



To: Men's Gymnastics Community
From: Dusty Ritter – Junior Olympic Program Coordinator
Date: July 31, 2017

RE: 2016-2020 Age Group Competition Program Rules Update 7/31/2017

A new format is being implemented for updates in the effort to simplify the process and create a living document. The process of issuing replacement pages will continue. These will also be integrated into the "2016-2020 Men's J.O. Age Group Program App" for the manual. The update being issued will be identified by "date of issue" and will contain all relevant rules interpretations to date. This will be a living document and any additional items will be added to it and identified as the current valid rules interpretation by date. This will be the only update available. To this end, items from updates #1 and #2 for the 2016-2020 have been included with the relevant items that still apply to the rules. These are included in the current update dated "7/31/2017".

- The first sections of the update contain rules interpretations and clarifications to the text for the compulsory and optional age group competition programs. The items have been numbered along with page numbers for reference. These sections are for clarification of questions that have come in. The replacement pages will act as the current reference to all rules once added to the manual.
- Replacement pages for Technical Sequence routine changes are included in this update. There are no current changes to the Future Star 8-10 program manual in this update. The only Future Star changes will be in the Technical Sequence 11-14 replacement pages.
- The replacement pages that update the manual and the "app" are included in this update. All previous replacement pages that are unaffected are still valid and denote the date of their issue at the bottom of the page.
- The "2016-2020 Men's J.O. Age Group Program App" will be a living document updated with all current rules. Any discrepancies found in the app should be referred to the manual for proper interpretation.
- Once an update for the current season is issued no changes will be considered after January 15, 2018.

The updates to the rules are not intended for the purpose of making sure that every detail of minutia as regards interpretation of the rules is in writing. 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. Judging questions concerning interpretations should be directed to the appropriate JOVP or the JONAL for that event.

Finally, 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. Therefore, FIG rules are in effect unless otherwise stated. For example, the FIG time rule will be applied on Floor Exercise for Levels 8, 9 & 10 only in The JO & JE divisions. Similarly, these divisions will follow all applicable FIG Rules unless exceptions are stated in the competition manual (as in the case of special Level 8 rules or the Bonus Table, for example). For all judging questions or interpretations of the rules not stated as specific modifications in the Age Group Competition Manual refer to the FIG Code of Points.

Item# Page	Event Table	2016 – 2020 AGCP General Rules & Optional Rules Update 7/31/2017 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.
#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.
#3 1.3	AGCP Rules	<u>Clarification:</u> Junior Developmental Optional, JO, JE – Less than 6 skills deduction should be taken from the “D” score 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).
#6 1.4	L8 SR Rules	<u>Clarification:</u> Level 8 Special Requirements FX: Repetition of an element in connection is allowed <u>one time only</u> . FIG rules will be followed concerning repetition with this one exception at Level 8 FX only.
#7 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.
#8 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-Russian). Fulfilling the ½ turn SR requires a complete ½ turn in one circle. ¼, ¼ in two circles will not fulfill the SR.
#9 1.4	L8 SR Rules	<u>Clarification:</u> Level 8 Special Requirements HB: Skills with starting with ½ turn or more may satisfy SR#2 and SR#3. Example: (i.e., 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, 44, 46, 56, 58, 82, 83) Roth and Wu (3-82, 83) may also satisfy DR#3.
#11 1.5 1.6	L8 SR Rules PH	<u>Clarification:</u> Level 8 Special Requirements PH: Skills 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 of (-0.3) in the Age Group Competition program. <u>Clarification:</u> Mat Specifications Table (1.9) - All mat specifications have been formatted in centimeters to match FIG formatting.
#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” or “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 boxes indicate the skills allowed for bonus.

Item# Page	Event Table	2016 – 2020 AGCP General Rules & Optional Rules Update 7/31/2017 Rules Clarifications and Interpretations
#17 2.8 2.10	JO Vault Table	<p><u>Clarification:</u> Vaulting Table: Handspring Pike Front ½ twist vault will receive a 3.6 value.</p> <p><u>Interpretation:</u> A 5.0 or higher single vault must be performed without a single large deduction to receive the bonus. A second vault may be performed in this case.</p> <p><u>Clarification:</u> Level 8 & Junior Developmental may perform Yurchenko vaults as listed by Restriction in the Table (3-38, 43, 70). Level 8&9 & Junior Developmental may not perform multiple flip vaults.</p> <p><u>Clarification:</u> All Levels – A Yamashita (1.6) and Yamashita ½ (1.8) may be performed for value.</p>
#18 2.8 2.10	Optional Rules PB	<p><u>Clarification:</u> Optional Bonus Table PB: Empty ½ swing into any peach, giant, cast, or Moy skill is allowed.</p> <p><u>Clarification:</u> Optional Bonus Table PB: Only FIG Code skills are allowed unless specifically noted as a Special Exception.</p>
#19 2.8 2.10	Optional Rules HB	<p><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).</p> <p><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.</p>
#20 2.9	JD Table	<p><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.</p>
#21 2.10 2.11	Optional Table	<p><u>Clarification:</u> All Bonus Skills: No skill with a single large deduction will receive bonus.</p> <p><u>Clarification:</u> All Levels – Skills may no longer be repeated in direct connection. FIG Rules will apply. Exception: Level 8 FX - <u>one time only</u>.</p> <p><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.</p> <p><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.</p>
#22 2.7 2.11	Optional Rules	<p><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).</p>
#23 2.7 2.11	Optional Rules	<p><u>Clarification:</u> Pommel Horse – All Levels - Partial credit will not be awarded for Russian, travels or any other listed skills. FIG Rules apply on Pommel Horse concerning credit for value of skills.</p>
#24 2.11	Optional Rules	<p><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.</p>

Item# Page	Event	2016 – 2020 Compulsory Clarifications and Interpretations 7/31/2017
#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 in AGPM for compulsory PH.
#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.
#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	General 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	2016 – 2020 Compulsory Clarifications and Interpretations 7/31/2017
#21 8.6	L5 HB	<u>Interpretation:</u> Part #6 SB#2: Either a swinging pullover (hips touching bar) or a $\frac{3}{4}$ 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 Technical Sequence Clarifications 7/31/2017
#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. The gymnast will be given skill credit for the 2 nd attempt and no 2.0 deduction will be applied.
#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.
#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 angle changed to 45° above horizontal, shoulders at bottom of rings.
#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.)

