blocking action resulting in exceptional rise and height in the compulsory vault. Performance Bonus will be awarded in increments of: small - 0.1, medium - 0.3 or large - 0.5 only.***

***** Stick bonus on each compulsory vault is 0.2 instead of 0.1***

LEVEL 8 (FIG OPTIONAL*)

12-13 STATE – REGIONAL

14-15 STATE – REGIONAL

* Using Junior Olympic Program rules

For Level 8 only:

Elements at or above a “C” will only be awarded 0.3 in difficulty value.

“A” = 0.1,

“B” = 0.2,

“C”, “D”, “E”, “F” and “G” = 0.3

Minimum “A” value dismount required for full 0.5 Element Group V credit.

Stick bonus of 0.1 for stuck dismounts which receive full Element Group V credit – added to A-Score

Maximum 8 counted value parts for difficulty.

The value parts selected to count must follow this order:

1. Count the Element Group V skill (dismount) for difficulty.
If there is no EG V skill or if it is not recognized, a maximum of only 7 value parts can count for difficulty.
2. Count the highest difficulty skill from each element group to fulfill the Element Group requirements.
3. The remaining value parts are selected, based upon the highest value part available and eligible to count
No more than 4 skills from any one element group can be counted.
4. If less than 6 value parts are recognized, 1.0 is deducted from the B-Score for EACH part less than 6 recognized.

Note: Skill difficulty values are different for Level 8. See the explanation at left.

LEVEL 9 (FIG OPTIONAL*)

12-13 STATE – REGIONAL – NATIONAL

14-15 STATE – REGIONAL

16-18 STATE – REGIONAL

* Using Junior Olympic Program rules

Difficulty values as Per FIG

Minimum “B” value dismount required for full 0.5 Element Group V credit. An “A” value dismount receives partial Element Group V credit of 0.3

Stick bonus of 0.1 for stuck dismounts which receive full Element Group V credit – added to A-Score

Maximum 8 counted value parts for difficulty.

The value parts selected to count must follow this order:

1. Count the Element Group V skill (dismount) for difficulty.
If there is no EG V skill or if it is not recognized, a maximum of only 7 value parts can count for difficulty.
2. Count the highest difficulty skill from each element group to fulfill the Element Group requirements.
3. The remaining value parts are selected, based upon the highest value part available and eligible to count
No more than 4 skills from any one element group can be counted.
4. If less than 6 value parts are recognized, 1.0 is deducted from the B-Score for EACH part less than 6 recognized.

LEVEL 10 (FIG OPTIONAL*)

14-15 STATE – REGIONAL – NATIONAL

16-18 STATE – REGIONAL – NATIONAL

* Using Junior Olympic Program rules

Difficulty values as per FIG

Minimum "C" value dismount required for full 0.5 Element Group V credit. A "B" value dismount receives partial Element Group V credit of 0.3. An "A" value dismount receives no Element Group V credit.

Stick bonus of 0.1 for stuck dismounts which receive full Element Group V credit – added to A-Score

Maximum 10 counted value parts for difficulty.

The value parts selected to count must follow this order:

1. Count the Element Group V skill (dismount) for difficulty.
If there is no EG V skill or if it is not recognized, a maximum of only 9 value parts can count for difficulty.
2. Count the highest difficulty skill from each element group to fulfill the Element Group requirements.
3. The remaining value parts are selected, based upon the highest value part available and eligible to count
No more than 4 skills from any one element group can be counted.
4. If less than 6 value parts are recognized, 1.0 is deducted from the B-Score for EACH part less than 6 recognized

II. General Rules and Regulations

A. Age Determination and Competition Level:

1. A gymnast under the age of six will not be permitted to participate in the Age Group Competition Program under any circumstance. He **must** turn six years of age before he may begin competition.
2. The competitive season is defined as September 1 – August 31. For all aspects of the program, a gymnast's age is determined as his age September 1 of the competitive season.
3. A gymnast is allowed to move up one year in age for competition. He may move the one year based only on his age as of September 1. (Example: a gymnast is 10 September 1, and turns 11 September 2, he may compete as an 11 year old, but he may not compete as a 12 year old because he was not 11 years old on September 1.)
4. A gymnast is allowed to move up one year in age for competition, only if he is moving to a higher level of competition
5. **Level 9 exception:** A gymnast who is younger than the required age of 12 for level 9 may qualify to compete at level 9 through participation in the **Future Stars Program**. In order to obtain this special qualification for level 9 participation, the gymnast must attain a predetermined qualifying score through competition at the Future Stars National Championships. This predetermined score will be determined yearly by the Junior National Coaching Staff and published by September 1 of each year.
6. Maximum age for a gymnast to participate in the J.O. Program is 18. Gymnasts age 19 and older must participate in the Senior Elite Program

B. Uniforms:

1. For Levels 6-10 on Pommel Horse, Still Rings, Parallel Bars and Horizontal Bar, all gymnasts must wear long solid colored competition pants and footwear (socks and/or

- gymnastics shoes). In Junior Olympic Competition, dark colored competition pants are allowed. On Floor Exercise and Vaulting, gymnasts may compete in short pants with or without footwear. A competition jersey must be worn in all competitions.
2. For Level 4 and 5, for all events, gymnasts are only required to wear gymnastics short pants, team T-shirt and footwear (socks and/or gymnastics shoes). On Floor Exercise and Vault the gymnast may perform with or without footwear.
 3. All gymnasts are required to wear a shirt or competition top on all events during warm-ups and competition.
 4. No jewelry of any kind is allowed during competition. This is a uniform requirement.
 5. Uniform violations will result, with warning, in a medium behavioral deduction of 0.3 on each event that the infraction occurs. The judge will warn the gymnast that the deduction will be taken at each event.

C. Coach's Professional Attire

1. Closed toe shoes, no sandals
2. Slacks, Warm-up pants or hemmed "dress" shorts (No Denim or "Cargo Style" – Defined as having large flap pockets with a button or snap closure on the front and/or side of the thigh)
3. Collared shirts
4. No hats

Violators will be asked to leave the field of play

D. Coach's Spotting Responsibilities:

1. A spotter is required, for all levels, to be in position to safely spot the entire performance on the Horizontal Bar, Still Rings and Vault.
2. A spotter is allowed at all levels on Parallel Bars.
3. If a spotter appears on the Floor Exercise or Pommel Horse / Mushroom events, the deduction is 0.5 from the routine's final score.
4. The gymnast should not be allowed to begin the routine without the presence of the required spotter. If the spotter walks away prior to the completion of the routine, the deduction will be 0.3, with a warning to the coach that a second infraction will result in his remaining gymnasts not being allowed to compete on that event that day.
5. An additional spotter is permitted on Still Rings, Vault, Parallel Bars and Horizontal Bar without deduction
6. Assistance at any apparatus, whether general or required spotting must be given by a USAG Professional Member. Additional Assistance may be given by an assistant coach who is a USAG Professional Member.

E. Specialists:

While All-Around competition within the Age Group Competition Program is encouraged, USA Gymnastics recognizes the significant contributions that can be made by specialists and multi-event participants. Participation by specialists and multi-event athletes is permitted and strongly encouraged in all levels of competition

III. Equipment and Mat Specifications

A. All specifications of equipment and mats are per FIG unless otherwise stated.
Equipment heights listed in this section for PH, SR, VT, PB, & HB are maximums. ***FIG height requirements for those apparatus may never be exceeded except where allowed by FIG.***

B. General

1. A panel mat may be used to mount pommel horse or parallel bars.
2. There is no minimum height requirement on the Pommel Horse, Vault or Parallel Bars. For the Still Rings and Horizontal Bar, matting can be adjusted to attain the minimum height requirements noted in III. C.
3. The board may only be used to mount the Parallel Bars and for vaulting.
4. It is the responsibility of the coach to determine if ceiling mounted rings provided are acceptable for his gymnast's use. If a ring tower will not be available for competition, the coach should be notified in the pre-meet information packet so that the coach may choose if he wishes to have his gymnasts participate.
5. Additional mats can be used by Level 8, 9, and 10 athletes as follows:
 - a. **Floor Exercise:** A landing mat of up to 10 cm (4") may be used for landings of "C" value or greater. The mat must be left in place throughout the routine.
 - b. **Pommel Horse:** An additional mat can be used to mount the apparatus.
 - c. **Still Rings:** The landing surface may be raised to height of 30 cm (20"). An additional safety cushion of up to 20 cm (8") may be used.
 - d. **Vault:** An additional safety cushion of up to 20 cm (8") may be used in addition to the required 30 cm landing surface height
 - e. **Parallel Bars:** An additional safety cushion of up to 20 cm (8") may be used.
 - f. **Horizontal Bar:** An additional safety cushion of up to 20 cm (8") may be used. In addition to the required 30 cm landing surface height.

**Minimum Recommended Landing Mat Specifications
For Junior Olympic Competition Program
Boys Levels 4-10**

Note: 10 cm is equal to slightly less than 4 inches

	Level 4	Level 5	Levels 6	Level 7	Level 8	Level 9	Level 10
Floor Exercise	USAG (6'x40') Minimum 1 1/4" thick		FIG 12 m x 12 m (40'x40') 1 1/4" - 7" thick				
Pommel Horse	12' x 12' x 10 cm						
Mushroom	10' x 10' x 10 cm			Not Applicable			
Still Rings	8' x 15 1/2' x 30cm						
Vault	6' x 12' x 4" base + 2 additional 8" skill cushions		8' x 15 1/2' x 30 cm				
Parallel Bars	14' x 16' x 20 cm						
Horizontal Bar	8' x 30' x 30 cm						

C. Equipment Measurements:

1. **Floor Exercise:** From the outside of both lines
2. **Pommel Horse:** From the floor to the top of the horse body
3. **Still Rings:** From the floor to the inside bottom of the rings
4. **Vault:** From the floor to the top middle of the vault table
5. **Parallel Bars:** From the floor to the top of the rail
6. **Horizontal Bar:** From the floor to the top of the bar

Level 4

- Floor Exercise:** Tumbling strip with a minimum width of 6 feet and a length of 40 feet. A side or diagonal section of a 40' x 40' may be used
- Pommel Horse:** A standard horse at any height setting
- Mushroom:** Height range: 16" to 30" (From surface mat to top of Mushroom)
Top diameter: 24" minimum (Across dome side to side)
Dome: 3" to 6" (From dome base to apex)
Note: A mat may be used to mount. The mushroom base must be padded.
- Still Rings:** High enough to swing without touching the landing mat; either by lowering the apparatus or by raising the landing surface.
- Vault:** Vault table not used for this level
- Parallel Bars:** High enough to swing in support position
- Horizontal Bar:** High enough to swing without touching the landing mat, either by lowering the apparatus or by raising the landing surface.

Level 5

- Floor Exercise:** Tumbling strip with a minimum width of 6 feet and a length of 40 feet. A side or diagonal section of a 40' x 40' may be used
- Pommel Horse:** A standard horse at any height setting
- Mushroom:** Height range: 16" to 30" (From surface mat to top of Mushroom)
Top diameter: 24" minimum (Across dome side to side)
Dome: 3" to 6" (From dome base to apex)
Note: A mat may be used to mount. The mushroom base must be padded.
- Still Rings:** High enough to swing without touching the landing mat; either by lowering the apparatus or by raising the landing surface.
- Vault:** Vault table not used for this level
- Parallel Bars:** High enough to swing in long hang position with knees bent
- Horizontal Bar:** High enough to swing without touching the landing mat, either by lowering the apparatus or by raising the landing surface.

Level 6:

- Floor Exercise:** FIG – 12m x 12m (40' x 40')
- Pommel Horse:** A standard horse at any height setting
- Mushroom:** Height range: 16" to 30" (From surface mat to top of Mushroom)
Top diameter: 24" minimum (Across dome side to side)
Dome: 3" to 6" (From dome base to apex)
Note: A mat may be used to mount. The mushroom base must be padded.
- Still Rings:** High enough to swing without touching the landing mat; either by lowering the apparatus or by raising the landing surface.
- Vault:** Vault table set at any height
- Parallel Bars:** High enough to swing in long hang position with knees bent
- Horizontal Bar:** High enough to swing without touching the landing mat, either by lowering the apparatus or by raising the landing surface.

Level 7

Floor Exercise:	FIG – 12m x 12m (40' x 40')
Pommel Horse:	A standard horse at any height setting
Still Rings:	High enough to swing without touching the landing mat; either by lowering the apparatus or by raising the landing surface.
Vault:	Vault table set at any height
Parallel Bars:	High enough to swing in long hang position with knees bent
Horizontal Bar:	High enough to swing without touching the landing mat, either by lowering the apparatus or by raising the landing surface.

