



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

Official Replacement Pages
v.2010



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Special Thanks to Dr. Jon Culbertson for lending his experience, expertise and perspective one more time.
Thanks as well to our new JOVP, Dean Schott for collection invaluable information to include in this document..

IMPORTANT!

USA Gymnastics
2009-2012 Men's Age Group Competition Program
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These pages incorporate all changes included in 2009 – 2012 Rules Updates #1,#2 and #3. This is the only valid publication of these pages.

These 37 replacement pages should be placed into your printed copy of the **2009-2012 Men's Age Group Competition Program Manual**. The pages included in v.2010 supersede the previously published replacement pages. The text changes that have been added since the original printing of the **2009-2012 Age Group Competition Program Manual** have been shaded for ease of location. In order to eliminate confusion, please remove the old pages (including any previous replacement pages) and discard them. The printed versions of Rules Updates #1, #2 and #3 may be kept as they still have valuable information not included in these pages and will serve as a log of changes to the text.

The following is a list of the official replacement pages:

Chapter 1 – 1.2, 1.3, 1.4, 1.5
Chapter 2 – 2.1, 2.2
Chapter 3 – 3.1, 3.2, 3.3*
Chapter 4 – 4.3, 4.4, 4.5
Chapter 5 – 5.1, 5.2, 5.3, 5.4, 5.8, 5.10
Chapter 6 – 6.3, 6.6, 6.7
Chapter 7 – 7.2, 7.3, 7.6
Chapter 8 – 8.1, 8.2, 8.3, 8.6
Chapter 9 – 9.2, 9.4, 9.5, 9.6
Chapter 10 – 10.1, 10.2, 10.3, 10.4, 10.5

Total number of replacement pages = 37

**page 3.3 did not exist in the original 2009-2012 Age Group Competition Program Manual. It was added with the first version of our replacement pages due to formatting requirements.*

Respectfully submitted,



Jeff Robinson
Chairman - USA Gymnastics Men's Program Age Group Competition Committee

LEVEL 8 (FIG OPTIONAL*)

11-13 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

No connection points will apply.

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 D-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 E-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

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 E-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 D-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 E-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 10 years old 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.

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. In the event that a level 4 or 5 gymnast elects to wear long competition pants without footwear, there should be no uniform deduction.
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.** This is of particular importance on Parallel Bars where the FIG maximum may never be exceeded under any circumstance. (Please see page 8.1 paragraph A. #4 for more information)

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 a height of 30 cm (12"). An additional safety cushion of up to 20cm (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.

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>) *The USA Gymnastics Age Group Competition Program will not implement the FIG junior competition rules regarding routine composition and the prohibition (non-permitting) of elements.*

B. Judging duties: The judges in all Junior Olympic Program competitions will perform the duties of both the **D** and **E** 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:

Compulsory - Final Score	Optional - E-Panel Score	Allowable Deviation By Judge
15.60 – 16.00	9.60 – 10.00	0.10
15.40 - <15.60	9.40 - <9.60	0.20
15.00 - <15.40	9.00 - <9.40	0.30
14.50 - <15.00	8.50 - <9.00	0.40
14.00 - <14.50	8.00 - <8.50	0.50
13.50 - <14.00	7.50 - <8.00	0.60
<13.50	<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 **1.0** 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 1.0 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 "**D**" 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 (the part is omitted or not attempted)	1.5 (0.5 Element value plus 1.0 “B” panel Execution for a total deduction of 1.5)
Non-Recognized part	0.5 (plus all accrued execution errors)
Routine Composition Error*	0.5 (to be taken once per routine)
Fall (as per FIG)	1.0
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

** A Routine Composition Error includes any and all added parts such as circles on pommel horse, mushroom or giants on horizontal bar as well as additional swings on any event over and above one empty swing (see special notes below). This error also includes routine elements performed in the incorrect order. The deduction is a global deduction that should only be taken once per routine.*

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).
- d. Added elements such as circles on mushroom or pommel horse, extra giants on horizontal bar, should be treated as a Routine Composition Error and should be subject to the one-time 0.5 deduction described in the table above.

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.

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 will receive a small error deduction of 0.1

6. **Added holds:** added holds are to be deducted as rhythm errors. Multiple added holds will be treated as a Routine Composition Error and will be subject to a one-time large error deduction of 0.5

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, however, if a run is specified then at least one step must be taken prior to the hurdle otherwise a small deduction of 0.1 will be taken.

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. Specified bonus elements may only be attempted once.
2. **Virtuosity Bonus:** Regarding Virtuosity Bonus:
 - a. A total of 0.3 Virtuosity Bonus may be awarded per routine
 - b. A total of 0.1 Virtuosity Bonus may be awarded per individual skill
 - c. An individual skill showing Virtuosity may be awarded 0.1 bonus if it is performed with a maximum of 0.1 or less execution errors.
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.
- c. Unless otherwise specified, all elements, compulsory or optional, begin and end in front support as per FIG.

