



To: Men's Gymnastics Community
From: Dusty Ritter – Junior Olympic Program Coordinator
Date: January 11, 2018

RE: 2016-2020 Age Group Competition Program Rules Update #4 1/11/2018

Update #4 highlights additional changes which replace changes in previous updates. The changes in text are highlighted in yellow. This update will be in effect for the 2018 competition season. Many of the highlighted areas are simply clarifications of the rules interpretations and do not require a replacement page. Only the highlighted items are new. The remaining items have been previously issued in Update #3.

These clarifications are intended to be a guide in applying the spirit of the rules. The sport of gymnastics and its evaluation are, and always will be, based upon judgments made by officials in real time. The rules are intended to guide coaches and judges with regard to proper routine construction and guidance in application of the rules of gymnastics on each event. Questions concerning interpretations that may arise throughout the season will be directed to the appropriate JOVP or the JONAL for direction.

Of particular note for this 2017-2018 season, the age group optional program will follow Jr. FIG Rules with the exception of specifically noted JO Modifications, Special Exceptions or Restrictions by event. In general, FIG rules are in effect unless otherwise stated. Optional divisions will follow all applicable FIG Rules unless exceptions or modifications are stated in the competition manual. Refer to the FIG *Code of Points* for all judging questions or interpretations of the rules not stated as specific modifications in the Age Group Competition Manual or in the updates.

Lastly, note that Update #4 includes the interpretation of the FIG rules for “non-recognition” of an element in the junior program. We understand the length of our competitive season (December to August), and the demands on coaches and athletes, make it difficult for coaches to properly address high-level skill development for athletes. We are adopting a more liberal interpretation of the concept of “non-recognition” during the Junior Olympic season in order to assist coaches with proper routine construction development over the course of the season. A statement has been included in the update to assist judges in application of these statutes that promotes benefit to the gymnast. There will always be decisions to be considered and exceptions to be navigated. We do not seek to change the standard of FIG execution deduction but strive to benefit the gymnast for elements he has performed. Some examples of where the new non-recognition interpretation may be applied: (1) PH-Handstand skills with piking or use of strength, circling skills with skew or incomplete turning; (2) R-Strength with angle deviations, swing to strength with high entry positions, Yamawaki or Jonasson elements with support; (3) Makuts or Bhavsar elements with holds, support or angle deviations; (4) HB-Adler elements with angle deviations.

In all cases, we are ready to assist coaches and judges with direction in the application of these rules throughout the season in the JO program.

