



# 2017-2018 NGJA Junior Olympic Judging Course

<http://www.ngja.org/>

# Acknowledgments

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  - Vault – Billy Callahan
  - Parallel Bars – Jon Portillo
  - High Bar – Evan Shaw
- JORTD in your Region

# Tip for Covering this Material

- This presentation will cover the major updates and changes to the AGCC Manual including Update 3 (July 2017)
- The next slide has a table of contents with links to the various sections of presentation.
- Start with an overview of the JO Program Structure and general guidelines for compulsories and optionals
- The optional levels have the most changes this year. This part of the presentation is divided into events and each part covers the new Jr FIG rules and applicable modifications
- The compulsory levels have less changes. There is an update slide for each event, and then a more in-depth presentation on each level for new judges or to use as a refresher course.
- The final section contains the information and updates for the Technical Sequences

# Presentation Overview

- [General Judging Guidelines](#)
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# General Judging Guidelines

- Document Precedence
  - FIG Overview
  - 2016-2017 Code of Points Review
- Symbols
- Updates to the JO Program
  - FIG vs Jr FIG

# Document Precedence

- Code of Points is the base for all rules
- Start with most recent applicable update then proceed through other sources sequentially

\* USAG Jr. Competitions  
^ USAG Sr. Competitions

FIG COMPETITIONS

MTC Newsletters  
& FAQ Documents

**CODE OF POINTS**

USAG AGCP/JO Updates\*

USAG AGCP/JO Rules\*

USAG – NGJA Interpretation/Updates ^\*

MTC Newsletters & FAQ Docs ^\*

**CODE OF POINTS ^\***

- For all updates, newest takes highest precedence!

# FIG Overview

- FIG Code of Points:

<http://www.fig-gymnastics.com/site/rules/disciplines/art>

- Updates: FIG, NGJA, and USAG websites
  - MTC Newsletters/Updates: After major CoP revisions and prior to major events like Olympics/World Championships
  - Latest: Newsletter #32 released August 2017



# Symbols

- FIG now requires the use of symbols
  - Code of Points lists element's symbol in the code box
  - Increasing standardization throughout the world
  - Tested on the 2017 FIG theory exam
  - FIG symbols introduction:  
[http://www.fig-gymnastics.com/publicdir/rules/files/mag/MAG Symbols Booklet 2015 ENG FINAL 21September2015.pdf](http://www.fig-gymnastics.com/publicdir/rules/files/mag/MAG_Symbols_Booklet_2015_ENG_FINAL_21September2015.pdf)

# Symbols

- Getting Started
  - Start small. Use the most common symbols on each event.
  - Create symbols for compulsory routine skills. The repetition and practice will prepare you for more advanced symboling.
  - Simplify a symbol to be something that works for you.
  - Practice practice practice.

# FIG v. Jr. FIG

- Prohibited skills for Juniors are marked with red dot
  - Not allowed (no credit) in AGCP/JO Optional routines unless specific exception noted.
  - No D or E-panel deduction except for execution/form.
  - SR: Saltos bwd in hang (e.g., Guczoghy & Li Ning type swings)
  - PB: Regrasp in upper arm or bent arm support
- Element Counts: 9+Dismount v. 7+Dismount
  - AGCP L8-L10 dismount requirements are different.
- Special Requirements vary within FIG/Jr. FIG
  - FX: FIG requires double flipping skill; Jr. FIG does NOT
  - SR: Swing handstand skill required for both

# Jr FIG & J.O. L8-L10 Comparison

- General: The Level 8 – 10 judging is very similar to Jr. FIG rules but with a few modifications
  - 6 counting elements are required
    - Less than 6 is -1.0 per skill taken from the “D” Score as a NEUTRAL DEDUCTION. Text is ambiguous.
  - JO “A”s (any recognizable gymnastics skill) are still awarded
  - Matting Violations will be -0.3 in the JO Program
  - Level 8s still use Special Requirements instead of Element Groups.
- Floor
  - Floor Routines will be timed per FIG
  - Level 8 is allowed to repeat one skill one time in connection
  - A 10cm landing mat is allowed for all multiple flipping skills, but it must be left in place throughout the routine

# Jr FIG & J.O. L8-L10 Comparison

- Pommel Horse
  - Partial credit will NOT be awarded for Russians, Travels, or any other listed skill (per FIG; reversal of previous exception).
    - No credit for Russians or traveling Russians that are not followed by a listed element
  - All circles/flairs to Handstand will be awarded a “C” regardless of execution
    - There is NO cap on execution
  - A Global skewing deduction will apply to all “C” and higher longitudinal travels

# Jr FIG & J.O. L8-L10 Comparison

- Still Rings
  - Swing to Handstand is required for Levels 9 and 10 (no exception)
- Vault
  - Yamashita = 1.6 Start Value
  - Yamashita  $\frac{1}{2}$  = 1.8 Start Value
  - Front Handspring Pike  $\frac{1}{2}$  = 3.6 Start Value
- Parallel Bars
  - An empty  $\frac{1}{2}$  swing is allowed into any peach, giant, cast, or Moy
- High Bar
  - Swing  $\frac{1}{2}$  is allowed after any non flipping release
  - JO will continue to use modified credit for Adler skills

# J.O. Routine Construction

- Per FIG, judges now count the highest valued skills in the routine (previously chose to benefit of gymnast regardless of difficulty).
- May still choose *equally valued skills* to the benefit of the athlete as it pertains to Element Groups.
- Cannot choose lower valued skills to benefit Element Group credit.
- For Level 8's, a single skill or combination of skills may only fulfill one Special Requirement

# Old JO v. Jr. FIG Start Value Example

Value	B	A	A	C	D	JO A	B	B	C	C
<b>2.0</b>	<b>0.2</b>	<b>0.0</b>	<b>0.1</b>	<b>0.3</b>	<b>0.4</b>	0.1	<b>0.2</b>	<b>0.2</b>	<b>0.3</b>	<b>0.3</b>
E.G.	III	I	II	III	I	NA	I	I	I	IV
<b>2.0</b>	<b>0.5</b>	<b>0.0</b>	<b>0.5</b>		<b>0.5</b>					<b>0.5</b>

- Only E.G. II skill is an A, but you can choose it to the benefit of the gymnast since you have to count one A.

Value	B	B	A	C	D	JO A	B	B	C	C
<b>2.1</b>	<b>0.2</b>	<b>0.2</b>	<b>0.0</b>	<b>0.3</b>	<b>0.4</b>	0.1	<b>0.2</b>	<b>0.2</b>	<b>0.3</b>	<b>0.3</b>
E.G.	III	I	II	III	I	NA	I	I	I	IV
<b>1.5</b>	<b>0.5</b>	<b>0.5</b>	<b>0.0</b>							<b>0.5</b>

- Only E.G. II skill is an A. However, you have to choose the dismount the 7 highest valued skills first. Thus, no E.G. II.



