

The Unofficial J.O. Program Notes - Part I - General Rules -v100 - 22 Oct 2011

COMPETITION TABLE 2009 - 2012

Level 4 (Comp Only)	Level 5 (Comp Only)	Level 6 (Comp Only)	Level 7 (Comp Only)
15.0 Base Score	15.0 Base Score	15.0 Base Score	15.0 Base Score
0.6 Specified Bonus 0.3 Virtuosity 0.1 Stick Bonus	0.6 Specified Bonus 0.3 Virtuosity 0.1 Stick Bonus	0.6 Specified Bonus 0.3 Virtuosity 0.1 Stick Bonus	0.6 Specified Bonus 0.3 Virtuosity 0.1 Stick Bonus
16.0 Max. Score	16.0 Max. Score	16.0 Max. Score	16.0 Max. Score

Compulsory Vault (Level 4-5-6-7) = 15.0 Base Score + 0.5 Performance Bonus + 0.2 Stick Bonus = 15.7 Max Score

Level 8 (FIG Optional) Using Junior Olympic Program Rules	Level 9 (FIG Optional) Using Junior Olympic Program Rules
Count EG5 first, then highest value each in EG 8 highest values, counted AS ABOVE for D-Score	Count EG5 first, then highest value each in EG 8 highest values, counted AS ABOVE for D-Score
2.5 FIG Element Groups (0.5 x 5 groups) EG5 req.	2.5 FIG Element Groups (0.5 x 5 groups) EG5 req.
EGroups can be fulfilled using skills listed skills* of any value with the exception rules for the dismount (EG5).	EGroups can be fulfilled using skills listed skills* of any value with the exception rules for the dismount (EG5).
10.0 Presentation = E-Score (deductions)	10.0 Presentation = E-Score (deductions)
Values: A=0.1 / B=0.2 / C, D, E, F, G=0.3 (Level 8 only)	Yurchenko allowed 1 salto only, no twist
A value Dismount = +0.5 in Group 5 0.1 Stick Bonus on dismounts which receive full Group 5 credit - added to A-Panel	B dismount = +0.5, A dismount = +0.3 in EG5 0.1 Stick Bonus on dismounts which receive full Group 5 credit - added to A- Panel
A-Panel + B-Panel (10.0) = Start Value	A-Panel + B-Panel (10.0) = Start Value

Level 10 (FIG Optional)	Special Optional Information
Count EG5 first, then highest value each in EG 10 highest values, counted AS ABOVE for D-Score	Difficulty A=0.1, B=0.2, C=0.3, D=0.4, E=0.5, F=0.6 count the best values-chronology for repetition-FIG El. Groups: Each: 0.5 any value, exc. dismt: .5/.3/0 Short Routine < 6 skills = - 1.0 per mssing skill *Listed values=FIG skills+JO listed skills to fill EG Vault: Level 8=1 w. stick / 9-10 see vault bonus Level 8 - No Connection Bonus Dismounts: deliberately performed dismount (not barred by the FIG Code) = min "A" value+ also consideration as a valid "A" skill for EG5. Presentation Deductions (as per FIG) : Sm = 0.1, Med= 0.3, L= 0.5 fall on or off = 1.0 Half int swing = 0.3 / full int swing = 0.5 Stick Bonus= 0.1 stuck when full Gr5 credited
2.5 FIG Element Groups (0.5 x 5 groups) EG5 req. EGroups can be fulfilled using skills listed skills* of any value with the exception rules for the dismount (EG5).	
10.0 Presentation = E-Score (deductions)	
C dismount= +0.5 / B dismt = +0.3 / A= 0.0 in EG5 0.1 Stick Bonus on dismounts which receive full Group 5 credit - added to D-Score	
FIG Group V (Roundoff Entry / Yurchenko) vaults prohibited.: Level 8-prohibited, Level 9-allowed with restrictions**, Level 10-allowed	
D Panel + E Panel (10.0) = Start Value	

FIG C or higher value head-first roll-out skills Level 8 & Level 9-prohibited, Level 10-allowed

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Unless an exception is listed in a USAG Update, all of the latest USAG or national assoc Interpretations are in full effect as written.

Calculating a Start Value for JO Routines

The Junior Olympic Program will Calculate the A Score in the following manner for Levels 8, 9 & 10

- Highest difficulty skill from each EG in order to fulfill the Element Group requirements will be counted first
- Next highest skills up to a maximum of eight counting skills for Level 8 and 9 or ten counting skills for Level 10 will be counted next. The counting skills must include Element Group 5. If the dismount is not recognized for any reason (fall, etc.), you may not count another skill from another group in its place. 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.
- All dismounts must be JO Program recognized as dismount skills in order to receive EG5 credit as a dismount.
- A maximum of 4 skills from any one element group may be counted for the A score.
- Although a JO valued skill should be considered to have its own box, if there is a skill of higher value for which the JO Program has created a skill of lower value and both are done, only the higher value skill is credited. For example, if an exercise both a C value Stutz to HS & a B value (JO exception) Stutz done at a lower angle, only the C value stutz is credited.

Other Information - difficulty

- Any recognizable gymnastics skill which is not listed in the FIG Code of Points, national assoc or USA Gymnastics Interpretations, J.O. Program Manual or Junior Olympic Program Update will receive an A value with no EG credit.
- Short Routines: Less than six parts (skills or elements) recognized in level 8, 9 or 10, deduct 1.0 for each skill/element less than six, taken from the B-Panel (presentation) score. (example: 5 parts -1.0, 4 parts -2.0, etc.)
- Junior Skill Value Exceptions to the FIG Code of Points are listed with the Corresponding Element Groups
- Note: Some previously JO rated A value skills have been eliminated. These skills are now covered by FIG.
- The JO Program will allow straddling of the legs on skills including a strength press or hold.

