USA GYMNASTICS
Begin Here. Go Anywhere.

Technical Update
March 2013

- For those doing 11-16 diagrams, you no longer need to do a second set for competitions in the USA at level 8. If your diagrams are marked as 11-16, judges will use the FIG Age Group charts to check ID numbers.

- For level 9 pair dynamic, the co-efficient does not apply, just as we are doing for level 8.

- In the JO Tables of Difficulty, the IDs for the level 8 skills have been corrected according to the new FIG Tables of Difficulty and put into a separate Word document that you can download. Regional JO Chairs also have a copy of this document and will be forwarding to all coaches shortly.

- To clarify, “creative entries and exits” can including interesting entries OR exits OR dance/choreography in and out of skills that add to the creativity and interest of the routine.

- In Women's Group Motions and Static (pg.60) Table 2 the table shows a +4 for the high hand 2 hand position. Does this mean that they will only get a +4 if the handstand is performed on hands - or could they also get a +4 if the handstand is performed on feet that are not supported? For instance TP is supported by the other base, but if there was no support from the other base (like top doing handstand on base's feet who is in shoulder stand with no support from middle).

  No, it is for handstands performed on hands.

- For WG does the +4 go with the press/ and with the static elements?? For instance if the top presses in hands: do they receive +4 for the press and + 4 in the static handstand?

  No, the circle is in gray which means it is for static holds only.

- Scoops (butt boost/ hip boost) for WG - are they considered the same or different starting position if starting facing back or front?

Normally start positions for front skills are considered to be different than for back skills. (This does not apply on platform as one exception)

- For any skills not found in the final version of the FIG TOD, those skills do not have value unless you ask for an element evaluation.

Women’s Pair

BALANCE

Row 1

- Box 1
  - No ID **1**
- Box 2
  - No ID **1**
- Box 3
  - No ID **1**
- Box 4
  - No ID **1**
- Box 5
  - 26-T25-9-3 **2**
- Box 6
  - 26-T25-9-8 **2**

Row 2

- Box 1
  - Calf Mount (no ID) + 20-T4-F-10 **3**
- Box 2
  - 20-T4-F-8 **2**
- Box 3
  - 20-T4-F-10 **3**
- Box 4
  - 22-T12-A-1 **5**
- Box 5
  - 22-T12-A-11 **6**

Row 3

- Box 1
  - 27-16-C5 **1**
- Box 2
  - No ID **1**
- Box 3
  - 19-T1-A-6 **3**
- Box 4
  - 30-B-A1 + 19-T1-A-6 **1+3**
- Box 5
  - 32-B-A1 + 19-T1-A-6 **1+3**
- Box 6
  - 19-T1-B-10 **5**
- Box 7
  - 20-T4-F-A (3) + 20-T4-A-8 **3+5**

- Box 8
    - 20-T4-F-A + 20-T4-A-10 **3+6**
- Box 9
    - 22-T12-A-D + 22-T12-D-11 **4+8**

Row 4

- Box 1
    - No ID **1**
- Box 2
    - 27-T27-H-L + 27-16-C5 **3+1**
- Box 3
    - 26-T25-F-C + 26-T25-9-8 or 26-T25-9-10 **1+2**
- Box 4
    - 19-T2-H-J + 19-T1-A-3 **4+3**
- Box 5
    - 24-T21-H-I / 24-T19-A/2 **5+6**
- Box 6
    - 20-T6-H-J + 20-T4-F-10 **3+3**

DYNAMIC

Row 1

- Box 1
    - 46-5-1-R **0**
- Box 2
    - 46-5-1-S **1**
- Box 3
    - 46-1-1-S **1**
- Box 4
    - 46-5-1-S+1A **2**

Row 2

- Box 1
    - 46-6-2-R **0**
    - 46-6-3-R **1**
    - 46-6-4-R **2**
- Box 2
    - 50-30-2-R **2**
    - 50-30-3-R **3**
    - 50-30-4-R **4**
- Box 3
    - 50-34-4-E **2**
- Box 4
    - 50-34-2-R **2**
    - 50-34-3-R **3**
    - 50-34-4-R **4**

Row 3

- Box 1
  - 49-21-4-E **3**
  - 49-21-4-E **3**
- Box 2
  - 47-11-4-E **4**
- Box 3
  - 47-11-4-E-2A **5**
- Box 4
  - 47-11-3-G **6**
  - 47-11-4-G **6**
- Box 5
  - 47-11-3-G-3A **8**
  - 47-11-4-G-3A **8**