# Routine Construction #2

SKILL	EG	Value	Count (Y/N)	D-Value	E.G. Value
<b>Scissor 1/2 3/3 travel</b>	<b>I</b>	<b>C</b>	<b>Y</b>	<b>0.3</b>	<b>0.5</b>
<b>Double scissor</b>	<b>I</b>	<b>B</b>	<b>Y</b>	<b>0.2</b>	
<b>Double scissor travel</b>	<b>I</b>	<b>C</b>	<b>Y</b>	<b>0.3</b>	
Circle	II	A	N		
Loop	II	A	N		
<b>Full Spindle (in 2)</b>	<b>II</b>	<b>D</b>	<b>Y</b>	<b>0.4</b>	<b>0.5</b>
<b>Stockli up (from cross support)</b>	<b>II</b>	<b>B</b>	<b>Y</b>	<b>0.2</b>	
<b>Czechkehre</b>	<b>II</b>	<b>B</b>	<b>Y</b>	<b>0.2</b>	
<b>Direct Stockli A</b>	<b>II</b>	<b>B</b>	<b>Y</b>	<b>0.2</b>	
<i>Side Travel</i>	<i>III</i>	<i>A</i>	<i>N</i>		<i>X</i>
Schwabenflank	II	A	N		
<b>Circle to Handstand</b>	<b>IV</b>	<b>JO C</b>	<b>Y</b>	<b>0.3</b>	<b>0.5</b>
				<b>2.1</b>	<b>1.5</b>

# Routine Construction #3

SKILL	EG	Value	Count (Y/N)	D-Value	E.G. Value
<b>Kip rev straddle to hand</b>	<b>III</b>	<b>B</b>	<b>Y</b>	<b>0.2</b>	<b>0.5</b>
<b>Peach handstand</b>	<b>III</b>	<b>D</b>	<b>Y</b>	<b>0.4</b>	
<b>Giant handstand</b>	<b>III</b>	<b>C</b>	<b>Y</b>	<b>0.3</b>	
<b>Moy</b>	<b>III</b>	<b>C</b>	<b>Y</b>	<b>0.3</b>	
Straddle cut to L	I	A	N		
<b>Press handstand</b>	<b>I</b>	<b>B</b>	<b>Y</b>	<b>0.2</b>	<b>0.5</b>
<b>Stutz</b>	<b>I</b>	<b>C</b>	<b>Y</b>	<b>0.3</b>	
<b>Diamadov</b>	<b>I</b>	<b>C</b>	<b>Y</b>	<b>0.3</b>	
<i>Lay away front uprise</i>	<i>II</i>	<i>A</i>	<i>N</i>		<i>X</i>
<b>Layout front full</b>	<b>IV</b>	<b>C</b>	<b>Y</b>	<b>0.3</b>	<b>0.5</b>
				<b>2.3</b>	<b>1.5</b>

# Routine Construction #4 (Level 8)

SKILL	EG	Value	Count (Y/N)	D-Value	S.R. Value
<b>Whip</b>	<b>III</b>	<b>B</b>	<b>Y</b>	<b>0.2</b>	<b>0.5 (SR #3)</b>
<b>Bwd Layout 1/1 Twist</b>	<b>III</b>	<b>B</b>	<b>Y</b>	<b>0.2</b>	<b>X</b>
Hopping Flr 1/1 Spindle up/down	I	D	Y	0.4	
Gogoladze	I	C	Y	0.3	
Split	I	A	N		
Japanese Press Handstand	I	C	Y	0.3	
Front Handspring	II	A	N		
<b>Fwd Front layout 1/1 Twist</b>	<b>II</b>	<b>C</b>	<b>Y</b>	<b>0.3</b>	<b>0.5 (SR #2)</b>
Front Handspring	II	A	N		
<b>Fwd Layout 3/2 Twist</b>	<b>II</b>	<b>C</b>	<b>Y</b>	<b>0.3</b>	
Backhandspring	III	A	N		X
<b>Bwd Layout 2/1 Twist</b>	<b>IV</b>	<b>C</b>	<b>Y</b>	<b>0.3</b>	<b>0.5 (SR #4)</b>
				<b>2.3</b>	<b>1.5</b>

# J.O. Optionals Bonus (L8-10)

- Stick Bonus will be awarded for dismounts that meet the criteria for each level
  - No stick bonus on pommel horse
- Execution Bonus will be awarded for routines with 0.8 or less in deductions that fulfill all EG/SR
  - No execution bonus on vault
- All event specific bonus skills are +0.2 (see revised table)
  - Except “C” Adler is worth +0.1
- Only Level 10s are eligible for Vault Bonus (see table in Update 3)
- Junior Developmental gymnasts are NOT eligible for any bonus

# JO Dismount Requirements

- Level 10
  - “C” Dismount Required
    - “D” = +0.1 Stick Bonus
    - “E+” = +0.2 Stick Bonus
- Level 9
  - “B” Dismount Required
    - “C” = +0.1 Stick Bonus
    - “D+” = +0.2 Stick Bonus
- Level 8
  - “A” or listed Dismount Required
    - “B” = +0.1 Stick Bonus (Except on Floor)
    - “C+” = +0.2 Stick Bonus

# General: JO Rules

- Uniforms – Out of Uniform = -0.3
  - Levels 4 and 5 are only required to wear shorts and a team t-shirt on all events
  - Levels 6-10 are required to wear a competition top at all times; Shorts for floor and vault, and long pants and footwear for all other events. Dark colored pants are allowed
- Coaches' Attire
  - Closed shoes, collared shirt, and slacks, hemmed shorts, or warm-up pants
  - NO Cargo Shorts or hats
  - NO backpacks while spotting

# General: JO Rules

- Spotting
  - Required for High Bar, Still Rings, and Vault
    - The routine should NOT start without the required spotter in position. If the spotter walks away during the routine there is a -0.3 deduction and a warning that if s/he does it again the team will not be allowed to compete on that event the rest of the day
  - Allowed on Parallel Bars
  - -0.5 deduction for spotter present on Floor and Pommel Horse
  - If the spotter assists the deduction is -1.0 plus execution errors
    - There are some allowable spots in compulsory levels
  - If the coach brushes or touches the gymnast without interrupting or assisting there is no deduction

# General: JO Rules

- Falls and Landing Deductions are per FIG
- If the coach speaks to the gymnast during his routine there is a -0.3 behavioral deduction
  - A coach may speak to the gymnast during a fall
- There is NO video review in the JO Program



# General: JO Judging Duties

- Judges will perform both “D” and “E” Jury duties except in cases where there are four or more judges on a panel
  - On Floor and Vault JO Judges will also have the responsibility of Line Judge
  - On Floor JO Judges will also have the responsibility of timer
- Minimum Score in the JO Program is 1.00
- Only one attempt at a routine is allowed
  - A gymnast may repeat his routine at the discretion of the head judge if his routine was interrupted by circumstances outside his control (including a torn hand guard)

# Range of Allowable Scores

"E" Panel Score	Allowable Deviation
9.30 – 10.0	0.10
9.00 – 9.30	0.20
8.60 – 9.00	0.30
8.20 – 8.60	0.40
7.70 – 8.20	0.50
7.20 – 7.70	0.60
<7.20	0.70

# General: Errors and Deductions

Error	Deduction
<b>Compulsory</b>	
Missing Numbered Part	1.0
Routine Composition Error	0.5 (once per routine)
<b>Optional and Compulsory</b>	
Fall	1.0
Large Error	0.5
Medium Error	0.3
Small Error	0.1
Empty Swing (1/2)	0.3
Intermediate Swing (full)	0.5

# General: Common Concerns

- Repetition: A specific skill in a unique CoP box can only be performed once. All further uses are repetition (i.e., “salto fwd tucked and piked”).
- “Special Repetition” (higher value counted) v. “Basic Repetition” (chronological)
- Bringing heels together after all landings
- Multi-salto skills: Deductions per skill (toe flexion, legs apart), not per flip
- Front support as start/end point for circling skills
- Special Requirements (e.g., double flipping skill on FX, swing handstand on SR) must be in counting elements

# Floor

- Element Groups
  - 1. Non-Acro
    - Dismount may not come from Group 1
  - 2. Forward Acro
  - 3. Backward Acro

# Floor: Updates

- Floor Routines will be timed
  - 70 seconds max time with an audible warning at 60 seconds
- Connection Bonus on Floor is now per FIG
  - “B” or “C” + “D” or higher = +0.1
  - “D” or higher + “D” or higher = +0.2
  - Connected skills do not have to be in counting skills to get bonus
- A 10cm mat is allowed for multiple flipping skills
  - Must remain in place (-0.3 deduction)

