USA GYMNASTICS
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Tech Update
December 20, 2012

Updates and corrections to Junior Olympic Code of Points will be effective immediately. Clarifications to and updates to the FIG Tables of Difficulty are effective immediately unless otherwise noted in *italics*.

Unless otherwise noted, page and section references are to the 2013 Junior Olympic Code of Points for Acrobatic Gymnastics.

UPDATES / CORRECTIONS TO JO COP and Rules & Policies – are effective immediately.

Level Mobility: The following CLARIFICATIONS are in addition to what is published in Rules & Policies 2012.

Rules & Policies – Page 25 to 35

I. All Level Mobility that takes place through the end of 2012 will follow our current rules and requirements as stated in our 2012 Rules and Policies using the Table of Difficulty values in version 2009-2012.

II. As of **January 1, 2013 to February 1, 2013** it will be left up to the coaches' discretion to use the old TOD 2009-2012 or the new TOD 2013-2013 for level mobility. The current rules and requirements in the 2012 Rules and Policies will be followed. As well as, any clarifications included in the Tech Updates for the 2012-2013 competitive season.

III. As of **February 2, 2013** moving forward the new TOD 2013-2016, the new FIG COP 2013-2016, Rules & Policies 2013, and the 2013 JO COP must be used. Any changes or clarifications to our current policies and procedures will be reflected in these new documents.

IV. New Names for levels are:

- **Level 9** remains unchanged (16 and under and 17+)
- **World Age 12-18/Level 10** is our old Level 10
  Ages within the level are: 12-18 & 19+ [Minimum age is 10 years old with one full season of Level 10 competition experience in acrobatic gymnastics or in similar optional gymnastics and has met the requirements of the level mobility process may petition to the Acrobatic Gymnastics Program Committee to be allowed to compete within this level.

  World Age 13-19/Elite is our old Junior Elite Ages within the level are: 13-19 & 20+ [Minimum age is 11 years old with one full season of Level 10 competition experience in acrobatic gymnastics or in similar optional gymnastics and has met the requirements of the level mobility process may

petition to the Acrobatic Gymnastics Program Committee to be allowed to compete within this level.

- **Senior Elite** is our old Elite [Minimum age is 12 years old with one full season of Level 10 competition experience in acrobatic gymnastics or in similar optional gymnastics and has met the requirements of the level mobility process may petition to the Acrobatic Gymnastics Program Committee to be allowed to compete within this level.

V. You may use level mobility to qualify from:

- Level 9 to World Age 12-18/Level 10
- World Age 12-18/Level 10 to World Age 13-19/Elite or Senior Elite
- **Please Note:** International Age 11-16 (page 33-35) can only advance to World Age 12-18/Level 10 **NOT World Age 13-19/Elite or Senior Elite. To advance to World Age 13-19/Elite or Senior Elite you would need to use a skills testing or competition experience for level mobility.**

VI. There will still be Special Requirements to compete Levels 9 and are required for level mobility.

VII. There will still be Special Requirements to compete World Age 12-18/Level 10 and are required for level mobility.

VIII. You still have three options for level mobility.

- #1 – Prior competitive experience
- #2 – Competition Experience
- #3 – Skills Testing

IX. If all partners have competed/qualified as Level 10 previously they may enter at World Age 12-18/Level 10, provided they meet age requirements, without any further level mobility requirements.

X. If all partners have competed/qualified as Junior Elite or Elite previously they may choose to compete as World Age 12-18/Level 10, World Age 13-19/Elite or Senior Elite, provided they meet age requirements, without any further level mobility requirements.

XI. List of approved Evaluators are:

- Selena Chain Peco
- Tonya Case
- Sarah Thomas
- Ivaylo Katsov
- Marie Annonson

JO COP 2013 Update

Replaces pages 56-61

LEVEL 9
REQUIREMENTS

Level 9 athletes perform two exercises, balance and dynamic, each with a maximum exercise length of 2 minutes and 30 seconds each. Each exercise is comprised of optional pair/group and individual elements to be selected from the FIG Tables of Difficulty.

