



J.O. Update # 3

Date: January 14, 2010
To: USA Men's Gymnastics Community
From: Jeff Robinson, Age Group Competition Committee Chairman
Re: Rules Update # 3 for the 2009-2012 Men's Age Group Competition Program

For immediate Implementation

➔ The Age Group Competition Committee met by conference call on Tuesday December 15th, 2009, to discuss feedback gathered since the publication of Rules Update #2, dated January 1, 2009. This update includes all the information from Rules Update #2 plus the additional changes and clarifications. This will be the final Rules Update for the 2010 Competitive Season. All information contained in this update will be included in Official "2009-2012 Men's J.O. Age Group Competition Program Manual - Official Replacement Pages v.2010" and will be available online at www.usa-gymnastics.org in the men's program department. Remember that whenever there is a discrepancy between text and video that the written text always takes precedence over the video.

Changes since Rules Update #2 will be in Bold Print and denoted with an "➔" symbol.

General Statement Regarding the 2009-2012 FIG Code of Points

➔ *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.*

Age Group Program Materials Corrections:

Video Discrepancies:

Level 5 Mushroom Routine video: 1st and 2nd Specified Bonus: The athlete in the video performs an added circle before his first flaired circle. Please refer to the text of the specified bonus elements for the correct description.

Level 6 Still Rings Compulsory video: Routine elements #4 and #5 are not correctly shown in the video. The athlete in the video does not show the required back lever, lower to German hang and recovery to the piked inverted hang. Please refer to the text of this routine for the correct description of these elements.

➔ **p. 5.10: Level 7 Pommel Horse – 1st Section / Circular –** There has been quite a bit of confusion regarding the number of circles to be performed in order to comply with current FIG interpretations of the side travel to the dismount sequence. Please note that the text has changed to include circle options and more clarity on performance requirements. A video link has been provided to two example routines. This video has been provided to help clarify the number of circles required for correct completion of this routine.

(Level 7 pommel horse continued on next page)

The routines performed in the video meet the routine requirements in the following manner:

Example #1	
• Part #1	Two circles
• Part #2	Performed as written
• Part #3	One circle with ¼ turn
• Part #4	Two Loops
• Part #5	Performed as written

Example #2	
• Part #1	Two circles
• Part #2	Performed as written
• Part #3	Two circles with ¼ turn
• Part #4	Two Loops
• Part #5	Performed as written

http://www.youtube.com/watch?v=_iVeh-mpocQ

Text Changes, Errata and Clarifications:

p. 1.2: **Level 8 (FIG OPTIONAL):** Under “For Level 8 only” **Add:** No Connection Points will apply.

➔ p. 1.2: **Level 8 (FIG OPTIONAL):** Under age divisions **Change:** “12-13” to “11-13”

➔ p. 1.2: **Level 8 (FIG OPTIONAL):** At the bottom of the section **Change to:** Stick bonus of 0.1 for stuck dismounts which receive full Element Group V credit – Added to D-Score.

➔ p. 1.2: **Level 8 (FIG OPTIONAL):** In the shaded box #4: **Change:** “B-Score” to “E-Score”

➔ p. 1.2: **Level 9 (FIG OPTIONAL):** In the shaded box #4: **Change:** “B-Score” to “E-Score”

➔ p. 1.2: **Level 8 (FIG OPTIONAL):** Under Difficulty Values as per FIG: **Change** “A-Score” to D-Score”

➔ p. 1.3: **Level 10 (FIG OPTIONAL):** At the bottom of the section **Change to:** Stick bonus of 0.1 for stuck dismounts which receive full Element Group V credit – Added to D-Score.

➔ p. 1.3: **Level 10 (FIG OPTIONAL):** In the shaded box #4: **Change:** “B-Score” to “E-Score”

p. 1.3: **Section II – General Rules and Regulations: A. Age Determination and Competition Level:**
#5: **Change to: 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.

p. 1.3: **Section II – General Rules and Regulations: A. Age Determination and Competition Level:**
Remove #6.

p. 1.4: **B. Uniforms: #2: Add:** in the event that a level 4 or 5 gymnast elects to wear long competition pants without footwear, there should be no uniform deduction.