Item# Page	Event Table	2016 – 2020 AGCP GENERAL RULES & OPTIONAL RULES Update 1/11/2018 Rules Clarifications and Interpretations
#1 1.3	AGCP Rules General	<u>Clarification:</u> All AGCP rules will follow Jr. FIG Code rules unless specifically stated as a modification to those rules. Jr. FIG Code requirements will not be repeated in the AGCP manual.
#1A 1.3	AGCP Rules General	<u>Interpretation:</u> FIG Rules concerning “Non-Recognition” - A large error related to deviation, holds, or angles will not automatically result in non-recognition of an element as long as the element is performed without a fall. Elements will be given value and element group credit if its performance is recognizable as the code box it represents. In all cases, the gymnast should be given the benefit of the doubt with regard to deviations, holds and angles in the execution of the element to preserve routine construction.
#2 1.3	AGCP Rules General	<u>Clarification:</u> Stick Bonus Rules – Stick Bonus is amended per level in the Table and will follow guidelines listed for skill value. <u>Exception:</u> No stick bonus will be awarded for “B” value dismount on FX. <u>Exception:</u> No stick bonus will be awarded on Pommel Horse.
#2 1.3	AGCP Rules General (1.1.18)	<u>Clarification:</u> Stick Bonus Rules – Award as long as there is no movement of the feet upon landing and the heels can be brought together without lifting a foot off the ground. Excessive arm motions and unsteadiness can be assessed as execution deductions regardless of whether stick bonus is awarded.
#3 1.3	AGCP Rules	<u>Clarification:</u> Junior Developmental Optional, JO, JE – Less than 6 skills deduction should be taken as a ‘Neutral Deduction’ for all levels.
#4 1.3	AGCP Rules	<u>Clarification:</u> All Levels – There is no execution bonus on Vault. <u>Clarification:</u> All Levels: Add 3-e below table - One skill or connection can only fulfill one Special Requirement or Element Group.
#5 1.3	AGCP Rules	<u>Clarification:</u> Optional Levels 8, 9, 10 – Routines on FX will be timed (FIG Rules). Any timing device or signal may be used to signal time to athletes as long as the method of signaling is communicated in the pre-meet instructions.
#6 1.4	L8 SR Rules	<u>Clarification:</u> Level 8 Special Requirements FX: Repetition of an element in connection is allowed one time only. An element cannot be repeated again. FIG rules will be followed concerning repetition with this one exception at Level 8 only.
#7 1.4	L8 SR Rules	<u>Clarification:</u> Level 8 Special Requirements FX: Counter saltos do not fulfill Special Requirement #3.
#8 1.4	L8 SR Rules	<u>Interpretation:</u> Level 8 Special Requirements FX: Whip or Tempo salto does not fulfill SR #1. Must be minimum “B” and/or all multiple flipping skills.
#9 1.4	L8 SR Rules	<u>Interpretation:</u> Level 8 Special Requirements PH: Terminology clarified for ½ turn Special requirements #2 & #3 (Kehre-Stockli/Spindle- Czechkehre). ½ turn skills in Special requirements #2 & #3 must be completed without intermediate circles that break up the ½ turn. (Example: ¼ turn, circle, ¼ turn will not fulfill the SR). <u>Clarification:</u> Count the highest dislocate or inlocate on Still Rings for Special Requirement #3 regardless of chronological order. <u>Clarification:</u> Level 8 Special Requirements HB: Skills with starting with ½ turn or more may satisfy DR #2 and DR #3. Example: (Full pirouette, Quast). Terminology for ½ turns clarified.
#10 1.5	L8 SR Rules PH	<u>Clarification:</u> Level 8 Special Requirements: PH Skills Table: Skills that satisfy DR #1 must be in cross support (#’s 3.27, 3.44, 3.46, 3.56, 3.58, 3.82, 3.83) Roth and Wu (3.82, 3.83) may also satisfy DR #3.
#11 1.5 1.6	L8 SR Rules PH	<u>Clarification:</u> Level 8 Special Requirements PH: Skills denoted by check mark listed in the table satisfy the Special Requirements for each Category. Terminology in headings changed to match “Special Requirements”
#12 1.7	Age Rules	<u>Clarification:</u> Age for competition Level 4 and 5 interpretation - Gymnast must turn chronologically 6 years old before he may compete Level 4. Competitive aged 7 year olds may compete Level 5.
#13 1.9 1.10	Matting Rules	<u>Clarification:</u> FX - A landing mat of up to 10 cm (4”) may be used for landings of any multiple flipping skills only. The mat must remain in place throughout the routine. <u>Clarification:</u> All Optional Levels – Required matting of 30 cm plus an additional 8” (20 cm) is allowed on Still Rings, Vault, and Horizontal Bar. Additional mats will be assessed a neutral deduction (-0.3) <u>Clarification:</u> Mat Specifications Table (1.9) -All mat specifications have been formatted in centimeters to match FIG formatting.

