Updates and clarifications outlined below will be effective immediately.

- Tumbling elements need to be preceded by motion in Category 2 in order to receive credit.
  - This means you cannot do a standing flic or standing back tuck for credit
  - You may not use rolls, cartwheels or other non-rated elements as “motion”
  - Running into FRONT tumbling skills is considered motion
  - Running BACKWARDS into skills is not allowed

- Casts/Braces/Splints
  - Athletes may not compete in casts
  - Braces and supports must be flesh colored
  - Non-flesh colored braces/supports must be approved to wear in competition
    - Requests should be sent to Kari Duncan acrogymjudge@cs.com

- For the USA track we are still allowing athletes to receive Special Requirement credit for elements not on the tariff sheet.
  - For example if a Level 9 WP did a back pike from hands instead of the layout that was on their tariff sheet, they would still get credit for the row, but not the difficulty for the element.
  - Another example – if a WG does not declare their press on the tariff sheet as “NV” they would still receive the SR for the press. However, this IS REQUIRED on the 11-16 international track– anything you perform at 11-16 needs to be on the tariff sheet or deductions will apply.
  - Anything you perform that you wish to use to fulfill a Special Requirement must be on the tariff sheet at ALL international levels.
  - You should get in the habit of putting all your entries and exits on the tariff sheets at levels 9 and 10. It also helps the judges make sure you have all your special requirements.

- Age Restrictions
  - Reminder that there are age requirements for competing at the elite level.
    Please consult the Rules and Policies for specific age requirements for each level.

- Simple Entries and Exits
  - Levels 5-6 - no additional p/g skills allowed (that means they cannot even do a v1 skill). Deduction = -1.0 **No linking**, unless specified in skill description. (L5 - page 8 under Restrictions #1, 4; L6 - page 15 under Restrictions #1,4)
  - Levels 7-8 - no additional p/g skills allowed (that means they cannot even do a v1 skill). Deduction = -1.0 **Linking is allowed** (do not need to declare on tariff sheet). (L7 - page 22 under Restrictions #1,3; L8 - page 29 under Restrictions #1,3)
  - Levels 9-10 - additional elements of v5 or less are allowed as entries, exits, and links, but MUST declare on the tariff sheet as NV. Deduction of -0.3 if extra p/g element of v5 or less performed without declaration. -1.0 for additional p/g skills of v6 or higher in exercise. (L9 - page 41 #14; L10 - page 54 #10)
  - Level 11-16 - additional elements of v5 or less are allowed as entries, exits, and links, but MUST declare on the tariff sheet as NV. Deduction of -0.3 if extra p/g element of v5 or less performed without declaration. -1.0 for additional p/g skills
of v6 or higher in exercise.
  o Level 12-18, 13-19, senior - extra p/g skills are allowed in the exercises and should **NOT** be declared on the tariff sheet. -0.3 deduction for incorrect tariff sheet if more than maximum number of elements declared on tariff sheet.

- **Tumbling**
  o What if a Level 8 WP doesn’t tumble at all – what is the deduction?
    - -3.0 for missing 3 Category 2 elements
  o What if a Level 9 WG doesn’t tumble at all – what is the deduction?
    - -4.0 for missing 3 Category 2 elements and missing the SR of a salto
  o What if a Level 10 WG has 1 partner do RO Flic Tuck and the other 2 do RO Flic?
    - -2.0 for missing 1 Category 2 element and missing SR salto – difficulty deductions are taken as a GROUP, not individually; execution deductions still apply PER PARTNER
  o Front handspring to knee needs to land directly on knee and not step out to knee

- **National Team and Age Group Team Warm Ups**
  o Current – and only current - National Team and Age Group Team athletes may wear their warm-ups at local, state and regional meets. Club warm ups should be worn at National Championships.
  o ICT and AGDT team members should be wearing club warm ups at all events.

Sarah Thomas
National Junior Committee Chair
USA Gymnastics