➔ p. 1.5: **Section III – Equipment and Mat Specifications: Paragraph A – All specifications and mats are per FIG unless otherwise stated.: Add:** 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)

p. 1.5: **Section III – Equipment and Mat Specifications: Paragraph B – General: #5c. Still Rings:**
Change to: 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.

➔ p. 2.1: **A. Document Precedence: Add to #3: 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.

➔ p. 2.1: **B. Judging duties: *Change: “A and B Jury Panels” to D and E Jury Panels***

p. 2.1: **D. Range of Allowable Scores:** Replace the table with the one given below:

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

➔ p. 2.1: **F. Spotting Deductions: #2: *Change “0.5” to “1.0”***

p. 2.2: **H. General Apparatus and Behavioral Deductions: 1. Falls: a.: *Change to:*** A fall onto or off of the apparatus will be deducted 1.0 in addition to any other presentation errors.

➔ p. 2.2: **H. General Apparatus and Behavioral Deductions: 2. *Change “A” score’ to D-Score***

p. 3.1: **A. Routine error and deduction table: *Replace the table*** with the one below. (Including the description of the Routine Composition Error)

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.*

p. 3.1: **B. Special notes: 1. *Add*** - 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.

p. 3.1: **B. Special notes: #4: *Change to:*** Added swings: Added swings will be deducted per FIG as empty or intermediate swings. ~~In the event of multiple swings, the applicable deduction is the Routine Composition Error detailed above. In any case, the maximum deduction for added swings will be 0.5.~~

p. 3.1: **B. Special notes: #5b: *Change to:*** 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

p. 3.1: **B. Special notes: #6: *Change to: 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

- p. 3.2: B. **Special notes: #8.: Change to: 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.
- p. 3.2: B. **Special notes: #9. Bonus a. #1 Specified Bonus: Change to:** Award 0.3 per specified bonus defined element or sequence for performance as indicated in the compulsory routine text. Bonus will not be awarded for an element with a large deduction. Specified bonus elements may only be attempted once.
- ➔ p. 3.2: B. **Special notes: #9. Bonus a. #2 Virtuosity Bonus: Change to: 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.
- p. 3.2: B. **Special notes: #11. Pommel Horse: Add c.:** Unless otherwise specified, all elements compulsory or optional, begin and end in front support as per FIG.
- p. 3.3 – Added page due to added text in replacement pages
- p. 4.3: **Level 4 Floor Exercise: Description #2: Change to:** Jump hurdle and cartwheel, side-chasse', cartwheel with ¼ turn (bringing the 2nd leg down to join the first leg) to stand facing A
- p. 4.4: **Level 5 Floor Exercise: Description #8: Change to:** 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
- p. 4.4: **Level 5 Floor Exercise: #8 Performance Criteria: Remove:** Body hollowed on dive roll. ; **Add:** hollow or tight arch in flight allowed.
- p. 4.4: **Level 5 Floor Exercise: Description #10: Change to:** Run, hurdle, round-off, back handspring, rebound to stand.
- ➔ p. 4.5: **Level 6 Floor Exercise: #2 Performance Criteria: Change: Momentary hold of lunge to Momentary hold of lunge allowed**
- p. 5.1: **Pommel Horse Overview and Explanations: A. General: Add #3.** As per current FIG interpretations, each element begins and ends in front support. This becomes very important when counting circles
- p. 5.1: **Pommel Horse Overview and Explanations: B. Level 4: #1. Change to:** The mushroom routine is simply 3 circles with an additional half circle with a ¼ 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.
- p. 5.2: **Pommel Horse Overview and Explanations: C. Level 5: Add #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)
- ➔ p. 5.2: **Pommel Horse Overview and Explanations: D. Level 6: Add to #1: 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.

p. 5.4: **Mushroom Routine: 2nd Specified Bonus: *Change to:*** 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.

p. 5.8: **Level 6 Mushroom Routine: #3 Direct Stockli A: Performance Criteria: *Change to:*** 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)

➔ p. 5.8: **Level 6 Mushroom Routine: #3 Direct Stockli A: Performance Criteria: *Add:*** Up to 90° of body turn prior to 1st hand placement allowable without deduction.