Uniforms

- **Levels 6-10:** on PH, PB, SR & HB, all gymnasts must wear long competition pants and footwear (socks and or gymnastics shoes). In Junior Olympic competition dark colored competition pants are allowed. On FX & VT, gymnasts may compete in short pants with or without footwear. A competition jersey must be worn in all competition. Level 4-5, long pants, no footwear - no deduction.
- **Levels 4-5:** 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 FX and VT the gymnast may perform with or without footwear.
- All gymnasts are required to wear a shirt or competition top on all events during warm-ups and competition
- No Jewelry of any kind - part of the uniform requirements. Level 4-5 long pants without footwear - no deduction.
- Uniform violations are behavior infractions = 0.3 on each event. Judge will warn gymnast that deduction is each event.

Vault Stick Bonus

Vault Stick Bonus for Level 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. See Vault rules for more info.

Unlisted Skills

Any recognizable gymnastics skill not listed in the FIG Code, national assoc or USA Gymnastics Interpretations, JO Program Manual or JO Program Update will receive an A value with no element group credit. Skills that are not listed in the FIG Code of Points, the national assoc or USAG 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) Junior Olympic Program Coordinator.

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

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General Guidelines

These Notes are *UNOFFICIAL*. Always refer to the USA Gymnastics Junior Olympic Program 2009--2012. **Official updates** will come out from USAG with an official name attached, and will appear on their website. In determining rules to use, the USAG JO Program guide will take precedence, followed by the FIG Code of Points, used with national assoc interpretations. The most current updates for the JO Program may be found on the Web at www.usa-gymnastics.org Other updates to rules will be found on the website of the organization writing them. *Judges are reminded that the goal of USAG is to achieve strict interpretation on all presentation items. Please see USAG Updates for additional performance guidelines on each event.*

Equipment All Specs are F.I.G. unless otherwise stated. Adapted specs in the program in are minimums, however FIG heights may not be exceeded, except where specified by F.I.G.

Judging: JO Judges perform both A and B panel tasks, except in competitions where there are 4 or more judges in a single panel. Minimum score is 1.0

Short Routine - Less than 6 skills deduct 1.0 from the B-Panel score per skill missing

Repeated Exercises: Interruption beyond Gymnast's control, repeat at discretion of Head Judge. Handguard tear during routine, gymnast may repeat, at the discretion of the Head Judge.

Spotting: (Need not recognize skill if gymnast could not have completed on his own)

- Incidental brushing or touching without interrupting the skill: no deduction
- Spotter assists the execution of the skill. Deduct 1.0 and presentation errors
- **All spotting, required or general, must be done by a USAG Professional Member.** Addl assistance may be given by assistant coach who is a Professional Member. **Required Spotter missing: Do not start routine.**
- **Spotter walks away where required: deduct 0.3, and warn that another infraction will disqualify all his athletes on that event that day. Spotter may not spot from surface higher than the allowable competition floor. DO NOT START EXERCISE.**
- **HB & Rings: Spotter required at ALL levels,** required to be in position to safely spot entire performance.
- **Vaulting: between board and landing area (Levels 4-5-6-7).**
- **Required Spotter missing: Do not start routine.** Additional USAG ProM spotters allowed w/o deduction.
- Spotter also allowed: all Classes on parallel Bars,
- **Spotter appears: Floor Exercise / Pommel Horse/Mushroom events: deduct 0.5 (unpermitted spotter)**
- **Behavior deductions are now 0.3, apparatus deductions are now 0.5**

Uniforms: Out of Uniform (WITH warning): 0.3: (taken from the All Around) (**Rules Include: NO Jewelry**)

- **Levels 10-5 PH,SR,PB,HB:** Long solid colored pants and footwear. On **FX,V:** may wear shorts, with or without footwear. All gymnasts must have a competition jersey. **Levels 5-4** only require gymnastics short pants, team T-shirt, socks/shoes. FX, V may compete with or without footwear. See above for more info.
- **All gymnasts required** to wear shirt: all events during warm-ups & competition.

Age: Determined on Sept. 1. Must always be at least 6 yrs. May only move up 1 year based on Sept. 1st. age; only if moving to higher competition level. **Exception for Level 9:** Athletes below required age of 12 for Level 9 may move up to Level 9 through Future Stars: See Official Program Guide/website postings for details. **Specialists:** permitted all levels.

General Presentation: Nominal Handstand: $\pm 15^\circ$ from vertical **Speaking to gymnast:** 0.3 once during routine.

- **Falls off the apparatus:** Deduct 1.0 + presentation errors, gymnast may repeat the part for credit plus additional skill to arrive at start position, Gymnast has 30 seconds to remount, judge will announce time. Coach may ask if skill was credited. Head judge say yes or no. No other discussion. **JO: dismounts may be repeated for value.**
- **JO Program will use FIG Rule** concerning swings to or through handstand or strength holds.
- **A nominal handstand is shown at plus or minus 15° from vertical.**
- **Coach speaks or obvious signal: deduct 0.3 once during routine.**
- **Judges may use 0.05 to better separate gymnasts.**
- **Dismounts: deliberately performed dismount (not barred by the FIG Code) = min "A" value + also consideration as a valid "A" skill for EG5. The Level determines what EG credit an "A" dismount will earn.**
- **Note: USAG will not implement FIG Junior rules and associated prohibition (non-permitting) of elements.**

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JUDGING GUIDELINES

Compulsories

Routine Errors	Deductions
1. Missing Part (0.5 value + 1.0)E panel=total of 1.5 (Part is omitted or not attempted) (Non-Recognized part: 0.5 plus all execution ded.	
2. Routine Composition Error 1x per routine	0.5
3. Fall (defined as per FIG)	1.0
4. Large Error (as per FIG)	0.5
5. Medium Error (as per FIG)	0.3
6. Small Error (as per FIG)	0.1
7. Int. Swing: define per FIG but 0.3 half - 0.5 whole Missing parts from Start Value Routine Comp Err from Presentation (taken once) Added holds = rhythm error, multiple= RCError.	