B. Age Group Competition Optional Levels Overview:

1. Optional Levels 8, 9 and 10 – Three Divisions

- a. **Junior Olympic Division** – Competitors will perform optional routines only utilizing the score components listed in the Optional Levels Chart below. Gymnasts advance to the Junior Olympic National Championships based upon their optional routines qualification through the Regional Championships. Gymnasts in this division are eligible to receive All-Around, Individual Event, and Team awards at the Junior Olympic National Championships. Gymnasts competing in the Junior Olympic Division are not eligible for National Team Selection or qualification to the USA Championships.
- b. **Junior Elite Division** – Competitors will perform designated Technical Sequences in addition to performing optional routines utilizing the score components listed in the Optional Levels Chart below. Gymnasts in this division are eligible to receive All-Around, Individual Event, and Team awards at the Junior Olympic National Championships. Gymnasts competing in the Junior Elite Division are eligible for National Team Selection and qualification to the USA Championships (Level 10 - 15+ years old).
- c. **Junior Developmental Division** – **Junior Developmental Optional division competitors (Age 11-14 and Age 15-18)** perform optional routines utilizing the score components listed in the Optional Levels Chart below. Gymnasts may receive All-Around, Individual Event and Team awards at State and Regional Championships. This division is designed as it's own separate division to be included with the Junior Olympic and Junior Elite divisions in both general local competition and State and Regional competitions. Gymnasts competing in the Junior Developmental Division do not advance to the National Championships and are not eligible for National Team selection.
- d. **Optional Levels Table** – See chart on page 1.3

2. National Team Qualification and Selection

- a. **Level 8 & 9 Junior Elite**
 - i. Level 8 & 9 Junior Elite athletes must qualify to the Junior Olympic National Championships based on combined scores of Technical Sequences and Optional Routines performed at the Regional Championships. Regional Qualification will be based on the use of the Technical Sequences at the State Championships.
 - ii. National Team selection for these levels will be based on combined scores of Technical Sequences and Optional Routines at the Junior Olympic National Championships. For more detailed information concerning the Junior National Team program and selection please refer to the “USA Gymnastics Men’s Junior National Team Program” handbook.
- b. **Level 10 Junior Elite**
 - i. Level 10 Junior Elite athletes must qualify to the Junior Olympic National Championships based on combined scores of Technical Sequences and Optional Routines performed at the Regional Championships. Regional Qualification will be based on the use of the Technical Sequences at the State Championships.
 - ii. Level 10 Junior Elite athletes must qualify to USA Championships based on combined scores of Technical Sequences and Optional Routines at the Junior Olympic National Championships or at the National Qualifier.
 - iii. National Team selection for this level will be based on two days of optional competition at USA Championships. For more detailed information concerning the Junior National Team program and selection please refer to the “USA Gymnastics Men’s Junior National Team Program” handbook.

B. 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 A = 0.3	C = 0.1	
	15-16	REGIONAL				D+=0.2	
10	15-16	NATIONAL	8 (7 + dismount)	2.0	C = 0.5 B = 0.3 A = 0.0	D = 0.1	
	17-18					E+=0.2	
Junior Elite – Optional Routines & Technical Sequences							
8	11-12	NATIONAL	8 (7 + dismount)	2.0*	A = 0.5	B = 0.1♦ C+=0.2	+ 0.1 If execution deductions = 0.0 - 0.8 (No EB Vault)
9	13-14	NATIONAL	8 (7 + dismount)	2.0	B = 0.5 A = 0.3	C = 0.1 D+=0.2	
10	15-16	NATIONAL	8 (7 + dismount)	2.0	C = 0.5 B = 0.3 A = 0.0	D = 0.1	
	17-18					E+=0.2	
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 Code of Points 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 deduction from the 'D' score 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. 							

**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.

C. 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: 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 no 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	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.					

E. Specialists:

While All-Around competition within the Junior Olympic Age Group Competition Program is encouraged, USA Gymnastics recognizes the significant contributions that can be made by specialists and multi-event participants. Participation by specialists and multi-event athletes is permitted in the age group program.

F. Junior Developmental Optional Division - Guidelines:

1. A critical time for many boys is preparation and advancement to the optional divisions. The Junior Developmental Optional Division provides an opportunity to continue to compete successfully for athletes who may not be able to commit the necessary time required to master more advanced skills on all six events. Athletes in this division may still be able to compete with their teams while their practice time may be limited to two or three days per week. While junior high and high school boys may experience more demands on their time academically they can still enjoy competing in gymnastics. Many boys experience success in 1, 2, or 3 events optionally where they enjoy gymnastics performance more. Other events become difficult for them for a variety of reasons as they grow and encounter more difficult skill mastery. This division offers these athletes the opportunity to continue their participation at a level they can enjoy on events of their own selection.
2. At 11 years old, athletes coming out of the compulsory program are now given more options for optional competition giving the coach a great deal of flexibility on adjusting to the growth and development of each of his team members. Many boys start gymnastics very late and do not have the benefit of years of compulsory development. In this division they can move right into optional competition. Coaches and clubs are encouraged to implement competition in the Junior Developmental Division at all competitions along with Junior Olympic or Junior Elite Divisions to encourage growth in the sport up to and including State and Regional Championships. The rule structure for the Junior Developmental Division is intentionally very simple to allow for ease of implementation and access. Two divisions are provided to meet the ability levels for different athletes in this program.

Junior Developmental Division 1: (refer to JD Rules Tables – page 2.9)

- 6 value parts minimum = 5 skills + dismount
- Dismount may be Non-FIG "A" or higher, (No EG I on FX)
- All skills can be FIG or Non-FIG JO "A" part recognizable gymnastics skills
- Execution Base = 10.0 + Difficulty (FIG) + EG (FIG "A" minimum = Capped 1.5), No Bonus applicable
- Extra swings follow JO Optional Rules, JO exceptions allowed on all events
- Vaults = No twisting Yurchenko, No multiple flipping vaults
- No FIG swing to handstand required on Rings, JO restrictions on rings apply

Junior Developmental Division 2: (refer to JD Rules Tables – page 2.9)

- 6 value parts minimum = 5 skills + dismount
- Dismount can be JO "A" or higher, (No EG I on FX)
- All skills can be FIG or Non-FIG or JO "A" part recognizable gymnastics skills
- Execution Base = 10.0 + Difficulty (JO "A") No Bonus applicable
- Extra swings are allowed subject to execution deductions, JO exceptions allowed on all events
- Vaults capped at 12.4 – No Yurchenko or multiple flipping vaults
- No FIG swing to handstand required on Rings, JO restrictions on rings apply

Junior Developmental Optional: Age groups within the divisions may be split at the discretion of the meet director.