# Floor: Updates

- A maximum of 2 strength elements may be counted
  - Elements 1.1-1.48 are considered strength elements except:  
1.19 Handstand and 1.31 ½ or 1/1 turn in Handstand
- A maximum of 2 circle, flair, or Russian elements may be counted
- There is NO double flipping skill requirement for Juniors
- The full floor area must be used. The gymnast must go to or from each corner
  - -0.3 neutral deduction

# Floor: Updates

- Jump to prone: Allowed after ***controlled*** landing (part of no value, no E.G. credit)
- Level 8 is allowed to repeat one skill one time in connection



# Floor: Level 8

- Skills and combinations of skills cannot fulfill more than one Special Requirement
- Special Requirements – Worth 0.5 each
  1. Minimum “B” value layout salto backwards
    - Multiple flipping skills fulfill this requirement
    - Whip back does NOT fulfill
  2. Minimum “B” value salto forward
  3. Two saltos in direct connection
    - Repetition of a salto is allowed one time. Chronology rules do not apply
  4. Minimum FIG “A” value dismount
    - Non-FIG dismount will receive partial SR credit (0.3)
    - Must be acrobatic

# Floor: L8: Repetition Examples

- Athlete receives credit for the skills in GREEN and does not receive credit for the skills in RED
- Think, “One skill, one time”
- If multiple repeated skills, choose to the benefit of the athlete

Pass 1: Run - Front Tuck - Front Tuck

Pass 2: Run - Front Tuck

Pass 1: Run - Front Layout 1/1 - Front Tuck

Pass 2: Run - Front Tuck

Pass 1: Run - Front Layout 1/1 - Front Tuck

Pass 2: Run - Front Tuck

Pass 3: Run - Front Layout 1/1

Pass 1: Run - Front Layout 1/1

Pass 2: Run - Front Layout 1/1

Pass 1: Run - Front Layout 1/1 - Front Tuck

Pass 2: Run - Front Layout 1/1 - Front Tuck

# Floor: Bonus

- +0.2 each time
- EG III “D” or higher layout multiple salto
  - Only these listed skills:
    - Double Salto Bwd Stretched (3.52)
    - Tamayo (3.53)
    - Double Salto Bwd Stretched w 3/2 (3.54)
    - Double Salto Bwd Stretched w 1/1 (3.58)
    - Double Salto Bwd Stretched w 2/1 (3.59)
    - Double Salto Bwd Stretched w 5/2 (3.65)
    - Double Salto Bwd Stretched with 3/1 (3.71)

# Pommel Horse

- Element Groups

1. Single leg swings and scissors

2. Circles and flairs, with and/or without spindles and handstands, Kehreswings, Russian wendeswings, flops and combined elements

3. Travel type elements, including Krolls, Tong Fei, Wu, Roth, and traveling spindles

4. Dismounts

# Pommel Horse: Updates

- A global skewing deduction will apply to all “C” and higher value longitudinal travels
- Partial credit will not be awarded for Russians, travels, or any other listed element (per FIG)
- All Russian wendeswings, Russian traveling type elements, flops and combined elements with flops and Russians require a CoP listed element afterwards (circles, Russian wendeswing, travels, etc.) for value. (e.g., no more leg cuts out of Tong Fei).
  - If fall occurs on the follow-up skill, credit for the previously completed element is awarded (i.e., Tong Fei to circle out w/ fall on circle still receives Tong Fei credit)

# Pommel Horse: Updates

- Scissor Handstand requires are change (change facing direction) & for legs to close
- Amplitude (per element) v pike/hip break (per circle). No more global amplitude deduction
- Start positions/orientation of the skill matters
  - $\frac{1}{4}$  czech turn into Russian = start counting Russian after  $\frac{1}{4}$  turn
  - Wende dismount always starts facing in = the last 180° of the Russian is the wende

# Pommel Horse: Updates

- A maximum of 2 Russians are allowed INCLUDING the dismount
- A maximum of 2 Handstand elements are allowed EXCLUDING the dismount
- A maximum of 2 3/3 Cross Support Travels are allowed
  - Skills: 3.41, 3.45, 3.46, 3.47, 3.51, 3.57, 3.58, 3.59
- There is no Stick Bonus on L8-L10 Pommel Horse

# Pommel-less Horse: Level 8

- All allowable skills are listed on L8 pommel-less horse skills table
- Special Requirements = 0.5 each
  1. Minimum  $\frac{1}{2}$  longitudinal travel forward or backward
    - Must be done in cross support
  2. Kehre or Stockli – Minimum  $\frac{1}{2}$  turn
    - $\frac{1}{2}$  turn must be completed in ONE circle and must continue to circles/flairs
  3. Spindle or Russian – minimum  $\frac{1}{2}$  turn
    - $\frac{1}{2}$  turn must be completed in ONE circle and must continue to circles/flairs
  4. Any listed pommel-less horse dismount
    - There are NO non-listed dismounts for partial credit



# Pommel Horse: Bonus

- **+0.2 for each time**
- ***EGII (Any E or Higher including E Flops)***
  - Any E Flop
  - Any Side Support 1/2 Spindle w hand support to other side and return (2.29)
  - Side Support 1/1 Spindle w both hands outside pommels (2.30)
  - Cross Support 1/1 Spindle w both hands between the pommels (2.35)
  - 1/1 Spindle on the pommels (2.41)
- Busnari (2.54) (eligible for level 8)
- Sohn (2.65)
- Bezugo (2.83)
- 1080° Russian on one pommel or between the pommels (2.113)
- ***EGIII (Any E or Higher Travel with 360° or greater turn)***
  - Wu (3.83) (eligible for level 8)
  - Vammen - Cross Support on the leather Russian 360° or 540° over both pommels (3.89)

# Rings

- Element Groups

1. Kip and swing elements & swings through or to handstand (2sec)
2. Strength elements and hold elements (2sec)
3. Swing to strength hold elements (2sec)
4. Dismounts

# Rings: Updates

- Max of 1 final strength position from each E.G. (i.e., one E.G. II cross and one E.G. III cross permitted). *Choose higher valued if repeated within E.G.*
- Minimum swinging E.G. I “B” required to breakup sequence of more than three E.G. II and E.G. III skills
- Back uprise straddle L (E.G. I #68) can break E.G. II & III sequence; that straddle L NOT considered final strength position for repetition purposes

# Rings: Updates

- Swing to handstand with 2 sec hold required (D-panel deduction = 0.3); even for Jr. FIG
- Levels 8 and 9 are only allowed one Honma type skill from EGI and one Honma type skill from EGIII

# Rings: Level 8

- No FIG swing handstand is required at level 8
- Special Requirements
  1. Handstand
  2. Minimum FIG “A” value skill in support
  3. Inlocate or Dislocate with shoulders at ring height or Giant
    - Skills below ring height will receive partial SR credit (0.3)
  4. Minimum FIG “A” value dismount
    - Non-FIG dismount will receive partial SR credit (0.3)

# Rings: Bonus

- All Bonus is +0.2 for each eligible skill performed
- Any EGII or EGIII “C” or higher value strength skill

# Vault: Updates

- There is no Execution Bonus on vault
- Levels 8 and 9 are not allowed to perform multiple flipping vaults
- Level 8 is only allowed to do tuck, pike, or stretched Yurchenko (no twists)
- Yamashita (1.6) and Yamashita  $\frac{1}{2}$  (1.8) are allowed vaults
- Front Handspring Front Pike  $\frac{1}{2}$  = 3.6