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 barked 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.

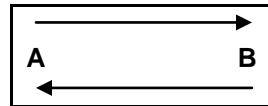
14. Horizontal Bar:

- 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.

***The addition of text to these replacement pages has changed the page layout.
This is an added page not originally found in the "2009-2012 Men's J.O. Age
Group Competition Program Manual"***

LEVEL 4 FLOOR EXERCISE

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

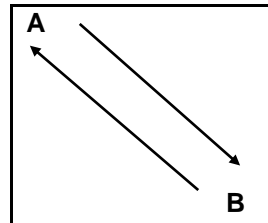


A tumbling strip with a minimum area of 6' x 40' is required.

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.

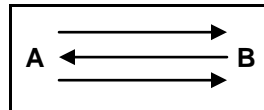
Description	Performance Criteria
1. Step, lunge and kick to handstand forward roll to,	Hold of handstand allowed Straight arms on roll from handstand
2. Jump hurdle and cartwheel, side-chasse' cartwheel with ¼ turn (bringing the 2 nd leg down to join the first leg) to stand facing A.	The hurdle should 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.

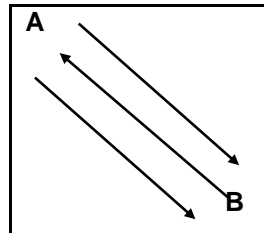
Stand at point A facing Point B

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.

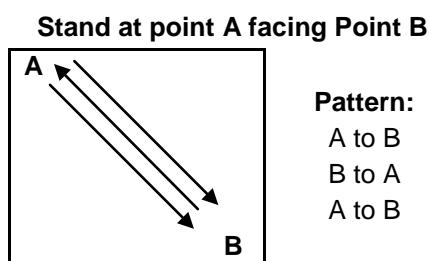
Description	Performance Criteria
1. Run, hurdle, front handspring,	Rebound allowed
2. With either leg, step forward, lunge and kick to handstand, straight arm roll out through tuck position,	No hold of handstand required
3. Immediately place hands on floor and push through pike up to handstand, forward 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 straight body 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	hollow or tight arch in flight allowed 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, hurdle , 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 allowed 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

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.
3. As per current FIG interpretations, each element begins and ends in front support. This becomes very important when counting circles.

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 first three circles without a fall either onto or off of the mushroom. The second bonus opportunity is to complete two additional consecutive circles without a fall before the dismount. A fall onto or off of the mushroom at any time during the execution of the first three circles disallows any specified bonus to be awarded.
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.
3. Both of bonus elements in the mushroom routine are oriented toward the development of flaired circles. The first bonus element shows ability to transition from a circle to a flaired circle and to perform two in a row. The second bonus element shows ability to resume circling. It is important to remember that these additional circles are not simply to add circles, but to show a controlled transition from flaired circles. Therefore, no bonus will be awarded for the two additional circles (bonus element #2) if there was no credit awarded for the flairs (bonus element #1)

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. Because of differences in coaching technique on this element, a turning of the body up to 90° at the completion of the 2nd circle and before the first hand placement of the Stockli-A is allowable without deduction. The position on the mushroom of the hand placements will still conform to normal Stockli-A performance as if on the pommels with a reasonable degree of leniency allowable due to the nature of the surface of the mushroom.

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:						= 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. 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: Two additional consecutive double leg circles without a fall onto or off of the mushroom before #4. The first three double leg circles (numbered parts 1,2 & 3) must have been completed without a fall onto or off of the mushroom, before this bonus may be awarded.

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 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:						=	0.1 Bonus
		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. (after part #2 there will be only two hand placements before the beginning of part #4) Up to 90° of body turn prior to 1 st hand placement allowable without deduction.
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 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
Maximum		8.1			7.5		16.0
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 (Side travel is completed in two circles and finishes in front support with the right hand on the leather and the left hand on the pommel).	There are a total of four hand placements in this side travel <ul style="list-style-type: none"> • right = right hand on pommel; • left = cross support both hands on right pommel; • right = right hand on leather body in rear support; • left = left hand on right pommel with right hand on end body in front support = travel completed
3. One or two side double leg circle(s) with ¼ turn to, (Note: side double leg circles are downhill circles with left hand on pommel, right hand on leather)	One circle = 2 hand placements to complete ¼ turn to longitudinal front support Two circles = 4 hand placements to complete ¼ turn to longitudinal front support
4. Two or three front loops to	
5. Flank dismount with ½ turn over the pommels Finish facing longitudinally with the horse.	2-3 front loops allowed before dismount 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.