Definitions:

- A. A “part” is defined as the numbered skill/sequence.
 - B. A “Missing part” is either omitted or unrecognizable.
 - C. A “Partially completed part” (more than 50%) is credited & gets FIG deduction (small - medium - large).
 - D. Routine Comp Err - (RCE) any and all added parts after 1 whole swing or incorrect order - once per routine.
- Swing & required positions=a. Horiz b. 45° c. Vert
Holds-Required holds=2 sec.unless noted; As per FIG
hold less than 2 sec = -0.3, no hold = 0.5

Momentary hold =has definite stop, up to 1 sec. Or -0.1
Run has at least one step

Landings: Deduct as per FIG (for the landing itself)
JO may repeat the dismount for value in both C&O

FX: No specific number of steps in a run

Salto height: FX & dismts: Measure from C. of Gravity

PH: Single leg cuts top leg (cutting leg) at least horiz.
Pendulum Sw, scissors, false sciss: top leg at least horiz

Still Rings: Forward - The line from the shoulders to feet with body position hollow.

Backward - The line from the shoulders to feet with body position in a tight arch.

Vaulting: No ZERO score, as long as the vaulter completes the run to or beyond the board. A zero as defined by FIG, allow a 2nd attempt for each class, deduct 1.0 from start value.

Level 9 & 10 allowed to do Roundoff Entry Vaults.

NO THIRD ATTEMPT. Minimum score awarded: 1.0
(except fail to contact table or board both times = 0.00.)

- Optional Vault Values = Current FIG Code
- Horizontal Bar: Tap swing req on all forw swings.

HB Connection Bonus Any “C” or higher release may be done a 2nd time if done at least once in direct conn.with any other “C” or higher release. Otherwise normal repetition rules apply. Bonus will only if both skills w/o a large error.

Bonus for Compulsories

- Specified Bonus: 0.3 per skill in Levels 4-7: performance as in compulsory routine text w/o a single large deduction. May only be attempted once.
- Virtuosity Bonus: 0.3 total - a Virtuous skill may have up to 0.1 in exec errors and receive Virt. - ea. skill 0.1 only
- Stick Bonus: 0.1 awarded for stuck dismount only that receives full element group credit.
- Compulsory Maximum score including bonus is 16.0
- Vt: Performance Bonus of 0.1/0.3/ 0.5 | Stick Bonus = 0.2

Bonus for Optionals

Level 8 - No Connection Bonus

~~Level 8&9: +0.3 for each additional Element Group~~

FX: +0.1 for each double salto w/o a large error

Rings: EG3 or EG4 B value or higher strength w/o large error

Stick Bonus (must earn full EG5 credit)

- Level 8 A or above = 0.1 Bonus
- Level 9 B or above = 0.1 Bonus
- Level 10 C or above = 0.1 Bonus
- JO Valued Skills - okay for connection bonus

J.O. Program Dismount Rule

- Level 10: C dismt=full Element Group Credit
B dismt = + 0.3, A = No EG credit
- Level 9 B dismt = full EG / A = +0.3 for E.G.
- Level 8 : A dismt=Full element Group Credit

J.O. Optional Vault Bonus Table

(1. must be different families but may be same 2nd flight)

(2. both must be flipping vaults)

(3. Panel must agree: no large deduction on 2nd vault)

Bonus Awarded for Combined Start Value

Level 9 (No Yurchenko style vaults) (RO entry w. 1 salto and no twists are OK)

7.6 to 8.3	0.2
8.4 to 9.1	0.3
9.2 to 9.9	0.4
10.0 to 10.7	0.5
10.8 and above	0.6

Bonus Awarded for Combined Start Value

Level 10

8.4 to 9.1	0.2
9.2 to 9.9	0.3
10.0 to 10.7	0.4
10.8 to 11.5	0.5
11.6 and above	0.6

Stick Bonus (9/10) +0.1 on 1st & on 2nd vault if it qualifies for bonus through both difficulty and execution.

HB Bonus Exceptions

- Any C-Release (EG2) +0.1
- Quintero to Elgrip (E) or Any “D” release except the Kovacs – Bonus = 0.2
- Kovacs, Any “E” (Excluding Quintero to Elgrip) or Any “F” – Bonus = 0.3

EQUIPMENT SPECIFICATIONS - MATS

SEE THE USA GYMNASTICS JUNIOR OLYMPIC PROGRAM

(All specifications of equipment and mats are FIG unless otherwise stated)

The following information regarding mats and landing surfaces is excerpted from the JO Program book. Check the Equipment Specifications for a thorough explanation of mats, apparatus heights, & requirements. While the JO Program has certain modified minimum heights, the FIG heights may not be exceeded, except as allowed by FIG.

Additional mats can be used by Level 10 and Level 9 as follows:

Floor Exercise: 1 additional 4" landing mat can be used for landings of "C" or better skills. However, the mats must be left in place throughout the routine.

Pommel Horse: An additional mat can be used to mount the apparatus.

Still Rings: The landing surface may be raised to height of 20". An additional safety cushion of up to 8" may be used in **ALL LEVELS** for landings.

Vault: An additional safety cushion of up to 8" may be used.

Parallel Bars: An additional safety cushion of up to 8" may be used.

Horizontal Bar: The landing surface may be raised to height of 20". An additional safety cushion of up to 8" may be used in **ALL LEVELS** for landings.

Mounts: Panel Mat acceptable all apparatus, A board may only be used at V & PB.

Board used inside PB uprights on mounts: must be removed immediately for safety or deduct 0.2 unsportmanlike..

Minimum Recommended Landing Mat Specifications

for

J.O. Boys LEVELS 4 -10

	LEVEL 4	LEVEL 5	LEVEL 6	LEVEL 7	LEVEL 8	Jr. Elite 9	Jr. Elite 10
Floor Exercise	USAG ('6x40') Minimum 1 1/4" Thick		FIG (40'x40') 1 1/4" - 7" Thick				
Pommel Horse	12' x 12' x 10cm						
Mushroom (Training Pod)	10' x 10' x 10cm			N/A			
Rings	8' x 15 1/2' x 20 cm						
Vault	8' x 15 1/2' x 30 cm						
Parallel Bars	14' x 16 x 20 cm						
Horizontal Bar	8' x 30' x 30 cm						

See the JO Program Guide for important equipment measurements for each event at each level. There are no minimum height requirements on all apparatus. If not specified it is FIG Specs - note PB may never exceed FIG height.