Level 8

Floor Exercise:	FIG – 12m x 12m (40' x 40')
Pommel Horse:	Maximum FIG height (up to 115 cm)
Still Rings:	Maximum FIG height (up to 280 cm)
Vault:	Maximum FIG height (up to 135 cm)
Parallel Bars:	Maximum FIG height (up to 200 cm)
Horizontal Bar:	Maximum FIG height (up to 280 cm)

Level 9

Floor Exercise:	FIG – 12m x 12m (40' x 40')
Pommel Horse:	Maximum FIG height (up to 115 cm)
Still Rings:	Maximum FIG height (up to 280 cm)
Vault:	Maximum FIG height (up to 135 cm)
Parallel Bars:	Maximum FIG height (up to 200 cm)
Horizontal Bar:	Maximum FIG height (up to 280 cm)

Level 10

Floor Exercise:	FIG – 12m x 12m (40' x 40')
Pommel Horse:	Maximum FIG height (up to 115 cm)
Still Rings:	Maximum FIG height (up to 280 cm)
Vault:	Maximum FIG height (up to 135 cm)
Parallel Bars:	Maximum FIG height (up to 200 cm)
Horizontal Bar:	Maximum FIG height (up to 280 cm)

Chapter 2 – General Judging Guidelines

- A. Document Precedence:** The Federation of International Gymnastics (FIG) *Code of Points* will be used except where superseded by rules found in this USAG Age Group Competition Manual and approved updates. Therefore, the order of precedence when determining which rules to use in the event of conflict are:
1. The USAG Age Group Competition Manual with Rules Updates published by this committee (Rules Updates are available online at <http://www.usa-gymnastics.org>)
 2. The NGJA/USAG Rules Interpretations (available online at: <http://www.ngja.org>)
 3. The Federation of International Gymnastics (FIG) Code of Points with Rules Updates published by the F.I.G. Men's Technical Committee (Rules Updates [aka FIG MTC newsletters] are available online at: <http://www.ngja.org>)
- B. Judging duties:** The judges in all Junior Olympic Program competitions will perform the duties of both the A and B Jury Panels as listed in the FIG *Code of Points*, except in the case of a competition where four or more judges are used in a single panel. On floor exercise and vault the judge or judges will have the additional responsibility of line-judge. There is no time limit on floor exercise routines in the junior program so there is no need for an auxiliary judge to keep time on floor exercise.
- C. Minimum Score** - The minimum score for any exercise in the Junior Olympic Program is 1.0.
- D. Range of allowable scores:** When using two judges, or a 4 or more judge panel, the point difference between both, or the middle scores, may not be greater than:

B-Panel Score	Allowable Deviation By Judge
9.60 – 10.00	0.10
9.40 - <9.60	0.20
9.00 - <9.40	0.30
8.50 - <9.00	0.40
8.00 - <8.50	0.50
7.50 - <8.00	0.60
<7.50	0.70

- E. Routine Repetition Rule:** Normally only one attempt at a routine is allowed. However, should circumstances occur that are beyond the control of the gymnast and the routine is interrupted, the gymnast may have the opportunity to repeat his exercise at the discretion of the head judge. Should a handguard tear during the exercise, the gymnast will be allowed to repeat his performance, at the discretion of the head judge.
- F. Spotting Deductions:**
1. If, during the exercise, an incidental brush or touch occurs between the spotter and the gymnast, without interrupting the skill, there is no deduction.
 2. ***Unless otherwise specifically stipulated in a compulsory routine***, if the spotter assists in the execution of the skill, deduct 0.5 for the spot and any execution errors. The judge has the discretion to not recognize the skill if, in his opinion, the gymnast could not have completed the skill on his own.
 3. If there is no spotter, when required, the exercise may not begin. If the spotter walks away when required, deduct 0.3 and the coach will be warned that another infraction will disqualify all of his athletes on that event that day.
 4. A coach may not spot an athlete from a surface which is higher than the allowable competition surface. The head judge will not allow the athlete to compete if this rule is violated.
 5. All spotting must be done by a USAG Professional Member.

G. Video Tape Review of Routine Performance

There is no video tape review of routine performance for any score evaluation in the Junior Olympic Program.

H. General Apparatus and Behavioral Deductions

1. **Falls:**
 - a. A fall onto or off of the apparatus will be deducted 0.8 in addition to any other presentation errors.
 - b. If the gymnast falls off of the apparatus, the judge announces that the gymnast has 30 seconds to remount the apparatus.
 - c. The coach may ask the head judge if the gymnast received credit for the skill on which he fell. The head judge will answer the coach with a yes or no response. ***There will be no other discussion.***
 - d. A gymnast may repeat the skill to earn its value, for both optional and compulsory levels. This rule includes dismounts for both compulsory and optional competition.
 - e. The gymnast is permitted an additional skill to arrive at a starting position.
2. If a **coach speaks to the gymnast** during his performance, a medium behavioral deduction of 0.3 should be taken from the gymnast's score "A" Score. This deduction will be taken only once during a routine. It is not a deduction for a coach to speak to his gymnast during the 30 second time between a fall and a re-mount of the apparatus for the continuation of his routine.
3. If a **board is used inside the uprights for the Parallel Bars** on the mount, it must be removed as soon as the mount is completed (for the safety of the gymnast), or there will be an apparatus related violation of 0.5.

Chapter 3 – Compulsory Judging Guidelines – levels 4, 5, 6, & 7

A. Routine error and deduction table:

ERROR	DEDUCTION
Missing part	1.5 (0.5 Element value plus 1.0 "B" panel Execution for a total deduction of 1.5)
Added part	0.5
Fall (as per FIG)	0.8
Large error (as per FIG)	0.5
Medium error (as per FIG)	0.3
Small error (as per FIG)	0.1
Empty and Intermediate swings (as per FIG)	Empty (Half) - 0.3, intermediate (Whole) - 0.5

B. Special notes

1. Parts:

- a. A "part" is defined as a "numbered skill or sequence" in the Routine Description for each level in Chapters 4 through 9 of this manual.
- b. A part is a Missing Part if it has been omitted or is performed in such a way as to be unrecognizable.
- c. If the part is partially completed (more than 50%) it should receive credit and the appropriate FIG deductions (small, medium, large or fall).

2. Handstands:

- a. A nominal handstand is shown at plus or minus 15° from vertical.
- b. The junior program will use the FIG rules concerning swings to or through handstand or to strength holds.

3. Swing and Position Criteria:

All swing and position required criteria are defined as one of the following:

- a. Horizontal
- b. 45°
- c. Vertical

4. Added swings:

Added swings will be deducted per FIG as empty or intermediate swings, not added parts.

5. Required holds:

- a. Holds are two seconds, unless noted. Hold deductions are per FIG.
- b. Momentary holds are defined as holds which show a definite stop and are held up to one second. Momentary holds that do not show a definite stop, receive the FIG deduction for no hold of 0.5.

6. Added Holds:

Added holds are to be deducted as rhythm errors and not as added parts

7. Landing Deductions:

All landing deductions are per FIG. (Note - this does not refer to distance requirements on vaulting, just the landing itself).

8. Steps:

There is no requirement specifying the number of steps in the run prior to tumbling sequences in Floor Exercise Routines. Therefore, there is no deduction for too many or too few steps.

9. Bonus:

a. On FX, PH, SR, PB, HB:

1. **Specified Bonus:** Award 0.3 per specified bonus defined skill or sequence for performance as indicated in the compulsory routine text. Bonus will not be awarded for a skill with a single large deduction.
2. **Virtuosity Bonus:** Award a total of 0.3 only for elements with flawless execution performed with extreme amplitude. Individual skills may be awarded virtuosity bonus, to a maximum of 0.1 per skill.
3. **Stick Bonus:** Award 0.1 for stuck dismounts that receive full element group credit.

b. On VT:

1. **Performance Bonus:** Award up to 0.5 for exceptional power and/or efficient blocking action resulting in exceptional rise and height in the vault. It is to be awarded in increments of 0.1, 0.3, and 0.5 only
2. **Stick Bonus** – Award 0.2 for stuck landings.

10. Somersault Height:

All **somersault heights** (Floor Exercise and dismounts) are measured from the center of mass. Center of mass is defined as the point around which the body is rotating in space during the execution of the somersault.

11. Pommel Horse:

- a. On all single leg cuts, the top leg (cutting leg) should be at horizontal.
- b. On all pendular swings, false scissors and scissors, the top leg should be horizontal.

12. Still Rings:

- a. **Turnover swing** is defined as:
 1. **Forward** – At the peak of the swing, a hollow body position showing a hanging candlestick with shoulders down and toes up.
 2. **Backward** – At the peak of the swing, a tight arch position with shoulders down until the body is approaching vertical. (reverse candlestick position) Arms may be wide to facilitate keeping the shoulders down.

13. Vault:

- a. The junior program will not give a zero score for any vault, with the exception of failure to attempt the vault at all (a scratch). A balked attempt or incomplete vault, may be repeated once (with safety in mind and at the judge's discretion) with a deduction of 1.00 from the score of the second attempt. No third attempts will be allowed. In any case, the minimum score for any attempted vault will be 1.00.

14. Horizontal Bar:

- a. Unless otherwise specified, a **tap swing** (hollow, arch, hollow) is required on all forward swings. See the Horizontal Bar Overview and Explanations in Chapter 9 – Compulsory Horizontal Bar for more details.

Chapter 4 – Compulsory Floor Exercise – levels 4, 5, 6, & 7

Floor Exercise Overview and Explanations:

A. General:

1. The routines should be executed with good rhythm and tempo. The designated hold elements in the routines should be shown for only as long as indicated in the performance criteria. The object is to not make this routine last any longer than it needs to. These routines are designed to be able to be completed in one minute or less.
2. All transitional lunges should be executed with the back leg straight, front knee bent, heels down and the toes turned slightly outward.
3. Most front handsprings should be slightly over-rotated. If there is a rebound after the front handspring, it should travel forward.
4. On front somersaults, the center of mass should be at chest / shoulder height
5. On back somersaults, the center of mass should be at head height

B. Level 4:

1. The backward roll to prone support is intended as a progression toward a back-extension roll. A back-extension roll may be shown without deduction.
2. The arabesque stand should be done with chest up tall and no lean forward at the hip of the standing leg. The back leg should be straight and the foot clear of the floor.

C. Level 5:

1. The jump through press to handstand should be done with the minimal amount of jumping action necessary to complete the element. The object is, of course, to eventually be able to press to the handstand.
2. There is no height requirement on the dive roll. The body should be hollowed and care should be taken to ensure that there is proper pressure exerted upon the floor by the arms and palms of the hands upon arrival to the floor to ensure a smooth arrival of the upper back to the floor. The torso and hips should be properly tensioned as the body transitions into the roll so that the hips do not drop prematurely to the floor creating a “bounce” or “rebound” effect during the roll out. In the properly executed dive roll, the body will roll through somewhat of a “candlestick” position and continue on through the tuck to the feet without stop or hesitation.”

D. Level 6:

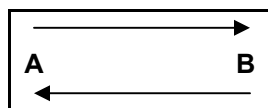
1. The object on the opening pass is to use the front handspring step-out to teach the athlete how to get the first leg down on the landing as far behind the body's center of mass as possible in order to accelerate into the subsequent skill. Eventually the idea is to be able to rotate enough to allow both legs to end up in a similar position in order to facilitate a bounder handspring (fleyspring) action.

E. Level 7:

1. The development of the proper layout backward salto is of paramount importance. This should be an ongoing task and should not be discontinued when twisting saltos are added to the athlete's repertoire. This is a very common mistake. The continued development of the layout salto should continue alongside the addition of twisting elements to the young gymnast's routine.
2. The transitional elements selected should conform to current FIG standards for transitional elements and the elimination of simple steps.
3. The back extension roll with the $\frac{1}{2}$ turn and lower to prone support should be executed with extension to nominal handstand.

LEVEL 4 FLOOR EXERCISE

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
Stick Bonus	0.1
Maximum Score	16.0

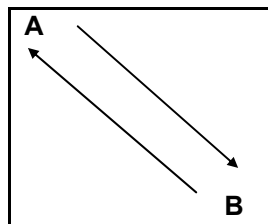


A tumbling strip with a minimum area of 6' x 40' is required.

Stand at point A facing Point B

Note:

All arm positions are optional, unless otherwise indicated.



The side or diagonal section of a 12 m x 12 m (40' x 40') Floor Exercise area may be used.

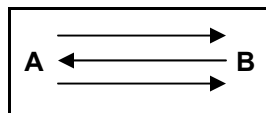
Description	Performance Criteria
1. Step, lunge and kick to handstand forward roll to,	Hold of handstand allowed Straight arms on roll from handstand
2. Jump hurdle and cartwheel, side-chasse' cartwheel with ¼ turn to stand facing A.	The hurdle should be a forward hurdle and lunge with a late shoulder turn and hand placement for the 1 st cartwheel.
3. Tucked, piked or extended backward roll to Hollowed prone support,	Back extension roll action may be shown
4. One Push-up	Straight body on Push-up. Chest and chin touch floor simultaneously and return to straight arm, straight body front support.
5. Press with straight arms to straddled stand.	Hold allowed on straddled stand
6. Straddled Press to headstand	2 sec. hold of headstand required
7. Forward roll to piked sit. Straddle legs to pancake split.	Momentary hold of piked sit allowed Momentary hold of pancake allowed
8. Sit up facing A and close legs together. Roll backward through a candlestick position and immediately roll forward to stand.	Show full body extension while moving through the candlestick position – No stop or hold should be shown
9. Lift either leg backward into an Arabesque stand (hold). Close legs to stand.	2 sec. hold of Arabesque stand required
10. Run, hurdle, round-off, rebound to stand.	