# Vault: Bonus

- Level 10 ONLY
- A Single Vault of 5.0 Start or two vaults where the second vault meets the following criteria:
  - The first vault is scored normally. If the first 5.0 SV vault has a single large error the gymnast may elect to do a second vault for bonus
  - The second vault must be immediately following the first
  - Vault must be from different FIG groups, but may have the same second flight
  - Both vaults must have a salto in the second flight
  - The second vault may not have a single large error



# Vault: Bonus

- One vault below the 5.0 SV is only eligible for +0.1 Stick Bonus

Sum of Start Values for 2 Vaults	Vault Bonus	Stick Bonus
7.6 – 8.7	+0.2	+0.1 each vault
8.8 and higher	+0.4	+0.1 each vault
Single Vault Start Value 5.0+	Vault Bonus	Stick Bonus
5.0 or higher	+0.6	+0.2

# Parallel Bars

- Element Groups

1. Elements in support or though support on 2 bars
2. Elements starting in upper arm position
3. Long swings in hang on 1 or 2 bars and underswings
4. Dismounts

# Parallel Bars: Updates

- For levels 8 and 9 a Stutz to support is a “B” EGI
- For levels 8 and 9 a Giant to support is a “B” EGIII
  - These “virtual” skills can not be done in addition to their real counterparts in the code. A routine that contains a JO “B” stutz and a FIG “C” stutz will only get credit for the FIG “C”
- For all levels an empty  $\frac{1}{2}$  swing is allowed before any giant, peach, cast, or Moy

# Parallel Bars: Updates

- On all Moy and Giant Bwd. Swings, legs may not bend until body is horizontal
- Flipping/regrasping skills must exhibit both open/ prep & control (may incur both errors):
  - Lack of extension at horizontal regrasping after saltos: 0.1 or 0.3
  - Uncontrolled regrasping after saltos: 0.3 or 0.5
- Special Repetition: Max 2 Giants to handstand & Max 2 Peach to Handstand

# Parallel Bars: Level 8

- Special Requirements – Worth 0.5 each
  1. Minimum “B” value long hang or basket skill
  2. Minimum FIG “A” value upper arm skill
  3. Minimum FIG “A” value  $\frac{1}{2}$  turn or more in or through support
  4. Minimum FIG “A” value dismount
    - Non-FIG dismount with receive partial SR credit (0.3)

# Parallel Bars: Bonus

- All Bonus is +0.2 each time
- ***EGI D or higher***
  - Diamidov w 1/4 or 1/2 to Handstand (1.22)
  - Makuts to Upper Arm (1.28)
  - Makuts to Support (1.29)
  - Zonderland (1.30)
  - Back Toss to One Rail Connected to a Healy Element (1.40)
  - Healy (1.70)
  - Healy following a B or higher swing element to one bar (1.71)
  - Gatson 1 (1.76)
  - Gatson 2 (1.77)
  - 5/4 Salto fwd Straddle through support to hang or direct to hang (1.95)
- ***Any EGIII E or higher***
  - Bhavsar (3.05)
  - Giant Diamidov w 1/4 or 1/2 to HS (3.29)
  - Giant Diamidov to 1 rail connected to a Healy Element (3.35)
  - Basket w 1/4, 3/4, or 1/2 to HS (3.107)
  - Basket w 5/4 to HS (3.108)
  - Basket w 1/1 to HS (3.114)
  - Basket through HS to Makuts (3.120)

# High Bar

- Element Groups

1. Long hang swings with and without turns
2. Flight elements
3. In-bar and Adler elements
4. Dismounts

# High Bar: Updates

- Any flight element with salto over the bar requires a giant swing afterward or -0.3 (E-jury deduction)
- Any empty swing 1/2 turn is allowed after non-flipping releases
- Connection Bonus – Flight Elements Only
  - C value + C or higher = +0.1
  - D or higher + D or higher = +0.2
  - Connected skills do NOT have to be in counting skills
- Endo & stalder do not have to come from handstand
- El-grip giant swing (Element I.68) only require going over the top of the bar in el-grip to receive their listed value.



# High Bar: Updates

- Max 2 Adler skills
- Adler elements do NOT have to enter from a handstand position

Adler to Handstand	FIG "C" Value	No Angle Deduction
Adler from 15° to 45°	JO "B" Value	No Angle Deduction
Adler from 44° to Horizontal	JO "A" Value	No Angle Deduction
Adler below Horizontal	JO "A" Value	Angle Deduction (-0.5)

# High Bar: Level 8

- There is no change in direction deduction for level 8
- A pullover mount is allowed for a JO “A” value (no SR credit).
  - Continuous movement is required. A Full stop (-0.5)
- Special Requirements – Worth 0.5 Each
  1. Minimum FIG “A” value in-bar circling skill
  2. Minimum FIG “A” value swing beginning from  $\frac{1}{2}$  turn or more done from overgrip
  3. Minimum FIG “A” value swing beginning from  $\frac{1}{2}$  turn or more done from undergrip
    - For #2 and #3 they must go to handstand, but can change direction
  4. Minimum FIG “A” value dismount
    - Non-FIG dismounts receives partial SR credit (0.3)

# High Bar: Bonus

- EGIII D or higher Adler = +0.2
  - Adler with  $\frac{1}{2}$  turn through handstand (3.64)
  - Adler with 1/1 turn through handstand in undergrip (3.65)
  - Adler with 1/1 turn through handstand in mixed grip (3.76)
- A FIG “C” Adler to handstand = +0.1

# Junior Developmental Optional

- The Junior Developmental (JD) Program provides an opportunity for athletes who may not be able to commit the necessary time required to master more advanced skills on all six events to compete with their teams
- Division 2 – No Element Groups awarded
- Division 1 – Up to 3 FIG Element Groups awarded
- No Bonus
  - No stick bonus, no execution bonus, no bonus skills awarded

# Junior Developmental Optional

- Division 2
  - 6 value parts minimum = 5 skills + Dismount
  - Dismount may be a non-FIG JO “A”
    - Dismount on floor must be an acrobatic skill
  - All skills can be FIG or non-FIG JO “A”s
  - Start Value - “D” Score
    - 10.0 “E” Score + Difficulty
    - No Element Groups
  - Extra swings are allowed on all events and subject only to execution deductions

# Junior Developmental Optional

- Division 1
  - 6 value parts minimum = 5 skills + Dismount
  - Dismount may be a non-FIG JO “A”
    - Dismount on floor must be an acrobatic skill
  - All skills can be FIG or non-FIG JO “A”s
  - Start Value - “D” Score
    - 10.0 “E” Score + Difficulty + Element Groups (up to 1.5)
  - Extra swings are allowed on all events and subject only to execution deductions

# Junior Developmental Optional

- Pommel Horse
  - FIG rule concerning utilization of all 3 parts of the horse will be applied
- Rings
  - No FIG swing to handstand is required
- Vault
  - Yamashita (1.6) and Yamashita  $\frac{1}{2}$  (1.8) are allowed
  - Front Handspring Front Pike  $\frac{1}{2}$  = 3.6
  - NO multiple flipping vaults
  - Only tuck, pike, or stretched Yurchenko (no twists)

# Compulsory: Updates

- A required momentary hold that does not stop = -0.3
- Showing control of a handstand fulfills the requirement for momentary hold
- Clarifications for allowable extra swings
  - PH and SR extra swings/circles are allowed
  - PB No extra swings are allowed
  - HB extra giants are allowed (not basic swings)
- Angular deviation is a judgement call by the official.  
A large error results in no bonus



# Compulsory Floor: Updates

- Level 6 - A jump prior to the headspring is not allowed
- Level 7 - A rebound is not allowed after the layout (or bonus full) the landing is judged pre FIG
- Level 7 - Any “B” FIG press handstand is allowed for the press bonus including a drag press from prone

