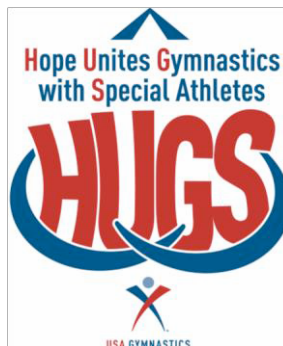




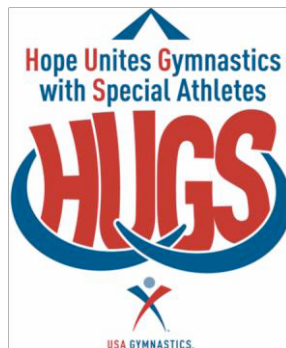
HUGS Sapphire	Vault	Bars	Beam	Floor
General Information	Two allowable vaults Alternative springboard or Jr. board allowed.	The routine may be executed according to the athlete's capabilities. The routine may be performed on the low and/or high bar.	The routine may be executed according to the athlete's capabilities. May be performed on a standard floor beam or a wide floor beam.	
Special Requirements	1. Walk or Run, Jump off Springboard (SV 10.0)	1. Mount 2. One Additional Skill 3. Second Additional Skill (same or different) 4. Dismount Start Value: 9.0 - routine on a single bar 10.0 - routine uses both bars	1. Mount (step onto beam) 2. Locomotor movement (minimum 3 steps, any direction) 3. Dismount Start Value: 10.0 - low (floor) beam routine High beam not allowed	1. Beginning pose 2. Locomotor movement (2-3 steps) 3. Roll, any body position 4. Ending pose
Additional Information	May use walker for support	Gymnast may dismount one bar and re-mount the other bar without a deduction for a fall. No spotting deduction for assistance to high bar mount.	Suggested max. time 1:15 no deduction for overtime.	Suggested max time 1:15 no deduction for overtime
<p>Judge's Guidelines: All routines start at a 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions – 0.50 for each spot, max 2.00 deduction per routine for 4 spots or more. Same execution deductions as JO Women's program. Use discretion regarding special circumstances.</p>				



HUGS Ruby	Vault	Bars	Beam	Floor
General Information	Two allowable vaults Alternative springboard or Jr. board allowed. May perform same or different vaults onto mat or table.	The routine may be executed according to the athlete's capabilities. The routine may be performed on the low and/or high bar.	The routine may be executed according to the athlete's capabilities. May be performed on a standard floor beam or high beam at any setting.	
Special Requirements	<ol style="list-style-type: none"> Stretch, tuck or straddle jump off springboard to up to an 8" mat surface (SV 9.0) Jump onto vault table - stretch, tuck, pike or straddle - jump off (SV 10.0) Handstand on vault board to flat back position on landing mat. (SV 9.5) 	<ol style="list-style-type: none"> Mount Front support or long hang Cast or swing Dismount <p>Start Value: 9.0 - routine on a single bar 10.0 - routine uses both bars</p>	<ol style="list-style-type: none"> Min. 45° turn on one or two feet Balance element on one foot Jump, Hop, Leap, Skip or Marching movement Dismount <p>Start Value: 9.0 - low (floor) beam routine 10.0 - high beam routine (any height)</p>	<ol style="list-style-type: none"> One acro skill without flight Balance element on one foot Jump, Hop, Leap Skip, or Marching movement Min 45° turn on one foot
Additional Information	Both vaults (same or different) need to be performed onto the same vault set-up.	Gymnast may dismount one bar and re-mount the other bar without a deduction for a fall. No spotting deduction for assistance to high bar mount.	Suggested max. time 1:15 no deduction for overtime.	Suggested max time 1:15 no deduction for overtime All rolls are considered an acro skill.
<p>Judge's Guidelines: All routines start at a 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions – 0.50 for each spot, max 2.00 deduction per routine for 4 spots or more. Same execution deductions as JO Women's program. Use discretion regarding special circumstances.</p>				