Specified Bonus: In #6, Straddled press to handstand (no hold required)

Specified Bonus: In #10, Run, hurdle, round-off, back handspring rebound

LEVEL 5 FLOOR EXERCISE

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
Stick Bonus	0.1
Maximum Score	16.0



A tumbling strip with a minimum area of 6' x 40' is required.

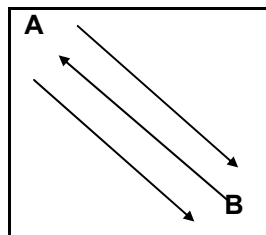
Stand at point A facing Point B

Note:

All arm positions are optional, unless otherwise indicated.

Pattern:

- A to B
- B to A
- A to B



The side or diagonal section of a 12 m x 12 m (40' x 40') Floor Exercise area may be used.

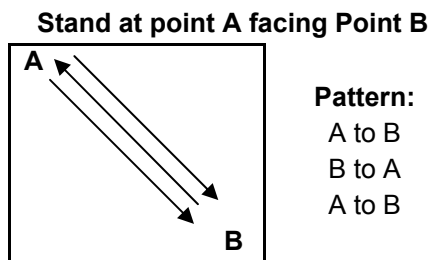
Description	Performance Criteria
1. Run, hurdle, front handspring,	Rebound allowed
2. With either leg, step forward, lunge and kick to handstand, straight arm roll out through tuck position,	No hold of handstand required
3. Immediately place hands on floor and push through pike up to handstand, forward 180° pirouette, pike down to,	No hold of handstand required 1 or 2 hand placements on pirouette
4. Straight arm back extension roll to handstand and lower to prone support. Press to straddled stand.	Tuck or pike back extension-roll Hold of straddled stand allowed
5. Jump to straight arm straddled press to momentary handstand.	Momentary hold of handstand required. 2 second hold allowed
6. Straight arm, forward roll to piked sit. Straddle legs to pancake split.	Momentary hold of piked sit allowed Momentary hold of pancake allowed
7. Sit up facing A and close legs together. Roll backward through a candlestick position, and immediately roll forward to stand.	Show full body extension while moving through the candlestick position – No stop or hold should be shown
8. Run, punch dive roll to stand, step forward with either leg and forward chasse' to cartwheel to straddled stand, then ¼ turn forward and lunge facing A	Body hollowed on dive roll. Late ¼ turn into cartwheel Momentary hold of lunge
9. Front scale, bring back leg down and forward (brush-through) and kick to lunge, then ½ turn backwards to stand facing B	2 sec. hold of front scale required
10. Run, round-off, back handspring, rebound to stand.	

Specified Bonus: In #5, Straight arm straddled press to handstand (momentary hold)

Specified Bonus: In #10, Run, round-off, back handspring, back handspring, rebound to stand

LEVEL 6 FLOOR EXERCISE

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
<u>Stick Bonus</u>	<u>0.1</u>
Maximum Score	16.0



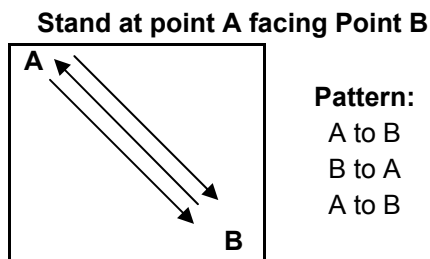
Description	Performance Criteria
1. Run, hurdle, front handspring step-out, front handspring.	Rebound allowed on front handspring
2. With either leg, Step forward, lunge and kick to handstand, straight arm forward roll, jump ½ turn to stand facing A	Momentary hold of lunge Hold allowed on handstand
3. Back extension roll with straight arms to handstand and lower to straight-arm prone support position. Raise hips and bring either left or right leg around to front split	Momentary hold of split
4. Move other leg forward to pike sit. Roll backward through a candlestick position and immediately roll forward while straddling legs to a straddled stand.	Show full extension in Candlestick - No stop or hold should be shown Stalder (endo) action on roll to straddled stand allowed, but not required Hold of straddled stand allowed
5. Press to handstand. (hold) Straight arm forward roll to stand.	2 sec. hold of handstand required
6. Run, punch, tucked front somersault.	Center of mass chest high on somersault.
7. Step forward with either leg, lunge and kick to handstand, straight arm forward roll through tuck position, place hands on floor and pike up to handstand and 360° pirouette.	3 or 4 hand placements on pirouette.
8. Roll forward to one-knee stand. 180° turn to stand facing B.	
9. Front Scale	Step forward and lunge into scale allowed 2 sec. hold of scale Chest and leg should be at or above horizontal on scale
10. Run, hurdle, round-off, back handspring, back tuck somersault	Center of mass head high on somersault.

Specified Bonus: In #4, From Candlestick position, Stalder (Endo) roll to handstand in #5. (hold in straddle-L allowed)

Specified Bonus: In #10, Run, hurdle, round-off, back handspring, back handspring, back tuck somersault

LEVEL 7 FLOOR EXERCISE

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
Stick Bonus	0.1
Maximum Score	16.0



Description	Performance Criteria
1. Run, hurdle, round off, back handspring, layout back somersault	Center of mass on somersault at head height Layout with Full Twist allowed.
2. Back extension roll with early ½ reverse pirouette to handstand and lower to straight arm prone support position	Pirouette should be initiated prior to nominal handstand. 1-2 hand placements allowed on pirouette.
3. Move either leg forward to split	Momentary hold of split
4. From split, bent body straddled press to handstand	2 sec. hold of handstand required
5. Open corner transition	Transition must meet FIG requirements
6. Run, hurdle, front handspring step-out, front handspring,	
7. Front somersault (tucked, piked or layout)	Center of mass at chest height on somersault Prone fall after front somersault not allowed
8. Open corner transition	Transition must meet FIG requirements
9. Run, hurdle, round off, back handspring, back handspring,	
10. Back somersault (tucked, piked, or layout position allowed on somersault)	Center of mass head height on somersault.

Specified Bonus: In #6, Run, hurdle, front Handspring, boulder (flyspring) into #7

Specified Bonus: in #9, Run, hurdle, roundoff, whip back, back handspring into #10 or Run, hurdle, round-off, back handspring, whip back, back handspring into #10

Chapter 5 – Compulsory Pommel Horse – levels 4, 5, 6, & 7

Pommel Horse Overview and Explanations:

A. General:

1. The de-emphasis of pendular swing elements for entry level athletes has been done deliberately to allow for the greater emphasis of circle development as well as to allow time for these younger and smaller athletes to “grow” into the ability to properly perform the pendular “scissoring” elements with less of the tendency to bend the front knee to conform to the shape of the relatively large pommel horse.
2. Each routine is completed in two sections. For levels 4-6, a mushroom will be used for the circular portion of each routine although at level 6 there are circling elements included in the horse routine. At level 7, the routine will be performed in two sections on the pommel horse with one part being primarily circular and the other primarily pendular.

B. Level 4:

1. The mushroom routine is simply 3 circles with an additional half circle with a $\frac{1}{4}$ turn forward to (flank) dismount. The first specified bonus opportunity presented here is to simply complete the routine without a fall either onto or off of the mushroom. The second bonus opportunity is to complete two additional circles before the dismount.
2. The pendular portion includes a legs together travel from end to pommels. This is included primarily as a weight shifting exercise. The arms should be kept straight and the shoulder girdle should act as the primary mover in this travel. On the straddled front support swings, the hips should swing visibly from side to side. The shoulders will lean in opposition to the hip swing. Optimally there will be a sideward extension (abduction) of the supporting arm at the shoulder joint so that the hip swings out and away from the elbow of the supporting arm at the peak of each swing. Torsion of the hips and shoulders should be kept to a minimum. The sideward kicking action of the leg on each side is ***in addition*** to the swinging action of the torso of the body from side to side. It is not a deduction for the legs to come closer together at the bottom of the swing, but if the torso is not swinging so that the hips are visibly moving from side to side, then there is clearly a lack of real body swing and only the sideward kicking of the legs is being accomplished. This is a very typical mistake.

C. Level 5:

1. On the horse routine, during the stride swings, the hip of the front leg should be pushed deliberately forward and as wide a straddle (not stride) as possible maintained during the execution of these swings. Basically, the hips are optimally turned approximately 45 degrees out of plane with the shoulders in order to facilitate this position. It is very typical for an athlete to keep the hips back during the execution of the stride swings (just like in the straddled front support swing). This results in a strong pike of the front leg with quite a bit of hip flexion and leads to the typical front knee bend that allows the leg to conform to the obstacle that the pommel becomes when the body is in this position. The smaller the stature of the athlete, the more likely this is to be an issue.
2. The robust stride swing is completed with a somewhat sideward tapping action. The front leg will kick high and to the side with an anatomically sideward and backward leg abduction / extension at the hip. In essence, the body will be arched during this phase of the swing. As the back leg kicks to its side, the hip will be flexed at the hip during the kicking action and the body will be basically piked during the kicking action. Once again, it is very typical to see the stride swings completed in a fixed pike-straddle with no tapping action whatsoever. This is a very common mistake.

D. Level 6:

1. The Stockli-A in the mushroom routine should be performed exactly as if there were pommels attached to the top of the mushroom. As per FIG, the Stockli-A begins and ends in a front support. In a counter-clockwise circle, the left hand will move just a bit back on the top of the mushroom at the end of the 2nd circle. This is analogous to the preparatory hand placement toward the back of the pommel if the Stockli-A were to be performed on the pommels. Once the left hand is posted and the legs are swinging to the front of the mushroom the body flanks left toward the end as the right hand is placed onto the mushroom (as if it were being placed on the front of the left pommel). When it is placed, it will be on the left side of the mushroom, once again, as if there was a pommel on the top of the mushroom. As the right hand is placed, the body will be in a rear-support with the feet clearing the left side of the mushroom. There is a subsequent weight shift and a strong posting action on the right arm. The heels should drive backward and the element is finished with a lift of the left hand and subsequent placement to complete a 180 degree counter-clockwise turn to front support facing in the opposite direction from the direction the athlete was facing when the routine began.
2. The horse routine begins with a simple pendular travel from the end to the pommels. Unlike the legs-together travel in the level 4 routine, this is the

classic single leg travel as performed for many quadrennia in our age-group competition program.

3. The false scissors in the level 6 horse routine should show proper stride-swing tapping technique as described in the pendular portion of the level 5 routine.
4. The $\frac{1}{4}$ turn in the dismount of the horse routine is a counter-turn (spindle action).

E. Level 7:

1. The routine is divided into two sections. These two sections should be completed as quickly as possible as if it were only one routine. There will still be a maximum of 30 seconds allowed between sections, but there should be no additional chalking the hands during this time.
2. The rear-support pick-up into circles has been added before the dismount of the pendular routine. It is the feeling of this committee that this is a very important but potentially problematic element. It is difficult for young athletes to transition from pendular to circular swing and it is not uncommon to do so with a strong piking action of the hips that is counter-productive to the development of a good circle on the pommels. By adding this element to the routine before the dismount, the goal is that the athlete will be able to concentrate on gaining speed and stretch in the circle as quickly as possible without having to concern himself with a difficult upcoming element.

LEVEL 4 POMMEL HORSE

Base Score:	Mushroom	7.5	+	Pommel Horse	7.5	= 15.0
Specified Bonus:	Mushroom	0.6	+	Pommel Horse	0.0	= 0.6 Bonus
Virtuosity:						= 0.3 Bonus
Stick Bonus:						= <u>0.1 Bonus</u>
		8.1			7.5	16.0 Maximum Score
Note: Both dismounts must be stuck to receive Stick Bonus						

This event will be performed and evaluated on two separate apparatus. The apparatus may be performed in either order:

1. The mushroom - divided into quadrants
2. The standard pommel horse.

Mushroom:

Note: The routine is written for counter-clockwise circles. The routine may be reversed in its entirety.

Description	Performance Criteria
1. Step to side and jump to one double leg circle,	The body should show a stretched position with legs together throughout the exercise.
2. One double leg circle,	
3. One double leg circle,	
4. Half double leg circle with 90° turn left to dismount. (Flank dismount)	

Specified Bonus: First 3 and ½ circles done without a fall onto or off of the mushroom.