# Compulsory Pommels: Updates

- Angular deviation (skew) is a judgement call by officials. Skew resulting in a large error will also result in no bonus awarded
- Level 6 -The language used for the Czechkehre has been update
- Level 4 - The deductions listed in the graphic are in addition to the -1.0 for a fall
- Level 5 - A 1/2 spindle may be done in one or two circles
- Level 7 - The video is not an official version of the routine. The text is correct

# Compulsory Rings & Vault: Updates

- Still Rings
  - Level 6 - The definition of 'rise' for the inlocate has been clarified. At ring level is no deduction. No rise = -0.5 and no bonus awarded
  - Level 7 - Tucked planche to "L" - both must show 2 second hold
- Vault
  - Level 5 - Arms may not be overhead during board strike
  - Level 7 - The video is not an official version of the routine. The text is correct

# Compulsory P-Bars: Updates

- Momentary holds for handstands - if a gymnast shows control of the handstand position he has met the requirement for momentary hold
- Level 6 - Moy to support - no intermediate swing is allowed, layaway on swing backward from rear support
- Level 6/7 - A gymnast who is too tall to do a giant with bars at FIG max height may substitute a cast, including a cast to support for bonus
- Level 7 - Specified Bonuses #2 and #3 may be done in any order following Part 9

# Compulsory High Bar: Updates

- Level 4 - Failure to execute a “hop” will be a -0.5 routine composition error instead of a missing part since the entire part has not been omitted
- Level 5 - Either a 3/4 giant or a swinging pullover (hips on the bar) is allowed
- Level 5/6 - An extra swing is not allowed before the kip
- Level 5 - There is a -0.3 deduction for no spotter present on the flyaway
- Level 6 - If Specified Bonuses #2 and #3 are performed Part 7 must be: Cast to free hip circle, two giant swings backward, and 3/4 giant swing backward
- Level 5/6 - There is no angle specified for the free hip. Hip must be free and clear of the bar

# Compulsory: General

- The front matter of each event clearly states technique and performance requirements for all major elements
- Identified Virtuosity (3/routine) is clear, and should be awarded when the criteria are met
- Specified Bonus cannot be awarded with a single large error in the skill
- The Routine Composition Error should be applied one time, globally, to a routine that has all the parts, but they are in the wrong order

# Compulsory: General

- There are 2 Divisions of Compulsory Competition
  - Division 1 – Can add Specified Bonus to the routines – Max Score varies by level
  - Division 2 – Can not add Specified Bonus – Max Score is 10.0
- Routines are constructed of “Parts”. Each numbered part in a routine is worth 1.0
  - If a Part is more than 50% complete it receives credit
- The Start Value (D Score) is calculated by adding:
  - Base Score = 9.5 for all levels
  - Identified Virtuosity = 0.3 for all levels
  - Stick Bonus = 0.2 for all levels
  - Specified Bonus = 1.0-2.0 for Division 1 only

# Compulsory: General

- Routine Composition Error
  - The Parts in the routine are done, but they are out of order
  - -0.5 one time per routine
- Holds
  - Required Holds are 2 seconds unless otherwise stated. Deductions are per FIG
  - Momentary Holds must show stop or control
- Added Parts
  - Added Holds are deducted as rhythm errors



# Compulsory: General

- Awarding Specified Bonus
  - A gymnast may repeat bonus for full credit after a fall
  - No bonus will be awarded if the skill has a single large error
- Awarding Identified Virtuosity
  - Can be awarded if there is a small deduction (-0.1) or less
- Other General Rules
  - All elements on mushroom/PH begin and end in front support
  - For all routines gymnasts must begin with both hands on the mushroom/horse
  - “Ring Level” is defined as the top of the rings

# Level 4

Scoring Elements	Score Values
Base Score	9.5
Identified Virtuosity (+0.1 each)	0.3
Stick Bonus	0.2
<b>Total Max Score Division 2</b>	<b>10.0</b>
Specified Bonus	1.0
<b>Total Max Score Division 1</b>	<b>11.0</b>

# Level 4: Floor

- Identified Virtuosity
  - 2 Second Hold on the Kick to HS (Part 2)
  - Straight arms on the tucked back roll (Part 4)
  - 2 second hold on the press to headstand (Part 6)
- Specified Bonus
  - SB#1 Replace press to headstand with press to handstand (hold 2 seconds for virtuosity)
  - SB#2 Run, hurdle, roundoff, back handspring, rebound (Part 8)
- Specific Judging Criteria
  - No deduction should be taken if a back extension roll is performed
  - Cartwheels should show continuous rhythm
  - The hands should grasp the legs on the tuck jump

# Level 4: Mushroom

- Identified Virtuosity
  - 0.1 or less execution deductions earns +0.3 (Part 1)
- Specified Bonus
  - SB#1 Add 2 double leg circles after Part 1
  - SB#2 Add 2 double leg circles after SB#1
- Specific Judging Criteria
  - Each numbered Part is worth 5.0

# Level 4: Rings

- Identified Virtuosity
  - Swing backwards with turnover greater than horizontal (Part 4)
  - Swing backwards with turnover greater than horizontal (Part 5)
  - Fully extended should flex in German Hang (Part 7)
- Specified Bonus
  - SB#1 Lift legs to hanging “L” for 2 seconds (Part 2)
  - SB#2 Add a back lever with momentary hold (After Part 6)
- Specific Judging Criteria
  - Forward swings may be done with bent or straight arms and there is no height requirement in the front
  - Momentary hold should not be held longer than required

# Level 4: Vault

- Identified Virtuosity
  - Acceleration during run to hurdle (Part 1)
  - Feet in front of hips on board contact (Part 2)
  - Distinct vertical rise from the board (Part 3)
- Specified Bonus
  - There is no specified bonus on vault. Both divisions have a max score of 10.0
- Specific Judging Criteria
  - No vault will receive a 0.0
  - A vault may be repeated one time with a -1.0 deduction

# Level 4: Parallel Bars

- Identified Virtuosity
  - Swing backward to horizontal (Part 1)
  - Swing backward to 45° above horizontal (Part 6)
  - Swing forward to horizontal (Part 7)
- Specified Bonus
  - SB#1 Replace straddle “L” with straddle “V” (Part 3)
  - SB#2 Replace dismount with swing to HS momentary hold to dismount (Part 8)
- Specific Judging Criteria
  - Gymnast may rest his legs on his arms during straddle “L”. There is no deductions for legs above horizontal
  - Gymnast may shift his had to the other bar on the dismount, and may drop between the mats for routines performed on blocks

# Level 4: High Bar

- Identified Virtuosity
  - Hollow body maintained throughout  $\frac{1}{2}$  turn (Part 1)
  - Cast to horizontal (Part 3)
  - Swing backward to horizontal (Part 5)
- Specified Bonus
  - SB#1 Pullover to support without spotter assistance (Part 2)
  - SB#2 Add a back hip circle before undershoot (Part 3)
- Specific Judging Criteria
  - The intent of the routine is to create an understanding of the tap action
  - A hollow or straight body should be emphasized on the back hip circle



# Level 5

Scoring Elements	Score Values
Base Score	9.5
Identified Virtuosity (+0.1 each)	0.3
Stick Bonus	0.2
<b>Total Max Score Division 2</b>	<b>10.0</b>
Specified Bonus	1.5
<b>Total Max Score Division 1</b>	<b>11.5</b>

# Level 5: Floor

- Identified Virtuosity
  - Back extension roll with straight arms(Part 2)
  - 2 second hold of jump press to handstand(Part 4)
  - Sissone with leg split greater than 90° (Part 7)
- Specified Bonus
  - SB#1 Replace jump press with press to handstand
  - SB#2 Replace kick to handstand with kick to handstand full pirouette (Part 6)
  - SB#3 Roundoff two back handsprings (Part 8)
- Specific Judging Criteria
  - The jump press should include minimal jumping
  - The height of the dive roll should be consistent with the gymnast's center of mass.