III. Equipment and Mat Specifications

A. FIG:

All specifications of equipment and mats are per FIG unless otherwise stated. Equipment heights listed below are maximums. **FIG height requirements may only be exceeded where allowed by FIG.**

- Floor Exercise: FIG – 12m x 12m (40' x 40')
- Pommel Horse: Maximum FIG height (up to 115 cm from the floor)
- Still Rings: Maximum FIG height (up to 280 cm from the floor)
- Vault: Maximum FIG height (up to 135 cm from the floor)
- Parallel Bars: Maximum FIG height (up to 200 cm from the floor)
- Horizontal Bar: Maximum FIG height (up to 280 cm from the floor)

B. General:

1. A panel mat may be used to mount pommel horse, mushroom or parallel bars.
2. There is no minimum height requirement on the pommel horse, vault or parallel bars.
3. Matting can be adjusted to attain the minimum height requirements indicated in Section III – Paragraph E below for the still rings and the horizontal bar.
4. The spring board may only be used to mount the parallel bars and for vaulting. If a spring board is used inside the uprights to mount parallel bars it must be removed as soon as the mount is completed (for the safety of the gymnast).
5. It is the responsibility of the coach to determine if ceiling mounted rings provided are acceptable for his gymnast's use. If a ring tower will not be available for competition, the coach should be notified in the pre-meet information packet so that the coach may choose if he wishes to have his gymnasts participate.

C. Landing Mat Specifications Table:

Minimum Recommended Landing Mat Specifications For Junior Olympic Competition Program							
Event / Level	Level 4	Level 5	Levels 6	Level 7	Level 8	Level 9	Level 10
Note: 10 cm is approximately equal to 4 inches and 20 cm is approximately equal to 8 inches							
Floor Exercise	40'x40' or 6' x 40' strip Minimum 1 1/4" thick		40'x40' or 6' x 60' strip 1 1/2" foam on 4" spring deck		40'x40' 1 1/2" foam on 4" spring deck		
Pommel Horse	Not Applicable			12' x 12' x 10 cm (4")			
Mushroom	10' x 10' x 1 1/4" (panel mat)			Not Applicable			
Still Rings	8' x 15 1/2" x 20 cm (20 cm additional mat allowed in optional levels) (Compulsory levels may add matting to adjust height as allowed in III-E)						
Vault	6' x 12' x 30 cm Additional 20 cm allowed		8' x 15 1/2' x 30 cm Additional 20 cm allowed		8' x 15 1/2' x 30 cm Additional 20 cm allowed (Refer to Technical Sequence Manual for required JE matting)		
Parallel Bars	14' x 16' x 20 cm - Additional 20 cm allowed						
Horizontal Bar	8' x 30' x 30 cm - Additional 20 cm allowed (Compulsory levels may add matting to adjust height as allowed in III-E)						

III. Optional Levels 8 – 10 Judging & Rules Guidelines

A. General Bonus:

1. Execution Bonus:

Routines that have execution deductions equaling 0.0 - 0.8 will be awarded +0.1 in bonus. All four element groups must be fulfilled to receive this bonus. This bonus does not apply to Vault or to JD Optional.

2. Stick bonus:

- a. Stick bonus will be awarded for stuck dismounts that receive full Special Requirement credit for Level 8 and full Element Group IV credit for Level 9 and 10 as defined in the Optional Rules Table. There is no stick bonus on pommel horse. Refer to Optional Rules Table for value and restrictions on bonus.
- b. Stick bonus of +0.1 will be awarded for stuck vaults at Levels 8, 9 & 10. Stick bonus will also be awarded for Level 10 bonus vaults, see Vault Bonus Table to determine the amount awarded.
- c. Stick bonus will be added to the start value (D score).

B. Event Specific Bonus, Restrictions and Special Exceptions: Applies only to the JO & JE Divisions

Note: All bonus is awarded (+0.2) each time a qualified skill is performed as listed (except vault)

1. Floor Exercise:

- a. Element Group III Category: (FIG Code Box – 3-52, 53, 54, 58, 59, 65, 71)
 - Special Exception: Level 8 – A salto may be repeated in direct connection one time only

2. Pommel Horse:

- a. Element Group II Category: “E” or higher including any “E” Flop (FIG Code Box – 2-29, 30, 35, 41, 54, 65, 83, 113)
- b. Element Group III Category: “E” or higher travel with 360° or greater turn (FIG Code Box – 3-83, 89)
 - Special Exception: The “C” value will be awarded for any circle or flair to handstand including the dismount regardless of execution. There is no cap on execution deductions in the performance of the skill.

3. Still Rings:

- a. Element Group II & III Category: Any “C” or higher strength skill.
- b. Restrictions: Level 8 and 9 gymnasts may only perform one Honma (Yamawaki) type skill from EG I. Level 8 and 9 gymnasts may perform one additional Honma type skill from EG III.

4. Vault:

Level 10 gymnasts may earn vault bonus for either performing a single vault with a start value of 5.0 or higher or for performing two vaults where the second vault meets the following criteria:

- a. The gymnast’s first vault is scored normally by the judging panel. If the gymnast performs a 5.0+ vault with a large deduction or greater he may elect to perform a second vault for bonus.
- b. If the gymnast elects to perform a second vault for bonus he will do so immediately following the first vault. His coach must inform the judges of his intention as well as the name and start value of the second vault. A gymnast cannot receive both the two-vault bonus and the single vault bonus.
- c. Both vaults must be from different FIG vault groups but they may have the same second flight.
- d. Both vaults must have a salto in the second flight.
- e. The judging panel must agree that the second vault, as performed, did not receive a single large execution deduction or greater.
- f. The judging panel will determine the sum of the start values for the two vaults and then the amount of bonus to be awarded based on the Vault Bonus Table:

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	* One vault attempted below 5.0 SV = +0.1 SB (+0.2 SB Applies if 1 (5.0+) vault only performed)
7.6 - 8.7	0.2	0.1 each*	Special Exception FIG SV: Handspring Pike Front ½ twist = 3.6 value
8.8 and higher	0.4	0.1 each*	
*Start value for Single Vault: 5.0+ or higher	Vault Bonus	Stick Bonus	
Special Exception: Yamashita (SV 1.6) & Yamashita ½ (SV 1.8) allowed			