Specified Bonus: Following the double leg circle in #3, complete 2 additional double leg circles before #4.

Note: if a gymnast does 4 circles instead of 5 in an attempt to achieve specified bonus, there should be no deduction for an added part, but no bonus should be awarded. A full 5 circles must be completed before #4 in order to receive this bonus.

LEVEL 4 POMMEL HORSE- Continued

Pommel Horse:

Note: The routine may be reversed in its entirety.

Description	Performance Criteria
1. Facing the horse with both hands on the end and on the leather, jump to front support with legs together,	For the entire exercise: On all leg cuts the cutting leg should be at horizontal.
2. In front support with legs together, travel up from support on the end to side support on the pommels. (Place right hand on left pommel, then left hand joins right hand on the left pommel. Then move right hand to the right pommel.)	On all support swings the top leg should be at or above horizontal.
3. Kick left leg to the side into,	
4. Three full straddled front support swings to the right and to the left then immediately,	Each full straddled front support swing has a swing to the right and a swing to the left. There should be a total of three complete swings to the right and three swings to the left before the leg cut in #5.
5. Cut left leg forward. Cut right leg forward to,	
6. Dismount joining legs in front to stand facing away from the horse	

LEVEL 5 POMMEL HORSE

Base Score:	Mushroom	7.5	+	Pommel Horse	7.5	=	15.0
Specified Bonus:	Mushroom	0.6	+	Pommel Horse	0.0	=	0.6 Bonus
Virtuosity:						=	0.3 Bonus
Stick Bonus:						=	0.1 Bonus
		8.1			7.5	=	16.0 Maximum Score
Note: Both dismounts must be stuck to receive Stick Bonus							

This event will be performed and evaluated on two separate apparatus. The apparatus may be performed in either order:

1. The mushroom - divided into quadrants
2. The standard pommel horse.

Mushroom:

Note: The routine is written for counter-clockwise circles. The routine may be reversed in its entirety.

Description	Performance Criteria
1. Step to side and jump to one double leg circle,	The body should show a stretched position with legs together throughout the exercise.
2. One double leg circle,	
3. One double leg circle,	
4. One double leg circle	
5. One double leg circle,	
6. Half double leg circle with 90° turn left to dismount. (Flank dismount)	

Specified Bonus: Following #5, complete 2 additional flaired circles before #6

Specified Bonus: Following the flaired circles in the 1st specified bonus option, complete 2 double leg circles before #6

LEVEL 5 POMMEL HORSE- Continued

Pommel Horse:

Note: The routine may be reversed in its entirety.

Description	Performance Criteria
1. Facing the horse with one hand on each pommel. Jump to front support while kicking left leg up and to the side into,	On all straddled front support swings and leg cuts the cutting leg should be at or above horizontal.
2. Three full straddled front support swings then,	Each full straddled front support swing has a swing to the right and a swing to the left. There should be a total of three complete swings to the right and three swings to the left before the left leg cut in #3.
3. immediately cut left leg forward to,	On all stride support swings the top leg should be at or above horizontal.
4. Three full stride swings then,	Each full stride support swing has a swing to the right and a swing to the left. There should be a total of three complete swings to the right and three swings to the left before the left leg cut backward in #5
5. Immediately cut left leg backward. Straddle swing right and immediately cut right leg forward to,	
6. Three full stride swings then,	Each full stride support swing has a swing to the left and a swing to the right. There should be a total of three complete swings to the left and three swings to the right before the right leg cut backward in #7
7. Immediately cut right leg backward.	
8. Straddled front support swing to the left and immediately	
9. Cut left leg forward. Stride swing to the right and immediately	
10. Cut right leg forward with legs joining in front to stand facing away from the horse.	

LEVEL 6 POMMEL HORSE

Base Score:	Mushroom 7.5	+	Pommel Horse 7.5	=	15.0
Specified Bonus:	Mushroom 0.3	+	Pommel Horse 0.3	=	0.6 Bonus
Virtuosity:				=	0.3 Bonus
Stick Bonus:				=	<u>0.1 Bonus</u>
	7.8		7.8		16.0 Maximum Score
Note: Both dismounts must be stuck to receive Stick Bonus					

This event will be performed and evaluated on two separate apparatus. The apparatus may be performed in either order:

1. The mushroom - divided into quadrants
2. The standard pommel horse.

Mushroom:

Note: The routine is written for counter-clockwise circles. The routine may be reversed in its entirety.

Description	Performance Criteria
1. Step to side and jump to one double leg circle,	
2. One double leg circle,	The body should show a stretched position with legs together throughout the exercise.
3. Direct Stockli A	DSA should be executed as if there were pommels attached to the top of the mushroom. The hand placements will be the same.
4. One double leg circle,	
5. One double leg circle,	
6. One flaired double leg circle,	
7. One flaired double leg circle,	
8. One flaired double leg circle,	
9. One double leg circle	
10. Half double leg circle with 90° turn left to dismount (flank dismount).	

Specified Bonus: Complete a 180° spindle within the flaired double leg circles (#7 and #8)

LEVEL 6 POMMEL HORSE- Continued

Pommel Horse:

Note: This exercise is written for counter-clockwise circles. The routine may be reversed in its entirety.

Description	Performance Criteria
1. Facing the horse with the left hand on the end and the right hand on the left pommel. Jump while cutting left leg forward to,	
2. Single leg pendular travel to front support on pommels,	On all straddled swings and leg cuts, the cutting leg should be at least horizontal.
3. Straddled swing left. Immediately cut left leg forward to,	
4. Right front false scissor, straddled front support swing left. Immediately cut left leg forward to right front false scissor. (two false scissors in series)	On all false scissors, the top leg should be at least horizontal.
5. One full straddled front support swing then Immediately cut right leg forward to,	The full straddled front support swing has a swing to the left and a swing to the right.
6. Left front false scissor. Straddled front support swing right. Immediately cut right leg to left front false scissor. (two false scissors in series)	
7. One full straddled front support swing then swing left leg forward to feint position on left pommel to,	The full straddled front support swing has a swing to the right and a swing to the left.
8. Half double leg circle with 90° inward (counter) turn to the right to dismount and finish facing longitudinally with the horse.	Right Hand may remain in contact with pommel as the gymnast lands.

Specified Bonus: One and ½ circles to dismount in #8

LEVEL 7 POMMEL HORSE

Base Score:	1 st Section/Circular	7.5	+	2 nd Section/Pendular	7.5	=	15.0
Specified Bonus:	1 st Section/Circular	0.6	+	2 nd Section/Pendular	0.0	=	0.6 Bonus
Virtuosity:						=	0.3 Bonus
Stick Bonus:						=	0.1 bonus
		8.1			7.5		16.0
Maximum							
Note: Both dismounts must be stuck to receive Stick Bonus							

Note: This routine is performed in 2 sections with no rest or re-chalking in between sections. There is no salute required between sections. This exercise is written for counter-clockwise Circles. The routine may be reversed in its entirety.

1st Section / Circular

Description	Performance Criteria
1. From a stand facing the horse with one hand on each pommel. Jump into two or three double leg circles	The body should show a stretched position with legs together throughout the exercise.
2. Side travel right to one half side double leg circle <u>or</u> one and one half side double leg circle(s),	
3. One side double leg circle with ¼ turn to,	
4. Two front loops	
5. Front loop with ½ turn dismount over the pommels Finish facing longitudinally with the horse.	This ½ turn is not a counter-turn

Specified Bonus: Complete a Czechkehr after #1 (may add two to three extra circles afterward)

Specified Bonus: Two additional flaired double leg circles performed on the pommels after #1 (may add two to three extra circles afterward). The flaired double leg circles may be performed before or after the Czechkehr if specified bonus #1 is performed.

LEVEL 7 POMMEL HORSE - Continued

2nd Section / Pendular

Description	Performance Criteria
1. From a stand facing the horse with one hand on each pommel. Jump while kicking left leg upward and to the side into three full straddled front support swings then immediately,	Each full straddled front support swing has a swing to the right and a swing to the left. There should be a total of three complete swings to the right and three swings to the left before the left leg cuts in #2.
2. Cut left leg forward to, right front false scissor, straddled front support swing left. Immediately cut left leg forward to right front false scissor, Immediately cut left leg forward to right front false scissor. (three false scissors in series)	For entire exercise: On all straddled swings and leg cuts, the cutting leg should be at least horizontal.
3. One full straddled front support swing and immediately,	This full straddled front support swing has a swing to the left and a swing to the right.
4. Cut right leg forward to Left front false scissor. Straddled front support swing right. Immediately cut right leg to left front false scissor, Immediately cut right leg to left front false scissor. (three false scissors in series)	On all false the top leg should be at least horizontal.
5. One full straddled front support swing then immediately cut left leg forward to,	This full straddled front support swing has a swing to the right and a swing to the left.
6. Rear support pick-up to one half counter-clockwise circle to front support	
7. One and one half circles with 90° inward (counter) turn to the right to dismount and finish facing longitudinally with the horse.	Right hand may remain in contact with pommel as the gymnast lands

Note: After the pick-up there are a total of 3 hand placements before the landing of the dismount

Chapter 6 – Compulsory Still Rings – levels 4, 5, 6, & 7

Still Rings Overview and Explanation:

A. General:

1. Basic swings in these routines should show a “turnover” action. “Turnover” is defined as follows for forward and backward swings:
 - a. **Forward** – At the completion of the front swing, the body is in a hanging candlestick position with shoulders down and toes up with a hollow body position. Backward and downward pressure on the rings should only be applied as the body approaches the completion of the forward turnover swing.
 - b. **Backward** – At the completion of the back swing, the body is in a tight arch with shoulders down until the body is approaching vertical (reverse candlestick position) Arms may be wide to facilitate keeping the shoulders down. Forward and downward pressure on the rings should only be applied as the body approaches the completion of the backward turnover swing.
2. It takes many years to develop a robust ring swing. Patience and deliberate focus during the early years on the properly executed turnover swing is one of the key components to further development. The fully-developed ring swing can be executed to handstand in either direction. As an athlete becomes stronger in his turnover downward pressure is applied to the rings to facilitate the lifting of the shoulders from their position below the rings and toward the handstand in each direction. This pressure should only be applied at the very completion of the turnover as the body is approaching the vertical in each direction. It is an extremely common mistake for an athlete to apply this pressure prematurely during the swings in these compulsory routines. This halts the rotation of the body to vertical and the body rises in a horizontal position with no further rotation toward vertical. This mistake will make the development of a robust ring swing impossible.
3. Another critical element for young athletes to develop is the handstand. In level 6 there is the option of including a handstand for bonus in the routine and it is required at level 7. This committee feels strongly that it is a very important developmental step to have our young athletes perform the handstand with their feet on the inside of the ring cables placing just enough outward pressure on the cables to maintain the position. This allows the young athlete to push the feet up the cables thereby removing angle from the shoulders and arch from the lower back. This straight body handstand is the most critical part of the evaluation. This is an extremely critical step that should not be skipped. The more time a young athlete spends in this position the more extended his handstand will become. Over time, a reasonable semblance of this position may be attained without the use of the ring cables, but this is not a step that should be rushed.

B. Level 4:

1. Once again, in the ring routine, with the inclusion of a pull-up and an additional pull-up for bonus, the emphasis is given to the importance of basic conditioning. By placing these basic conditioning elements in a routine, this committee hopes that the athletes will develop an understanding and appreciation for the proper form and execution of each exercise and that this will carry over into all aspects of an athlete’s conditioning program.

2. There are two elements in this routine that are required to be held for 2 seconds. All other hold elements are momentary holds. This routine can become quite long in duration if athletes hold each of these elements for too long. It is not uncommon, at this level, for athletes to take longer in the execution of their ring routines than they do their floor exercise routines. That being said, this committee understands how difficult it can be for these younger athletes to remember how long to hold these elements. It is also difficult for them to properly differentiate between a momentary and a 2 second hold. The point here is to try to not have each potential hold element in the routine held for an exceptionally long time. The focus should be on good rhythm in execution and precision in the positions held...Show, stop, and go.
3. The leg position on every hold element should be aligned as closely to vertical and/or horizontal as possible.