# Level 5: Mushroom

- Identified Virtuosity
  - 0.1 or less execution deductions each part (Parts 1, 2, and 3)
- Specified Bonus
  - SB#1 Add 2 double leg circles after Part 2
  - SB#2 Add a ½ spindle within one or two circles
  - SB#3 Add two flairs
- Specific Judging Criteria
  - If SB#1 is performed it must be before SB#2 or SB#3. SB#2 and SB#3 may be in any order and without SB#1

# Level 5: Rings

- Identified Virtuosity
  - Fully extended should flex in German Hang (Part 4)
  - Swing backward with turnover greater than horizontal (Part 6)
  - Swing backward with turnover greater than horizontal (Part 7)
- Specified Bonus
  - SB#1 Muscle up without spotter assistance (Part 1)
  - SB#2 After Part 2 lift legs to “L” hold 2 seconds
  - SB#3 Add a back lever with 2 second hold (After Part 3)
- Specific Judging Criteria
  - The athlete should perform as much of the muscle up as possible. The arms should be as extended as possible in false grip before the muscle up

# Level 5: Vault

- Identified Virtuosity
  - Acceleration during run to hurdle (Part 1)
  - Feet in front of hips on board contact (Part 2)
  - Distinct vertical rise from the board (Part 3)
- Specified Bonus
  - There is no specified bonus on vault. Both divisions have a max score of 10.0
- Specific Judging Criteria
  - The front tuck is designed to promote vertical takeoff from the board

# Level 5: Parallel Bars

- Identified Virtuosity
  - Long hang swing backward to hips at bar height (Part 3)
  - Upper arm swing backward with hips at bar height (Part 4)
  - Swing backward to momentary HS (part 9)
- Specified Bonus
  - SB#1 Front Uprise to support (Part 5)
  - SB#2 Replace Part 7 with “V” or Manna hold 2 seconds
  - SB#3 Hold the HS in Part 10 for 2 second
- Specific Judging Criteria
  - Gymnast should only bend his knees through the bottom if necessary

# Level 5: High Bar

- Identified Virtuosity
  - Cast to 45° above horizontal (Part 2)
  - Swing backward or forward to horizontal (Part 7)
  - Swing backward or forward to horizontal (Part 8)
- Specified Bonus
  - SB#1 Freehip circle (Part 2)
  - SB#2 Add baby giant after Part 6
  - SB#3 Add tucked, piked or stretched flyaway (Part 9)
- Specific Judging Criteria
  - If a spotter assists the kip the deduction is -0.5 PLUS all execution. If the gymnast attempts the kip himself and misses it the maximum deduction is -0.5 (unless he falls from the bar = -1.0)

# Level 6

Scoring Elements	Score Values
Base Score	9.5
Identified Virtuosity (+0.1 each)	0.3
Stick Bonus	0.2
<b>Total Max Score Division 2</b>	<b>10.0</b>
Specified Bonus	1.5
<b>Total Max Score Division 1</b>	<b>11.5</b>



# Level 6: Floor

- Identified Virtuosity
  - Sissone with legs split greater than 90° (Part 3)
  - 2 second hold on straddle press handstand (Part 6)
  - Full extension of body prior to landing back tuck (Part 8)
- Specified Bonus
  - SB#1 Front Pike (Part 1)
  - SB#2 Endo roll press handstand (Part 6)
  - SB#3 Add a second back handspring before the back tuck (Part 8)
- Specific Judging Criteria
  - The front handspring step-out should be performed driving landing leg as far behind the body as possible to accelerate into the next front handspring
  - Takeoff for the back tuck should be vertical with the head neutral

# Level 6: Mushroom

- Identified Virtuosity
  - 0.1 or less execution deductions (Part 1)
  - 0.1 or less execution deductions on the Moore (Part 2)
  - Leg separation of 135° or greater on the flairs (Part 4)
- Specified Bonus
  - SB#1 Direct Stockli A after the Moore (Part 3)
  - SB#2 ½ Spindle within two or more flairs (Part 4)
  - SB#3 Add a Russian 270° or 360° (Part 4)
- Specific Judging Criteria
  - All skills begin and end in front support

# Level 6: Rings

- Identified Virtuosity
  - Fully extended should flex in German Hang (Part 2)
  - Swing backwards with turnover greater than horizontal (Part 4)
  - Uprise backward with straight arms (Part 5)
- Specified Bonus
  - SB#1 Hold back lever for 2 seconds (Part 1)
  - SB#2 Press handstand before lowering to shoulder stand (Part 7)
  - SB#3 Add an inlocate (Part 9)
- Specific Judging Criteria
  - Feet may be on the insides of the cables during the handstand and the lower down. No bonus is awarded if the feet or legs wrap around the cables. Max deduction is -0.5 for the press unless the gymnast falls off the apparatus
  - An inlocate that shows no rise receives a large deduction and no bonus is awarded

# Level 6: Vault

- Identified Virtuosity
  - Acceleration during run to hurdle (Part 1)
  - Feet in front of hips on board contact (Part 2)
  - Distinct vertical rise from the table (Part 3)
- Specified Bonus
  - There is no specified bonus on vault. Both divisions have a max score of 10.0
- Specific Judging Criteria
  - No vault will receive a 0.0
  - A vault may be repeated one time with a -1.0 deduction

# Level 6: Parallel Bars

- Identified Virtuosity
  - Swing backward to 45° above horizontal(Part 2)
  - Swing backward to 45° above horizontal (Part 3)
  - Swing backward to momentary handstand(Part 8)
- Specified Bonus
  - SB#1 Moy to support or giant to support (Part 3)
  - SB#2 Front uprise to support (Part 5)
  - SB#3 Straddle “L” hold press to handstand (Part 7)
- Specific Judging Criteria
  - Hand-on-hand spot is allowed for the moy to upper arm, moy to support, and the giant
  - The dismount is intended to introduce a stutz

# Level 6: High Bar

- Identified Virtuosity
  - Cast to 45° above horizontal (Part 2)
  - Blind ½ turn at horizontal (Part 4)
  - Flyaway above bar height (Part 10)
- Specified Bonus
  - SB#1 One of more front giants (Part 2)
  - SB#2 Free hip circle (Part 7)
  - SB#3 Two back giants (Part 7)
- Specific Judging Criteria
  - Max deductions for SB#2 and SB#3 is -0.5 each unless the gymnast falls from the bar
  - If the athlete does the free hip and then falls on the giant he is still awarded +0.5 bonus for the free hip

# Level 7

Scoring Elements	Score Values
Base Score	9.5
Identified Virtuosity (+0.1 each)	0.3
Stick Bonus	0.2
<b>Total Max Score Division 2</b>	<b>10.0</b>
Specified Bonus	2.0
<b>Total Max Score Division 1</b>	<b>12.0</b>

# Level 7: Floor

- Identified Virtuosity
  - Sissone with legs split greater than 90° (Part 3)
  - Swedish fall with top leg past vertical (Part 5)
  - Full body extension prior to landing the back tuck (Part 8)
- Specified Bonus
  - SB#1 Back Full (Part 1)
  - SB#2 Front pike or layout (Part 4)
  - SB#3 Any FIG “B” press (Part 6)
  - SB#4 Add Tempo salto (whip) (Part 8)
- Specific Judging Criteria
  - The routine is intended to be performed in a 60 second time limit. While there is no deduction for exceeding 60 seconds unnecessary or extended stops will be assessed a rhythm deduction