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FIG Element Groups

All levels require all five groups

Always count the dismount first (important in FX & PH)

An exercise without a dismount can only count 9 total skills

Floor Exercise

1. Non-Acrobatic
2. Acrobatic forward
3. Acrobatic backward
4. Acrobatic side or Arabian

(5) Dismount is required, not from Gr I.

Count skill as Gr5, but still for total skills in orig Grp..

Pommel Horse

1. Legwork, scissors
2. Circles, spindles
3. Travels
4. Kehres and wendeswings, flops
5. Dismounts

Still Rings

1. Kip and swing elements
2. Swing to handstands
3. Swing to strength holds
4. Strength hold elements
5. Dismounts

Parallel Bars

1. Support on 2 rails
2. Upper arm on bars
3. Giants - Glides - Moys
4. Baskets and Casts
5. Dismounts

Horizontal Bar

1. Long hang swings
2. Flight elements
3. In bar
4. Elgrip or dorsal
5. Dismounts

NOTES

Floor Exercise:

- 1 additional landing mat of up to 4" can be used for landings of "C," "D," "E" or "F" skills. The mat must be left in place throughout the routine.
- Any Circle or Flair to handstand – "C" in element group I
- 0.1 bonus for any skill which includes a double salto with no large error in execution

Pommel Horse:

- Any Circle/Flair to HS – "C" in EG2 (during) or EG5 (if as a dismount). Any dismount that achieves a nominal HS will receive full EG group credit and a max of 0.5 in execution deduction.
- The Junior Program will award a "C" Flop combination for Direct Stockli-B to Direct Stockli-B or Direct Stockli-B to Pommel Loop

All skills start and finish in front support.

JO will apply a skewing deduction only one time per value part; not on a "per-circle" basis.

Rings

- Bent arm shoot now covered by national Interps as per FIG
- Any "B" value or higher strength element from EG3 or EG4 will receive 0.1 in bonus with no large error in execution
- ~~EG4 Strength skills can fulfill the EG for either EG3 / EG4~~

Parallel Bars

- Stutzkehr* - 45° to 74° above horizontal =B EG1
- Back toss* - 45° to 74° above horizontal =B EG1
- Peachbasket* – From any support or from stand with straight arms to support below nominal HS = B EG4 (may credit this & Peach HS) FIG Chronology does not apply here
- There will be no deduction for an empty swing when moving from a value skill to a swing to an FIG Element Group III skill or any variation of a peach basket to support
- Giant Swing - straight arms to any support position lower than nominal HS = B in EG3
- Front and Back salto dismounts now under the JO dismount rule

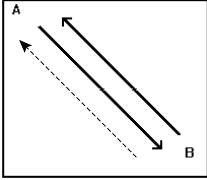
Horizontal Bar

- Max of up to 5 fwd and bwd body movements (of which the 5th must be a skill (i.e. stemme, free hip circle, Stalder, etc.) allowed w/o deduction. Inclusion of a 'back-uprise' action, even to partial support, on up to the 4th movement will be allowed w/o deduction.
- flyaways fwd and bwd now under the JO dismount rule.
- Releases – Bonus will be applied to group II elements (with no large error in execution) as follows:
 - Any "C" release – Bonus = 0.1
 - Quintero to Elgrip (E) or Any "D" release except the Kovacs – Bonus = 0.2
 - Kovacs, Any "E" (Excluding Quintero to Elgrip) or Any "F" – Bonus = 0.3
 - Any "C" or higher release may be done a 2nd time if done at least once in direct connection with any other "C" or higher release. Otherwise normal repetition rules apply. This bonus will only be applied if neither element performed with a large error in execution.
- JO 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 "A" value and no element group.
- **An elgrip hop to undergrip receives an "A" in El. Group IV one time only in a routine.**