DIFFICULTY REQUIREMENTS

	Balance & Dynamic		
	Minimum	**Maximum**	**Allowance**
Pairs & Groups	35	55	**80**

A minimum and maximum difficulty and allowance range have been set at the levels indicated above. Please note that there is a maximum difficulty value for which a difficulty score can be received and there is a maximum that can be performed without penalty, but no more value will be included in the score (allowance). A deduction of -2.0 will be taken by the DJ if a pair or group does not meet the minimum difficulty or exceeds the maximum difficulty allowance.

If it is clear that a pair/group is performing a rated element that is not declared on the tariff sheet which would put them over the difficulty allowance, the -2.0 penalty will be assessed. In both the balance and dynamic exercises, pair/groups may perform mounts, motions into skills or elements that come to the floor following a skill without receiving difficulty as long as the value of the element is less than V5 (this applies to pair/group elements only). Examples would include foose up, inlocate mount, press from handstand to arch or ¼ salto from cradle catch to stand on floor. Individual elements characteristic of the exercise, even if used as choreography and undeclared on tariff sheets, could also cause a pair/group to exceed difficulty allowance. If tumbling elements, such as round-off or flic, are repeated in an exercise, the repeat will not count towards additional difficulty.

The difficulty of each element is figured from the values in the FIG Tables of Difficulty. The total difficulty value includes pair/group and individual elements performed and is translated into a difficulty score by using the "Level 9 Evaluation of Difficulty Chart" (see Appendix A-7).

BALANCE EXERCISE

Special Requirements for Pairs

1. A minimum of six pair balance elements of minimum V1 without a flight phase, of which three must be static holds of three-second duration each
2. Must demonstrate work on two different points of support on the base or foot to hand
3. One handstand of minimum **V6**
4. One mount of minimum V3
5. One motion by base of minimum **V8** (includes work of top + base – see Section 3.4.1)
6. One transition of the top of minimum V3
7. One balance skill may fulfill multiple special requirements

Restrictions for Pairs

Comply with restrictions listed in Section 3.4.3

Special Requirements for Groups

1. Minimum of two separate pyramids each selected from a different category, of which one must be a minimum V6 (the value of the top including transition value + the value of the base without transition value)
2. A minimum of three static holds of three-second duration each. The static hold requirement may be satisfied by three fixed pyramids each with one static hold of three-second duration or by one pyramid with two static holds each of three-second duration and one fixed pyramid with one static hold of three-second duration
3. An unsupported handstand must be performed by the top, not the middle acting as the top, in a minimum of one pyramid
4. One transition of the top of minimum V3 (transition may be performed by the top or the middle acting as the top)
5. One balance skill may fulfill multiple special requirements
6. Once the special requirement #1 above is met, additional pyramids from any category may be performed and evaluated for difficulty (with the exception of restrictions for Category 1 and 2 pyramids). The position of all pyramids in the exercise is optional. No minimum value is specified for the additional pyramids
    a. The remaining special requirements need not be met to perform and receive credit for additional pyramids in the exercise
    b. If the special requirement in #1 above is not met within the exercise, then additional pyramids will not be credited (no difficulty or special requirement credit)

Restrictions for Groups

Comply with restrictions listed in Section 3.5. for Women's Groups and Section 3.6. for Men's Groups (example, one exception for men's group: once special requirements are fulfilled, a second pyramid with two bases on the floor may be performed).

Individual Element Requirements for Pairs and Group

1. Each partner of a pair or group must perform a minimum of three Category 1 individual elements of rated difficulty, demonstrating a full variety of characteristics: balance, flexibility, and agility.
2. Elements may be performed separately or in a series, but they cannot overlap (i.e. flic to split, and then hold in spilt counts as one element not two separate elements)
3. Partners must perform elements of the same characteristic simultaneously or in immediate succession. Linked elements in a series must be performed in the same characteristic order by all partners
4. Individual elements are to have a minimum difficulty of V1.
5. Penalties for missing characteristics are taken from the artistic score (0.1 deduction for each missing characteristic – see Tables of Artistic Faults in Section 11.0)