# Level 7: Pommel-less Horse

- Identified Virtuosity
  - 0.1 or less execution deductions (Part 1)
  - 0.1 or less execution deductions (Part 4)
  - 0.1 or less execution deductions (Part 6)
- Specified Bonus
  - SB#1 Flaired front loops (Part 1)
  - SB#2 ½ Spindle (Part 6)
  - SB#3 Magyar
  - SB#4 Sivado
  - SB#5 Russian 270° or more
- Specific Judging Criteria
  - This routine may be performed in any order as long as Parts 3, 4, and 5 are in direct succession
  - Only 4 of the listed bonuses may be used for a maximum of 2.0

# Level 7: Rings

- Identified Virtuosity
  - Straight body, straight arm pull to invert hang (Part 1)
  - Shoulders at ring height during inlocate (Part 4)
  - Shoulders at ring height during dislocates (Part 8)
- Specified Bonus
  - SB#1 Tucked Planche (Part 2)
  - SB#2 Press handstand (Part 3)
  - SB#3 Baby giant to shoulder-stand (Part 3)
  - SB#4 Double salto backwards tucked (Part 9)
- Specific Judging Criteria
  - Feet may be used on the insides of the cables during the handstand and lower down. No bonus is awarded if the feet wrap around the cables
  - The press to handstand max deduction is -0.5 unless the gymnast falls from the bar

# Level 7: Vault

- Identified Virtuosity
  - Acceleration during run to hurdle (Part 1)
  - Feet in front of hips on board contact (Part 2)
  - Distinct vertical rise from the board (Part 3)

Level 7 Vault Table				
Vault	Base Score	Virtuosity	Stick Bonus	Max Score
Divisions I and II				
Front Handspring	9.0	0.3	0.2	9.5
Side Handspring w ¼ twist	9.0	0.3	0.2	9.5
Yamashita	9.0	0.3	0.2	9.5
Division I Only				
Front Handspring 1/1 twist	9.5	0.3	0.2	10.0
Yamashita ½ twist	9.5	0.3	0.2	10.0

# Level 7: Parallel Bars

- Identified Virtuosity
  - Glide Kip with hips at horizontal (Part 1)
  - Straight arm, bent body press handstand (Part 7)
  - Swing backward to handstand with momentary hold (Part8)
- Specified Bonus
  - SB#1 Moy to support or giant to support (Parts 4 and 5)
  - SB#2 Basket to straight arm support (Part 9)
  - SB#3 Pirouette to HS or Stutz to horizontal (Part 9)
  - SB#4 Back layout  $\frac{1}{2}$  or front pike  $\frac{1}{2}$  dismount (Part 10)
- Specific Judging Criteria
  - A hand-on-hand spot is allowed for Moy or giant
  - Additional swings are allowed prior to or following SB#2 and SB#3

# Level 7: High Bar

- Identified Virtuosity
  - Back uprise to 45° above horizontal (Part 1)
  - Pirouette with no angle deduction (Part 6)
  - Flyaway with hips above bar height (Part 9)
- Specified Bonus
  - SB#1 Free hip circle to handstand (Part 1)
  - SB#2 Endo through handstand (Part 5)
  - SB#3 Stalder or toe-on through handstand (Part 7)
  - SB#4 Flyaway from one or more giants (Part 9)
- Specific Judging Criteria
  - A max of 5 forward and backward movements of which the 5<sup>th</sup> must be a skill are allowed without deduction
  - A momentary stop is allowed in Part 4
  - Deductions will apply to improper execution of the tap into the flyway

# Technical Sequences

- The Technical Sequences help to reinforce sound technical execution and exercise presentation throughout an athlete's career
- Technical Sequences are used for athletes 11-13 years old at Future Stars competitions and JE athletes 11-18 years old at some invitationals, State, Regional, and National competitions
  - JE athletes must compete technical sequences at State and Regional meets to qualify to JO Nationals as a JE
  - Technical Sequences are competition day 2 (Finals) at JO Nationals. They help decide National Team placement for Levels 8 and 9 and qualification to USA Championships for Level 10

# Technical Sequences

- Document Precedence
  - The Technical Sequence manual supersedes all other documents with respect to the evaluation of these routines
  - The manual goes into great detail about the expected execution of each skill
- How Technical Sequences are Judged
  - Specific requirements are listed in the Performance Criteria column of each sequence table
  - 3 Specific Technical Emphasis elements are defined at the bottom of each table
  - Deductions are per FIG
  - Additional Virtuosity and Stick Bonus are awarded

# Technical Sequences

- Awarding Bonus

- Virtuosity

- Total of +0.4 available on Floor, Rings, Parallel Bars, and High Bar
    - Total of +0.5 available on Pommel Horse and Vault
    - +0.2 of these tenths are awarded to technical emphasis elements
    - The remaining +0.2 (or +0.3 PH and V) are open and can be awarded for exemplary artistry, virtuosity, or amplitude

- Stick Bonus

- +0.1 is available for final landings on Floor, Rings, Parallel Bars, and High Bar. The bonus is awarded based on FIG landing deductions



# Technical Sequences

Start Value	
Sequence Scoring Component	Point Value
Base Score	9.5
Specific Technical Emphasis Elements – Virtuosity Bonus	0.2
Open Virtuosity Bonus	0.2 (FX, SR, PB, HB) 0.3 (PH, V)
Stick Bonus	0.1 (FX, SR, PB, HB)
<b>Maximum Score</b>	<b>10.0</b>

# Technical Sequences

Allowable Score Range	
Final Score	Deviation
9.60 – 10.0	0.10
9.40 – 9.60	0.20
9.00 – 9.40	0.30
8.50 – 9.00	0.40
8.00 – 8.50	0.50
7.50 – 8.00	0.60
<7.50	0.70

# Technical Sequences

Degree of Execution or Presentation Error	Degree of Deviation From Perfect	Examples
Small Error (deduction 0.1)	0°-15°	Any Minor or Slight deviations or adjustments or violations against technical performance expectations
Medium Error (deduction 0.2)	16°-30°	Any Distinct or Significant deviations or adjustments or violations against technical performance expectations
Large Error (deduction 0.3)	31°-45°	Any Major or Severe deviations or adjustments or violations against technical performance expectations
Falls and Spotter Assistance (deduction 0.5)	N/A	Any fall on or from the apparatus or failure to display momentary control of the element Any assistance by a spotter that contributes to the completion of an element
Composition Errors (deduction 0.5 each)	N/A	All extra swings are considered intermediate swings. All skills performed out of order but not omitted. In all cases this education is in addition to execution
11-14 Extra Circle NO DEDUCTION	N/A	11-14 year old PH only Extra circles are deducted for execution only
Short Hold (Per FIG)	Medium (0.2)	Any hold that demonstrates a stop, but is not held for required amount of time
No Hold (Per FIG)	Large (0.3)	Any hold that does not achieve a complete stop

# Technical Sequences: Updates

- General
  - The deduction for omitting a major part (-2.0) will only apply if the part is completely left out. If 50% of the part is completed it has not been omitted.
  - A second attempt at the part is allowed
  - For 15-18 pommel horse only – the deduction for added circles has been changed to -0.3

# Technical Sequences: Updates

- Floor
  - 11-14 a tuck open salto has been added to the back handspring pass
  - 15-18 a layout has been added to the whip pass
- Pommel Horse
  - 11-14 the language has been changed to specify that 8 hand placements are required in each section
  - 11-14 interpretation related to the travel begin/end point to assist identification of the 8 hand placements
    - For the 11-14 year old Technical Sequence, the 1/3 travel skills (parts #2 and #4) will be deemed to be completed when the trailing hand is past OR on the line that represents the pommels. You then count hand placements for the cross support circles (parts #3 and #5) beginning with the lead hand on the following circle. For example, with a counter-clockwise circle, the left hand crosses the line into the saddle then the right crosses over the line (or contacts the line), then the next left hand placement is the first hand placement counted toward the cross support circle numbered part.
  - 15-18 a single leg sequence has been added
- Still Rings
  - 11-14 one basic swing was eliminated and the back swing angle requirement is now 45° below horizontal