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FLOOR EXERCISE

All arm positions are optional

Level 4: 15.0 +0.6 +0.3+0.1 = 16.0	Level 6: 15.0 +0.6 +0.3+0.1 = 16.0	Level 7: 15.0 +0.6 +0.3+0.1 = 16.0
<p>1. Step, Lunge -kick to HS fwd roll to (<i>HS hold ok</i>)</p> <p>2. Jump, hurdle & cartwheel <i>lunge:Don't turn shoulders early</i> Immed side chassé, cartwheel 1/4 t, close legs together at floor Facing A and</p> <p>3. Tuck pike or ext back roll to hollow prone sup (<i>Back extension roll action may be shown</i>)</p> <p>4. One push up <i>Straight body on pushup</i></p> <p>5. Press w str arms to straddle stand <i>hold ok</i></p> <p>6. Straddled press to headstand <i>2sec hold</i></p> <p>7. Fwd roll to piked sit, straddle legs to pancake split <i>Momentary hold of split, hold allowed, not required</i></p> <p>8. Sit up facing A, close legs, roll back to candlestick position immed roll fwd to stand <i>Show full body ext thru candlestick, no stop</i></p> <p>9. Lift either leg back to Arabesque stand (<i>2 sec</i>) Close legs to stand</p> <p>10 Run, hurdle to RO, rebound to stand</p> <p><u>SpecBon#6 Strad Press HS,(no hold required)</u></p> <p><u>Spec Bon#10: Run, Hurdle, RO back handspring rebound</u></p>	<p>1. Run, hurdle, front handsprg, Step out, to front handspring (Rebound allowed)</p> <p>2. With either leg, Step fwd, lunge & kick to HS (<i>mom hold ok not req</i>) straight arm fwd roll, jump ½ turn to stand facing A</p> <p>3. Back ext roll with straight arms to HS lower to straight-arm prone support pos. Raise hips bring either leg around to front split (<i>mom hold req</i>)</p> <p>4. Move other leg fwd to pike sit. Roll bkward thru candlestick pos (<i>full ext - stop or no hold</i>) immed roll fwd while straddling legs to a straddled stand <i>Stalder(Endo action ok but not req)</i></p> <p>5. Press to HS (hold) - Str arm fwd roll to stand</p> <p>6. Run, punch, tucked front somersault.</p> <p>7. Step fwd either leg, lunge and kick HS str arm forward roll thru tuck position, place hands on floor-pike up to HS 360° piro (<i>3-4 hand places</i>)</p> <p>8. Roll forw to one-knee stand 180° t to stand face B</p> <p>9. Front Scale <i>2 sec hold</i></p> <p>10. Run, hurdle Roundoff, back handspring, back salto tucked</p> <p><u>Specified Bonus: In #4, From Candlestick position, Stalder (Endo) roll to handstand w. momentary hold, in #5. (hold in straddle-L and Handstand allowed)</u></p> <p><u>Specified Bonus: In #10, Run, hurdle, round-off, back handspring, back handspring, back tuck somersault</u></p> <p>Patterns Level 4 (solid) A B A Level 5,6,7 (add dashed line) A B A B</p> 	<p>1. Run, Roundoff, flip-flop, layout back salto salto head height, note full twsiting salto may be used instead</p> <p>2. Back ext roll to early 180° reverse piro to HS to prone position. Pirouette initiated prior to nom HS. 1-2 hand placements allowed on pirouette.</p> <p>3. Move either leg forw to split. mom hold</p> <p>4. From any split: bent body strad press to Handstand (2 sec hold)</p> <p>5. Open Corner transition (must meet FIG requirements).</p> <p>6. Run, hurdle, front handspring step-out, front handspring,</p> <p>7. Front salto -tuck pike or stretch salto at shoulder height, prone fall or rebounding skill after front salto not allowed</p> <p>8. Open Corner Transition (must meet FIG requirements).</p> <p>9. Run hurdle RO flip-flop flip-flop</p> <p>10. Back Salto, tuck pike or layout</p> <p>Specified Bonus: In #6, Run, hurdle, front Handspring, boulder (flyspring) into #7</p> <p>Specified Bonus: in #9, Run, hurdle, roundoff, whip back, back handspring into #10 or Run, hurdle, round-off, back handspring, whip back, back handspring into #10</p>
<p>Level 5: 15.0 +0.6 +0.3+0.1 = 16.0</p> <p>1. Run, hurdle, front handspring <i>Rebound allowed</i></p> <p>2. With either leg, step fwd & kick to HS, straight arm roll out <i>No hold of HS required</i></p> <p>3. Pike up to handstand <i>No hold req</i> Fwd 180° pirouette <i>1 or 2 hand placements</i> Pike down to</p> <p>4. Straight arm back ext roll, lower to prone Press to Straddle Stand. <i>Tuck or pike back ext roll thru hs Momentary hold of straddle stand req, hold ok</i></p> <p>5. Jump to straight arm straddled press to momentary handstand req (2 sec hold allowed)</p> <p>6. Straight arm, forward roll to piked sit. Straddle legs to pancake split.</p> <p>7. Sit up facing A, close leg Roll forw to straddle stand s, roll back through a candlestick, & immed roll fwd to stand. <i>Show full body ext moving thru candlestick No stop or hold</i></p> <p>8. Run, punch straight dive roll to stand (<i>hollowed or tight arch allowed</i>), step fwd w either leg: fwd chassé to cartwheel to straddled stand, then ¼ turn forward and lunge facing A</p> <p>9. Front scale (hold) step forw with lifted leg, while turning 180° bring legs together finish facing B. <i>Lunge: frt foot slight turn out bk heel dn 2 second hold of scale, chest&leg horiz</i></p> <p>10 Run, hurdle RO, flip-flop, rebound to stand</p> <p><u>SpecBonus#5 Str arm strad press to HS (mom hold)</u></p> <p><u>Spec Bonus #10 Run, RO 2x Flic Flac, rebound</u></p>	<p>FIG C or higher value head-first roll-out skills prohibited: Level 8-prohibited, Level 9-prohibited, Level 10-allowed</p>	