B. Event Specific Bonus, Restrictions and Special Exceptions: (Continued)

4. Vault (continued):

- g. If all criteria are met and bonus is awarded it will be added to the start value of the first vault.
- h. If the gymnast balks on his first attempt, the 1.0 deduction will be taken from his execution score on the first vault and will not affect his eligibility for bonus if all other criteria are met.
- i. Stick bonus of +0.1 will be awarded for sticking each vault that meets the criteria.
- j. If the gymnast elects to do a single vault of 5.0+ value or higher it must be performed without a single large deduction or greater to receive the bonus. Any single 5.0 value vault will be awarded stick bonus of +0.2 if no large deduction or greater is assessed.
- k. Vault Restrictions and Special Exceptions:
 - Restriction: Level 8 & Junior Developmental may perform round-off entry vaults (338, 343, 370) only.
 - Restriction: Level 8/9 & Junior Developmental may not perform vaults with multiple flips.
 - Special Exceptions: *A Yamashita vault will be allowed and has a value of (1.6). A Yamashita ½ twist vault will be allowed and has a value of (1.8). A Handspring Pike front salto with ½ twist will receive a (3.6) start value.

5. Parallel Bars:

- a. Element Group I Category: “D” or higher (FIG Code Box – 1-22, 28, 29, 30, 40, 70, 71, 76, 77, 95)
- b. Element Group III Category: “E” or higher (FIG Code Box – 3-05, 29, 35, 107, 108, 114, 120)
- c. Special Exceptions:
 - For Levels 8 and 9, a Stützkehr forward to support receives a “B” value (EG I).
 - For all levels, an empty ½ swing is allowed going into any giant, peach, cast or Moy (EG III)
 - For Levels 8 and 9, a giant to support will receive a “B” value (EG III).

6. Horizontal Bar:

- a. Element Group III Category: Any “D” or higher Adler skill (FIG Code Box – 3-64, 65, 76)
 - Special Exceptions:
 - A swing ½ turn is allowed for non-flipping releases (i.e., Tkatchev, Voronin, Yamawaki, Gienger, Def, Jaeger)
 - A maximum of 5 swings forward and backward of which the 5th must be a skill (i.e., free hip, stemme) is allowed. The JO program will allow a change of direction on the 5th skill without deduction.
 - A pullover is allowed as a mount in Level 8 for “A” value. No element group credit. Continuous movement is required. A full stop is a (-0.5) deduction.
 - The JO Program will disregard the FIG “entry from handstand” requirement for Endos and Stalders.
 - For All Levels, the following values will be awarded for a jam (For All Levels, a “C” value jam to handstand will receive +0.1 bonus):

Jam to Handstand	FIG “C” value	No angle deduction
Jam from 15° to 45°	JO “B” Value	No angle deduction
Jam from 44° to Horizontal	JO “A” Value	No angle deduction
Jam below Horizontal	JO “A” Value	Angle deduction (-0.5)

7. JO & JE Optional Bonus, Restrictions and Special Exceptions Table:

All of the bonus, restrictions and special exceptions listed in the previous event specific headings are contained in the table found on the following page. These rules are not applicable to the Junior Developmental division.

8. Junior Developmental Division Tables:

JD Division 2	Difficulty	Dismount	Element Groups	Vault
11-14 15-18	(5+dismount) 6 Total	Non-FIG A	None	Capped 12.4
Exceptions / Restrictions	Apply JO Exceptions	Extra swings Allowed	No FIG required swing HS Rings	No Yurchenko No Multiple Flip
Notes: All Jr. FIG Code restrictions apply. Any JO "A" skills allowed. No bonus will be applied in the JD program. JD Base score execution = 10.0, may not dismount with EG I skill (FX)				

JD Division 1	Value Parts	Dismount	Element Groups	Vault
11-14 15-18	(5+dismount) 6 Total	Non-FIG A	Element Groups capped at 1.5	FIG Value
Exceptions / Restrictions	Apply JO Exceptions	Extra swings Follow JO Rules	No FIG required swing HS Rings	No Yurchenko No Multiple Flip
Notes: All Jr. FIG Code restrictions apply. Any JO "A" skills allowed. No bonus will be applied in the JD program. JD Base score execution = 10.0, may not dismount with EG I skill (FX). One FIG listed skill per EG receives (+0.5), maximum EG awarded = (+1.5).				

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 (3-52,53,54,58,59,65,71)
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 (2-29,30,35,41,54,65,83,113)
2	“E” or higher EG III travel with 360 + turn	0.2	Each time-FIG Box (3-83,89)
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:	Vault Bonus	Stick Bonus	Handspring Pike Front ½ twist = 3.6 value
5.0 or higher	*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 (3-64,65,76)
2			
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 – i.e., Tkatchev, Voronin, Yamawaki, Gienger, Def, Jaeger (EG II)			

C. General Exceptions to the FIG Code of Points:

1. Recognizable Gymnastics Skills:

- a. Any recognizable gymnastics skill which is not listed in the FIG Code of Points, NGJA/USA Gymnastics Interpretations, Men's Junior Olympic Age Group Competition Program Manual or Men's Junior Olympic Age Group Competition Program Update will receive an "A" value with no Element Group credit. Minimum "A" value skills will satisfy Level 8 Special Requirements where specified.
- b. Skills that are not listed in the FIG Code of Points, the USAG/NGJA Interpretations or the AGCC Update will always receive an "A" value until that skill has been submitted for evaluation.
- c. New and original skills **must** be submitted (in electronic video form) directly to the NGJA web site selecting the 'New Skill Submission Page' link. The Junior Olympic Program Coordinator will have the skill evaluated by the NGJA/USAG Technical Committee.

2. Short Routine:

The deduction for performing an exercise containing less than six recognizable gymnastics skills is 1.0 for each skill less than six. This deduction is taken from the 'D' score. (For example: 5 parts – deduct 1.0, 4 parts – deduct 2.0, etc.) This deduction applies to all divisions (JE, JO, JD).

3. Element Group Requirement:

There is no restriction on the number of skills that can be performed from an element group for value.