# Technical Sequences: Updates

- Vault
  - No changes
- Parallel Bars
  - 11-14 the height of the peach changes to horizontal
  - 15-18 a hect tap is required for the back uprise
- High Bar
  - No changes

# Technical Sequences: Floor 11-14

- **Specific Technical Emphasis Elements (.1, .2, .3)**
  - #1. Continuous rhythm throughout routine (Deduct globally for entire sequence)
  - #2. Proper turnover with arm pull down technique on back handsprings (Global Part 3)
  - #3. Straight alignment on roundoff passes (Parts 1, 3, and 8 each time)
- **Major Elements - 2.0 Value**
  - Part 1 - Arabian
  - Part 3 - Roundoff 3 back handsprings
  - Part 5 - Front handspring, bounder
  - Part 6 - Dive roll
  - Part 8 - Pike-open somersault

# Technical Sequences: Floor 15-18

- **Specific Technical Emphasis Elements (.1, .2, .3)**
  - #1. Continuous rhythm throughout routine (Deduct globally for entire sequence)
  - #2. Proper turnover with arm pull down technique - back handspring and whip-backs (Global Part 3)
  - #3. Straight alignment on roundoff passes (Parts 1, 3, and 8 each time)
- **Major Elements - 2.0 Value**
  - Part 1 - Arabian
  - Part 3 - Roundoff 3 back handsprings
  - Part 5 - Front handspring, boulder
  - Part 6 - Dive roll
  - Part 8 - Pike-open somersault



# Technical Sequences: PH 11-14

- **Specific Technical Emphasis Elements (.1, .2, .3)**
  - **Virtuosity can be awarded only if execution is (-0.1) for each element for the entire sequence**
  - #1. The hands being “square” or evenly placed on the horse in rear support (No Skew) (Global in each section)
  - #2. Chest and hips in square alignment to the horse (0-15° counter rotation is allowed) at the 1/4 and 3/4 position of the circle (no rollover) (Global in each 1/3 section)
  - #3. Even tempo and rhythm throughout routine (Globally for entire sequence)
- **Major Elements - 2.0 Value**
  - Part 1 - 4 Circles
  - Part 3 - 4 Circles
  - Part 5 - 4 Circles

# Technical Sequences: PH 15-18

- **Additional circles will be judged -0.3 for each plus execution**
- **Specific Technical Emphasis Elements (.1, .2, .3)**
  - #1. Maintaining 90° or greater leg separation throughout Part 1
  - #2. Chest and hips in square alignment to the horse (0-15° counter rotation is allowed) at the 1/4 and 3/4 position of the circle (no rollover) (Global in each Part 2, 4, 5, 6, 7, 8, 9)
  - #3. Acceleration of swing to handstand without interruption (Part 9)
- **Major Elements - 2.0 Value**
  - Parts 1-7
  - Part 9

# Technical Sequences: SR 11-14

- **There is no deduction of excessive swinging of cables**
- **Specific Technical Emphasis Elements (.1, .2, .3)**
  - #1. Feet at a minimum 45° above horizontal on back swing with shoulders at bottom of rings (Parts 2 and 6 each time)
  - #2. Feet between the cables on forward swing (Part 2)
  - #3. Straight body with straight shoulder angle in handstand position (Part 4)
- **Major Elements - 2.0 Value**
  - All Parts

# Technical Sequences: SR 15-18

- **There is no deduction of excessive swinging of cables**
- **Specific Technical Emphasis Elements (.1, .2, .3)**
  - #1. Proper turnover swing to vertical (Parts 6 and 7 each time)
  - #2. Maintaining rings turned out past parallel in all support skills (Parts 2, 3, 4, 5 each time)
  - #3. Straight body with straight shoulder angle in handstand position (Part 5, 6, 7 each time)
- **Major Elements - 2.0 Value**
  - All Parts

# Technical Sequences: Vault 11-14

- **Yamashita**
- **The landing surface is FIG matting plus (2) 8 inch mats - The landing is not evaluated**
- **Specific Technical Emphasis Elements (.1, .2, .3)**
  - #1. Continuous speed and use of arm swing or circle on hurdle (Parts 1, 2)
  - #2. Body alignment at vertical position on board strike (Part 3)
  - #3. Vertical block from table that results in distinct rise (Part 5)

# Technical Sequences: Vault 15-18

- **If a Front Handspring Front Tuck or a Yurchenko Tuck is performed the deduction will be a 2.0 major element deduction**
- **Only one of these vaults is performed**
- **Front Handspring Front Pike – FIG matting plus 1 or 2, 8 inch mats**
- **Specific Technical Emphasis Elements (.1, .2, .3)**
  - #1. Continuous speed and use of arm swing or circle on hurdle (Parts 1, 2)
  - #2. Body alignment at vertical position on board strike (Part 3)
  - #3. Vertical block from table that results in distinct rise (Part 5)
- **Yurchenko Stretched – FIG matting plus 2 8 inch mats**
- **Specific Technical Emphasis Elements (.1, .2, .3)**
  - #1. Continuous speed through hurdle to board with arms pulling down to head height on roundoff (Global Parts 2, 3)
  - #2. Body alignment at vertical position on board strike (Part 3)
  - #3. Vertical block from table that results in distinct rise (Part 5)

# Technical Sequences: PB 11-14

- **Hand-on-Hand spot allowed for Part 6**
- **Specific Technical Emphasis Elements (.1, .2, .3)**
  - #1. Extended straight body position shown on front swings (Parts 2, 7, 10 each time)
  - #2. Giant swing showing no travel (Part 6)
  - Peach Basket showing no travel (Part 8)
- **Major Elements - 2.0 Value**
  - Part 1
  - Part 4
  - Part 6
  - Part 8
  - Part 11
  - Part 12

# Technical Sequences: PB 15-18

- **Refer to PB Exception document for substitution of Peach for athletes who demonstrate they are too tall to perform the giant**
- **Specific Technical Emphasis Elements (.1, .2, .3)**
  - #1. Extended straight body position shown on front swings (Parts 3, 5, 7 each time)
  - #2. Giant swing showing no travel (Part 4)
  - Peach Basket showing no travel (Part 6)
- **Major Elements - 2.0 Value**
  - Part 2
  - Part 4
  - Part 6
  - Part 9
  - Part 10
  - Part 11



# Technical Sequences: HB 11-14

- **On all parts, incorrect grip is (-0.2) medium deduction each time**
- **Specific Technical Emphasis Elements (.1, .2, .3)**
  - #1. Smooth and rhythmical swing shown throughout routine (Global for entire sequence)
  - #2. Straight body line on giant swings to handstand (Parts 3, 5, 7)
  - #3. Dismount shows vertical direction and control (Part 12)
- **Major Elements - 2.0 Value**
  - Part 1
  - Part 2
  - Part 4
  - Part 6
  - Part 8
  - Part 10
  - Part 12

# Technical Sequences: HB 15-18

- **On all parts, incorrect grip is (-0.2) medium deduction each time**
- **Specific Technical Emphasis Elements (.1, .2, .3)**
  - #1. Smooth and rhythmical swing shown throughout routine (Global for entire sequence)
  - #2. Loading the bar at downward vertical in the hang position (Part 10)
  - #3. Dismount shows vertical direction and control (Part 10)
- **Major Elements - 2.0 Value**
  - Parts 1-8
  - Part 10

# Questions?