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Rings

Level 4 = 15.0+0.6+0.3+0.1=16.0	Level 6 = 15.0+0.6+0.3+0.1=16.0	Level 7 = 15.0+0.6+0.3+0.1=16.0
<p>1. Fr strght arm hang, pull up to flexed arm hang (<i>head betw rings</i>) <i>mom hold req</i></p> <p>2. Lower to straight arm hang, raise legs to hanging "L"-hold <i>2 sec hold on "L"</i></p> <p>3. "Drop" legs and swing backward <i>Back swing to 45° below horiz</i></p> <p>4. Swing fwd Swing bwd (<i>turnover swing shown-feet at shoulder height</i>)</p> <p>5. Swing fwd Swing bwd (<i>turnover swing shown-feet at shoulder height</i>)</p> <p>6. Swing fwd to str body inv hang (<i>mom hold</i>) <i>momentary hold-inv hang</i></p> <p>7. Lower legs to piked inv hang (<i>momentary hold-piked inv hang</i>)</p> <p>8. Lower to German hang (skin the cat position - 2 sec hold in German hang)</p> <p>9. Drop to landing</p> <p>Spec Bonus: One additional pull-up before raising legs to hanging L in #2</p> <p>Spec Bonus: Extend body to back-lever position with momentary hold before lowering to German hang in #9</p>	<p>1 Lift body to str inv hang (<i>Bent arms ok</i>)</p> <p>2. Cast fwd to back swing, swing forward (<i>turnover - feet ring ht</i>)</p> <p>3. Swing back to Back uprise L (hold)</p> <p>4. Rotate back thru sup, roll down to pike inv hang extend horiz to back lever (2sec)</p> <p>5. Lower to German hang (mom), pull up to pike inv hang, immed cast-back swing</p> <p>6. Front swing -back swing - to immed</p> <p>7. Inlocate - inlocate (both stretched)</p> <p>8. Back swing - front swing to immed</p> <p>9. Dislocate-dislocate <i>stretched position</i></p> <p>10 Front sw to layout back flyaway dismt at ring height</p> <p>(Fwd & Bwd swings: Feet at ring height)</p> <p>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. (Pike or straddle press allowed) (2 sec. hold of handstand required) Rotate backward through support and roll down to piked inverted hang in #4</p> <p>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</p> <p><i>Note, on each bonus element: Bonus should be awarded if there is no single large error on the handstand and if there are no more than 0.5 in presentation deductions in the press to handstand.</i></p> <ul style="list-style-type: none"> • <i>Presentation errors in the press will not be counted against exercise presentation.</i> • <i>Presentation errors in the handstand will count against exercise presentation.</i> <p>No spotter deduction on fall from HS (just deduct for the fall and execution)</p>	<p>1 Lift body to str inv hang (<i>Bent arms ok</i>)</p> <p>2. Lower to pike inv hang immed cast to</p> <p>3. Back uprise to L support <i>Back uprise finish w str body and feet 45° below horiz, 2 sec hold of L supp</i></p> <p>4. Press to tucked planche, return to L support <i>2 sec hold of planche straight arms, hips lift away from shoulders, 2 sec hold on L sit</i></p> <p>5. Bent arm-bent body, pike or straddle press HS w feet on inside of cables (2sec hold) use of cables required ok without cables if successful.</p> <p>6. Lower down from Hs using feet on cables to shoulder stand without feet on cables. (<i>Hold of shoulder stand allowed</i>)</p> <p>7. Bail -inlocate -inlocate stretched (each)</p> <p>8. Swing Bwd, Swing Fwd (<i>turnover sw</i>)</p> <p>9. Dislocate-Dislocate stretched Hips at ring height</p> <p>10. Swing to layout flyaway (<i>tucked double back dismount allowed</i>) <i>Salto ring height (bottom of ring), flyaway must show rise</i></p> <p>Specified Bonus: in #4, Straddled planche held for 2 seconds</p> <p>Specified Bonus: in #5, Handstand held for an additional 3 seconds with feet together and off the cables. (Once again, the handstand must be shown for 2 seconds with the feet on the inside of the cables in order to facilitate full extension in the handstand.)</p>
<p style="text-align: center;"><i>Level 5 = 15.0+0.6+0.3+0.1=16.0</i></p> <p>1. From straight arm hang with false grip, muscle up suppt spotter assist ok <i>No Slack in cables</i></p> <p><u>SpecBonus: From straight arm hang muscle up to support w/o assistance pike in hips ok</u></p> <p>2. Straight body straight arm support with the rings turned out (hold) <i>2 sec hold on support</i></p> <p>3. Lift legs fwd & Roll bwd to pike inv hang <i>bent arms ok</i></p> <p><u>SpecBon From piked inv hang, extend back horiz into back lever pos hold 2sec</u></p> <p>4. Lower to German hang <i>mom hold req</i></p> <p>5. Pull out to pike inv hang <i>Immed Cast</i> to swing bwd,</p> <p>6. Swing fwd Swing bwd</p> <p>7. Swing fwd Swing bwd to immediate</p> <p>8. Inlocate (Straight) to swing backward</p> <p>9. Swing fwd, swing bwd</p> <p>10. Swing fwd straddled flyaway dismount <i>feet at ring height</i></p>	<div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><i>Lvl 4-5-6: Back lever hand pos optional</i></p> <p><i>Lvl 4-5-6 Moving from Straddle L to L seat is acceptable.</i></p> <p><i>Lvl 6 - attempted HS for bonus and fall - deduct 0.5, not value of shoulderstand.</i></p> </div>	

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Vaulting

LEVEL 4 = 15.0 + 0.5 + 0.2 = 15.7	LEVEL 6 = 15.0 + 0.5 + 0.2 = 15.7	LEVEL 7 = 15.0 + 0.5 + 0.2 = 15.7
<p>(Straight Jump) 1. Run from minimum 20 to maximum 60 feet <i>run must show acceleration</i> 2. Under-arm swing or arm circle must be shown 3. Hurdle and underarm swing when approaching the spring board <i>feet must be front of hips on contact with sprngboard</i> <i>underarm swing= begin below shoulders - lift directly through hurdle</i> 4. Straight jump to mats <i>mats 50 cm high</i> 5. Straight arms must reach vertical at or before peak of height <i>hips must show distinct rise</i> 6. Landing: <i>all landing deductions as per FIG, no distance deductions</i> Level 4 and 5 <i>Coach must stand between board and landing area to spot</i> <i>Board set at a maximum of 12 in from mats</i> <i>Base mat is 6 x 12 x 30cm addl.</i></p> <p>(Front Salto) Level 5= 15.0 + 0.5 + 0.2 = 15.7 1. Run from minimum 20 to maximum 60 feet <i>Run must show acceleration, distinct knee lift of front leg in stride,</i> 2. Under-arm swing or arm circle must be shown 3. Hurdle and underarm swing when approaching the spring board <i>feet must be front of hips on contact with sprngboard</i> <i>underarm swing= Arm circle action must show hands circling under the hieght of the shoulders</i> 4. front salto <i>mats 50 Cm high</i> 5. Landing: <i>all landing deductions as per FIG, no distance deductions</i></p>	<p style="text-align: center;">Handspring Vault</p> <p><i>Specifications</i> Preflight - Body transitions from hollowed to straight or tightly arched during pre-flight</p> <p>Block- Body transitions from straight or tightly arched to fulkly extended before vertical</p> <p>Postflight:</p> <ul style="list-style-type: none"> • <i>Body should show significant rise in post-flight</i> • <i>Body transitions quickly from stretched to piked and then to stretched again.</i> <p>Landing: <i>all landing deductions as per FIG</i></p> <p>Mats: minimum of 30cm</p>	<p style="text-align: center;">Yamashita Vault</p> <p><i>Specifications</i> Preflight - Body transitions from hollowed to straight or tightly arched during pre-flight</p> <p>Block- Body transitions from straight or tightly arched to fulkly extended before vertical</p> <p><i>piking in preflight - incorrect</i></p> <p>Postflight:</p> <ul style="list-style-type: none"> • <i>Body should show significant rise in post-flight</i> • Body transitions quickly from stretched to piked and then to stretched again. <p>Landing: <i>all landing deductions as per FIG</i></p> <p>Mats: minimum of 30cm</p>
	<p style="text-align: center;"><i>See the Vault Values Table for the Special Bonus rules for Optional Vault levels.</i></p>	
	<p style="text-align: center;"><u>Spotting Rules for All Levels</u></p> <p>For all LEVELS, the coach must stand between the board and the landing area. Do not allow his run if the coach not in position.</p> <p>Only Level 9 & 10 gymnasts may use FIG Category V “Round - off Entry Vaults” and must have the vault collar in place</p> <p>Level 9 athletes may perform a Yurchenko in tucked, piked, or stretched position with only one salto in the post flight and no twist.</p> <p style="text-align: center;">Missed Vault Rule</p> <p>No ZERO score, if vaulter completes the run to or beyond the board . Minimum score for any attempted vault is 1.00 For a zero as defined by FIG, allow a 2nd attempt for each LEVEL, deduct 1.0 from start value of the second vault. NO 3rd ATTEMPT. Minimum score is 1.0 (except w/o completing the run).</p>	

