What’s new??

2018 - 2019 Junior Olympic Women’s Program Update
2018 JO National Program of the Year

- Region 1 — SCEGA, Temecula, CA
- Region 2 — Auburn Gymnastics, Auburn, WA
- Region 3 — Texas Dreams Gymnastics, Coppell, TX
- Region 4 — Chow’s Gymnastics, West Des Moines, IA
- Region 5 — Legacy Elite Gymnastics, Carol Stream, IL
- Region 6 — Connecticut Gymnastics Academy, Wallingford, CT
- Region 7 — World Class Gymnastics, Newport News, VA
- Region 8 — Southeastern Gymnastics, Weddington, NC
And the winner is ... 

Congratulations!!
Newly elected National Chairs

✓ National Technical Chair — Cheryl Hamilton

✓ National Xcel Chair — Claudia Kretschmer

✓ National Junior Olympic Chair — Tom Koll

Congratulations
Rules and Policies

Updates
Women’s Program Election Procedures

- **State Chairs** are required to utilize the contact information listed in the USA Gymnastics database for state committee elections.

- **Junior Professional Members** are **NOT** allowed to vote in State, Regional, or National Elections.
Effective August 1, 2018:

• **Add to the Women’s Rules and Policies:**
  - State and Regional Programs of the year are determined annually by RACs and SACs who set the criteria, including the following:
    - Program exhibits excellence at multiple Junior Olympic levels with an emphasis at the highest level in current year.
    - Displays good sportsmanship, team spirit, and ethics.
    - Contributes to regional efforts (camps, clinics, congresses, volunteer positions).
Rules and Policies updates

Effective August 1, 2018:

Amend the Women’s Rules and Policies page 63, H.1. and page 99, H.1. to read:

• 1. Only unaltered manufactured vaulting boards are approved for sanctioned USA Gymnastics competitions. The height of the board (22cm ± 1.5cm) is measured from the floor to the highest point of the board, including the covering. All springboards meeting the stated specifications are allowed, however, it is required to provide a springboard with coil springs.
Effective August 1, 2018:

• An alternate skill cushion made of softer foam, minimum 4ft. X 6ft. and eight (8) inches high for bar releases ONLY (to be placed under the gymnast during the release and immediately removed) is allowed.

• This is NOT allowed for dismounts or landings on any event.
• Amend Women’s Rules and Policies pages 58 and 88, remove the bullet listed under IV.8. and update pages 80, G.3.c. and 117, H.3.c. to read:
c. Exception to the 5-minute to submit inquiry rule:

1. If, after the completion of the last event, an athlete’s AA score is a maximum of 0.10 less than the qualifying score to the State (or Regional) Championships, the coach may submit an inquiry for the gymnast’s lowest scoring event in order that the athlete be considered for qualification purposes. Any change of score is official and is included in the final results.

2. If an athlete begins her fourth event, is injured during the routine and unable to complete her fourth event, she may petition to Regionals if her score from her first three (3) events is equal to or greater than 75% of the required petition score.

   EXAMPLE: Regional Qualifying Score = 34.00. required Petition Score – 35.00. The athlete must achieve a three-event score totaling 26.25.

   EXAMPLE: Regional Qualifying Score = 35.00. required Petition Score – 36.00. The athlete must achieve a three-event score totaling 27.00.

3. These processes listed in 1) and 2) above DO NOT APPLY:
   a. for mobility purposes, OR
   b. if qualification to the State or Regional meet is by percentage or designated number per age group.
• Amend Women’s Rules and Policies pages 81, G.6. and 117, H.6. to read:
  • “At State Championships and above, a video review, if available, may be considered. All video must be reviewed in regular-time. Slow-motion video WILL NOT be considered.”

• Amend Women’s Rules and Policies pages 81, G5.a. Examples 4) and 117, H.5.a. Examples 4) to read:
  • 4) To verify if the gymnast lands on the bottom of the feet first on Vault, Uneven Bar/Beam Dismounts, Beam Acro elements that finish on top of the beam (foot/feet), and Floor Exercise saltos.
• Amend the Women’s Rules and Policies, page 27, D.4., page 81, K, and page 118, L. to read:
  • The use of cell phones for verbal conversation is PROHIBITED while on the field of play (competition area). Coaches are permitted to record their OWN gymnasts’ exercise for personal use but should not in any way interfere with the competition.
• Recommendation to add the following statement to the Women’s Rules and Policies page 81, J. and 118 K.:

J/K. Audience/Spectator Regulations.