Row 4

- Box 1
  - 46-5-2-R **2**
  - 46-5-3-R **3**
  - 46-5-4-R **4**
- Box 2
  - 46-1-2-R **2**
  - 46-1-3-R **3**
  - 46-1-4-R **4**
- Box 3
  - 47-7-2-R **3**
  - 47-7-2-R **4**
  - 47-7-2-R **5**

Men’s Pair

BALANCE

Row 1

- Box 1
  - 20-T4-F-8 **2**
- Box 2
  - 20-T4-F-10 **3**
- Box 3
  - 21-T8-A-7 **3**
- Box 4
  - No ID / 20-T4-F-10 **3**

Row 2

- Box 1
  - no ID **1**
- Box 2
  - 19-T1-G-24 **3**
- Box 3
  - 19-T1-G-23 **3**
- Box 4
  - 19-T1-F-23 / 19-T1-F-G / 19-T1-G-23 **3+0+3**
  - 19-T1-G-23 / 19-T1-G-F / 19-T1-F-23 **3+0+3**
- Box 5
  - 20-T4-G-10 **3**
- Box 6
  - 23-T15-G-2 **4**
- Box 7
  - 23-T15-G-2/ 23-T16-H-I / 23-T15-G-1 **4+5+4**
  - 23-T15-G-2/ 23-T16-I-H / 23-T15-G-2 **4+6+4**

Row 3

- Box 1
  - 32-A-A1 / 19-T1-A-6 **1+3**
- Box 2
  - No ID / 30-A-A1 / 19-T1-A-6 **1+3**
- Box 3
  - 19-T2-H-N / 19-T1-A-5 **2+3**
- Box 4
  - 19-T2-H-J / 19-T1-A-3 **3+4**
- Box 5
  - 21-T8-D-7 **5**
- Box 6
  - 20-T4-F-A / 20-T4-A-8 **3+5**

- Box 7
    - 20-T4-F-A / 20-T4-A-10 **3+6**
- Box 8
    - 30-F-A1 / 19-T1-A-6 **1+3**
    - 31-A-A1 / 19-T1-A-6 **2+3**
- Box 9
    - 30-F-A1 / 28-T28-E-A / 20-T4-A-10 **1+1+6**
    - 31-A-A1 / 28-T28-E-A / 20-T4-A-10 **2+1+6**

Row 4

- Box 1
    - 19-T1-A-24 **3**
- Box 2
    - 19-T1-A-23 **4**
- Box 3
    - 19-T1-A-F / 19-T1-F-24 **1+2**
- Box 4
    - 19-T1-A-F / 19-T1-F-23 **1+3**
- Box 5
    - 23-T15-A-1 **9**
- Box 6
    - 23-T15-A-2 **9**

DYNAMIC

Row 1

- Box 1
    - 46-5-1-S **1**
- Box 2
    - 46-1-1-S **1**
- Box 3
    - 46-1-1-S **1**
- Box 4
    - 46-1-1-S **1**
- Box 5
    - 46-1-1-S-1A **2**
- Box 6
    - 46-1-1-S **3**

Row 2

- Box 1
    - 46-5-2-R **2**
    - 46-5-3-R **3**
    - 46-5-4-R **4**

- Box 2
    - 46-1-2-R **2**
    - 46-1-3-R **3**
- Box 3
    - 50-30-2-R **2**
    - 50-30-3-R **3**
    - 50-30-4-R **4**
- Box 4
    - 47-7-2-R **3**
    - 47-7-3-R **4**
    - 47-7-4-R **5**
- Box 5
    - 46-1-4-R **4**

Row 3

- Box 1
    - 48-15-1-R **2**
- Box 2
    - 48-13-4-F **1**
- Box 3
    - 48-13-3-G **4**
- Box 4
    - 47-11-3-G **6**
    - 47-11-4-G **6**

Row 4

- Box 1
    - 48-13-4-F **1**
- Box 2
    - 48-13-1-R **2**
- Box 3
    - 48-13-1-R **2**
- Box 4
    - 47-7-3-G **6**
    - 48-13-3-G **4**
- Box 5
    - 47-11-3-G-3A **8**