4. General Restrictions and Special Exceptions:

- a. In the Men's Junior Olympic Age Group Competition Program, a special exception skill which has a letter value assigned should be evaluated as if it has its own "code box".
 - *Example:* A "B" Stützkehr forward to support on Parallel Bars would have a different "virtual code box" for routine construction purposes than a FIG "C" value Stützkehr forward to handstand. (A "B" Stützkehr is allowed for Levels 8 and 9 only)
- b. It is, however, not the intention of this interpretation to allow for undue repetition of elements. FIG rules regarding repetition will be enforced except where specifically noted in the following event specific exceptions.
 - *Example:* A gymnast performs both a FIG "C" value Stützkehr forward to handstand and the excepted "B" Stützkehr forward to support in the same routine, only the FIG "C" value Stützkehr forward to handstand would be recognized because of its higher value.
- c. Floor Exercise – One landing mat of up to 10 cm (4") may be used for multiple flipping skills. The mat must remain in place throughout the routine. The mat must be used for landing only. An apparatus related deduction of 0.5 will be taken if the mat is used for take-off during the execution of a skill.

5. Pommel Horse – All Level 8 age groups are required to compete on the horse with pommels removed. All applicable optional bonus rules apply to the pommel-less horse. See Chapter 1 – General Age Group Competition Program Information, Section I – Age Group Explanation & Competition Program Tables, Paragraph B – Age Group Competition Optional Levels Overview, 4 - Level 8 Pommel-less Horse Rules & Skills Table, for a full description. All Junior Developmental Division athletes will use pommels on the horse.

6. Additional Exceptions:

A single global skewing deduction for longitudinal travels on Pommel Horse will be applied in the JO program. (Not FIG per section)

7. Application of Bonus Rules:

- a. One skill may be awarded for only one bonus.
- b. No bonus will be awarded if there is a single large deduction in the execution of the skill.
- c. When repeating a skill (Level 8 FX only) in direct connection chronology rules do not apply. All other FIG Rules regarding repetition apply.
- d. Junior Developmental athletes are not eligible for added bonus listed in the bonus table. These bonus rules are for Junior Olympic and Junior Elite Divisions only.
- e. Connection on Floor Exercise will follow FIG rules regarding bonus.

Level 5 Pommel Horse (Mushroom)

Order of SB Skills: If **SB #1** is performed, it **MUST** be done following part #2 and prior to **SB#2** or **SB#3**. **SB#2** & **SB#3** may be performed in either order and may be performed even if **SB#1** is not performed.

#	Skill(s) Description	Performance Criteria	Virtuosity
1	Double leg circle		0.1 or less in execution deduction (+0.1)
2	Double leg circle		0.1 or less in execution deduction (+0.1)
	SB#1: Following #2, add two double leg circles (+0.5)	Complete listed sequence	
	SB#2: Following #2, SB#1 or SB#3, add ½ spindle within one or two double leg circles (+0.5)	Complete listed sequence	
	SB#3: Following #2, SB#1 or SB#2, add two flaired double leg circles (+0.5)	Complete listed sequence	
3	Double leg circle		0.1 or less in execution deduction (+0.1)
4	½ double leg circle with ¼ turn to flank dismount		

Level 6 Pommel Horse (Mushroom)

#	Skill(s) Description	Performance Criteria	Virtuosity
1	Two double leg circles		0.1 or less in execution deductions (+0.1)
2	Czechkehre (Moore)		0.1 or less in execution deductions (+0.1)
3	One or more double leg circles		
	SB#1: Following #3, add a Direct Stockli A (DSA) (+0.5)		
4	Two or more flaired double leg circles		Leg separation of 135° or greater (+0.1)
	SB#2: Replace #4 with ½ spindle within two or more flaired double leg circles (+0.5)	Leg separation of 90° or greater	Leg separation of 135° or greater (+0.1)
	SB#3: Following #4 or SB#2, add a Russian wendeswing 270° or 360° (+0.5)		
5	Double leg circle		
6	½ double leg circle with ¼ turn to flank dismount		

Level 6 Still Rings

SB#2 Note: In **SB#2**, feet may be on the inside of the cables in the handstand and during the lower down (no bonus awarded if legs or feet wrap around or touch the outside of the cables), maximum deduction of 0.5 taken for **SB#2** unless the gymnast falls.

#	Skill(s) Description	Performance Criteria	Virtuosity
1	From hang, pull to piked body inverted hang, extend body horizontally to hanging scale rearways (back lever) with momentary hold	Pull with arms straight, bent body Momentary hold	
	SB#1: Replace #1 with from hang, pull to piked body inverted hang, extend body horizontally to hanging scale rearways (back lever) with 2 second hold (+0.5)	Pull with arms straight, bent body 2 second hold	
2	Lower slowly to German hang, pull out to piked body inverted hang, extend to straight body inverted hang	German hang with momentary hold Straight body inverted hang with momentary hold	Fully extended shoulder flexibility in German hang (+0.1)
3	Compress to a tight pike and dislocate backwards	Straight body at horizontal or higher	
4	Swing forward, swing backward	Swing forward showing turnover, bent arms allowed Swing backward to horizontal	Swing backward with turnover greater than horizontal (+0.1)
5	Swing forward, swing backward to up-rise backward to support	Swing forward showing turnover, bent arms allowed Bent arms allowed on up-rise backward	Up-rise backward with straight arms (+0.1)
6	Lift legs to "L" hold for 2 seconds	Arms straight, rings turned out, 2 second hold	
7	Pike press to shoulder stand hold for 2 seconds	Straight body shoulder stand, rings parallel, arms free of straps, 2 second hold	
	SB#2: Replace #7 with bent or straight arm, bent body press to handstand with momentary hold and rings turned out, lower to shoulder stand hold 2 seconds (+0.5)	See SB#2 Note Above Handstand with momentary hold Shoulder stand 2 second hold	
8	Bail forward, swing backward	Swing backward to horizontal	
9	Swing forward, swing backward	Swing forward showing turnover, bent arms allowed Swing backward to horizontal	
	SB#3: Following #9, add inlocate stretched, swing backward (+0.5) (Note: An inlocate that shows no rise will receive a single large deduction)	Inlocate stretched with turnover must show rise Ring level = No deduction Swing backward to horizontal	
10	Swing forward to salto backward stretched dismount	Hips at ring height, bent arms allowed	

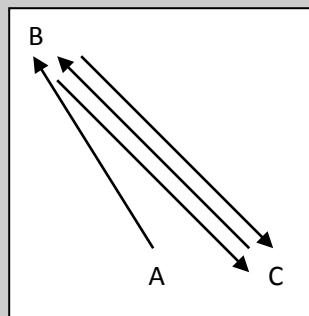
Floor Exercise 11-14 year old

**Unless otherwise specified, arm positions are optional.
Pass A to B must be a side pass starting from side mid-point.**

Stand at A facing corner B

Floor Pattern:

- A to B
- B to C
- C to B
- B to C



Description	Technical Reference Item	Performance Criteria Per FIG (.1, .2, .3)
1. Starting at middle side 'A' tumbling toward corner 'B'; power hurdle, round-off, back handspring, tucked Arabian salto	Power-hurdle Round-off 'Power' back handspring Arabian Salto Tucked	<ul style="list-style-type: none"> Arabian performed with center of mass at shoulder height Full extension of body prior to landing
2. Single leg prone fall, return to front support, lift hips up to stretched forward roll to jump and sissone, step through lunge, turn backwards to face corner 'C'	Single-leg prone fall (Swedish fall) Sissone Lunge	<ul style="list-style-type: none"> Back leg at vertical on Swedish fall 45° split on sissone
3. Power-hurdle, round-off to (3) tempo back handsprings, tuck open backward salto	Power-hurdle 'Tempo' back handspring series Tuck open backward salto	<ul style="list-style-type: none"> Arms at horizontal or below on tempo back handsprings Open at horizontal on tuck
4. Jump ½ turn, step hitch kick, step, lunge and 180° backward turn to corner 'B'	Hitch kick Lunge	<ul style="list-style-type: none"> Both legs at horizontal on hitch kick
5. Run or power-hurdle to front handspring, boulder,	Front handspring Boulder	<ul style="list-style-type: none"> Front handspring turnover to vertical, fully extended
6. Dive roll	Dive Roll	<ul style="list-style-type: none"> Dive roll with tight arch Center of mass to be at shoulder height on dive roll
7. Step and swing leg up and jump ½ turn landing with feet together (assemble') facing corner 'C'	Step and swing ½ turn assemble'	<ul style="list-style-type: none"> Front leg to be at horizontal on assemble'
8. Run or power hurdle to round-off, back handspring, pike-open backward salto	Round-off 'Power' back handspring Pike-open backward salto	<ul style="list-style-type: none"> Center of mass to be at Shoulder height on pike-open Opening of pike-open at horizontal

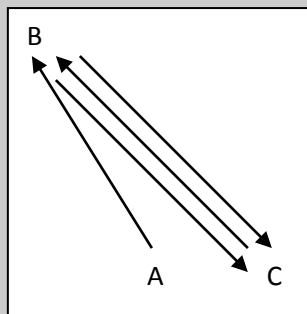
Floor Exercise 15-18 year old

**Unless otherwise specified, arm positions are optional.
Pass A to B must be a side pass starting from side mid-point.**

Stand at A facing corner B

Floor Pattern:

A to B
B to C
C to B
B to C



Description	Technical Reference Item	Performance Criteria Per FIG (.1, .2, .3)
1. Starting at middle side 'A' tumbling toward corner 'B'; Power hurdle, round-off, back handspring, piked Arabian salto	Power-hurdle Round-off Power back handspring Arabian Salto piked	<ul style="list-style-type: none"> Center of mass on piked Arabian head height Full extension of body prior to landing
2. Single leg prone fall, return to front support, lift hips up to stretched forward roll to jump and sissone, step through lunge, turn backwards to face corner 'C'	Single-leg prone fall (Swedish fall) Sissone Lunge	<ul style="list-style-type: none"> Back leg at vertical on Swedish fall 45° split on sissone
3. Power-hurdle, round-off, back handspring, whip back, whip back, layout backward salto	Power-hurdle 'Tempo' Back Handspring Whip back Layout back salto	<ul style="list-style-type: none"> Arms at horizontal or below on tempo saltos backward Direction at vertical on layout salto
4. Jump ½ turn, step hitch kick, step, lunge and 180° backward turn to corner 'B'	Hitch kick Lunge	<ul style="list-style-type: none"> Both legs at horizontal on hitch kick
5. Run or power-hurdle to front handspring, boulder	Front handspring Boulder	<ul style="list-style-type: none"> Front handspring turnover to vertical fully extended
6. Dive roll	Dive roll	<ul style="list-style-type: none"> Center of mass head height on dive roll Tight arch with dive roll
7. Step and swing leg up and jump ½ turn landing with feet together (assemble') facing corner 'C'	Step and swing ½ turn assemble'	<ul style="list-style-type: none"> Front leg at horizontal on assemble'
8. Run or power hurdle to round-off, back handspring, pike-open backward salto	Round-off 'Power back handspring Pike-open backward salto	<ul style="list-style-type: none"> Center of mass head height on pike - open. Opening of pike-open minimum 45° above horizontal

Tuck-open and Pike-open backward salto

Upon take-off, the arms reach dynamically overhead with chest and shoulders open, head neutral and body stretched vertically to full extension. The gymnast should then lift the hips and draw the legs forcefully toward the chest while lifting the hips upward with no backward lean. The desired angle of hips on the pike phase is less than 90°. As soon as maximum tuck or pike is attained, the body should open immediately to a stretched position as the chest lifts to continue the rotation with arms overhead in preparation for landing. Optimally, this stretch for landing will occur at or above horizontal.

Layout backward salto

From the snap down phase of the whip back salto the body should contact the floor in a tight body, slightly hollow position, the arms reach dynamically overhead with chest and shoulders open, head neutral and body stretched vertically to full extension. The gymnast should then lift the hips and legs forcefully upward with no backward lean. The body remains stretched as the rotation continues toward vertical turning over. As the turnover action reaches its peak the chest continues to lift adding to the rotation. The body remains tight and stretched as the gymnast prepares for landing.

Coaching Points

(To be emphasized in teaching / learning)

- On takeoff, assume tight body vertical position, shoulders open, head neutral
- Lift hips upward to initiate rotation
- Lift legs to chest on tuck or pike without letting shoulders lean back
- Aggressive compression to minimum 45° pike then aggressive opening to stretched position while lifting chest at completion
- Stretched tight body throughout on layout salto with no piking on landing

[Back to 11-14 Floor Exercise](#) : [Back to 15-18 Floor Exercise](#)

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.

“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).

