



Technical Update February 2014 Clarifications

Top Positions

- “Crab” position before a straddle will incur a -.3 penalty for each occurrence. This position is defined as having both knees up at the same time or “hooking” the legs on the elbows.
- For the yogi position, the head must be pulled through in order to receive credit.
- There is no requirement for tops to grab their knees in a tuck position. If an athlete does not grab their knees in a tuck shape there is no deduction.
- A ring handstand must have feet resting on the hands for no deduction.

Skill Testing/Level Mobility

- For skill testing, all testers must be unaffiliated with the athletes testing and must be approved by the PC Chairman 10 days in advance.
- If a pair/group competes at a level and does not receive qualifying scores at that meet, it does not count towards one of the three meets where they successfully competed at that level. For example, if a group competes at level 9 three times and does not receive a qualifying score, they may move back down to level 8. However, in order to advance to the next level, for example, from Local to State, they must compete in the required number of competitions and earn qualifying scores for level 8.

Individual Elements

- There is no requirement to do the same number of Cat 2 individual elements at the same time. For example, it is ok for a pair to do round off, flic, tuck and round off, tuck at the same time. However if another Cat 2 element is needed, both partners must perform another Cat 2 somewhere in the routine in order to receive credit.
- Level 6 WG individuals can be performed in any order without penalty due to an error in the JO Code.

- At levels 5-8, a 180 split in walkovers is not required and should not be taken as a technical deduction.
- Be aware that choreographic lifts, rolls and jumps do incur technical penalties if errors occur.

Code of Points

- The final version of the 2014 JO Code of Points has been published on the USAG website.