Item# Page	Event Table	2016 – 2020 AGCP GENERAL RULES & OPTIONAL RULES Update 1/11/2018 Rules Clarifications and Interpretations <i>continued</i>
#14 2.5	Holds	<u>Clarification:</u> Momentary holds that do not show control or a stop in position will be assessed a (-0.3) deduction for no hold in the compulsory program.
#15 2.6	Comp. Extra Swings	<u>Clarification:</u> On PH, R, PB, HB – Interpretation of “allowed” of “not allowed” extra swings for each event defined. Extra circles or swings allowed on PH & R. Extra swings allowed on PB only where noted. Extra giants only are allowed on HB.
#16 2.7 2.10	JO Vault Table	<u>Clarification:</u> Bonus Table modifications have been reformatted as of July 31 st 2017 and will supersede all previous updates as contained in the tables and text. FIG Code numbers identify the skills allowed for bonus.
#17 2.8 2.10	JO Vault Table	<u>Clarification:</u> Vaulting Bonus: Handspring Layout Front Salto ½ twist value in the FIG Code is 4.0. Strike note in Vault Bonus table (same as FIG). Handspring Pike Front ½ twist vault will receive a 3.6 value. <u>Interpretation:</u> A 5.0 or higher single vault must be performed without a single large deduction to receive the bonus. <u>Clarification:</u> Level 8 & Junior Developmental may perform Yurchenko vaults as listed by Restriction in the Table (338,343,370). Level 9 & Junior Developmental may not perform multiple flip vaults. <u>Clarification:</u> All Levels – A Yamashita (1.6) and Yamashita ½ (1.8) may be performed for value.
#18 2.8 2.10	Optional Rules PB	<u>Clarification:</u> Optional Bonus Table PB: Empty ½ swing into any peach, giant, cast, or Moy skill is allowed. <u>Clarification:</u> Optional Bonus Table PB: Only FIG Code skills are allowed unless specifically noted as a Special Exception.
#19 2.8 2.10	Optional Rules HB	<u>Clarification:</u> Optional Bonus Table HB: Swing half turn is allowed after non-flipping release skills in the JO program. Add to Page 2.11 #7-a. Refer to Special Exception in Table (i.e., Tkatchev, Voronin, Yamawaki, Gienger, Def, Jaeger). <u>Clarification:</u> Special Exception HB: Clarify Jam – Refer to Jam Table for JO values below #6a. “C” Jam Bonus and JO values apply to all levels.
#20 2.9	JD Table	<u>Clarification:</u> JD Optional Rules Table: A table has been added for quick reference to general JD rules requirements. Two divisions in JD can be referred to as J1 & J2 for ‘Proscore’ level distinction.
#21 2.10 2.11	Optional Table	<u>Clarification:</u> All Bonus Skills: No skill with a single large deduction will receive bonus. <u>Clarification:</u> All Levels – Skills may no longer be repeated in direct connection. FIG Rules will apply. Exception: Level 8 FX one time only. <u>Clarification:</u> Optional Bonus Table: Junior Developmental Division: Bonus rules listed in the optional table do not apply. JD athletes are not eligible to receive these bonus categories. <u>Clarification:</u> Optional Bonus Table: Vault – A maximum of (+0.2) will be awarded for stick bonus. If one vault is performed below a 5.0 value (+0.1) is allowed. <u>Clarification:</u> A “C” Value Jam to handstand will receive +0.1 bonus on HB. Notation is added to the table to reflect the Jam to handstand chart. <u>Clarification:</u> Short routine deduction – The short routine deduction for all optional levels will be assessed as a neutral deduction.
#22 2.7 2.11	Optional Rules	<u>Clarification:</u> Pommel Horse 9. (Add b.) A single global skewing deduction will be applied for “C” and higher longitudinal travels in the junior program. (Not FIG per section).
#23 2.7 2.11	Optional Rules	<u>Clarification:</u> Pommel Horse – All Levels - Partial credit will not be awarded for Russian, travel or any other listed skills. FIG Rules apply on Pommel Horse concerning credit for value of skills.
#24 2.7 2.11	Optional Rules	<u>Clarification:</u> The restriction on Honma skills on Still Rings applies only to Level 8. There is no restriction on the number of Honma skills for Levels 9, 10, or JD.
#24 2.11	Optional Rules	<u>Interpretation:</u> Junior Developmental Optional – Pommel Horse: The FIG rule requiring all three parts of the horse are covered will be applied. FIG Rules concerning execution will be followed unless specifically noted for all events.
#24 2.11	Optional Rules	<u>Clarification:</u> JD Athletes may not perform vaults that are not listed in the FIG Code. (i.e., Hecht style or pike/squat through type vaults)