6. A special requirement deduction of 1.0 is taken by the DJ for each missing individual element of the three required from Category. **7.** There is a maximum number of 6 individual elements that may be performed by all partners. Choreographic elements are optional and will not be evaluated for difficulty credit. **In order for an element to receive difficulty credit, all partners must perform an element of value at the same time or in immediate succession. If one partner cannot receive difficulty credit due to repetition or restriction then none of the partners will receive credit.**

DYNAMIC EXERCISE

Special Requirements for Pairs and Groups

1.1 Minimum of six pair or group elements with a flight phase, of which two must be catches
2.1 Dynamic elements must be minimum V1 and maximum V14
3.1 Maximum rotation in tempo is 8/4 performed in tuck position only
4.1 A minimum of one forward and one backward rotation of minimum 4/4 rotation
5.1 A minimum of one twisting element meeting the following requirements:
   a. For pairs - 180° twist in minimum 4/4 ***salto*** rotation
   b. For groups - 360° twist in minimum 3/4 ***salto*** rotation

   Note: A lateral toss with a 360 twist would not satisfy this requirement.
6.1 Pair requirement - one hand to hand or foot to hand catch of minimum V5
7.1 Group requirement – Platform skill meeting one of the following:
   a. Top ending on feet on platform with minimum rotation of 4/4;
   b. Top thrown from handstand on platform (no support in handstand) with minimum rotation of 2/4; or
   c. Top caught in handstand on platform (no support in handstand) with minimum rotation of 2/4.
8.1 One dynamic skill may fulfill multiple special requirements

Restrictions for Pairs and Groups

Pairs and groups must comply with exercise restrictions outlined in Section 4.0

Individual Element Requirements for Pairs and Group

1. Each athlete must perform three Category 2 individual elements. Category 2 individual elements must be preceded by motion and must finish on one or two feet according to character. A special requirement deduction of 1.0 is taken by the DJ for each missing element of the three required from Category 2
2. Each partner must perform one salto in a series. If a salto is not performed by one or more partners, a total penalty of 1.0 is taken by the DJ. Note: An aerial cartwheel or walkover is not considered a Category 2 element
3. Individual elements are to have a minimum difficulty of V1
4. There is a maximum number of 6 individual elements that may be performed by all partners. Choreographic elements are optional and will not be evaluated for difficulty credit.
5. **In order for an element to receive difficulty credit, all partners must perform an element of value at the same time or in immediate succession. If one partner cannot receive difficulty credit due to repetition or restriction then none of the partners will receive credit.**

GENERAL INFORMATION

1. Performance of forbidden elements will result in a penalty of (1.0) plus loss of element credit per occurrence (see Appendix A-6).
2. Should Level 9 athletes go to finals, they will perform one exercise of their own choosing, either balance or dynamic
3. Exercises are judged by the rules for judging elite athletes with the exception of the special requirements and difficulty minimums and maximums listed above. For each missing special requirement, there is a deduction of 1.0
4. Online Optional tariff sheets are to be used. Preparation is the same as for the elite level.

LEVEL 10
REQUIREMENTS

Level 10 athletes will perform three exercises, balance, dynamic, and combined each with a maximum exercise length of 2 minutes and 30 seconds. Each exercise is comprised of optional elements and individual elements to be selected from the FIG Tables of Difficulty.

DIFFICULTY REQUIREMENTS

	Balance		Combined		Allowance
	Minimum	**Maximum**	**Minimum**	**Maximum**	**Maximum**
Pairs& Groups	60	**80**	60	**100**	110

	Dynamic		Allowance
	Minimum	**Maximum**	**Maximum**
Pairs& Groups	55	**70**	85

A minimum and maximum difficulty and allowance range has been set at the levels indicated above. Please note that there is a maximum difficulty value for which a difficulty score can be received and there is a maximum that can be performed without penalty, but no more value will be included in the score (allowance). A deduction of -2.0 will be taken by the DJ if a pair or group does not meet the minimum difficulty or exceeds the maximum difficulty allowance.