HUGS Ruby	Vault	Bars	Beam	Floor
Allowable Skills	See Special Requirements for allowable vaults	<p>Mounts:</p> <ul style="list-style-type: none"> Reach Up and Grab LB/HB Bar in Overgrip Straight Arm Long Hang Pullover Jump to Front Support Jump to Long Hang Glide Swing to Stand <p>Skills:</p> <ul style="list-style-type: none"> Tuck/Straddle/Pike position in Long Hang or from Sitting on block (2 seconds) Attempt a Chin Up Two or more hand shifts <p>Casts:</p> <ul style="list-style-type: none"> Cast, hips leave bar, no angle <p>Circles:</p> <ul style="list-style-type: none"> Front Hip Circle, tucked or straight legs Back Hip Circle, tucked or straight legs <p>Dismounts:</p> <ul style="list-style-type: none"> Tap Swing, Counterswing Tuck Forward Roll to Stand Underswing to Stand Lower to Sit Straight Drop to Stand Cast off to Stand Tap Swing ½ turn, Underswing to Stand Tap Swing, Counterswing ½ turn to Stand 	<p>Mounts:</p> <ul style="list-style-type: none"> Step onto Beam Any Mount with Hand Support <p>Steps/Kicks/Jumps:</p> <ul style="list-style-type: none"> Shuffle Steps Walking Steps Fwd/ Sidewd/ Bkwd Walk in Releve Arabesque Steps Coupe Steps Fwd/Bkwd Leg Swings Fwd / Bdwd (90°) Passe/Marching Steps Fwd/Bkwd Stretched Jump Cross Split Jump (any angle) Cross Straddle Jump (any angle) <p>Turns:</p> <ul style="list-style-type: none"> ¼ or ½ Pivot Turn ½ Pivot Turn in Releve ¼ or ½ Turn on 1 Foot in Coupe/ Passe ½ Heel Snap Turn Forward or Backward Swing Turn <p>Balance:</p> <ul style="list-style-type: none"> Balance on 1 foot (1 sec, any free leg position) Scale/Arabesque, min. 45° Coupe/Passe Balance Releve Balance on 1 or 2 feet Lever Balance <p>Acro Skills:</p> <ul style="list-style-type: none"> Partial Handstand (no requirement to join legs, lead leg a min. of 45° from vertical) Lever to touch beam <p>Dismounts:</p> <ul style="list-style-type: none"> Any Jump From Feet Cartwheel (or any entrance) to partial handstand, 45° from vertical, no hold required 	<p>Leaps/Jumps/Hops:</p> <ul style="list-style-type: none"> Stretched Jump Stretched Jump ½ or ¾ Step Hop in Passe, Fwd/Bkwd Stride Leap, min. 90° Split Jump, min. 90° Side Leap, min. 60° Straddle Jump, min. 60° Leg Swing Hop, free leg above 45° <p>Turns:</p> <ul style="list-style-type: none"> ¼ or ½ Pivot Turn ½ Pivot Turn in Releve ¼, ½ or ¾ Turn on 1 Foot in Coupe/ Passe Forward or Backward Swing Turn <p>Acro Skills:</p> <ul style="list-style-type: none"> Log Rolls Forward / Backward Roll Back Rock Candlestick Partial Handstand, min. 45°, legs together, stag or split ¾ Handstand Handstand to Vertical Cartwheel (vertical not required) Headstand in any position Bridge, Kickover Round-Off <p>Balance:</p> <ul style="list-style-type: none"> Balance on 1 foot (1 sec, any leg position) Scale/Arabesque, min. 45° Coupe/Passe Balance <p>Steps/Kicks/Jumps:</p> <ul style="list-style-type: none"> Walking Steps Fwd/ Sidewd/ Bkwd Steps in Releve Arabesque Steps Coupe Steps Fwd/Bkwd Passe/Marching Steps Fwd/Bkwd Leg Swings Fwd / Bdwd (45°)



HUGS Ruby	Vault	Bars	Beam	Floor
Matting	<ol style="list-style-type: none"> Vault Option #3: Minimum matting height is 24" Vault Option #1: Landing mat may be a 2, 4 or 8" mat. 	<ol style="list-style-type: none"> Athletes may sit on a Large Spotting Block throughout their routine without penalty. Spotting block may be placed on landing mat plus up to 2 8" mats 	<ol style="list-style-type: none"> Board, mount trainer, panel mat, spotting block may be used to mount the high beam. 	
Special Circumstances	<ol style="list-style-type: none"> Shoes may be worn, if medically required Vault Option #2: two (2) steps allowed on vault table Flesh colored leggings/tights without feet may be worn under the leotard 	<ol style="list-style-type: none"> Athletes may sit on a Large Spotting Block throughout their routine without penalty Flesh colored leggings/tights may be worn under the leotard 	<ol style="list-style-type: none"> Athletes may use the floor beam Flesh colored leggings/tights without feet may be worn under the leotard Tennis shoes may be worn on the floor beam, if medically required. 	<ol style="list-style-type: none"> Flesh colored leggings/tights without feet may be worn under the leotard
Specific Judge's Guidelines	<ol style="list-style-type: none"> Vault Option #2 & 3: Evaluate the following components: <ul style="list-style-type: none"> Run Hurdle Vault Quality Landing 			<ol style="list-style-type: none"> Elements do not require a hold unless specifically noted in the Allowable Skills list. Short exercise deduction applies to routines less than 30 seconds