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Parallel Bars

Level 4 = 15.0+0.6+0.3+0.1=16.0	Level 6= 15.0+0.6+0.3+0.1=16.0	Level 7 = 15.0+0.6+0.3+0.1=16.0 10.0
<p>1. From stand, jump to suppt & swing fwd <i>Fwd swing 45° below horizontal Hips open on front swing</i></p> <p>2. Swing Bwd Swing Fwd <i>both horiz</i></p> <p>3. Swing Bwd Swing Fwd <i>both horiz and immediately</i></p> <p>4. Straddle legs to straddle leg pos. on bars</p> <p>5. Immed reach hands in front of legs & lift legs off bars (straddle travel), swing fwd to L position (hold) <i>2 second hold on "L."</i></p> <p>6. Swing Bwd Swing Fwd <i>both horiz</i></p> <p>7. Swing Bwd Swing Fwd <i>both horiz</i></p> <p>8. Swing bkward to dismt over either rail <i>45° above horiz at peak of swing, may move hand to other bar on dismt</i></p> <p>Spec Bonus: In #5, Straight arm bent body Press from straddle sit to "L"</p> <p>Spec Bonus: In #8, Swing to nominal handstand</p>	<p>1. From stand/short run, glide kip to supp</p> <p>2. Swing Bwd, Swing Fwd (Both horiz)</p> <p>3. Swing backward and bail backward swing to horiz prior to bail Moy to upper arm hang hips bar height at catch-open or pike (hand on hand ok)</p> <p>4. Back uprise to support feet above rails, arms straight at completion of bk uprise</p> <p>5. Swing fwd Swing bwd & lower to Straddle L- hold body extended w. hips horiz, Back swing to 45° above horiz prior to leg separation for straddle L 2 sec hold - straddle L. - Backward swing to HS and hold of handstand allowed.</p> <p>6. Press hips above horiz, join legs and extend hips to</p> <p>7. Swing fwd, swing bwd to HS 2sec hold</p> <p>8. Swing Fwd, Swing Bwd (fwd sw> hor)</p> <p>9. Swing forward while straddling legs to seated straddle leg position on bars</p> <p>10. Immediately reach hands in front of legs (to end of bars) and lift legs off bars, (straddle travel) and swing forward. Swing backward and bail to long hang tap-swing forward to tucked flyaway from end of bars. (Hand on hand ok) Flyaway may be tucked, piked or layout position. The flyaway should not travel far from the hands.</p> <p>Specified bonus: in #2, swing backward after glide kip in #1 goes to nominal handstand</p> <p>Specified bonus: in #6, Press to handstand (2 sec. hold)</p>	<p>1. From stand/short run, glide kip to supp</p> <p>2. Swing Bwd, Swing Fwd (Both horiz)</p> <p>3. Swing backward and bail backward swing to horiz prior to bail Moy to upper arm hang hips bar height at catch, open or pike</p> <p>4. Back uprise, controlled swing to L support feet above rails with arms straight at end of uprise <i>2 second hold of L sit</i></p> <p>5. Pike or straddle press to handstand straight arms 2 second hold on hs</p> <p>6. Swing forward and swing backward</p> <p>7. Layaway to front uprise <i>front swing hips above horizontal</i></p> <p>8. Swing bwd to nom HS (hold allowed)</p> <p>9. Swing fwd, swing bwd to pirouette in either direction. (Momentary HS ok)</p> <p>10. Swing forward. Swing backward through handstand with release of either hand and 180° turn over opposite bar to stand (straight body Wende Swing dismount) OR Swing forward, swing backward, swing forward to tucked or layout salto dismount to stand beside the rail.</p> <p>Specified Bonus: In #3, instead of Moy, bail to giant swing with turnover to "L" support in #3. (Giant may go to handstand and swing down to "L") (Hand-on-hand spot allowed on Giant)</p>
<p>Level 5 = 15.0+0.6+0.3+0.1=16.0</p> <p>1. From stand/short run, long hang swing forward (Tap swing not glide swing) <i>Fwd long hang swing to 45° below horiz (bent knees allowed)</i></p> <p>2. Swing Bwd Swing Fwd <i>both horiz</i></p> <p>3. Swing backward to upper arm hang <i>45° below horiz (bent knees allowed)</i></p> <p>4. Swing fwd in upper arm hang to upper arm "cast" position - <i>hips bar height. (mom pause in cast is allowed)</i></p> <p>5. Cast fwd to back uprise to support <i>Back uprise finish feet at bar height</i></p> <p>6. Swing fwd, swing bwd <i>sw to horiz</i></p> <p>7. Swing fwd Swing bwd <i>both horiz</i></p> <p>8. Swing Fwd, Swing Bwd to Nominal HS (Hold of HS allowed)</p> <p>9. Push off to the side dismt - <i>may move hand to other rail on dismt</i></p> <p>Specified Bonus: In #6, Swing backward to nominal handstand</p> <p>Specified Bonus: In #8, handstand held for 3 seconds before pushing off the side for the landing</p>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p><u>An athlete who is too tall to properly perform the Moy to upper-arm support in Level 7 Parallel Bar element # 3 may perform a cast to upper-arm</u></p> </div> <div style="border: 1px solid black; padding: 5px;"> <p><u>PB - Empty Swing exception:</u> No deduction for empty straight arm support swing when moving from a value skill to an FIG EG3 or FIG EG4 skill.</p> </div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center;"><u>PB Optionals</u> <u>Repetition Exception</u> The JO Program will credit both a Peach HS and a JO Exception Peach to support below HS in the same exercise.</p> </div>
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><u>PB - All Levels:</u> Pbars may not exceed F.I.G. maximum height.</p> </div>		