If it is clear that a pair/group is performing a rated element that is not declared on the tariff sheet which would put them over the difficulty allowance, the -2.0 penalty will be assessed. In both the balance and dynamic exercises, pair/groups may perform mounts, motions into skills or elements that come to the floor following a skill without receiving difficulty as long as the value of the element is less than V5 (this applies to pair/group elements only). Examples would include foose up, inlocate mount, press from handstand to arch or ¼ salto from cradle catch to stand on floor. Individual elements characteristic of the exercise, even if used as choreography and undeclared on tariff sheets, could also cause a pair/group to exceed difficulty allowance. If tumbling elements, such as round-off or flic, are repeated in an exercise, the repeat will not count towards additional difficulty.

The difficulty of each element is figured from the values in the FIG Tables of Difficulty. The total difficulty value includes pair/group elements and individual elements performed and is translated into a difficulty score by using the "Level 10 Evaluation of Difficulty Chart" (see Appendix 8).

BALANCE EXERCISE

Special Requirements for Pairs

1. A minimum of six pair balance elements of minimum V1 without a flight phase of which three must be static holds of three-second duration each
2. Must demonstrate work on two different points of support on the base or foot to hand
3. One handstand of minimum **V8**
4. One mount of minimum V4
5. One motion by base of minimum **V10** (includes work of top + base – see Section 3.4.1)
6. One transition of the top of minimum V4 that ends in a handstand.
7. One balance skill may fulfill multiple special requirements

Restrictions for Pairs

Comply with restrictions listed in Section 3.4.3

Special Requirements for Groups

1. Minimum of two separate pyramids each selected from a different category, of which one must be a minimum V12 (the value of the top including transition value + the value of the base without transition value)
2. A minimum of three static holds of three-second duration each. The static hold requirement may be satisfied by three fixed pyramids each with one static hold of three-second duration or by one pyramid with two static holds each of three-second duration and one fixed pyramid with one static hold of three-second duration
3. An unsupported handstand of minimum V6 must be performed by the top, not the middle acting as the top, in a minimum of one pyramid
4. One transition by the top of minimum V4 (transition may be performed by the top or the middle acting as the top) that ends in a handstand.
5. One balance skill may fulfill multiple special requirements
6. Once the special requirement #1 above is met, additional pyramids from any category may be performed and evaluated for difficulty (with the exception of restrictions for Category 1 and 2 pyramids). The position of all pyramids in the exercise is optional. No minimum value is specified for the additional pyramids.
    a. The remaining special requirements need not be met to perform and receive credit for additional pyramids in the exercise.
    b. If the special requirement in #1 above is not met within the exercise, then additional pyramids will not be credited (no difficulty or special requirement credit).

Restrictions for Groups

Comply with exercise restrictions listed in Section 3.5. for Women's Groups and 3.6 for Men's Groups

Individual Element Requirements for Pairs and Group

1. Each partner of a pair or group must perform a minimum of three Category 1 individual elements of rated difficulty, demonstrating a full variety of characteristics: balance, flexibility and agility.
2. Elements may be performed separately or in a series, but they cannot overlap (i.e. flic to split, and then hold in spilt counts as one element not two separate elements).
3. Partners must perform elements of the same characteristic simultaneously or in immediate succession. Linked elements in a series must be performed in the same characteristic order by all partners.
4. Individual elements are to have a minimum difficulty of V1.
5. Penalties for missing characteristics are taken from the artistic score (0.1 deduction for each missing characteristic – see Tables of Artistic Faults in Section 11.4.2)
6. A special requirement deduction of 1.0 is taken by the DJ for each missing individual element of the three required from Category 1
7. There is a maximum number of 6 individual elements that may be performed by all partners. Choreographic elements are optional and will not be evaluated for difficulty credit.
8. **In order for an element to receive difficulty credit, all partners must perform an element of value at the same time or in immediate succession. If one partner cannot receive difficulty credit due to repetition or restriction then none of the partners will receive credit.**

DYNAMIC EXERCISE

Special Requirements for Pairs and Groups

1. Minimum of six pair or group elements with a flight phase, of which two must be catches
2. Dynamic elements must be minimum V1, with no maximum value set
3. Maximum rotation in tempo is 10/4
4. A minimum of one forward and one backward rotation of minimum 4/4 rotation
5. A minimum of one twisting element of 360° or greater twist in a minimum 4/4 ***salto*** rotation

Note: A lateral toss with a 360 twist <u>would not satisfy</u> this requirement.