C. Level 5:

1. The muscle up is done with spotter assistance. The athlete should perform as much of it as possible, of course, but there is no deduction for the spotter assist on this element. As the athlete is lifted to position, he should work his hands into a false grip (with wrists bent and on top of the lower curve of the rings). The committee understands that it is difficult to keep the arms completely straight and keep the wrists up high enough to facilitate the muscle-up. They should, however, be as extended and straight as possible before the muscle-up is executed. The muscle-up should also be performed with a straight body, but there is a point when the elbows shift up from hang into support on the rings that the body will tend to pike a bit to counter this action. This is an acceptable deviation from straight body position and should only be momentary. As the arms extend into a full support, the body should be tight and straight once more.
2. The inlocate should be performed as an extension of a well-executed turnover swing. The body will transition from the tight arch (reverse candlestick) in the back swing through straight body as the body passes vertical and then to hollowed (hanging candlestick). An athlete with tight shoulders will tend to have difficulty and his shoulders will rise prematurely from the bottom of the swing in the reverse candlestick position. The athlete with tight shoulders will need to have his arms wider than the athlete who has more shoulder flexibility.
3. After a two quadrennium hiatus, the straddled flyaway is back for this routine. Contrary to popular belief, the straddled flyaway has not been included simply for the sake of variety. To perform a straddled flyaway, quite a bit of turnover must be generated prior to the release of the rings. It keeps our younger gymnasts from confusing a flyaway action from what they have done previously in the level 4 routine which is basically to skin-the-cat and drop down. Over the course of the last several years, it is apparent that this has become a problem once again. The goal is to mitigate this tendency and to allow the flyaway action to develop from a strong turnover swing.

D. Level 6:

1. There is a swing added before the back uprise. This particular swing has been added because the tendency is to push exceptionally early on the back swing for the back-uprise when it is performed from the cast. Two quadrennia ago, there was a problem with the back-uprise being too difficult to perform from the two inlocates.

The addition of this swing was the reasonable compromise. The goal here is to include this swing as a “reminder” to keep the shoulders down until the feet have risen to the optimal position for the back-uprise to begin. The individual athlete’s swing efficiency and power in the back swing will determine exactly what point this downward pressure on the rings should begin in order to transition from hang into support..

2. The two specified bonus elements in this routine are both directed toward the acquisition of the ring handstand. This committee is in agreement that this routine can be performed without a ring handstand and that the inclusion of a shoulderstand as a step toward the handstand is not required. The goal is that when the athlete is capable of performing some kind of press to the handstand that it should be included. The execution deductions for the press to the handstand are mitigated by the rule-set to encourage the athlete to attempt to perform the handstand with the feet on the inside of the ring cables putting just enough outward pressure on the cables to provide stability in the handstand. With the feet in this position, it is a bit easier to push the angle from the shoulders and the arch from the lower back to display an extended handstand. The 2nd bonus element is to show the handstand with the feet together and clear of the straps for an additional 2 seconds

E. Level 7:

1. The tucked planche should be done with arms turned out and locked. The hips are lifted behind the shoulders and the knees should be extended behind the elbows.
2. This committee recognizes that it is very common for an athlete’s first double-rotating skill to be a tucked double back on rings. This is the reason for its inclusion as a dismount option.

LEVEL 4 STILL RINGS

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
Stick Bonus	0.1
Maximum Score	16.0

Description	Performance Criteria
1. From straight arm hang, pull-up to flexed arm hang (head between rings) – momentary hold.	Momentary hold
2. Lower to straight arm hang, raise legs to hanging “L”	2 second hold on “L”
3. “Drop” legs and swing backward	Backward swing to 45° below horizontal
4. Swing forward. Swing backward	Turnover swing shown. Feet at shoulder height
5. Swing forward. Swing backward	Turnover swing shown. Feet at shoulder height
6. Swing forward to straight body inverted hang	Momentary hold - inverted hang
7. Lower legs to piked body inverted hang	Momentary hold - piked inverted hang
8. Lower to German hang (skin-the-cat) position	2 second hold - German hang
9. Drop to landing	

Specified Bonus: Following #1, perform a second pull-up to flexed arm hang (head between rings) – momentary hold before continuing to #2

Specified Bonus: From piked body inverted hang in #7, extend body to back-lever position with momentary hold before lowering to German hang in #8

LEVEL 5 STILL RINGS

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
Stick Bonus	0.1
Maximum Score	16.0

Description	Performance Criteria
1. From a hang with false grip with arms extended and as straight as possible, muscle up to support	Spotter assistance is allowed but cables must remain taut. (no slack) Pike in hips permitted
2. Straight body, straight arm support with the rings turned out	2 second hold in support
3. Lift legs toward L support and roll backward and down to piked inverted hang	Bent arms allowed during roll-down
4. Lower to German hang (skin-the-cat) position	Momentary hold of German hang position
5. Pull out to piked inverted hang and immediately cast forward to swing backward	Turnover swing shown. Feet at ring height
6. Swing forward. Swing Backward	Turnover swing shown. Feet at ring height
7. Swing forward. Swing Backward to immediate	Turnover swing shown. Feet at ring height
8. Inlocate to swing backward	Inlocate with stretched body position Turnover swing shown. Feet at ring height
9. Swing forward. Swing Backward.	Turnover swing shown. Feet at ring height
10. Swing forward to straddled flyaway dismount	Turnover swing shown. Feet at ring height

Specified Bonus: From a hang with false grip with arms extended and as straight as possible, muscle up to support with no spotter assistance

Specified Bonus: From piked inverted hang in #3, extend body horizontally into back lever position. 2 second hold of back lever.

LEVEL 6 STILL RINGS

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
<u>Stick Bonus</u>	<u>0.1</u>
Maximum Score	16.0

Description	Performance Criteria
1. Lift body to straight body inverted hang.	Bent arms allowed
2. Cast forward to swing backward. Swing forward.	Turnover swing shown, Feet at ring height on both swings
3. Swing backward and immediately back uprise to "L" support	Back uprise should finish with straight body and feet at or above 45° below horizontal 2 sec. hold of "L" support required
4. Roll through support and down to piked inverted hang. Extend body horizontally into back lever position.	2 sec. hold of back lever required
5. Lower body to German hang (skin-the-cat) position (momentary hold) pull out to piked inverted hang position and immediately cast forward to swing backward.	Momentary hold of German hang position Feet at ring height on back swing
6. Swing forward. Swing backward to immediate,	Turnover swing shown. Feet at ring height.
7. Inlocate, inlocate.	Stretched body position
8. Swing backward. Swing forward to immediate,	Turnover swing shown. Feet at ring height.
9. Dislocate, dislocate	Stretched body position
10. Swing forward to layout flyaway dismount.	Somersault at ring height (bottom of ring)

Specified Bonus: From L position in #3, tuck, pike or straddle, bent arm, bent body press to handstand with feet on inside of ring cables. Legs may touch cables during the achievement of the handstand position, but then should be adjusted so that only the feet have contact with the inside of the cables. (2 second hold of handstand) Lower through support and roll down to piked inverted hang in #4

Specified Bonus: After specified bonus option #1, hold handstand for an additional 2 seconds with feet together and off of the cables. Note that this must be after the 2 second hold with feet on the cables in order to facilitate full extension of the handstand

Note, on each bonus element, bonus should be awarded if there is no single large error on the handstand.

- Presentation errors in the press will not be counted against exercise presentation.
- Presentation errors in the handstand will count against exercise presentation. (ie. bent elbows, rings turned in, forearms on straps, excessive arch and / or shoulder angle)

LEVEL 7 STILL RINGS

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
Stick Bonus	0.1
Maximum Score	16.0

Description	Performance Criteria
1. Lift body to straight body inverted hang.	Bent arms allowed.
2. Lower to pike inverted hang and immediately cast forward to,	
3. Back uprise to "L" support	2 second hold on "L" support Back uprise should finish with straight body and feet at 45° below horizontal
4. Press to tucked planche and return to "L" support	2 sec. hold of tucked planche, straight arms, hips lifted away from shoulders, Knees at or behind elbows 2 second hold on "L"
5. Bent arm, bent body, press to handstand with feet on inside of ring cables.	Pike or straddle press allowed 2 second hold of handstand Use of cables on handstand is required.
6. Lower down from handstand using feet on cables to shoulder stand without feet on cables	Hold of shoulder stand allowed
7. forward bail to immediate inlocate, inlocate	Stretched body position on inlocates
8. Swing backward. Swing forward to immediate,	Turnover swing shown.
9. Dislocate, dislocate	Stretched body position on dislocates
10. Swing forward to layout flyaway dismount. <i>Tucked double back dismount is allowed</i>	Somersault at ring height (bottom of ring)

Specified Bonus: in #4, press to straddled planche (2 second hold of straddled planche)

Specified Bonus: in #5, Handstand held for an additional 3 seconds with feet together and off the cables. **(The handstand must be held first for 2 seconds with the feet on the inside of the cables in order to facilitate full extension in the handstand.)**

Chapter 7 – Compulsory Vault – levels 4, 5, 6, & 7

Vault Overview and Explanations:

A. General:

1. This committee recognizes that opinions regarding the development of vaulting skills vary greatly. The reasoning behind the selection of our entry level vaults is to throw focus onto the very important skills of sprinting, hurdle, and proper board strike. There was quite a bit of concern and debate regarding exactly which skills should be added to the flight phase to most properly ensure that the quality of the run, hurdle, and board strike would not be compromised.
2. There has, for many quadrennia, been a built-in advantage to the vaulting score. Up until this year, the base score has been adjusted upward for vaulting to balance the inherent bonus available on other events. This has resulted in skewed All-Around results. This quadrennium, the base score for vault will be the same as it is on the other events.
3. This quadrennium, we are introducing “performance bonus” to be awarded in increments of 0.1, 0.3 and 0.5 for small, medium, and large power components in a vault. The goal here is to give our judges a means for differentiation between the squeaky-clean vault that is performed with little to no real power but has so few deductions that the athlete out-scores a gymnast who vaults with tremendous power with perhaps a small to medium deduction in form.
4. This committee also recognizes the difficulty in sticking a vault as opposed to sticking landings on several of the other events, therefore, stick bonus on these compulsory vaults has been changed from 0.1 to 0.2 for this quadrennium
5. The matting for the landing surface at levels 4 and 5 is a minimum of 50 cm. This is most easily achieved by using a 20cm vault base mat plus one 10 cm landing mat and an additional 20cm skill cushion. For those who are most familiar with the English measurements, 10 cm translates roughly into 4” and (of course) 20 cm into 8”. Any reasonable combination of base mats and skill cushions may be used to achieve the 50 cm minimum. Care should be taken to properly secure the mats.

B. Level 4:

The Straight Jump at level 4 was chosen because it is practically impossible to leave the springboard leaning forward (a very common entry-level error) and still land on one’s feet in a straight jump. The straight jump helps to ensure a proper body angle of attack to the springboard.

C. Level 5:

The Level 5 Tucked Front Somersault is a bit more forgiving of a forward lean from the board, but this committee feels strongly that it is still a better choice than other alternatives that might require a reduction of power in order to properly execute. The emphasis should still be on the run, hurdle and proper board strike technique. It may help to see the front somersault as a fun, developmentally sound means of “bleeding-

off” the power generated in the run while still providing a reasonable emphasis on the hurdle, board strike and landing technique.

D. Level 6:

With two previous levels of emphasis on developing a run, hurdle, a powerful take-off from the springboard, and proper landing technique, there can be much more time spent in the acquisition of the heel drive required for a handspring pre-flight and the proper blocking action from the vaulting table.

E. Level 7:

The addition of the Yamashita vault at level 7 has been done to provide a vault that will help athletes to develop a feel for the heel drive and block culminating with a departure from the surface of the vaulting table at vertical. The ability to quickly transition the body shape during the post-flight from stretched to a shortened position (in this case a pike) and once again to stretch prior to landing is also extremely important to the development of optional level vaulting.

LEVEL 4 VAULT - STRAIGHT JUMP

Base Score – 15.0
Performance Bonus – 0.5
<u>Stick Bonus – 0.2</u>
Maximum Score – 15.7

Note:

1. The junior program will not give a zero score for any vault, with the exception of failure to attempt the vault at all (a scratch). For levels 4 – 7, a balked attempt or incomplete vault, may be repeated once (with safety in mind and at the judge's discretion) with a deduction of 1.00 from the score of the second attempt. No third attempts will be allowed. In any case, the minimum score for any attempted vault will be 1.00.
2. The coach must stand between the board and the landing area to spot. The judge should not allow the gymnast to begin his run if the coach is not in position.
3. Matting for landing area is a minimum of 50 cm.