Mixed Pair

BALANCE

Row 1

- Box 1
  - 43-A-A-2/26-11/9 **2+1** or 43-A-A-1/19-1/6 **1+1**
- Box 2
  - No ID **1**
  - 21-T7-A/7 **4**
  - 21-T7-B/7 **5**
- Box 3
  - 24-T18-A/12 **6**
  - 24-T18-A/12 **8**
- Box 4
  - 24-T18-B/12 **7**
- Box 5
  - 24-T18-D/12 **9**
- Box 6
  - 43-A-D-13 / 24-T18-A **5+6**
  - 43-A-D-13 / 24-T18-A **5+6**

Row 2

- Box 1
  - 30-A-A-1 / 19-T1-A/6 **1+3**
- Box 2
  - 30-F-A-1 / 19-T1-A/6 **1+3** tuck
  - 31-A-A-1 / 19-T1-A/6 **2+3** pike
- Box 3
  - 38-A-A-1 / 19-T1-A/6 **1+3**
- Box 4
  - 30-A-A-16 / 20-T4-A/10 **1+6**
- Box 5
  - 30-F-A-1 / 19-T1-A/6 / 28-T28-E-A **1+1+3** tuck
  - 31-A-A-1 / 19-T1-A/6 / 28-T28-E-A **2+1+3** pike

Row 3

- Box 1
  - 32-A-A-1 / 19-T1-A/6 **1+3**
- Box 2
  - 20-T4-F-A / 20-T4-A/8 **3+5**
  - 20-T4-A-F / 20-T4-F/8 **1+2**

- Box 3
  - 30-B-A-1 / 19-T1-A/6 **1+3**

- Box 4
    - 19-T1-B/6 **5**
- Box 5
    - 22-T12-A/11 **4**
- Box 6
    - 20-T4-F-A / 20-T4-A/10 **3+6**
- Box 7
    - 22-T12-A-D / 22-T12-D/11 **4+8**

Row 4

- Box 1
    - 26-T25-A-C / 26-10/9 **1+2**
- Box 2
    - 20-T6-H-L / 20-T4-F/8 **3+3**
- Box 3
    - 22-T14-H-I / 22-T12-A/2 **4+4**
- Box 4
    - 26-T26-H-I / 26-10/8 **3+2**
- Box 5
    - 24-T21-H-I / 24-T19-A/2 **5+6**
- Box 6
    - 19-T2-H-L / 28-T28-E-A / 20-T4-A/8 **3+1+5**
- Box 7
    - 19-T2-H-J / 19-T1-A/3 **4+4**
- Box 8
    - 20-T6-H-M / 20-T4-F/12 **2+3**

DYNAMIC

Row 1

- Box 1
    - 46-5-1-R **0**
- Box 2
    - 46-5-1-S **1**
- Box 3
    - 46-1-1-S **1**
- Box 4
    - 46-1-1-S+1A **2**
- Box 5
    - 46-5-1-S+1A **2**

Row 2

- Box 1
    - 48-13-4-G **4**

- Box 2
    - 48-13-4-G **4**
- Box 3
    - 47-11-4-E **4**
- Box 4
    - 48-13-1-R **2**
- Box 5
    - 47-11-3-G **6**
    - 47-11-4-G **6**

Row 3

- Box 1
    - 46-5-3-R **3**
    - 46-5-4-R **4**
- Box 2
    - 46-1-2-R **2**
    - 46-1-3-R **3**
    - 46-1-4-R **4**
- Box 3
    - 47-11-7-2 **3**
    - 47-11-7-3 **4**
    - 47-11-7-4 **5**

Row 4

- Box 1
    - 47-7-2-N **3**
    - 47-7-3-N **4**
- Box 2
    - 46-1-4-N **4**
- Box 3
    - 47-7-9-C **7**
- Box 4
    - 46-1-5-C **4**
    - 46-1-9-C **7**

Row 5

- Box 1
    - 50-34-3-R **3**
    - 50-34-4-R **4**
- Box 2
    - 57-71-4-P **6**

