



Competitive Block Program

By Sarah Thomas

National Junior Olympic Chair

Competition Format

- Competes Local-Regional Level
 - Each Region may decide if they add this to their competitions
- No age groups
- Levels
 - Novice
 - Intermediate
 - Advanced



Competition Format

- Blocks must be provided by the host club
- Athletes may bring their own blocks but they must meet all regulations
- Blocks must be at least 10 inches tall from base to top
- Blocks cannot be connected or on a flat square base – base must be triangular in nature



Example of Acceptable Blocks



Overview

- Additional Competitive Outlet that can:
 - Retain athletes who lose or do not have partners
 - Strengthen overall athlete training
 - Add additional revenue for meets
 - Accessible to dance studios and beginner clubs



Levels

- Novice
 - 5 skills; Max difficulty is V15 (1.5)
 - Min 2 must be in link; +5 Bonus if all are linked
- Intermediate
 - 7 skills; Max difficulty is V30 (3.0)
 - Min 3 must be in link; +7 Bonus if all are linked
 - No more than 3 series allowed
 - 1 handstand position required



Levels

- Advanced
 - 10 skills; Open difficulty
 - Min 5 must be in link; +10 Bonus if all are linked
 - No more than 3 series allowed
 - 3 different handstand positions required
 - Variations of the same type of handstand do not fulfill this requirement



Scoring

- Difficulty
- + execution average
- – short holds
- = Final Score
- $\text{Difficulty} = \text{Skill Values} + \text{Bonus} / 10$



Judging

- Skills must be held for 3 seconds or a short hold of .3 per second is taken
- -1.0 for every missing element or special requirement
- If the deductions exceed the difficulty score, the lowest score is 0 (no negative scores)



Judging

- There is a -0.5 deduction for all falls
- If a skill is attempted but not held for at least 1 second, they will receive the following:
 - -1.0 for a missing element
 - -1.0 if the skill was a special requirement
 - -0.5 for a fall
 - NO .9 short hold is taken



Difficulty Judge

- Calculates the difficulty based on the tariff sheets
 - Must perform what is on the tariff sheet for difficulty credit
- Adds in bonus values which will be indicated on the tariff sheet in the “link” box
- Applies short holds



CJP

- Applies Special Requirement deductions
- Throws an execution score out of 10



Execution Judge

- Takes execution deductions as outlined in the JO Code of Points
- Throws an execution score out of 10



Judging

- In cases where necessary, 1 or 2 judges would be allowed to judge the competition
- The CJP would do the job of both the CJP and DJ
- Execution judge would remain the same

Additional Rules

- You may dismount at any time during the routine, however there are Special Requirements regarding linking skills or number of series allowed
- You may do up to 3 different variations of a position for difficulty credit – after 3, the skill will not be counted for difficulty or special requirements
- You may repeat the exact same shape only twice in a routine



Additional Rules

- The only time a 1" is allowed is on the first element of the routine – for example – the straddle before pressing.
- No difficulty credit is giving to that 1" start position



Skill/Bonus Values

- There will be a skill chart with values 1-10
- Additional bonus points can be earned by pressing up and down between skills
- Bonus points can also be earned by linking the entire routine with no dismounting or going to a position of no value (which constitutes an end of a series)



Example Beginner Routine

- Tuck – V1
- Dismount
- Pike – V2
- Press to Straddle – NV but fulfills link SR
- Straddle – V2
- Dismount
- Croc – V3
- Dismount
- Jump to Handstand – V5



Example Beginner Routine

- Difficulty = 1.3
- Execution Score = 7.5
- Short Holds = 0.6

- Final Score = 8.2



Example Beginner Routine

- If the athlete jumped to handstand and fell over without holding they would receive:
 - -1.0 for missing element
 - No difficulty
 - .5 fall
 - They could attempt the skill again to try for credit



Official Rules

- To be published by USA Gymnastics and sold to interested clubs
- Registration done in hard copy format
- Scoring to be done by hand
- Online registration and scoring program to be implemented after the first trial season of competition