Description	Performance Criteria
1. Run	<ul style="list-style-type: none"> • Distance of run is 20-60 ft. • Run must show increase in velocity to sprinting speed and maintenance of velocity or positive acceleration to and through the hurdle. • Distinct lift of the front leg in the stride. • Fixed elbow, bent arm swing with clear elbow movement forward and backward. • Arm swing should be relatively parallel and not strongly cross the direction of run.
2. Hurdle	<ul style="list-style-type: none"> • Feet must be in front of hips on contact with springboard. • Under arm swing must be shown. Arm swing must begin from below the shoulders and lift distinctly through the hurdle.
3. Straight Jump	Mats stacked 50 cm high <ul style="list-style-type: none"> • Straight body throughout • Arms must reach vertical at or before the peak height.
4. Landing	All landing deductions as per FIG.
Run Deductions:	
Run slows down before hurdle	S, M, L
Improper arm swing action or plane of movement	S, M, L
Rhythm break during run (stutter-steps)	S, M, L
Hurdle Deductions:	
Both knees do not lift in hurdle	S, M, L
Feet not clearly in front of hips upon impact with the springboard	S, M, L
Little or no under arm swing (arm circle or under-arm swing allowed)	S, M, L
Straight Jump Flight Deductions:	
Incorrect technical body shape during any part of the straight Jump	S, M, L
Arms not held overhead until landing	S, M, L
Leg Separation	S, M, L
Knee Bend	S, M, L
Foot and toe form	S, M, L

LEVEL 5 VAULT - TUCKED FRONT SOMERSAULT

Base Score – 15.0
Performance Bonus – 0.5
<u>Stick Bonus – 0.2</u>
Maximum Score – 15.7

Note:

1. The junior program will not give a zero score for any vault, with the exception of failure to attempt the vault at all (a scratch). For levels 4 – 7, a balked attempt or incomplete vault, may be repeated once (with safety in mind and at the judge’s discretion) with a deduction of 1.00 from the score of the second attempt. No third attempts will be allowed. In any case, the minimum score for any attempted vault will be 1.00.
2. The coach must stand between the board and the landing area to spot. The judge should not allow the gymnast to begin his run if the coach is not in position.
3. Matting for landing area is a minimum of 50 cm.

Description	Performance Criteria
1. Run	<ul style="list-style-type: none"> • Distance of run is 20-60 ft. • Run must show increase in velocity to sprinting speed and maintenance of velocity or positive acceleration to and through the hurdle • Distinct knee lift of front leg in stride. • Fixed elbow, bent arm swing with clear elbow movement forward and backward. • Arm swing should be relatively parallel and not strongly cross the direction of run.
2. Hurdle	<ul style="list-style-type: none"> • Feet must be in front of hips on contact with springboard • Under arm swing must be shown. Arm swing must begin from below the shoulders and lift distinctly through the hurdle
3. Tucked Front Somersault	<p>Mats stacked 50 cm high</p> <ul style="list-style-type: none"> • Tuck position must show a 90° minimum bend at the hips and knees. • Body must show stretch from the tuck before landing.
4. Landing	All landing deductions as per FIG.

Run Deductions:

Run slows down before hurdle	S, M, L
Insufficient knee lift of front leg in stride	S, M, L
Improper arm swing action or plane of movement	S, M, L
Rhythm break during run (stutter-steps)	S, M, L

Hurdle Deductions:

Both knees do not lift in hurdle	S, M, L
Feet not clearly in front of hips upon impact with the springboard	S, M, L
Little or no under arm swing (arm circle or under-arm swing allowed)	S, M, L

Front Somersault Flight Deductions:

Incorrect Technical Body Shape during any part of the tucked front somersault	S, M, L
Somersault fails to show distinct Stretch, Tuck, Stretch action	S, M, L
Leg Separation	S, M, L
Foot and toe form	S, M, L

LEVEL 6 VAULT – FRONT HANDSPRING

Base Score – 15.0
Performance Bonus – 0.5
<u>Stick Bonus – 0.2</u>
Maximum Score – 15.7

Note:

- The junior program will not give a zero score for any vault, with the exception of failure to attempt the vault at all (a scratch). For levels 4 – 7, a balked attempt or incomplete vault, may be repeated once (with safety in mind and at the judge’s discretion) with a deduction of 1.00 from the score of the second attempt. No third attempts will be allowed. In any case, the minimum score for any attempted vault will be 1.00.**
- The coach must stand between the board and the landing area to spot. The judge should not allow the gymnast to begin his run if the coach is not in position.**
- Matting for landing area is a minimum of 30 cm.**

Description	Performance Criteria
1. Pre-flight	Body transitions from hollowed to straight or tightly arched during pre-flight
2. Block	Body transitions quickly from straight or tightly arched to fully extended before vertical
3. Post-flight	<ul style="list-style-type: none"> Body should show significant rise in post-flight Nominal straight body position is maintained during post-flight until landing
4. Landing	All landing deductions as per FIG.
Pre-flight Deductions:	
Incorrect body shape or orientation during pre-flight	S, M, L
Leg separation	S, M, L
Knee bend	S, M, L
Foot and toe form	S, M, L
Block Deductions:	
Incorrect body shape or orientation during any part of the block	S, M, L
Arm bend at completion of blocking action	S, M, L
Body not fully extended at completion of blocking action	S, M, L
Shoulders in front of hand placement while hands are in contact with table	S, M, L
Body is past vertical when hands leave table	S, M, L
Leg Separation	S, M, L
Knee bend	S, M, L
Foot and toe form	S, M, L
Post-flight Deductions:	
Incorrect body shape or orientation during any part of the post-flight	S, M, L
Insufficient rise in post-flight	S, M, L
Leg Separation	S, M, L
Knee Bend	S, M, L
Foot and toe form	S, M, L

LEVEL 7 VAULT – YAMASHITA

Base Score – 15.0
Performance Bonus – 0.5
<u>Stick Bonus – 0.2</u>
Maximum Score – 15.7

Note:

- The junior program will not give a zero score for any vault, with the exception of failure to attempt the vault at all (a scratch). For levels 4 – 7, a balked attempt or incomplete vault, may be repeated once (with safety in mind and at the judge’s discretion) with a deduction of 1.00 from the score of the second attempt. No third attempts will be allowed. In any case, the minimum score for any attempted vault will be 1.00.**
- The coach must stand between the board and the landing area to spot. The judge should not allow the gymnast to begin his run if the coach is not in position.**
- Matting for landing area is a minimum of 30 cm.**

Description	Performance Criteria
1. Pre-flight	Body transitions from hollowed to straight or tightly arched during pre-flight
2. Block	Body transitions quickly from straight or tightly arched to fully extended before vertical
3. Post-flight	<ul style="list-style-type: none"> Body should show significant rise in post-flight Body transitions quickly from stretched to piked and then to stretched again.
4. Landing	All landing deductions as per FIG.
Pre-flight Deductions:	
Incorrect body shape or orientation during pre-flight	S, M, L
Leg separation	S, M, L
Knee bend	S, M, L
Foot and toe form	S, M, L
Block Deductions:	
Incorrect body shape or orientation during any part of the block	S, M, L
Arm bend at completion of blocking action	S, M, L
Body not fully extended at completion of blocking action	S, M, L
Shoulders in front of hand placement while hands are in contact with table	S, M, L
Body is past vertical when hands leave table	S, M, L
Body is piked before hands leave vaulting table	S, M, L
Leg Separation	S, M, L
Knee bend	S, M, L
Foot and toe form	S, M, L
Post-flight Deductions:	
Insufficient pike (less than 90° during piked-phase) in post-flight	S, M, L
Insufficient rise in post-flight	S, M, L
Leg Separation	S, M, L
Knee Bend	S, M, L
Foot and toe form	S, M, L

Chapter 8 – Compulsory Parallel Bars – levels 4, 5, 6, & 7

Parallel Bars Overview and Explanations:

A. General:

1. The support swing on parallel bars is one of the most complex swing patterns in all of gymnastics. The development of a good support swing on parallel bars takes quite some time. The ability of a young athlete to properly relax in the shoulders through the bottom of the swing and yet remain stable in support is somewhat of a give and take situation at first. Until the shrugged position is strengthened and internalized, it is relatively unstable, particularly as the legs swing backward. It is not at all unusual for an entry level athlete to rotate quickly forward and fall from a support. There is a strong instinct to push up from the shrugged position because it feels so much more stable for a younger athlete. It takes time to first understand this very important shrugged support position and second to strengthen it. There is no substitute for lots of shrugs and swinging in support to remedy this, but it must be done under the watchful eye of the coach lest bad habits creep into the swing.
2. The hand position and grip on the bars in a support is sometimes a problem. It is a very common mistake for the hands to be internally rotated so that the index (pointer) fingers on each hand are almost pointing straight forward on the rails themselves. This can lead to an internally rotated upper arm position that lends itself to elbow bending and instability. There is also potential for undue wrist inflammation in this position as the wrist must hyper-extend (twice) on each support swing when the bars are gripped in this fashion.
3. A “hand-on-hand” spot is allowed without deduction on any compulsory skill that originates from support and bails into a long-hang swing. This includes: any Moy, Giant, or flyaway dismount. There should be no evidence of facilitation of the element other than to ensure a good grip. In the event that the other spotting hand gives too much lift or other facilitation to the completion of the element, at the judges’ discretion, the element may not be recognized.

B. Level 4:

1. The straddled travel may be done with no pressing action without deduction.
2. On the dismount, shifting of the opposite hand to the dismount rail is allowed..

C. Level 5:

1. The additional long-hang tap swing has been added before the back uprise to upper arm support to allow the athlete to show a correct stretched hollow position on the back swing. This can be problematic, particularly for an athlete who is tall enough to “need” to bend his knees on this element. The tendency is to see this knee bend never straighten on the back swing even when the body has swung back to such an angle that the knees could be straightened and the feet still be clear of the floor. The goal in adding this swing is to require the athlete to show a well-developed tap swing that has a distinct straight knee hollow shape at the peak of the back swing. The following front swing should exhibit the same tap as a front swing on horizontal bar with the exception of perhaps a bending of the knees (if it is necessary).

2. The proper grip of the hands on the bar in a hang is with wrists fully extended so that the fingers are the only part of the hand on the top of the bar. It is a very common mistake to see a young athlete try to maintain somewhat of a “false grip” on the bars thinking that it will be advantageous for his grip. Nothing is further from the truth. This “false grip” will slip down to full extension on a robust long-hang swing and once the hands begin to slip...they tend to continue.
3. Incorrect upper-arm support position is another very common mistake. In the correct upper arm support, the shoulders will be behind the elbows (if the body is viewed from the side). It is a very common mistake to see the chest and shoulders pinched forward against the hand placement on the bars with the elbows chicken-winged backward and upward. This position is not conducive to the development of any upper arm swing or skill acquisition.
4. The bonus elements in this routine are set to give incentive to acquisition of the swing handstand. In order to be able to swing to the handstand on the first back swing after the back uprise from upper-arm support to straight arm support, the front swing after the back-uprise must have reasonable amplitude and be properly extended.
5. A very common component of the learning of the swing to handstand on parallel bars is “fear of success”. The young athlete should be taught exactly what to do if he actually achieves the handstand. Sometimes it’s the thought of, “How will I get back down?” that is the real limiting factor and is actually what the young athlete fears most...not the handstand itself. Preparation of the young athlete for the swing to handstand should include how to deal with an over-swing as well as how to properly swing back down to a support...not just to a dismount.

D. Level 6:

1. The bail to Moy is another place where an entry-level athlete will make a grip mistake. During the course of the bail, the wrists must be extended and deliberately shifted below the bar so that by the time the body is passing through the bottom of the swing, the fingers are the only part of the hand on the top of the bars. It is very common for a young athlete to attempt to leave his palm on the top of the bar in an attempt to keep as much of his hand there as possible. This sets up the “false-grip” swing through the bottom that will (by gravity and inertia be self-corrected resulting in a slipping of the palms from the top of the bar down to the inside) and once the slip has begun, it tends to continue.
2. This routine is written so that an athlete who is yet incapable of pressing to a handstand will still be able to perform the routine without suffering execution errors because of an incomplete press. Of course the goal is to eventually be strong enough to press to the handstand.
3. The decision to return to the flyaway dismount from the end of the bars was made primarily because of the massive amount of negative e-mail regarding the use of the wende in the last two quadrennia. The overwhelming sentiment has been that the wende is hindering the development of the pirouette at level 7. After a careful consideration of many alternative dismounts, the flyaway off the end was selected. The straddled travel swing to the end is included simply as a means of getting to the end of the bars. The flyaway in the middle of the bars was considered but abandoned due to the possibility of hitting the uprights in the event of a hand-slip through the bottom of the bail. ***It is important to remember that a “hand-on-hand” spot is allowed without deduction.!***

E. Level 7:

1. This routine has a great deal of flexibility and forgiveness for an athlete's level of development. It can be performed as written and is just a minor cut above the level of required difficulty in the level 6 routine. The option of including a giant swing to L instead of the Moy-back-uprise combination gives the coach quite an alternative for his more advanced athletes. Once again, a "hand-on-hand" spot is allowed.
2. The early pirouette is an important element and has been included for bonus. In order for bonus to be awarded, it must be initiated prior to vertical with no hesitation in the swing and finished in a nominal handstand.