6. Pair requirement - one hand to hand or foot to hand catch of minimum V6
7. Group requirement – Platform skill meeting one of the following:
    a. Top ending on feet on platform with minimum rotation of 4/4;
    b. Top thrown from handstand on platform (no support in handstand) with minimum rotation of 4/4; or
    c. Top caught in handstand on platform (no support in handstand) with minimum rotation of 2/4.
8. One dynamic skill may fulfill multiple special requirements

<u>Restrictions for Pairs and Groups</u>
Pairs and groups must comply with exercise restrictions outlined in Section 4.0

<u>Individual Element Requirements for Pairs and Group</u>

1. Each athlete must perform three Category 2 individual elements. Category 2 individual elements must be preceded by motion and must finish on one or two feet according to character. A special requirement deduction of 1.0 is taken by the DJ for each missing element of the three required from Category 2
2. Each partner must perform one salto in a series. If a salto is not performed by one or more partners, a total penalty of 1.0 is taken by the DJ. Note: An aerial cartwheel or walkover is not considered a Category 2 element
3. Individual elements are to have a minimum difficulty of V1
4. There is a maximum number of 6 individual elements that may be performed by all partners. Choreographic elements are optional and will not be evaluated for difficulty credit.
5. **In order for an element to receive difficulty credit, all partners must perform an element of value at the same time or in immediate succession. If one partner cannot receive difficulty credit due to repetition or restriction then none of the partners will receive credit.**

COMBINED EXERCISE
The FIG rules that apply to elites are the same as for the construction of a Level 10 combined exercise. See Section 5.0.

GENERAL INFORMATION

1. Performance of forbidden elements will result in a penalty of 1.0 plus loss of element credit per occurrence (see Appendix A-6)
2. Should Level 10 athletes go to finals, they will perform a combined exercise.
3. Exercises are judged by the rules for judging elite athletes with the exception of the special requirements and difficulty minimums and maximums listed above. For each missing special requirement, there is a deduction of 1.0
4. Optional tariff sheets are to be used. Their preparation is the same as for the elite level

<u>World Age Group 13-19/Elite & Senior Elite Difficulty Requirements</u>

World Age 13-19/Elite

- The difficulty requirements will be the difficulty values for World Age Group 13-19.
  Balance: V120
  Dynamic: V110
  Combined: V140

Senior Elite

- Will follow new FIG requirements as listed in the FIG COP 2013-2016 and the new TOD 2013-2016.

Tariff Sheets

New Policy:

We will be using a new tariff sheet for optional levels. It will reflect changes made by FIG however, it will be a USA document. The new document will be available to download from the Online Tariff Sheet Manager (OTSM).

Questions & Answers:

Q: I understand the boys can only wear white shoes with their leotards however does this apply to the girls as well who wish to wear point shoes? Is skin/nude color point shoes still acceptable?

A: Competitors (boys or girls) shoes can be flesh colored or white. Please note that boys/men that wear pants for competition MUST wear white socks or white shoes. If boys/men wear shorts, shoes/socks are optional.

Q: CoP: Time of exercise penalty: 0.1 per second. Is it per second over the limit (2'32" = 0; 2'33" = 0.3) or over the tolerance (2'32" = 0; 2'33" = 0.1)?

A: If you have a two second tolerance, there is no penalty for 2.32. So, if the exercise is 2.33 seconds the penalty is 0.1. Please note: this tolerance was to eliminate the slight variances that occur with the timing of exercises. All music must still be cut to the exercise time limit, 2.00 for 11-16 and 2.30 for everyone else.

Q: ToD: Pairs static: The value for the same static hold is different in the wheels (page 19- …) and in the mount pages (30 – 42). Was it the T.C.'s intention to give them more value after a mount?

A: No, there are mistakes in the static hold values at the bottom of the mount pages. Use the values in the wheels. (The mistakes will be corrected following the intercontinental course.)