Item Page	Event	2016 – 2020 AGCP COMPULSORY RULES CLARIFICATIONS Update 1/11/2018 Rules Clarifications and Interpretations
#1 1.1	AGCP Rules	<u>Interpretation:</u> Level 7 Age Group (10-11): A competitive age 9-year old may not compete Level 7. There is no age bumping in the AGCP.
#2 1.7	AGCP Rules	<u>Clarification:</u> A - #2: No age bumping allowed – Gymnast must be 6 years old before he can compete Level 4. Competitive age must be 7 before he may compete Level 5.
#3 2.6	AGCP Rules	<u>Clarification:</u> Guidelines for compulsory judging - Additional text added to clarify when extra swings are allowed for each event and when routine must be performed as written. All performed swings are judged for execution.
#4 3.5	L6 FX	<u>Interpretation:</u> Part #3 (Forward roll to Headspring)– A jump prior to the headspring is not allowed for safety reasons.
#5 3.6	L7 FX	<u>Clarification:</u> Part #4 SB #2 – A rebound is not allowed after SB #2: (Pike or layout salto) Salto to stand (FIG landing) is required in Part #4.
#6 3.6	L7 FX	<u>Clarification:</u> Part #6 SB #3 – Any FIG “B” Press or higher value is allowed for SB #3 (language change). Gymnast may “drag” to press from prone position following Swedish fall to fulfill this requirement.
#7	General PH	<u>Interpretation:</u> Compulsory levels – Angular deviation is a judgment call by officials. Large error (-0.5) per FIG results in not awarding bonus.
#8 4.4	L6 PH	<u>Clarification:</u> PH Forward: Czechkehre Terminology corrected, refer to page 4.3 (B-4 Czechkehre detailed description). Rewritten.
#9 4.5	L4 PH	<u>Interpretation:</u> Mushroom – The maximum deduction for a fall would 1.0 + 1.5 in Part #1. Evaluation = Execution + Fall. Execution deductions are in addition to a fall.
#10 4.6	L5 PH	<u>Clarification:</u> ½ Spindle – May be done in one or two circles.
#11 4.8	L7 PH	<u>Clarification:</u> Disregard video (1 side circle missing in bonus routine) Text is correct. Video is not an official version.
#12 5.6	L6 SR	<u>Clarification:</u> Part #9 SB #3 (Inlocate): Clarify definition of ‘rise’ – At ring level no deduction, no rise = -0.5 no bonus (Evaluation relative to these standards) Text in performance criteria changed from “significant rise” to “must show rise”.
#13 5.7	L7 SR	<u>Clarification:</u> Part #2 SB #1 - Tucked Planche to “L” support - 2 second hold on each part as described in Skill Description. Performance criteria language.
#14 6.4	L5 V	<u>Interpretation:</u> Part #2 & 3 V: Arms may not be overhead on hurdle to board contact, text is correct as described in Performance Criteria.
#15 6.6	L7 V	<u>Clarification:</u> Vault Options for Division I & II: Disregard graphics on video (Division I & II reversed) Text is correct in the table in the manual. Division I (All five vaults allowed), Division 2 (three basic vaults allowed only)
#16	Comp. PB	<u>Interpretation:</u> Momentary holds required for handstands as written – gymnast showing control of handstand position fulfills the requirement.
#17 7.6	L6 PB	<u>Interpretation:</u> Part #3 SB #1A (Moy to support): No intermediate swing allowed, Layaway on swing backward from rear support (text is correct)
#18 7.6 7.7	L6 PB L7 PB	<u>Interpretation:</u> Note: A gymnast too tall to do a giant swing with bars at FIG maximum height may substitute a cast. This also includes cast support for fulfilling the bonus skill requirement.
#19 7.7	L7 PB	<u>Interpretation:</u> Part #9 SB #2 & #3: May be done in any order only following Part #9. Text is correct.
#20 8.5	L4 HB	<u>Clarification:</u> Part #6 – Failure to execute a “hop” (simultaneous release of both hands) on the backward swing will be treated as a (-0.5) composition error instead of a missing part since the entire part has not been omitted.