3. Drones are not permitted during the pre-meet warm-ups or competition, as this may endanger the performing athletes.
• Amend the Rules and Policies, page 94, G.2.f.2) and page 97, H.2.g.2) to read:
  f. “All competitors and first alternates will receive a tank leotard from their region to be worn in the competition.”…
  2. Apparel will be ordered for the first alternate (and any ties for 1st alternate) from each region in each age division. The apparel will be distributed to only those first alternates in attendance.
Effective August 1, 2018:

- For the 2018-2019 competitive season:
  - Only Regional qualifiers (including petitioned gymnasts) who achieve the minimum qualifying score to Eastern/Western Championships or JO Nationals at the State Championships will be included in age determination.
  
  - Individual Event Specialists will NOT be included.
Rules and Policies Reminder!

• Coaches and Judges - refer to the Women’s Rules and Policies, page 27, IV.N. and page 28, V.H. regarding casual conversation between coaches and judges.

  N. Direct any inquiries regarding apparatus, judging or meet schedules through the Meet Referee or Meet Director.
  1. Refrain from approaching a judge directly.

  H. Refrain from conversation with other judges and coaches during the competition. In addition, the judges’ responsibility does not involve the conduct of the gymnast(s) during warm-up or training. Any conversation or comments with the athletes should be made only if requested by the coach or athlete.
Rules and Policies Updates — Sanction violations

• Amend the Women’s Rules and Policies, page 34, B. – add the following:

7. Exceeding the maximum allowable number of gymnasts in a session.
   (See pages 74 and 110)
Rules and Policies Updates — Sanction violations

• Amend the Women’s Rules and Policies, page 35. Change E. to read:
  • Meet Referee Penalties for Violations – A Meet Referee may receive a $100 fine for failure to report a sanction violation on the sanction report form.
  • Change the current E. to F and F. to G.

• Amend the Women’s Rules and Policies page 35 E.1. – remove c. and change b. to read:
  b. A second-time violation results in a fine of $500 for one violation. For each additional violation associated with that same sanction, the fine is $500 EACH. In addition, a second-time violation may result in possible suspension of sanctioning privileges for the next competitive season, to be determined by the National Administrative Committee.
Amend the Women’s Rules and Policies, page 70, E. and 107, F. to read:

**E/F. Entry Fees and Deadlines**

1. It is recommended that competition entries are received AND a competition schedule published at least 4-6 weeks prior to the first day of competition. Entries should include:
   a. **Competitors name(s)**, USA Gymnastics Athlete Member number, birth date, citizenship and age division.
   b. **The name(s) and USA Gymnastics Professional number, Safety Certification expiration, Background Check expiration, U110 certification, and U100 certification of all participating coaches.**
   c. **ALL FEES PAID IN FULL.**
   d. An athlete is considered registered/entered in competition only when her name is listed on the club’s entry form and the Meet Director has received valid payment.

2. **Meet Directors may not refuse entries from competitors who wish to enter a competition that serves as a Sectional Meet or any competition that serves as a qualifier to State Championships and above if all registration procedures and entry fees are PAID IN FULL.**
   • **EXCEPTION:** If the competition fills to maximum participant capacity, the Meet Director may consider accepting additional entries if/when space becomes available.

3. **Cancellation Policy** – The Meet Director should make the best effort to refund all or part of the entry fee in the event that severe weather or a shortage of judges would cause a cancellation of a competition.
Sanctioned event procedure updates
Assigning Starting Events

- Amend the Women's Rules and Policies, page 112, D.10 and page 76, D.10 to read:

  To determine the competitive order when rotating to the next event, the number of places to be “dropped” must be applied uniformly per session and is based on $\frac{1}{4}$ of the number of competitors in the largest squad in that session.

Examples:

6 OR LESS GYMNASTS IN A SQUAD — DROP ONE (1) SPOT
- Gymnast 1 — V
- Gymnast 2 — UB
- Gymnast 3 — BB
- Gymnast 4 — FX

7-11 GYMNASTS IN A SQUAD — DROP TWO (2) SPOTS
- Gymnast 1 — V
- Gymnast 2
- Gymnast 3 — UB
- Gymnast 4
- Gymnast 5 — BB
- Gymnast 6
- Gymnast 7

12+ GYMNASTS IN A SQUAD — DROP THREE (3) SPOTS
- Gymnast 1 — V
- Gymnast 2
- Gymnast 3
- Gymnast 4 — UB
- Gymnast 5
- Gymnast 6
- Gymnast 7 — BB
- Gymnast 8
- Gymnast 9
- Gymnast 10 — FX
- Gymnast 11
- Gymnast 12

- In the case of a squad being reduced in numbers due to gymnasts scratching prior to the start of competition, it may be necessary to re-define the start order on each event for that squad only if the original number of dropped places is more than $\frac{1}{4}$ of the number of gymnasts in that squad.
Competition rotation procedure

- At all sanctioned USA Gymnastics State and Regional Championships, Individual Event Specialists (IES) shall be placed first on the event she is competing using the following steps:
  1. Organize gymnasts into squads
  2. Draw for starting events and flights.
  3. Place the IES first on the event she is competing within the squad.
Event timing updates

• Vault
  A. In all sanctioned USA Gymnastics events, the Vault warm-up time for Levels 6 and 7 shall be two minutes per athlete.