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Horizontal Bar

Level 4 = 15.0+0.6+0.3+0.1=16.0	Level 6 = 15.0+0.6+0.3+0.1=16.0	Level 7 = 15.0+0.6+0.3+0.1=16.0
<p>1. From hang with overgrip, pullover to suppt Momentary pause after pullover allowed</p> <p>2. Cast to Undershoot (hollow but not piked)</p> <p>3. Swing Backward Swing Forward</p> <p>4. Swing backward and hop (simultaneous release) both hands</p> <p>5. Swing forward Swing backward</p> <p>6. Swing fwd w. ½ turn to mixed grip Turn at 45° below horiz w. hollow</p> <p>7. Swing forward in mixed grip Swing backward and change hands to double undergrip</p> <p>8. Swing fwd swing bwd - at peak of back swing drop to feet</p> <p>Spec Bonus: Prior to #1, one overgrip straight-body pull-up (with the chin above the level of the bar) and return to hang</p> <p>Spec Bonus: In #1, pullover done without stop or hesitation to support</p> <hr/> <p>Level 5 = 15.0+0.6+0.3+0.1=16.0</p> <p>1. From hang/small prelim swing in overgrip, cast fwd to swing bwd Body hollowed at peak of back swing</p> <p>2. Swing forward (tap swing), Swing Bwd</p> <p>3. Swing forw and tap to swinging pullover</p> <p>4. Undershoot and Swing backward (body hollowed but not piked)</p> <p>5. Swing fwd and kip to support no tap swing req on fwd sw to kip, stop ok, if kip is performed w/o spot but fails to make support, max deduction=1.0, including spot, but plus 1.0 if fall off</p> <p>6. Cast to back hip circle cast at/above horiz</p> <p>7. Undershoot and Swing backward</p> <p>8. Swing fwd and bwd swing must be horiz - toes lead at peak - each time</p> <p>9. Swing fwd and ½ turn to mixed grip immed block bar and release & drop dismt to feet.</p> <p>Specified Bonus: In #5, kip and immediate cast to any height</p> <p>Specified Bonus: in #6, free hip circle (body straight or slightly hollowed and completely clear of the bar)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>HB Skill Exception - Optional A Jam between horizontal and 45° above = A in EG4, credit only once in a routine.</p> </div>	<p>1. From hang in undergrip, pullover to support continuous rhythm Momentary pause after pullover allowed</p> <p>2. cast fwd to 3/4 front giant full extension of body at or above horizontal</p> <p>3. Hop to double overgrip body at or above horizontal upon release & hollowed</p> <p>4. Swing fwd to immed ½ turn swing fwd in mixed grip Toes lead, str arms, hollow thru ½ t.</p> <p>5. Swing backward in mixed grip, changing to double overgrip at end of swing swing must be horizontal</p> <p>6. Swing forward and kip to support stop allowed</p> <p>7. Cast to 3/4 giant (baby giant) cast to horizontal</p> <p>8. Undershoot - swing bwd</p> <p>9. Swing fwd and tap to tuck/pike/layout flyaway hips bar height at release, stretch body before land, max deduction</p> <p>Specified Bonus: In #2, cast forward to one or two undergrip giants and ¾ giant</p> <p>Specified Bonus: In #7, cast to one or two overgrip giants and ¾ giant <i>Note: deductions will not be taken on the bonus giants. Bonus will be awarded as long as neither giant has a single large error</i></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Level 4-7 General: Tap swing required on all forward swings.</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>High Bar Mounts - Optionals A maximum of 5 forward and backward body movements (of which the 5th must be a stemme or free hip circle) will be allowed without deduction.</p> <p>Also, inclusion of a 'back-uprise' action, even to partial support, on the 4th movement will also be allowed without deduction.</p> </div>	<p>Notes:</p> <p>1. Stalder, Free hip circle or Endo must be initiated from a nominal HS for no deduction and must be completed above 45° for no deduction.</p> <p>2. 5 possible options of Specified Bonus: Can only receive Specified Bonus for 2 of the options (free Hip HS, Endo, Stalder, Toe-on Toeoff, either direction)</p> <p>3. Toe-on Toe may be stooped or straddled</p> <p>1. From hang in overgrip, small preliminary swing - cast forward (stemme) to back swing and uprise to momentary free support and immediately:</p> <p>2. Undershoot to back swing</p> <p>3. Swing forward and kip to support</p> <p>4. Change to undergrip, cast to nominal HS</p> <p>5. Undergrip Giant</p> <p>6. Undergrip Giant to immediate Pirouette (finish within 15° of HS)</p> <p>7. Overgrip giant - Overgrip Giant</p> <p>8. Front swing and ½ turn OR hop ½ t. Either must be completed at 45° above</p> <p>9. Overgrip giant - Overgrip Giant</p> <p>10. Flyaway dismt (undershoot to swing backward-swing fwd, and tap to flyaway dismt is allowed) tuck/pike/layaway ok</p> <p>Specified Bonus: After #5, Endo and one or two additional undergrip giants.</p> <p>Specified Bonus: After #7, Free hip circle, Stalder or piked toe-on-toe-off and one or two additional overgrip giants.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><i>Thanks to Mike Zack for assistance with proofing and corrections</i> v.101 - 12/07/2008 v.102 - 1/24/2010</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><i>Who Found the Errors</i> Lenny Lucarello Mike Zack Nate Dotson Roger Baldwin</p> </div>