LEVEL 4 PARALLEL BARS

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
<u>Stick Bonus</u>	<u>0.1</u>
Maximum Score	16.0

Description	Performance Criteria
1. From stand, jump to support and swing forward.	Forward swing 45° below horizontal Hips open on front swing
2. Swing backward. Swing forward.	Both swings to horizontal
3. Swing backward. Swing forward and immediately	Both swings to horizontal
4. Straddle legs to seated straddle leg position on the bars,	
5. Immediately reach hands in front of legs and lift legs off bars, (straddle travel) and swing forward to "L" support,	2 second hold on "L" support
6. Swing backward. Swing forward.	Feet at height of rails at peak of back swing. Swing forward to horizontal
7. Swing backward. Swing forward.	Both swings to horizontal
8. Swing backward to dismount over either rail	45° above horizontal at peak of swing Shifting of the opposite hand to the dismount rail during the dismount is allowed

Specified Bonus: In #5, Straight arm bent body Press from straddle sit to "L" support

Specified Bonus: In #8, Swing to nominal handstand

LEVEL 5 PARALLEL BARS

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
Stick Bonus	0.1
Maximum Score	16.0

Description	Performance Criteria
1. From stand or short run, long hang swing forward (tap swing, not glide swing)	Forward long hang swing to 45° below horizontal (bent knees allowed)
2. Swing backward. Swing forward	Tap swing, not glide swing (Bent knees allowed) Straight legs required at peak of backward swing.
3. Swing backward to upper arm hang	45° below horizontal on swing backward (Bent knees allowed) Straight legs required at peak of back swing
4. Swing forward in upper arm hang to upperarm "cast" position	Momentary pause in "cast" position allowed Hips at bar height in cast position
5. Cast forward to back uprise to support	Back uprise should finish with feet at bar height
6. Swing forward. Swing backward.	Both swings to horizontal
7. Swing forward. Swing backward.	Back swing to 45° above horizontal
8. Swing forward. Swing backward to nominal handstand.	(Hold of handstand allowed)
9. Push off to the side to dismount	Shifting of opposite hand to the dismount rail during dismount is allowed

Specified Bonus: In #6, Swing backward to nominal handstand

Specified Bonus: In #8, handstand held for 3 seconds before performing the dismount in #9.

LEVEL 6 PARALLEL BARS

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
Stick Bonus	0.1
Maximum Score	16.0

Description	Performance Criteria
1. From stand or short run, glide kip to support	
2. Swing backward. Swing forward.	Both swings to horizontal
3. Swing backward and bail to Moy to upper arm hang.	Backward swing to horizontal prior to bail Hand-on-hand spot allowed on Moy Hips at bar height at catch of the Moy An open or pike position can be shown at the catch of the Moy
4. Swing backward in upper arm hang to back uprise.	Feet above rails with arms straight at completion of the back uprise
5. Swing forward. Swing backward to controlled lower to Straddled "L" support	Forward swing hips at or above horizontal Backward swing to 45° above horizontal prior to leg separation for straddled "L" support 2 second hold of straddled "L" support required
6. Press hips up to above horizontal. Join legs and extend hips to,	feet should clear the bar with toes pointed and legs straight
7. Swing forward. Swing backward to handstand.	Hips at or above horizontal at peak of forward swing. 2 second hold of handstand required.
8. Swing forward. Swing backward.	Forward swing hips above horizontal
9. Swing forward and straddle legs to seated straddle leg position on the bars	Legs straight in seated straddle leg position
10. Immediately reach hands in front of legs (to end of bars) and lift legs off bars, (straddle travel) and swing forward. Swing backward and bail to long hang tap-swing forward to tucked flyaway from the end of the bars.	Hand-on-hand spot allowed on bail for flyaway.

Specified bonus: In #2, swing backward to nominal handstand

Specified bonus: In #6, Press to handstand (2 second hold) Press must be held for bonus to be awarded.

LEVEL 7 PARALLEL BARS

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
<u>Stick Bonus</u>	<u>0.1</u>
Maximum Score	16.0

Description	Performance Criteria
1. From stand or short run, glide kip to support.	
2. Swing backward. Swing forward.	Both swings to horizontal
3. Swing backward to horizontal and bail to Moy catching in upper arm support.	Backward swing to horizontal prior to bail Hand-on-hand spot allowed on Moy Hips at bar height on catch An open or pike position can be shown
4. Swing backward in upper arm support to back uprise and controlled swing of legs forward into "L" support.	Feet above rails with arms straight at completion of the back uprise 2 second hold of "L" support
5. Press to handstand.	Straight arm, bent body, straddled or piked position allowed 2 second hold of handstand
6. Swing forward. Swing backward to,	Front swing to horizontal
7. Layaway to front uprise.	
8. Swing backward to nominal handstand.	Hold allowed
9. Swing forward. Swing backward to handstand and pirouette in either direction.	Momentary hold of handstand allowed before pirouette
10. Swing forward. Swing backward through handstand with release of either hand and 180° turn over opposite bar to stand (straight body Wende Swing dismount) OR Swing forward. Swing backward, swing forward to tucked or layout salto dismount.	Wende must show straight body Back salto must show lift off of the bars Hold of handstand allowed prior to tuck or layout salto dismount

Specified Bonus: In #3, bail to giant swing with turnover to "L" support in #4. (Giant may go to handstand and swing down to "L" support) (Hand-on-hand spot allowed on Giant)

Specified Bonus: In #9, swing to early pirouette in either direction (Pirouette must start prior to handstand and finish in handstand, showing control)

Chapter 9 – Compulsory Horizontal Bar – levels 4, 5, 6, & 7

Horizontal Bar Overview and Explanations:

A. General:

1. It is very common for entry level athletes to not understand how to hang properly on the bar so that the shoulders remain relatively relaxed. The tendency, especially for a naturally strong athlete, is for this athlete to exert a partial pull through the shoulders on the bar, thinking that this will enhance his grip and ability to hang on. This shoulder tension will not allow the proper action during the execution of a tap swing and should be avoided. Optimally, the athlete will have a firm grip on the bar (firm enough to hold on) but a relaxed shoulder girdle with full downward extension through the shoulders. The torso, hips and legs should be properly tensioned in order to allow the long-hang tap swing to develop properly.
2. The proper execution of the long-hang tap swing is of paramount importance. The body should be hollowed at the peak of the back swing, relax to a tight body arch prior to the lower vertical position and kick once again to a tight hollow as the front swing continues. This hollow can and should be held until the peak of the front swing. There is a tendency for young athletes to tap low in the body with a piking action and lower back arch. Sometimes the tap is so low in the body that the athlete actually bends the knees during the execution of the tapping action. Care should be taken to ensure that the hollowing and arching action of the tap swing is occurring as high in the chest and shoulders as possible. The torso and hips should have enough core tension to ensure the proper body shape during the tap. This will require patience and quite a bit of repetition under the watchful eye of the coach. The fact is that these younger athletes have greater inherent strength and flexibility in the hips and lower back and will experience a quicker feel for the rhythm of the tap way down low in the hips and legs than up high in the chest and shoulders. This false feeling of success can lead to the development of an inferior tap swing. The development of a robust tap involving more of the muscularity of the chest and shoulders will take quite a bit of time and careful supervision.
3. In order to eliminate confusion, nomenclature regarding giant swings has been changed. An overgrip giant is executed with the body swinging forward (belly first) through the lower vertical position. An undergrip giant is executed with the body swinging backward (backside first) through the lower vertical position.

B. Level 4:

1. The back-hip circle has been removed from this routine. This committee feels like the development of the underswing (candlestick hang) position is very important and should be the primary concern. It is a very common error for a young athlete to drop his hips into a pike on this element and end up with a very limited amount of long-hang swing as a result.
2. An extra swing has been added before the hop in order to allow the young athlete to have a bit more preparation and an opportunity to establish swing rhythm prior to being required to release the bar.

C. Level 5:

1. This committee wants these athletes to attempt the kip. Every effort has been made to write the text to encourage athletes and coaches to 'go for it'. The goal is to make it worth the attempt and to be somewhat forgiving of execution in the process. A kip without spot to an immediate cast to any height will receive bonus.
2. This routine does have a back hip circle in it this year and a free hip circle (body hollowed and hips clear of the bar) as an option for bonus.
3. This committee feels strongly that the development of the swing $\frac{1}{2}$ turn is extremely important and should be a priority. For this reason, it has been included once again as a dismount.

D. Level 6:

1. This committee recognizes the acquisition of Giant Swings in a young athlete's repertoire to be a landmark event. Giants performed in addition to either the undergrip $\frac{3}{4}$ giant or the overgrip $\frac{3}{4}$ giant later in the routine will receive bonus as long as there is no single large error on either of the giants. The object is to provide incentive to our athletes to attempt the giants and allow a certain degree of forgiveness with respect to form and execution.
2. The flyaway in this routine may be performed either from the overgrip giants or from an undershoot and back swing.

E. Level 7:

1. One of the most common entry-level optional mounts on horizontal bar is the uprise to free-hip circle. The committee felt this is still a bit too difficult for many to make it the mandatory mount. The uprise to momentary support and underswing is a combination that is developmental toward that end.
2. The undergrip bonus element selected is the endo. There are three overgrip bonus elements: the free-hip, Stalder and toe-on, toe-off. The toe-on, toe-off has been included for its developmental value toward the Chinese Tap for double layout dismounts.
3. Unlike last quadrennium, there is no longer an option for an alternative dismount.

LEVEL 4 HORIZONTAL BAR

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
Stick Bonus	0.1
Maximum Score	16.0

Note: Unless otherwise specified, all forward swings are to be a minimum of 45° below horizontal with toes leading at peak of swing. Backward swings are also to be a minimum of 45° below horizontal with hollowed body shape at peak of swing.

Description	Performance Criteria
1. From hang with overgrip, pullover to support	Momentary stop in support allowed
2. Cast to Undershoot	Body hollowed but not piked during undershoot
3. Swing backward. Swing forward.	
4. Swing backward and hop (simultaneous release then regrasp) both hands.	
5. Swing forward. Swing backward	
6. Swing forward with ½ turn to mixed grip.	1/2 turn completed at 45° below horizontal with hollow body position shown at completion.
7. Swing forward in mixed grip. Swing backward and change hands to double overgrip.	
8. Swing forward. Swing backward and at peak of backswing, drop to feet.	

Specified Bonus: Prior to #1, one overgrip straight-body pull-up (with the chin above the level of the bar) and return to hang

Specified Bonus: In #1, pullover done without stop or hesitation to support

LEVEL 5 HORIZONTAL BAR

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
<u>Stick Bonus</u>	<u>0.1</u>
Maximum Score	16.0

Note: *Unless otherwise indicated, all swings forward are tap-swings and are to be a minimum of 45° below horizontal.. Failure to show proper tap-swing will result in a small deduction per occurrence. Unless otherwise specified, all backward swings are to minimum 45° below horizontal with a hollowed body shape at the peak of the swing.*

Description	Performance Criteria
1. From hang or small preliminary swing in overgrip, cast forward (Stemme) to swing backward	
2. Swing forward. (tap-swing) Swing backward	Back swing to horizontal
3. Swing forward and tap to swinging pullover (3/4 giant)	
4. Undershoot and swing backward	Body hollowed but not piked during undershoot
5. Swing forward and kip to support	No tap-swing required on swing forward before kip Stop allowed after kip
<i>If kip is attempted without a spot and missed, the maximum deduction for the entire skill including the coach's spot to help the athlete to a support will NOT exceed 0.5. Exception will be if the gymnast falls off the bar, then an additional 0.8 deduction should be taken</i>	
6. Cast to back hip circle	Cast to horizontal
7. Undershoot and swing backward	Body hollowed but not piked during undershoot
8. Swing forward, Swing backward.	Back swing to horizontal
9. Swing forward and ½ turn to mixed grip. Immediately block bar in mixed grip and drop to stand.	½ turn completed at horizontal Body hollowed at peak of ½ turn and block.