Women’s Group

BALANCE

Row 1

- Box 1
  - 64-E-4 / 60-T5-13 **2+2**
- Box 2
  - 64-E-3 / 60-T2-F **2+1**
- Box 3
  - 64-E-3 / 60-T2-G **2+2**
- Box 4
  - No ID **1**
- Box 5
  - 64-E-5 / 60-T2-F **4+1**
- Box 6
  - 64-E-3 / 60-T2-F + 60-T2-F-G + 60-T2-G **2+1+1+2**
  - 64-E-3 / 60-T2-G + 60-T2-G-F + 60-T2-F **2+2+1+1**
- Box 7
  - 64-D-9 / 60-T2-F **3+1**
- Box 8
  - 64-D-3 / 60-T2-F-A + 60-T2-A **2+3+9**
- Box 9
  - 64-E-3 / 60-T2-A **2+9**

Row 2

- Box 1
  - 67-C-9 / 60-T2-F **9+2**
- Box 2
  - 67-C-10 / 60-T2-F **10+2**
- Box 3
  - 67-B-6 / 60-T2-F **8+1**
- Box 4
  - 67-B-7 / 60-T2-F **9+2**
- Box 5
  - 67-C-9 / 60-T2-A **9+6**
  - 67-B-6 / 60-T2-A **8+5**
  - 67-B-7 / 60-T2-A **9+6**
- Box 6
  - 68-B-2 / 60-T1-F **6+1**
- Box 7
  - 68-B-2 / 60-T1-F + 60-T1-F-G + 60-T1-G **6+1+1+2**

Row 3

- Box 1
  - 66-E1 / 60-T5-13 + **2+1+ _**
- Box 2
  - 66-E-8 or 9 / 60-T2-F + **9+2+ _**
- Box 3
  - 66-A-6 / _ + _ **1+ _ + _**
- Box 4
  - 66-E-7 / 60-T1-A + **3+5+ _**
- Box 5
  - 66-E-7 / 60-T1-F-A + 60-T1-A + **3+3+5+ _**

Row 4

- Box 1
  - 77-A-1 / 60-T2-F **2+1**
  - 77-A-1 / 60-T2-G **2+2**
- Box 2
  - 77-A-2 / 60-T2-F **4+1**
  - 77-A-2 / 60-T2-G **4+2**
- Box 3
  - 77-B-5 / 60-T2-F **2+1**
  - 77-B-5 / 60-T2-G **2+2**
- Box 4
  - 77-B-6 / 60-T2-F **4+1**
  - 77-B-6 / 60-T2-G **4+2**
- Box 5
  - 77-B-9 / 60-T2-F **6+1**

DYNAMIC

Row 1

- Box 1
  - 81-1-1-R **1**
- Box 2
  - 85-45-2-L **2**
  - 85-45-3-L **2**
- Box 3
  - 88-64-2-M **3**
  - 88-64-2-M **3**
- Box 4
  - 85-45-1S-1B **3**
  - 85-45-1S-1C 4
  - 85-45-1S-1D **5**

Row 2

- Box 1
  - 82-14-1-S **3**
- Box 2
  - 82-14-4-A **1**
- Box 3
  - 82-14-2-M **3**
  - 82-14-3-M **3**
- Box 4
  - 82-14-2-R **3**
  - 82-14-3-R **4**
  - 82-14-4-R **6**
- Box 5
  - 82-14-4-M-4A **6**
  - 82-13-4-M-4A **6**
- Box 6
  - 81-2-1-S-1A + 82-14-4-M **5+4**
  - 81-2-1-S-1A + 81-2-4-M **5+2**

Row 3

- Box 1
  - 81-(2 or 1)-4-A **1**
- Box 2
  - 81-(2 or 1)-2-N **2**
  - 81-(2 or 1)-3-N **2**
  - 81-(2 or 1)-4-N **2**
  - 81-(2 or 1)-4-N-2A **3**
- Box 3
  - 81-(2 or 1)-2-R **3**
  - 81-(2 or 1)-3-R **3**
  - 81-(2 or 1)-4-R **4**
- Box 4
  - 81-(2 or 1)-5-A **4**
  - 81-(2 or 1)-6-A **5**

Row 4

- Box 1
  - 83-22-1-Q **1**
- Box 2
  - 83-22-2-L **4**
  - 83-22-3-L **4**
  - 83-22-4-L **4**
- Box 3
  - 83-22-1-R **2**
- Box 4
  - 82-14-3-E **3**

- Box 5
    - 83-22-5-E **6**
    - 83-22-6-E **8**

Row 5

- Box 1
    - 81-5-5-A **4**
    - 81-5-6-A **5**
    - 81-5-9-A **6**
- Box 2
    - 81-5-3-R **3**
    - 81-5-4-R **4**
- Box 3
    - 82-17-5-A **4**
    - 82-17-6-A **6**
    - 82-17-9-A **8**
- Box 4
    - 82-17-3-R **4**
    - 82-17-4-R **6**