Pommel Horse 15-18 year old

*Part #1 (Leg Cut sequence) may be reversed if starting with right leg undercut

"Additional circles" will be judged as a -0.3 Deduction per additional circle plus execution

Description	Technical Reference Item	Performance Criteria Per FIG (.1, .2, .3)
1. From stand, jump and swing to left leg undercut forward, left leg cut back to pendulum swing, right leg cut forward to false scissor, right leg cut forward to circle pickup	Single leg cuts	<ul style="list-style-type: none"> • Top of hips at chest level, minimum 90° leg separation on all swings • Hips square facing front, fully extended at peak of swing
2. (3) circles in side support on the pommels to break to flair at the end of the 3 rd circle at the ¾ position.	Side support circle on pommels	
3. (3) flaired circles on two pommels (finish 3 rd flair in front support).	Flaired side support circle	<ul style="list-style-type: none"> • 135° Straddle of legs
4. One circle on two pommels to Czechkehr (finish in front support)	Side support circle Czechkehr	
5. Immediate Direct Stockli 'A' (finish in front support)	Direct Stockli 'A'	
6. One circle on two pommels to Direct Stockli 'B', travel to end finish in side front support	Direct Stockli 'B' Downhill side support circle	<ul style="list-style-type: none"> • DSB finishes in cross support with two hands on the pommel • Circle with travel downhill finishes in side front support
7. Schwabenflank (circle with ½ turn forward – finish in front support) to	Schwabenflank	
8. One additional uphill circle to	Uphill side support circle	
9. One uphill circle with straddled handstand dismount (no pirouette)	Straddled handstand dismount	<ul style="list-style-type: none"> • Continuous acceleration and rhythm to handstand

"Missing circles" will be judged as a -.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. Maintaining 90° or greater leg separation throughout Part #1

#2. Chest and hips in square alignment (0-15° counter rotation is allowed) at the ¼ and ¾ position of the circle (no rollover). (Global for each identified section) Section 1 – Part #2; Section 2 Parts #4, 5, 6; Section #3 – Parts #7, 8, 9

#3. Acceleration of swing to handstand without interruption (Part #8)

Forward leg cut and False Scissor

A pendulum swing action should be initiated with proper lean in the shoulders in the opposite direction. From this swing the gymnast strongly shifts his weight to the opposing side while lifting the hips, legs and fully extending at the peak of the swing. The top of the hip should be approximately chest level. The swing should be powerful enough that the bottom leg reaches approximately parallel to the level of the horse while the top leg kicks upward toward vertical and the hips 'disengage' to a fully extended position remaining more or less square to the front facing position. As the top leg cuts to the front of the horse on the descending phase, the body turns slightly inward leading with the chest and hips facing the longitudinal axis and the top hand regrips the pommel behind the leg as the swing accelerates downward. The gymnast shifts his weight backward to the rear support hand on the stride swing. The gymnast accelerates his swing and kicks both legs forcefully upward while releasing the forward hand. Turning to the side support the top leg extends vertically, hips reaching chest level and facing front while the bottom leg extends and cuts to the back of the horse. At the peak of the swing the hips are fully extended and prepared for the subsequent weight shift and downward swing.

Coaching Points

(To be emphasized in teaching / learning)

- Top leg vertical, bottom leg at horse level or above, hips fully extended on both sides
- Lead with hips in slightly arched position on downward stride swing
- Maintain straddle position of legs approximately 90° degrees or greater during leg cut and false scissor

Back scissor undercut

From pendulum swing behind the horse swing forcefully upward, top leg vertical, bottom leg at or above the level of horse, hips facing forward. Leaning fully sideward on the support arm cut the bottom leg to the front of the horse while maintaining the hips in a forward facing direction at the peak of the swing. On the descending phase allow the hips to turn slightly toward the longitudinal axis while keeping the legs lifted upward and delaying the downward kick. As the weight shifts forward to the opposing hand forcefully kick the legs down and back through the stride swing position. Driving the legs through a tight arch position during the stride swing release the rearward hand while the weight shifts fully to the forward hand. Allow the hips to turn back to the front facing position as the weight shifts fully sideward and the top leg continues to vertical. The bottom leg drives and extends above the horse while cutting backward over the horse. At the peak of the swing the body is facing frontward while the top leg is at vertical and the bottom leg is clear of the horse at or above horizontal.

Coaching Points

(To be emphasized in teaching / learning)

- Keep hips facing forward during undercut, delay swing downward with legs with slight turning action
- Drive both legs through a tight arch at vertical and upward during the stride swing backward
- Maintain straddle position of legs approximately 90° degrees or greater on both cuts

Still Rings 11-14 year old

Description	Technical Reference Item	Performance Criteria Per FIG (.1, .2, .3)
1. Pull with straight body to inverted hang		<ul style="list-style-type: none"> May bend arms on straight body pull to inverted hang
2. Cast to swing backward and forward	Turnover Swing Backward Turnover Swing Forward	<ul style="list-style-type: none"> Back Swing = Shoulders minimum 45° above horizontal, shoulders at bottom of rings Front Swing = Shoulders at bottom of rings
3. Swing backward to Back uprise to 'L' support	Back uprise to 'L' Support	<ul style="list-style-type: none"> Feet above rings on back uprise Straight arm back uprise 3 second 'L' hold
4. Straight arm straddled press to handstand	Straight arm straddled press to handstand	<ul style="list-style-type: none"> Straight arms on press handstand 3 second hold of handstand
5. Bail forward to	Bail forward	
6. Backward swing	Turnover Swing Backward	<ul style="list-style-type: none"> Shoulders at bottom of rings May show handstand, no hold required
7. Forward swing to high dislocate	High dislocate	<ul style="list-style-type: none"> Shoulders at top of rings
8. Open tuck flyaway	Open tuck flyaway	<ul style="list-style-type: none"> Center of mass above top of rings Opening at or above horizontal

Note: There is no deduction for excessive swinging of the cables.

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

#1. Feet at minimum 45° above horizontal on Backwards Swing with shoulders at bottom of rings (Parts #2, & 6 each time)

#2. Feet between the cables on Forwards Swing (Part #2)

#3. Straight body with straight shoulder angle in handstand position (Part #4)

Note: 3 second holds to be evaluated per FIG (See Table of Deductions).