HUGS Ruby	Vault	Bars	Beam	Floor
<p>Apparatus Specific Information</p>	<ol style="list-style-type: none"> 1. Two allowable vaults in Ruby Division. 2. Alternative springboard apparatus and manufactured "Jr." vault board allowed. 3. Gymnast may perform same vault twice or one of each vault 4. Performance of unallowable vault results in event score of "0" (VOID). 5. Spotting deductions apply to all phases of Ruby Division 1 & 2 Vaults, max spotting deductions 2.00 	<ol style="list-style-type: none"> 1. Choice of skill may be selected from the list of allowable skills, JO Women's Program Compulsory Levels 1 & 2 or Optional Program "A" skills, or the XCEL Bronze and Silver approved skills 2. No "B" or higher value part skills are allowed 3. No salto dismounts are allowed 4. To receive credit for a Cast, hips must leave the bar 5. No angle requirement for Casts, Tap Swing / Counterswings or any other allowable skill 6. No extra swing deductions will apply 7. Execution/amplitude deductions apply to all elements 	<ol style="list-style-type: none"> 1. Choice of skill may be selected from the list of allowable skills, JO Women's Program Compulsory Levels 1 & 2 or Optional Program "A" skills, or the XCEL Bronze and Silver approved skills 2. No "B" or higher value part skills are allowed 3. No salto/aerial dismounts are allowed 4. Falls: Apply .50 if both feet leave the beam prior to the dismount. Apply .30 supplementary support if only one foot leaves the beam prior to the dismount. 5. Execution/amplitude deductions apply to all elements 	<ol style="list-style-type: none"> 1. Choice of skill may be selected from the list of allowable skills, JO Women's Program Compulsory Levels 1 & 2 or Optional Program "A" skills, or the XCEL Bronze and Silver approved skills 2. No "B" or higher value part skills are allowed 3. No salto/aerials/acro elements with flight are allowed 4. Execution/amplitude deductions apply to all elements 5. Short exercise less than 30 seconds, deduct 2.00



HUGS Emerald	Vault	Bars	Beam	Floor
General Information	Two allowable vaults Alternative springboard or Jr. board allowed. May perform same or different vaults onto mat or table.	The routine may be executed according to the athlete's capabilities. The routine may be performed on the low and/or high bar.	The routine may be executed according to the athlete's capabilities. Must be performed on a high beam at any setting.	
Special Requirements	<ol style="list-style-type: none"> 1. Handstand on stacked mats to flat back position (SV 9.0) 2. Handspring on vault table to flat back position on stacked mats (SV 9.5) 3. Handspring 4. Handspring on, ½ off 	<ol style="list-style-type: none"> 1. Mount 2. Cast 3. Circling Element 4. Dismount <p>Start Value: 9.0 - routine on a single bar 9.5 - low bar routine, dismount, remount high bar, resume routine 10.0 - routine moves between high and low bars</p>	<ol style="list-style-type: none"> 1. Min. 90° turn on one foot 2. Scale balance, min. 45° 3. Jump or Leap * 4. Dismount <p>Start Value: 9.0 routine on beam set lower than 100cm. 10.0 - routine on beam set between 100cm & 125 cm.</p>	<ol style="list-style-type: none"> 1. Min. 2 directly connected acro skills with or without flight 2. One acro element with flight. 3. Dance passage, min 2 elements, one a leap with a 90° cross or side split 4. 360° turn on one foot.
Additional Information	Both vaults (same or different) need to be performed onto the same vault set-up.	Gymnast may dismount one bar and re-mount the other bar without a deduction for a fall. No spotting deduction for assistance to high bar mount.	Suggested max. time 1:15 no deduction for overtime. * A min. 90° angle is required for all Jumps/Leaps with a degree of split component	Suggested max time 1:30 no deduction for overtime All rolls are considered an acro skill.
<p>Judge's Guidelines: All routines start at a 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions – 0.50 for each spot, max 2.00 deduction per routine for 4 spots or more. Allowable skills include all skills listed in the JO Women's Compulsory or Optional Code of Points. Same execution deductions as JO Women's program. Use discretion regarding special circumstances.</p>				