Men’s Group

BALANCE

Row 1

- Box 1
    - No ID **1**
- Box 2
    - No ID **1**
- Box 3
    - No ID **1**
- Box 4
    - No ID **1**
- Box 5
    - No ID **1**
- Box 6
    - No ID **1**
- Box 7
    - No ID **1**
- Box 8
    - No ID **1**

Row 2

- Box 1
    - 106-A1-2 / _ **3+ _**

- Box 2
  - 106_A1-3 / _ **6+ _**
- Box 3
  - 114-A-$ / 92-1-A16 **6+6**
- Box 4
  - 114-A-$ / 94-G1-F-A + 92-1-A16 **6+3+6**
- Box 5
  - 107-C(9 or 11)-2 / _ **7+ _**
- Box 6
  - 107-C9-3 / _ **10+ _**
  - 107-C11-3 / _ **10+ _**
- Box 7
  - 107-C9-2 / 94-G1-F-G + 92-3-G22 **7+1+2**

Row 3 : Top Values for Group 1 and 2

- Box 1
  - 92-3-A2 **1 / 2**
- Box 2
  - 92-3-A2 **1 / 2**
- Box 3
  - 92-3-A4 **1 / 2**
- Box 4
  - 92-3-G22 **2 / 3**
- Box 5
  - 92-3-H24 **5 / 6**
- Box 6
  - 92-1-A1 **3 / 4**
- Box 7
  - No ID **1**
- Box 8
  - No ID **1**
- Box 9
  - No ID **1**
- Box 10
  - No ID **1**

Row 4

- Box 1
  - 94-G1-F-A **3**
- Box 2
  - 94-G1-F-A **3**
- Box 3
  - 92-2-A1 **4 / 5**
- Box 4
  - 92-1-A16 **6 / 8**

- Box 5
  - 94-G1-F-A / 92-1-A16 **3 + 6 / 8**
- Box 6
  - 92-1-E36 **8 / 10**
- Box 3
  - 92-2-A3 **9 / 11**

DYNAMIC

Row 1
- Box 1
  - 126-(64 or 67)-1-T **1**
- Box 2
  - 119-2-1-T **2**
- Box 3
  - 119-1-1-T-1A **3**
- Box 4
  - 126-64-1-T-1A **2**
  - 119-2-1-T-1A 3

Row 2
- Box 1
  - 126-63-1-S **1**
- Box 2
  - 119-7-1-S **1**
- Box 3
  - 126-64-1-S **1**
- Box 4
  - 119-6-1-S **1**
- Box 5
  - 121-(26 or 27)-3G **4**
- Box 6
  - 121-31-3-H **5**
  - 128-82-3-H **7**

Row 3
- Box 1
  - No ID **1**
- Box 2
  - 126-(64 or 67)-(2 or 3 or 4)-E **3**
  - 119-(3 or 6)-(2 or 3 or 4)-E **5**
- Box 3
  - 126-64-(2 or 3 or 4)-H **2**
- Box 4
  - 119-3-4-H **3**

Row 4

- Box 1
  - 119-(3 or 6)-(2 or 3 or 4)-M + 122-41-1-U-1B **1+3**
  - 119-(3 or 6)-(2 or 3 or 4)-M + 122-41-1-U-1D **1+5**
  - 126-(64 or 67)-(2 or 3 or 4)-M + 130-95-1-U-1B **1+3**
  - 126-(64 or 67)-(2 or 3 or 4)-M + 130-95-1-U-1D **1+5**
- Box 2
  - 119-6-4-Q **4**
- Box 3
  - 119-3-4-Q **4**
  - 126-64-4Q 5
  - 119-3-4-Q-5B **10**
  - 126-64-4-Q-5B **13**
- Box 4
  - 119-3-5-A **2**
  - 119-3-6-A **3**
  - 122-41-(2 or 3)-M **2**

Row 5

- Box 1
  - 119-3-2S **6**
  - 119-3-3-S **6**
  - 119-3-4-S **7**
- Box 2
  - 126-64-2-S **6**
  - 126-64-3-S **7**
  - 126-64-4-S **8**
- Box 3
  - 119-7-2-S **6**