Specified Bonus: In #5, kip (without spot) and immediate cast to any height

Specified Bonus: In #6, cast to free hip circle (body hollowed and hips completely clear of the bar)

LEVEL 6 HORIZONTAL BAR

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
<u>Stick Bonus</u>	<u>0.1</u>
Maximum Score	16.0

Note: *Unless otherwise indicated, all swings forward are tap-swings and are to be a minimum of horizontal. Failure to show proper tap-swing will result in a small deduction per occurrence. Unless otherwise specified, all backward swings are to minimum of horizontal with a hollowed body shape at the peak of the swing.*

Description	Performance Criteria
1. From hang in undergrip, pullover to support.	Continuous rhythm on pullover Momentary stop in support allowed
2. Cast forward to $\frac{3}{4}$ undergrip giant swing.	Full extension of body at or above horizontal on downswing
3. Hop to double overgrip	Body at or above horizontal upon release with hollowed body shape
4. Swing forward to immediate $\frac{1}{2}$ turn, swing forward in mixed grip	Toes lead, arms straight and hollow throughout $\frac{1}{2}$ turn
5. Swing backward in mixed grip, changing to double overgrip at the top of the swing	No height requirement on back swing
6. Swing forward and kip to support.	No tap-swing required on swing forward before kip Momentary stop allowed in support
7. Cast to $\frac{3}{4}$ overgrip giant (baby giant)	Cast to horizontal
8. Undershoot and swing backward.	
9. Swing forward to flyaway dismount	Tucked, piked, or layout flyaway allowed. Hips at bar height upon release Stretched body before landing

Specified Bonus: In #2, cast forward to one or two undergrip giants and $\frac{3}{4}$ undergrip giant

Specified Bonus: In #7, cast to one or two overgrip giants and $\frac{3}{4}$ overgrip giant

Note: *If the bonus giant(s) are attempted but the athlete falls from the bar, an execution deduction of 0.8 will be taken from the routine score. Otherwise, small, medium and large execution deductions taken on the bonus giants should not count against the routine score rather only to determine if bonus will be awarded or not. Bonus will be awarded as long as no giant has a single large error*

LEVEL 7 HORIZONTAL BAR

Base Score	15.0
Specified Bonus	0.6
Virtuosity	0.3
<u>Stick Bonus</u>	<u>0.1</u>
Maximum Score	16.0

Note: *Unless otherwise indicated, all swings forward are tap-swings and are to be a minimum of horizontal. Failure to show proper tap-swing will result in a small deduction per occurrence. Unless otherwise specified, all backward swings are to minimum of horizontal with a hollowed body shape at the peak of the swing.*

Description	Performance Criteria
1. From hang or small preliminary swing in overgrip, cast forward (stemme) to back swing and uprise to momentary free-support and immediately,	Body straight or slightly hollowed with legs free and clear of bar in free-support position
2. Undershoot to swing backward	
3. Swing forward and kip to support.	No tap-swing required on swing forward before kip Stop in support allowed
4. Change to undergrip and cast forward to nominal handstand	
5. Undergrip giant. Undergrip giant to,	
6. Pirouette	Pirouette to be completed within 15° of handstand
7. Overgrip giant , Overgrip giant to	
8. Swing forward and ½ turn OR hop ½ turn	Either turn must be completed at 45° or more above horizontal
9. Overgrip giant. Overgrip giant to,	
10. Flyaway dismount	Undershoot to swing backward and swing forward to flyaway dismount is allowed Tucked, piked, or layout flyaway allowed

Specified Bonus: After #5, Endo and one or two additional undergrip giants.

Specified Bonus: After #7, Free hip circle, Stalder or piked toe-on-toe-off and one or two additional overgrip giants.

Chapter 10 – Optional Judging Guidelines – levels 8, 9, & 10

Note that unless otherwise stated, all rules will be as per the FIG Code of Points. Please refer to the document precedence statement in Chapter 2 – Paragraph A, for further clarification.

A. Routine Construction Table for Levels 8, 9, & 10

	Level 8	Level 9	Level 10
Age Groups Per Division	12–13 14–15	12-13* 14–15 16-18	14-15* 16-18*
<i>* Level 9(12-13) and level 10(14-15) and (16-18) are eligible to qualify to the Junior Olympic National Championship. All other optional levels compete to the Regional Championship only.</i>			
<ul style="list-style-type: none"> Number of Highest Counting Value Parts for Difficulty Value: <p>Note: Reference Chapter 1 – Section 1 (levels 8,9 and 10) for a full explanation of difficulty values, the order in which skills are counted and any exceptions and deductions associated with difficulty</p>	8	8	10
Presentation Value and Deductions: Small Error = 0.1 Medium Error = 0.3 Large Error = 0.5 Fall = 0.8	10.0	10.0	10.0
Element Groups: 0.5 per Element Group <ul style="list-style-type: none"> Must include Element Group V (dismounts) 	5 = 2.5	5 = 2.5	5 = 2.5
Dismounts: <ul style="list-style-type: none"> Dismount value required for full Element Group V credit Stick bonus of 0.1 for all dismounts receiving full Element Group credit Element Group V Credit for lower level dismount 	A	B A = 0.3	C B = 0.3 A = 0.0
FIG Group V (Roundoff Entry / Yurchenko) Vaults Allowed?	No	Yes**	Yes
<i>**Level 9 athletes may perform a Yurchenko in tucked, piked, or stretched position with only one salto in the post flight and no twist.</i>			
Vault Bonus: <ul style="list-style-type: none"> As listed in Vault Bonus Chart. Details are listed in B. below. 	No	Yes	Yes

B. Bonus Points

1. Special Bonus

- a. **Stick bonus** of 0.1 will be awarded for levels 8, 9, and 10 for stuck dismounts which receive full Element Group V credit and for stuck landings on vault (see paragraph c. below). Stick bonus will be added to the start value.
- b. **Vaulting Bonus:** Levels 9 and 10 may earn vault bonus for performing a second vault according to the format listed below:
 1. The athlete performs his first vault in competition which is scored normally by the judging panel.
 2. If he elects, the coach may have his athlete perform a second vault for bonus. Immediately following the first vault, the coach must declare to the judges his intention to perform a second vault along with the name and start value of the vault. The bonus value will be derived from the sum of the FIG Start values for both vaults. (See Bonus Vault Tables in #4 below)
 3. To receive the predetermined bonus, the following conditions must be met:
 - a. The second vault must be from a different FIG vault group than the first vault performed but may have the same post flight. (For example, First vault – Tsukahara stretched with 1/1 twist, Second vault – Yurchenko stretched with 1/1 twist would be eligible for vault bonus)
 - b. Both the first and second vaults must be “flipping” vaults. In other words all vaults must have a salto in the post flight. (For example, First vault – handspring front somersault tucked, Second vault – Kasamatsu tucked)
 - c. The judging panel must agree that the second vault, as performed, received no single large deduction
 - d. The judging panel must determine the sum of the start values for each vault
 4. If the conditions in number three are met, ***then the awarded bonus is added to the score of the first vault.*** The amount of bonus would be determined using the Vault Bonus Tables below. **Only one final vault score will be turned in to the scoring table.**

Level 9 and 10 Vault Bonus Tables

Level 9 Vault Bonus		Level 10 Vault Bonus	
Sum of the SV	Bonus Awarded	Sum of the SV	Bonus Awarded
7.6 to 8.3	0.2	8.4 to 9.1	0.2
8.4 to 9.1	0.3	9.2 to 9.9	0.3
9.2 to 9.9	0.4	10.0 to 10.7	0.4
10.0 to 10.7	0.5	10.8 to 11.5	0.5
10.8 and above	0.6	11.6 & up	0.6

c. Vault Stick Bonus for Levels 8, 9 and 10:

A Gymnast will receive 0.1 in bonus for sticking his vault. This bonus can also be awarded to the second vault at Level 9 and 10 when two vaults are performed. However, the second vault must qualify for additional bonus through both difficulty and execution before stick bonus will be awarded.

C. General Exceptions to the *FIG Code of Points*

1. **Element Group V, Difficulty Requirements:** The junior program will use the following dismount requirements:
 - a. **Level 10:** A “C” value dismount is required for full Element Group V credit. A “B” value dismount will receive 0.3 in Element Group V credit. An “A” value dismount will receive no Element Group V credit.
 - b. **Level 9:** A “B” value dismount is required for full Element Group V credit. An “A” value dismount will receive 0.3 in Element Group V Credit.
 - c. **Level 8:** An “A” value dismount is required for full Element Group V credit.
 - d. **Note:** For levels 8, 9, and 10, only a skill which has been designated as a dismount in either the JO or FIG rules may receive Element V credit.

2. **Recognizable Gymnastics Skills:** Any recognizable gymnastics skill which is not listed in the *FIG Code of Points*, NGJA/USA Gymnastics Interpretations, Junior Olympic Program Manual or Junior Olympic Program Update will receive an “A” value with no Element Group credit. Skills that are not listed in the *FIG Code of Points*, the USAG/NGJA Interpretations or the AGCC Update will always receive an A value until that skill has been submitted for evaluation. New and original skills may be submitted (in electronic video form) directly to the Junior Olympic Program Coordinator. He will have the skill evaluated by the NGJA / USAG Technical Committee.

3. **Straddling of the legs:** The J.O. Program will allow straddling of the legs on skills including a strength press or hold.

4. **Short Routine:** The deduction for performing an exercise containing less than six parts (skills or elements) in levels 8, 9, or 10 is 1.0 for each skill or element less than six. This deduction is taken from the “B” score. (For example: 5 parts – deduct 1.0, 4 parts – deduct 2.0, etc.)

5. **J.O. Skill Exceptions:** In the J.O. Program, a skill which has a letter value assigned should be evaluated as if it has its own “code box”. For instance a “B” Stutz or back-toss to 45° (J.O. exceptions) would have a different “virtual code box” for routine construction purposes than a “C” value Stutz or back-toss to nominal handstand. It is, however, not the intention of this interpretation to allow for undue repetition of elements.

Example #1: a gymnast performs both an FIG “C” Stutz and a J.O. exception “B” Stutz in the same routine, only the FIG “C” Stutz would be recognized because of its higher value.

Example #2: a gymnast performs both a “C” J.O. exception flop sequence and a “D” FIG flop sequence in the same routine. Only the FIG “D” flop sequence would be recognized because of its higher value.

D. Event Specific Exceptions to the *FIG Code of Points*

1. Floor Exercise:

- a. Any Circle or Flair to handstand receives a "C" in element group I
- b. 0.1 bonus for any skill which includes a double salto if no large error is noted in the execution of the skill

2. Pommel Horse:

- a. Any Circling skill or Flair to handstand receives a "C" in Element Group II (if performed in the exercise) or Element Group V (if performed as a dismount).

Any dismount that achieves a nominal handstand will receive full element group credit and a maximum of 0.5 in execution deduction. If, during the execution of the handstand, the athlete's legs drop to the horse and he pushes with his feet off of the horse to the handstand, neither difficulty nor Element Group credit be given. Value raising a handstand dismount using a 360° turn or a 3/3 travel will only be allowed by reverting back to the original FIG value for the dismount.

- b. The Junior Program will award a "C" Flop combination for Direct Stockli-B to Direct Stockli-B, Direct Stockli-B to Pommel Loop or Pommel loop to Direct Stockli-B.

3. Still Rings:

- a. Any "B" value or higher strength element from Element Group III or IV will receive 0.1 in bonus if performed with no single large error in the execution of the skill.
- b. A tucked flyaway forward or backward receives an "A" in Element Group V

4. Vault:

- a. The junior program will not give a zero score for any vault, with the exception of failure to attempt the vault at all (a scratch). For levels 8, 9 and 10, a zero vault, as defined by the FIG, may be repeated once (with safety in mind and at the judge's discretion) with a deduction of 1.00 from the score of the second attempt. No third attempts will be allowed. In any case, the minimum score for any attempted vault will be 1.00.

5. Parallel Bars:

- a. Stutzkehre - 45° to 74° above horizontal receives a "B" in Element Group I
- b. Back toss - 45° to 74° above horizontal receives a "B" in Element Group I
- c. Giant swing - straight arms to any support position lower than nominal handstand receives a "B" in Element Group III
- d. Peachbasket - straight arms to any support position lower than nominal handstand receives a "B" in Element Group IV
- e. There will be no deduction for an empty straight arm support swing when moving from a value skill to a swing to an FIG Element Group III skill or any variation of a peach basket to support
- f. A tucked salto dismount forward or backward receives an "A" in Element Group V
- g. Wende dismount receives an "A" in Element Group V

6. Horizontal Bar:

- a. A maximum of up to 5 forward and backward body movements (of which the 5th must be a skill (i.e. stemme, free hip circle, Stalder, etc.) will be allowed without deduction. Inclusion of a 'back-uprise' action, even to partial support, on up to the 4th movement will be allowed without deduction.
- b. Release bonus will be applied to Element Group II elements (with no large error in execution) as follows:
 1. Any "C" release receives 0.1 in Bonus
 2. *Quintero to Elgrip (E)* or Any "D" release except the Kovacs receives 0.2 in Bonus
 3. Kovacs, Any "E" (*Excluding Quintero to Elgrip*) or Any "F" receives 0.3 in Bonus
- c. Any "C" or higher release element may be done a 2nd time if done in direct connection with any other "C" or higher release element. If not performed in direct connection, normal repetition rules apply.

Examples:

1. Tkatchev Straddled to immediate Tkatchev Straddled would receive the following credit: "C" + 0.1 release bonus, "C" + 0.1 release bonus
 2. Straddled Tkatchev, Giant, Straddled Tkatchev to immediate Gienger would receive the following credit: "C"+ 0.1 release bonus, "A", "C" + 0.1 release bonus, "C" + 0.1 release bonus
 3. Straddled Tkatchev, Giant, Straddled Tkatchev, Giant, Gienger would receive the following credit: "C "+ 0.1 release bonus, "A", ("C" is a Repeated Element – no value given), ("A" is a Repeated Element – no value given), "C" + 0.1 release bonus
- d. The Junior Program will allow a gymnast upon catching a release skill to perform a swing with a ½ turn and change of grip on the subsequent front swing to a kip without deduction. This swing ½ turn has an "A" value and no Element Group credit.
 - e. A tucked, piked, or layout flyaway forward or backward receives an "A" in Element Group V