Major Elements – 2.0 Value:

All Parts #2 through #8

Parallel Bars 11-14 year old

Description	Technical Reference Item	Performance Criteria Per FIG (.1, .2, .3)
1. Glide kip, support swing backward to handstand	Glide swing forward Glide Kip Support swing backward	<ul style="list-style-type: none"> • Straight arms on glide kip • Hips above bars at peak of kip • Hold not required, but allowed
2. Support swing forward and backward to 45° above horizontal	Support swing forward Support swing backward	<ul style="list-style-type: none"> • Hips at elbow height at peak of front swing
3. Layaway to upper arm support	Layaway to upper arm support	<ul style="list-style-type: none"> • No height requirement on layaway
4. Front uprise to support	Front uprise to support	<ul style="list-style-type: none"> • Hips elbow height at peak of front uprise
5. Swing backward to 45° above horizontal	Support swing backward	<ul style="list-style-type: none"> • Bail from 45° or higher
6. *Giant swing to handstand	Giant swing to handstand	<ul style="list-style-type: none"> • Straight arms throughout giant • Hold not required, but allowed
7. Support swing forward and backward	Support swing forward Support swing backward	<ul style="list-style-type: none"> • Hips at elbow height at peak of front swing • No height requirement on backward swing
8. Peach basket (Felge) to support	Peach basket to support	<ul style="list-style-type: none"> • Must drop to peach prior to swinging forward past vertical • Feet at or above horizontal on regrasp • Straight arms throughout peach
9. Support swing forward and backward to handstand	Support swing forward Support swing backward	<ul style="list-style-type: none"> • Hips at elbow height at peak of Front swing • Hold not required, but allowed
10. Support swing forward and backward	Support swing forward Support swing backward	<ul style="list-style-type: none"> • Hips minimum elbows height on front swing
11. Early pirouette to handstand	Early pirouette to handstand	<ul style="list-style-type: none"> • Initiate pirouette prior to vertical • 3 second Handstand hold
12. Back tuck-open salto dismount	Back tuck-open salto dismount	<ul style="list-style-type: none"> • Center of mass show distinct rise • Opening of tuck open at or above horizontal

* Hand on hand spot allowed on giant (Part #6)

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

#1. Extended straight body position shown on front swings (Parts # 2,7,10 each time)

#2. Giant swing showing no travel (Part #6)

#3. Peach basket showing no travel (Part #8)

Major Elements – 2.0 Value:

Parts #1, 4, 6, 8, 11, & 12 – Glide kip, Front Uprise, Giant, Peach, Pirouette, Back Off

Parallel Bars 15-18 year old

Description	Technical Reference Item	Performance Criteria Per FIG (.1, .2, .3)
1. Jump to upper arm support and swing to piked upper arm support 'cast' position	Upper arm support 'cast'	<ul style="list-style-type: none"> Hips at or above bars on cast position
2. Cast forward and back uprise to handstand	Upper-arm support swing backward Back uprise to handstand	<ul style="list-style-type: none"> Must show 'hecht beat' action on back uprise to handstand
3. Support swing forward and backward to handstand	Support swing forward Support swing backward	<ul style="list-style-type: none"> Hips shoulder height on front swing No hold required, but allowed
4. Giant swing to handstand	Giant swing to handstand	<ul style="list-style-type: none"> Straight arms throughout Hold not required, but allowed
5. Support swing forward and backward to handstand	Support swing forward Support swing backward	<ul style="list-style-type: none"> Hips shoulder height on front swing Hold not required, but allowed
6. Peach basket (Felge) to support at 45° above horizontal or higher	Peach basket to support	<ul style="list-style-type: none"> Straight arms Minimum 45° above horizontal
7. Support swing forward and backward to handstand	Support swing forward Support swing backward	<ul style="list-style-type: none"> Hips shoulder height on forward swing Hold not required, but allowed
8. Layaway to upper arm support	Layaway to upper arm support	
9. Front uprise	Upper arm support swing forward Front uprise to support	<ul style="list-style-type: none"> Front uprise must have hips swing at or above shoulder height
10. Support swing backward and hop to handstand	Support swing backward Hop to handstand	<ul style="list-style-type: none"> Hold not required but allowed
11. Tuck-open back salto dismount or	Tuck-open back salto dismount	<ul style="list-style-type: none"> Center of mass shows distinct rise Salto opens at or above horizontal
11. *Front uprise and backward swing to pike-open front salto dismount	Pike-open front salto dismount	<ul style="list-style-type: none"> Center of mass shows distinct rise Salto opens at or above horizontal

Note: Refer to PB Exception document for substitution of Peach (Felge) to handstand for Giant in the 15-18 PB sequence for athletes who demonstrate they are too tall to perform the giant.

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

- #1. Extended straight body position shown on front swings (Parts # 3,5,7 each time)
- #2. Giant swing showing no travel (Global for Part #4)
- #3. Peach basket showing no travel (Global for Part #6)

Major Elements – 2.0 Value:

Parts #2, 4, 6, 9, 10 & 11 – Back Uprise HS, Giant, Peach, Front Uprise, Hop HS, Dismount

Pike-open front salto dismount

In this case, the swing begins in the handstand and swings forward then backward to the release. The bars are loaded downward swing. The front pike open dismount is a result of the force created on the swing identical to the hop handstand action earlier in the sequence. The release of the bars should be triggered by the response of the bars. Optimally, this will coincide with the heels driving upward and the shoulders reaching maximum extension providing for a distinct lift or rise from the bars upon release. A tight pike with the shoulders and torso compressing upward toward the feet quickly will follow the release. A sharp opening to a straight position will stop the forceful rotation and allow the gymnast to prepare for the controlled landing on the descent phase.

Coaching Points

(To be emphasized in teaching / learning)

- Fully extended front swing above horizontal
- Drive heels upward from bottom, fully extend in shoulders
- Compress to tight pike position at peak of salto
- Show significant lift and rise from bars
- Fully extend body to stop rotation at horizontal prior to landing

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Upper arm support swing backward and uprise backward

The upper arm support swing backward begins from a piked cast position at the end of the upper-arm support swing forward. From the piked support position the legs cast forward at slightly above horizontal with the hips extended and the body in a 'tight hollow' position. Pressure on the bars is maintained at approximately a 90° or greater arm bend throughout the casting action. The gymnast then maintains a hollow in the chest and upper back while the hips draw backward to create a 'hecht-beat' hollow pike shape through the vertical bottom position. Delaying the hollow pike position through the bottom vertical as long as possible is essential to insure the body releases explosively to a 'tight arch' with the heels rising above the bars. The 'tight arch' kicking action accelerates the rotation of the lower body toward vertical as the shoulders maintain an extended support position throughout the upper arm swing. The arms then straighten quickly as the gymnast completes the tapping action and uprises quickly to the handstand with little or no use of strength.

Coaching Points

(To be emphasized in teaching / learning)

- Shoulders even with or behind elbows in upper arm support
- Hold tight hollow pike position though bottom vertical of swing before releasing to tight arch
- Arms straighten from upper arm support to uprise to handstand
- Uprise executed without use of strength or interruption of rhythm in the swing

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