Item Page	Event	<p style="text-align: center;">2016 – 2020 AGCP COMPULSORY RULES CLARIFICATIONS Update 1/11/2018 Rules Clarifications and Interpretations <i>continued</i></p>
#21 8.6	L5 HB	<u>Interpretation:</u> Part #6 SB #2: Either a swinging pullover (hips touching bar) or a ¾ giant swing backwards to support (free of bar) is allowed. No deduction for bent arms. Deduct only for excessive strength, lack of continuous rhythm, and standard FIG form deductions.
#22 8.6	L5 HB	<u>Interpretation:</u> Part #4: An extra swing is not allowed before the kip. The routine must be performed as written.
#23 8.6	L5 HB	<u>Clarification:</u> Part #2 Bonus: Missing Virtuosity Criteria added.
#24 8.6	L5 HB	<u>Clarification:</u> Part #9 Bonus: Flyaway – Deduction for spotter not present as required for dismount added.
#25 8.7	L6 HB	<u>Interpretation:</u> Part #5: An extra swing is not allowed before the kip. The routine must be performed as written.
#26 8.7	L6 HB	<u>Interpretation:</u> Part #7 SB #2 & #3: If both are performed it must be as instructed in the note above.
#27 8.6 8.7	L5 HB L6 HB	<u>Interpretation:</u> Free hip requirements as written. There is no angle specified. Hips must be free and clear of bar.

Item Page	Event	2016 – 2020 AGCP Technical Sequence Clarifications Update 1/11/2018 Rules Clarifications and Interpretations
#1 1.5	General	<u>Clarification:</u> Table of Deductions – The deduction for composition error for extra circles in the 15-18 Pommel Horse sequence is (-0.3) <i>Changed from (-0.5)</i> All other composition error deductions remain (-0.5).
#2	General	<u>Clarification:</u> The deduction for a missing major element (-2.0) will be taken only if the element is omitted. In the case less than 50% of the skill or a different skill is performed the gymnast may repeat the skill and execution deductions will be taken. If the gymnast chooses to not repeat the skill it will be considered an omitted skill and 2.0 will be deducted.
#3	General	<u>Clarification:</u> Supplemental paragraphs have been added to replacement pages for Coaches Education sections reflecting skills that have been added to some sequences.
#4 2.2	FX 11-14	<u>Clarification:</u> Part #3 – A tuck open salto has been added to the end of the backward handspring pass.
#5 2.4	FX 15-18	<u>Clarification:</u> Part #3 – A layout back salto has been added to the end of the back handspring whip, whip pass.
#6 4.3	PH 11-14	<u>Clarification:</u> 11-14 Pommel Horse sequence – Language for judging has been edited to specify 8 hand placements in each section only and reference to number of circles has been deleted. The sequence has not changed. The gymnast has completed the travel in Parts #2 & #4 when the trailing hand passes or is on the line. 8 hand placements can be counted from that point.
#7 4.6	PH 15-18	<u>Clarification:</u> 15-18 Pommel Horse sequence – A single leg swing sequence has been added to the beginning of the sequence. Specific Technical Emphasis Element #1 has been changed to single leg requirements (Part #1). Part numbers have been adjusted. There are no other changes to the composition.
#8 4.12	SR 11-14	<u>Clarification:</u> 11-14 Still Rings sequence – One basic swing has been eliminated from the beginning of the sequence. Some part numbers are adjusted. The requirement for the backward swing changed to 45° above horizontal.
#9 6.12	PB 11-14	<u>Clarification:</u> 11-14 Parallel Bar sequence – The required height for the peach is changed to horizontal.
#10 6.13	PB 15-18	<u>Clarification:</u> 15-18 Parallel Bar sequence - A 'Hecht' beat tap is now required for evaluation of the back uprise to handstand. (A technical description is included in the Coaches Education section.)