HUGS Emerald	Vault	Bars	Beam	Floor
<p>Allowable Skills</p>	<p>See Special Requirements for allowable vaults</p>	<p>Skills listed in the USA Gymnastics Women's programs may be performed. This includes the Compulsory, J.O. Optional and all XCEL levels.</p> <p>In addition, the following skills are allowed:</p> <p>Mounts:</p> <ul style="list-style-type: none"> • Jump to Front Support <p>Casts:</p> <ul style="list-style-type: none"> • Cast, hips leave bar, no angle <p>Dismounts:</p> <ul style="list-style-type: none"> • Tuck Forward Roll to Stand • Cast off to Stand 	<p>Skills listed in the USA Gymnastics Women's programs may be performed. This includes the Compulsory, J.O. Optional and all XCEL levels.</p> <p>In addition, the following skills are allowed:</p> <p>Steps/Kicks/Jumps:</p> <ul style="list-style-type: none"> • Arabesque Steps <p>Turns:</p> <ul style="list-style-type: none"> • ½ Pivot Turn • ½ Pivot Turn in Releve • ½ Turn on 1 Foot in Coupe/ Passe • ½ Heel Snap Turn • Forward or Backward Swing Turn <p>Balance:</p> <ul style="list-style-type: none"> • Scale/Arabesque, min. 45° • Lever Balance <p>Acro Skills:</p> <ul style="list-style-type: none"> • Partial Handstand (no requirement to join legs, lead leg a min. of 45° from vertical) • Lever to touch beam 	<p>Skills listed in the USA Gymnastics Women's programs may be performed. This includes the Compulsory, J.O. Optional and all XCEL levels.</p> <p>In addition, the following skills are allowed:</p> <p>Leaps/Jumps/Hops:</p> <ul style="list-style-type: none"> • Stretched Jump • Step Hop in Passe, Fwd/Bkwd • Leg Swing Hop, free leg above horizontal <p>Acro Skills:</p> <ul style="list-style-type: none"> • ¾ Handstand • Headstand in any position

HUGS Emerald	Vault	Bars	Beam	Floor
Matting	<ol style="list-style-type: none"> Vault Option #1: Minimum matting height is 24" Vault Option #2: Landing mats must be 2 inches higher than the table 	<ol style="list-style-type: none"> One 10-12 cm competition landing mat is required. A second 10-12 cm mat may be placed on top of the required mat Maximum height is 24 cm Up to 9" of any combination of supplemental matting is allowed in addition to the maximum allowable competition landing surface of 24 cm. This includes skill cushion(s), a throw mat and/or sting mat(s). 	<ol style="list-style-type: none"> Board, mount trainer, panel mat, spotting block may be used to mount the high beam. One 10-12 cm competition landing mat is required. A second 10-12 cm mat may be placed on top of the required mat. Maximum height is 24 cm Up to 9" of any combination of supplemental matting is allowed in addition to the maximum allowable competition landing surface of 24 cm. This includes skill cushion(s), a throw mat and/or sting mat(s). 	<ol style="list-style-type: none"> Up to two manufactured mats (maximum thickness of 8"/20 cm) may be placed separately on the Floor Exercise area. If the skill cushion is 8" in thickness, it must be a minimum of 5' x 10'. A "sting" mat may also be used on top of the up to 8" mat.
Special Circumstances	<ol style="list-style-type: none"> Shoes may be worn, if medically required Flesh colored leggings/tights without feet may be worn under the leotard 	<ol style="list-style-type: none"> Flesh colored leggings/tights may be worn under the leotard 	<ol style="list-style-type: none"> Flesh colored leggings/tights without feet may be worn under the leotard 	<ol style="list-style-type: none"> Flesh colored leggings/tights without feet may be worn under the leotard
Specific Judge's Guidelines		<ol style="list-style-type: none"> Short exercise deduction applies to routines with fewer than 5 skills 	<ol style="list-style-type: none"> Short exercise deduction applies to routines less than 30 seconds 	<ol style="list-style-type: none"> Short exercise deduction applies to routines less than 30 seconds