• Uneven Bars
  A. In all USA Gymnastics sanctioned competitions, for Levels 9 and 10, the warm-up time on bars shall be 2.5 minutes per athlete, including bar settings.

• Balance Beam
  A. Timed warm-up on beam MAY NOT be staggered. TOUCH WARM-UP, on beam only, may be staggered.
**Competition procedure**

- All State/Regional Championship meets MUST utilize the USA Meet Reservation System for registration (not payment) and use the pre-printed Coaches’ sign-in sheets during the competition.
Judging Updates
Judging updates

• In order to judge USA Gymnastics sanctioned Level 1-5 competition, the judge is required to have a level 4/5 rating.

• Professional Members and Junior Professional Members without a Level 4/5 rating will no longer be eligible to judge a Level 1-5 competition.
• All FIG Brevet judges in the US who wish to judge Junior Olympic Optional Meets must:

1. Attend a State, Regional, or National Clinic on the new Junior Olympic Rules.

2. Submit an annual CPE report to their State CPE coordinator each May to be eligible for assignments the following Accreditation year.
• For Eastern/Western Championships - Increase the number of judges sent from each region from three (3) to four (4) and increase the fee for Regional Support from each region from $300 to $500.
Compulsory update

Effective August 1, 2018:

- An additional entrance technique for compulsory acro elements (balance beam and floor exercise) will be allowed.

  - Allow the back leg to bend (mountain climber entrance), torso upright, hips tucked under, shoulder angle open, neutral head position and arms covering the ears.
Junior Olympic Code of Points Updates
JO Code of Points Updates

• Update the current Junior Olympic inquiry form and page 24 in the Junior Olympic Code of Points.
  • Change 3. on the inquiry form to read: “Composition (Optional)”
3. Eligible for Additional Bonus + 0.10 (not included in Start Value).
   a. Must have 10.0 SV
   b. Total Bonus = +0.60 or more, and
   c. Minimum of one (“E”) Acro element (no fall/spot).
• **Beam** —
  • #2.201 Split Leap – value was raised to “B”. In order to receive “B” value, there must be a straight-leg brush entry (no stag-split action). If there is a developé, award “A” value.
New Elements
New Elements: Vault

1. Front Handspring onto the board, front handspring onto the table, front salto pike with a ½ (180°) turn.

#2.411 — Whitman
- Awarded 10.0 + .1 start value
New Elements: Vault – slow motion

1. Front Handspring onto the board, front handspring onto the table, front salto pike with a ½ (180°) turn.

#2.411 – Whitman
- Awarded 10.0 + .1 start value
New Elements: Bars

1. Piked Deltchev

#4.507 – Bardes
- “E” value
New Elements: Bars – slow motion

1. Piked Deltchev

#4.507 – Bardes
- “E” value
New Elements: Beam

1. Mount — From rear stand (back towards beam) flic-flac over beam to candle position ending in front support with or without backward hip circle.

#1.413 — 6 athletes performed the skill successfully at JO Nationals, so it will not be named after an athlete.

- “D” value


New Elements: Beam – slow motion

1. Mount – From rear stand (back towards beam) flic-flac over beam to candle position ending in front support with or without backward hip circle.

#1.413 – 6 athletes performed the skill successfully at JO Nationals, so it will not be named after an athlete.

- “D” value
New Elements: Beam

2. Switch leg leap with ¾ turn

#2.505 – Salcedo
- “E” value
2. Switch leg leap with ¾ turn

#2.505 – Salcedo
- “E” value
New Elements: Floor

1. Triple turn in tuck stand on one leg — free leg optional

#2,506 — 2 athletes performed the skill successfully at JO Nationals, so the skill will not be named after an athlete

- “E” value
New Elements: Floor — slow motion

1. Triple turn in tuck stand on one leg — free leg optional

#2,506 — 2 athletes performed the skill successfully at JO Nationals, so the skill will not be named after an athlete

- “E” value
THE END!

2018 - 2019 Junior Olympic Women’s Program Update