A. Age Group Competition Optional Levels Overview: (Continued)

Age Group Competition Program Table - Optional Levels							
Level	Age Group	Highest Competitive Qualification	Score Components				
			Number of Skills	Element Groups	Required Dismount EG	Stick Bonus	Execution Bonus
Junior Olympic – Optional Routines Only							
8	12*	NATIONAL	8 (7 + dismount)	2.0*	A = 0.5	B = 0.1*	+ 0.1 If execution deductions = 0.0 - 0.8 (No EB Vault)
	13-14	REGIONAL				C = 0.2	
9	13-14	NATIONAL	8 (7 + dismount)	2.0	B = 0.5	C = 0.1	
	15-16	REGIONAL			A = 0.3	D = 0.2	
10	15-16	NATIONAL	8 (7 + dismount)	2.0	C = 0.5	D = 0.1	
	17-18				B = 0.3	E = 0.2	
					A = 0.0		
Junior Elite – Optional Routines & Technical Sequences							
8	11-12	NATIONAL	8 (7 + dismount)	2.0*	A = 0.5	B = 0.1*	+ 0.1 If execution deductions = 0.0 - 0.8 (No EB Vault)
						C = 0.2	
9	13-14	NATIONAL	8 (7 + dismount)	2.0	B = 0.5	C = 0.1	
					A = 0.3	D = 0.2	
10	15-16	NATIONAL	8 (7 + dismount)	2.0	C = 0.5	D = 0.1	
	17-18				B = 0.3	E = 0.2	
					A = 0.0		
Junior Developmental – Optional Routines							
JD	11-14	REGIONAL	6 (5 + dismount)	D1 – 1.5 D2 - None	D1 – JO A D2 – JO A	None	None
JD	15-18	REGIONAL	6 (5 + dismount)	D1 – 1.5 D2 - None	D1 – JO A D2 – JO A	None	
<ol style="list-style-type: none"> Optional Rules are based on the JR. FIG <i>Code of Points</i> with Junior Olympic modifications listed in the Optional Levels 8 – 10 Judging & Rules Guidelines section. Junior FIG Rules apply except where noted. Less than 6 recognized skills results in a -1.0 neutral deduction for each missing skill. Stick Bonus: Refer to Event Specific Bonus for Vault. None awarded on Pommel Horse. *No stick bonus for a “B” dismount on Floor Exercise in Level 8. The term “Special Requirements” is used to denote the “Element Groups” for the four categories of skills that are listed in the FIG Code for Level 8. All (4) Element Groups must be fulfilled to receive Execution Bonus. Junior Developmental gymnasts will use pommels on the pommel horse in all age groups. 19 year olds that meet JO eligibility requirements may compete in the 18 year old division. *Competitive age 11 JO athletes may compete Level 8 optional but must compete Technical Sequences at their State Championship and attempt to qualify to Regionals and Nationals in the Junior Elite Division. Floor routines timed per FIG. Type of signaling device used should be communicated in meet instructions. 							

3. Level 8 Special Requirements

- The following rules table for Special Requirements will be used for all Level 8 competition in the Junior Olympic Program. These rules do not apply to the Junior Developmental Division.
- The skill requirements for Level 8 competition are designed to provide direction for the coach and athlete to assist with the transition from the compulsory program to the optional program.
- In addition, the recommended appropriate skill categories will help to provide a cohesive foundation for future optional development as the gymnast progresses to higher levels of competition.
- Skills that are denoted by checked boxes in the Level 8 Pommel-less Skills Table fulfill the Special Requirement for that event.
- One skill or one connection can only fulfill one Special Requirement. Special Requirements must be fulfilled independently from each other.