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..

1. 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. :
2. It is the intention of this committee to encourage a good ring handstand. Therefore, if a gymnast attempts the handstand and falls to a hang, the only deduction should be for the fall and any other execution errors. There should be no spotter deduction whether the gymnast falls from the rings to the floor or continues from a hang as there has been no facilitation of the element. The spotter is simply ensuring the safety of the gymnast during the course of the fall and helping the gymnast into the position from which he can continue the routine.

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 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 backwards 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
<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. 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 <i>No use of feet on cables required if the athlete successfully completed specified bonus #5</i>
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.)**

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:

1. 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.
2. The correctly performed Yamashita vault begins very much like a Handspring vault. After the repulsion from the hands, the gymnast's body should leave the vaulting table in straight position. There should then be a very quick transition of the body from straight to piked position. This pike should be primarily a hip pike, but flexion of the torso to tighten the pike is allowed. The pike should be a minimum of 90° but may be as tight as the gymnast's flexibility will allow. The gymnast should only show the pike momentarily and should quickly return to the straight body position during the earliest possible moment of the post-flight in order to properly prepare for the landing. One of the most common mistakes in the performance of the Yamashita Vault is an early piking action. Any piking in the pre-flight is a technical error and will be deducted.

LEVEL 4 VAULT - STRAIGHT JUMP

Base Score – 15.0
 Performance Bonus – 0.5
Stick Bonus – 0.2
 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
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
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 7 VAULT – YAMASHITA

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 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 return to straight body position after pike	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.
4. As per FIG rules, the Parallel Bars may under no circumstance be raised above the FIG Maximum height. This differs from Still Rings and Horizontal Bar where the FIG will allow the apparatus to be raised above the FIG Norm in the event of a tall gymnast. This presents an important issue regarding consideration of optional level skills inclusion for the taller (or rapidly growing) junior gymnast. Unlike on Still Rings and Horizontal bar where the optional level athlete is required to perform long-hang swings, this is not the case for Parallel Bars. On Parallel Bars, a viable routine which meets Element Group 3 requirements can be constructed without the use of Moy or Giant type elements. In the past, some J.O. Program judges have allowed the bars to be raised beyond FIG Maximum. This will no longer be allowed in the USA Gymnastics Age Group Competition Program under any circumstance.
5. This committee recognizes the contemporary developmental importance of the Peachbasket and its variations to the construction of the optional level parallel bar routine. Because of this, there is an exception allowing the recognition of a J.O. Peachbasket and an FIG Peachbasket in an optional routine. Please see rules listed on p. 10.3 C. *General Exceptions to the FIG Code of Points: #5 J.O. Skill Exceptions* for more detail.

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 not only allowed on this dismount but recommended!***
4. The inclusion of the flyaway as a dismount was also done because it has developmental importance as a progression toward the giant swing on parallel bars. Therefore, optimally, the flyaway will not travel far forward from the hand placement and may even be completed with a landing behind the hand placement and between the bars without deduction. This flyaway may be done in tucked, piked, or layout position.

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 6 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 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 Backward swing to handstand and hold of handstand allowed 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 flyaway from the end of the bars.	Hand-on-hand spot allowed on bail for flyaway. Flyaway may be performed In tucked, piked, or layout position

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.

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.

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.
4. The flyaway in this routine may be performed either from the overgrip giants or from an undershoot and back swing.

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	Body hollowed at peak of back swing
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 1.0. Exception will be if the gymnast falls off the bar, then an additional 1.0 deduction should be taken for the fall</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 1.0 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	
6. <u>Undergrip giant to immediate</u> Pirouette	Pirouette to be completed within 15° of handstand
7. Overgrip giant , Overgrip giant to	
8. Swing forward and ½ turn <u>OR</u> 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. Remember, The USA Gymnastics Age Group Competition Program will not implement the FIG junior competition rules regarding routine composition and the prohibition (non-permitting) of elements.

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 = 1.0	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, Second vault – Yurchenko stretched 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.
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. There is one exception to this repetition rule for the Peachbasket. Both an FIG value Peachbasket and the JO “B” value Peachbasket (described on p.10.4.D.#5 d) may be used in a routine with each counting for difficulty.

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.

Example #3: A gymnast performs both an FIG Peachbasket variation and a J.O. Exception Peachbasket with straight arms to any support lower than nominal handstand in the same routine. Both will be counted for difficulty.

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.
- c. The Junior Program will apply a skewing deduction only one time per value part; not on a "per-circle" basis.

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 or IV skill.
- 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. 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
 - f. An elgrip hop to undergrip receives an "A" in element group IV. It will receive credit only once per routine.
 - g. A Jam finishing between Horizontal to 45° above Horizontal will receive an "A" in element group IV.