➔ p. 5.10: **Level 7 Pommel Horse – 1st Section / Circular –The text has changed in several places to include circle options and more clarity on performance requirements.**

~~p. 5.10: **Level 7 Pommel Horse: 1st Section / Circular: #5 Performance Criteria: *Add:*** 2-3 front loops allowed before dismount.~~

p. 6.3: **Still Rings Overview and Explanations: D. Level 6: *Add #3:*** 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.

p. 6.6: **Level 6 Still Rings: #4: *Change to:*** Roll backwards through support and down to piked inverted hang. Extend body horizontally into back lever position.

➔ p. 6.7: **Level 7 Still Rings: #6 Performance Criteria: *Add:*** No use of feet on cables required if the athlete successfully completed specified bonus #5

p. 7.2: **Vault Overview and Explanations: E. Level 7: *Add #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.

p. 7.3: **Level 4 Vault: Run Deductions: *Add:*** Insufficient knee lift of front leg in stride S, M, L

p. 7.6: **Level 7 Vault: Post-Flight Deductions: *Add:*** Insufficient return to straight body position after pike S, M, L

➔ p. 8.1: **Parallel Bars Overview and Explanations: A. General: *Add #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.

- ➔ p. 8.1: **Parallel Bars Overview and Explanations: A. General: Add #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.
- p. 8.2: **Parallel Bars Overview and Explanations: D. Level 6: Add #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. Note: due to pagination, this change actually appears at the top of page 8.3 in the "Official Replacement Pages"
- p. 8.6: **Level 6 Parallel Bars: #5 Performance Criteria: Add:** Backward swing to handstand and hold of handstand allowed
- p. 8.6: **Level 6 Parallel Bars: #10: Delete** the word "tucked" from the element description.
- p. 8.6: **Level 6 Parallel Bars: #10 Performance Criteria: Add:** Flyaway may be performed in tucked, piked, or layout position.
- p. 9.2: **Horizontal Bar Overview and Explanations: D Level 6: Remove #2.**
- p. 9.2: **Horizontal Bar Overview and Explanations: E. Level 7: Add #4.** The flyaway in this routine may be performed either from the overgrip giants or from an undershoot and back swing.
- p. 9.4: **Level 5 Horizontal Bar: #1: Add under Performance Criteria:** "Body hollowed at peak of back swing"
- p. 9.4: **Level 5 Horizontal Bar: Description #5:** Change the special instruction block on the kip to: 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 from the bar, then an additional 1.0 deduction should be taken for the fall.
- p. 9.5: **Level 6 Horizontal Bar: 2nd Special Bonus Note: Change to:** 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.
- p. 9.6: **Level 7 Horizontal Bar: Description #5: Change to:** Undergrip Giant.
- p. 9.6: **Level 7 Horizontal Bar: Description #6: Change to:** Undergrip Giant to immediate pirouette.
- ➔ p. 10.1: To the paragraph at the top of the page **Add: 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.**
- p. 10.1: **A. Routine construction table for levels 8, 9, & 10: Presentation Value and Deductions:**
Change: Fall = 0.8 **to:** Fall = 1.0

p. 10.2: **B. Bonus Points: 1. Special Bonus: b. Vaulting Bonus #3a: *Change to:*** 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)

→ p. 10.3 **C. General Exceptions to the FIG Code of Points: #5 J.O. Skill Exceptions: *Add:*** 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 #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.

p. 10.4: **D. Event Specific Exceptions to the FIG Code of Points: 2. Pommel Horse: *Add c.*** The Junior Program will apply a skewing deduction only one time per value part; not on a “per-circle” basis.

→ p. 10.4: **D. Event Specific Exceptions to the FIG Code of Points: 5 Parallel Bars: e.: *Change to:*** 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.

p. 10.5: **6. Horizontal Bar: c. *Change to:*** 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.

p. 10.5: **6. Horizontal Bar: *Add f.:*** An elgrip hop to undergrip receives an “A” in element group IV. It will receive credit only once per routine.

→ p. 10.5: **6. Horizontal Bar: *Add g.:*** A Jam finishing between Horizontal to 45° above Horizontal will receive an “A” in element group IV.

Respectfully Submitted,



Jeff Robinson – Chairman - 2009-2012 Age Group Competition Committee