B. Age Group Competition Optional Levels Overview: (Continued)

Level 8 Special Requirements Rules Table					
#	Special Requirement	Value	#	Special Requirement	Value
Floor Exercise – Junior FIG Restrictions Apply					
1	Minimum “B” value layout salto backwards (Multiple flipping skills fulfill the requirement)	0.5	3	Two saltos in direct connection	0.5
2	Minimum “B” value salto forwards	0.5	4	Minimum FIG “A” value dismount	0.5
Special Exceptions or Restrictions: (Note: Counter saltos do not fulfill SR #3) In #1, Tempo salto (whip) does not fulfill the requirement In #3, Allow repetition of salto once only if performed in direct connection. Chronology rules do not apply. In #4, a non-FIG dismount will receive partial Special Requirement value of +0.3 (must be acrobatic)					
Pommel-less Horse - Junior FIG Restrictions Apply					
1	Minimum ½ longitudinal travel forward or backward	0.5	3	Spindle or Russian - Minimum ½ turn (180°)	0.5
2	Kehre or Stockli - Minimum ½ turn (180°)	0.5	4	Any listed Pommel-less Horse dismount	0.5
Special Exceptions or Restrictions: In #2 & #3, 1/2 turns must be completed in one circle or flair and all turns must continue to circles In #4, There are <u>no</u> non-listed dismounts for partial credit. A listed dismount must be performed.					
Still Rings - Junior FIG Restrictions Apply					
1	Handstand	0.5	3	Inlocate or dislocate with shoulders at ring height or giant (count highest element)	0.5
2	Minimum FIG “A” value skill in support	0.5	4	Minimum FIG “A” value dismount	0.5
Special Exceptions or Restrictions: (The FIG composition requirement of swing to handstand is not required at L8) In #3, skills below required height will receive partial Special Requirement value of +0.3 In #4, a non-FIG dismount will receive partial Special Requirement value of +0.3					
Vault – Junior FIG Restrictions Apply					
Special Exceptions or Restrictions: No multiple flipping vaults allowed. Round-off entry allowed (Yurchenko) for (338,343,370)					
Parallel Bars - Junior FIG Restrictions Apply					
1	Minimum “B” value long hang or basket skill	0.5	3	Minimum FIG “A” value ½ turn or more in or through support	0.5
2	Minimum FIG “A” value upper arm skill	0.5	4	Minimum FIG “A” value dismount	0.5
Special Exceptions or Restrictions: In #4, a non-FIG dismount will receive partial Special Requirement value of +0.3					
Horizontal Bar - Junior FIG Restrictions Apply					
1	Minimum FIG “A” value in-bar circling skill	0.5	3	Minimum FIG “A” value swing beginning from ½ turn or more done from under grip	0.5
2	Minimum FIG “A” value swing beginning from ½ turn or more done from over grip	0.5	4	Minimum FIG “A” value dismount	0.5
Special Exceptions or Restrictions: In #2 & #3, there is no deduction for ‘change of direction’. ½ turn swings must come from a long hang to a handstand. In #4, a non-FIG dismount will receive partial Special Requirement value of +0.3 Note: There will be no FIG change of direction deduction applied to Level 8 Horizontal Bar. 5 swings forward and backward are allowed with 5 th swing being a value skill on the mount.					

JO & JE Optional Bonus, Restrictions & Special Exceptions Table

#	Bonus Category	Bonus	Award
Floor Exercise – Junior FIG Rules			
1	EG III “D” or higher layout multiple salto	0.2	Each time–FIG Box (352,353,354,358,359,365,371)
2			
Special Exception: Level 8-Repetition of same box element in combination allowed one time only			
Restrictions: None			
Pommel Horse - Junior FIG Rules			
1	EG II “E” or higher including “E” flop (L9,10)	0.2	Each time-FIG Box(229,230,235,241,254,265,283,2113)
2	“E” or higher EG III travel with 360 + turn	0.2	Each time-FIG Box (383,389)
Restrictions: None			
Special Exceptions: “C” value for circle or flair to handstand (includes dismount) – there is no cap on deductions			
Still Rings - Junior FIG Rules			
1	EG II & III – Any “C” or higher strength skill	0.2	Each time
2			
Restrictions: Levels 8 only allowed one EG I Honma (Yamawaki) & one EG III additional (Honma) skill			
Special Exception: None			
Vault - Junior FIG Rules - Bonus for Level 10 Only			
Vault Bonus Table - Level 10 only			Restrictions:
Sum of start values for 2 Vaults:	Vault Bonus	Stick Bonus	Level 9, no multiple flipping vaults allowed
7.6 - 8.7	0.2	0.1 each*	* One vault attempted below 5.0 SV = +0.1 SB
8.8 and higher	0.4	0.1 each*	Special Exception SV:
*Start value for Single Vault: 5.0 or higher	Vault Bonus	Stick Bonus	Handspring Pike Front ½ twist = 3.6 value
	*0.6	*0.2	*+0.2 SB Applies if 1 (5.0) vault only performed
Special Exception: Yamashita (SV 1.6) & Yamashita ½ (SV 1.8) allowed			
Level 8: Yurchenko vaults allowed (338,343,370 only)			
Parallel Bars - Junior FIG Rules			
1	“D” or higher EG I	0.2	Each time-FIG Box (1-22,28,29,30,40,70,71,76,77,95)
2	“E” or higher EG III	0.2	Each time-FIG Box (3-05,29,35,107,108,114,120)
Restrictions: None			
Special Exceptions: For all levels, an empty ½ swing is allowed going into a peach basket or giant skill (Include Moy,Cast). For Levels 8 & 9, Stützkehre to support (EG I) and giant to support (EG III) will receive a “B” value			
Horizontal Bar - Junior FIG Rules			
1	EG III - Any “D” or higher Adler skill	0.2	Each time-FIG Box (364,365,376)
2	Jam to handstand (C value)	0.1	
Restrictions: 5 swings forward and backward are allowed with 5 th swing being a value skill on the mount			
Special Exceptions: For All Levels, refer to the Jam Table on Page 2.9 for JO Values (EG III) Swing ½ turn allowed from non-flipping release – Tkatchev, Voronin, Yamawaki, Gienger, Def, Jaeger (EG II)			

