



Technical Update May 2013

Clarifications and Reminders:

- Individuals at level 8 follow the same rules as other optional levels in that you don't have to do the same number of elements at the same time. For example, the base can tumble a front tuck and the top can tumble round-off back tuck at the same time.
- Clarification for the CJP Ending Early Penalty:
 - If the gymnasts are standing in their ending pose and not moving at all while the music is finishing playing then there is a .3 CJP penalty.
 - There may be times when gymnasts hit their last pose before the last beat of music as part of the choreography of the routine. There may also be times where there are hints of music fading out as the routine ends. These are not deductions.
 - If the gymnast are standing and waiting until they are back with their music and then hit their ending pose with the music this is not a CJP penalty for ending early. This is an artistry deduction for flow. They ended with their music, but they had a break in flow in order to do so.
 - If the gymnasts are in sitting/standing in their ending pose waiting for the music to end and just waving their arms or hands around, they are considered ending early and would get the CJP penalty.
- Level 10 Pairs Balance Clarification
 - Special requirement for pairs of a top transition minimum V4 ending in handstand is revised to say "top transition minimum V4 that BEGINS OR ENDS in handstand"
- Level 8 Tumbling Requirements:
 - RO – Flic-Flic satisfies the series requirement but does not satisfy the requirement of 3 Cat 2 individual elements
 - If you did RO-Flic-Flic you would need to do another different Cat 2 element in order to meet the special requirement of 3 Cat 2 individual elements





- Motions of the Base
 - Reminder that the base can only transition to a position 1 time in an exercise. Going straight to sit and 360 to sit are 2 different motions of the base, so using both of these in an exercise is ok.