Level 4 Pommel Horse (Mushroom)

Note: Part #1 is worth 5.0 points. Part #2 is worth 4.5 points. (+0.5) is available for virtuosity and stick bonus. The gymnast is required to attempt both the double leg circle in #1 and the dismount in #2. Failure to attempt or omission of either part will result in loss of value for the skill.

#	Skill(s) Description	Performance Criteria	Virtuosity
1	One double leg circle	Defined in chart below	0.1 or less in execution deductions (+0.3)
	SB #1: Following #1, add two double leg circles (+0.5)		
	SB #2: Following SB #1, add two double leg circles (+0.5)		
2	½ double leg circle with ¼ turn to flank dismount		

Double Leg Circle Performance Criteria Defined	
<p>No attempt deduct 5.0</p> <p>0° – 180° deduct 1.5 plus execution</p> <p>180° – 270° deduct 1.0 plus execution</p> <p>270° – 360° deduct 0.5 plus execution</p> <p>(Execution deductions are in addition to the deduction for the fall at any point during the circle)</p>	

Pommel Horse 11-14 year old

Routine is executed on a horse with no pommels. Tape is used to mark the sections of the horse. Tape should be placed over the pommel holes on the horse body.

Description	Technical Reference Item	Performance Criteria Per FIG (.1, .2, .3)
1. Starting at the end of the horse facing longitudinally. Jump to circles* in cross support frontways on the near end of the horse	Cross support Circles	<ul style="list-style-type: none"> *A minimum of 8 total hand placements within first section before the travel to center section begins
2. 1/3 cross-support travel to center of horse	Cross support Travel	
3. Cross support circles* in the center of the horse	Cross support Circles	<ul style="list-style-type: none"> *A minimum of 8 total hand placements within middle section before the travel to the third section begins
4. 1/3 cross-support travel to the far end of horse	Cross support Travel	
5. Cross support rearways circles (back loops) on the far end of the horse	Cross support Circles	<ul style="list-style-type: none"> *A minimum of 8 total hand placements on the end of the horse in the third section prior to part #6
6. Flank off dismount in back loop position.		<ul style="list-style-type: none"> No required height on dismount

**Note: Gymnast may travel within each section as needed. Gymnast is deemed to have traveled to the next section when both hands have crossed the line or are touching the line indicating he has moved to the next section. There is no penalty for touching the line.*

**Note: The sequence is designed to show a minimum of four circles in each section. Deductions for Special Technical Emphasis Elements are global so there is no penalty with regard to these elements for executing more than four circles in each position.*

“Additional circles” will be judged for execution errors. No penalty for added part.
(Example: Gymnast takes more than one circle to travel across the line before both hands are in the next section in front support to begin count.)

“Missing circles” (Less than 8 hand placements in each 1/3 section) will be judged as a -0.5 Deduction per missing circle.

Specific Technical Emphasis Elements (.1,.2,.3):

Note: Virtuosity can be awarded only if execution is (-0.1) for each element for the entire sequence.

#1. The hands being “square” or evenly placed on the horse in rear support ... (No Skewing)

(Global in each 1/3 section and Part #6).

#2. Chest and hips in square alignment to the horse (0-15° counter rotation is allowed) at the ¼ and ¾ position of the circle (no rollover). (Global in each 1/3 section, Part #6, Part #7).

#3. Even tempo and rhythm throughout routine (Globally for entire sequence).