



To: Men's Gymnastics Community
From: Dusty Ritter – Junior Olympic Program Coordinator, Kevin Mazeika – National Team Coordinator, Dennis McIntyre – Men's Program Director
Date: August 8, 2014
Re: Age Group Competition Program - Update #4

This document will serve as the clarifications/changes document for the 2013-2016 Junior Olympic Age Group Competition Program. The attached update items and replacement pages are effective immediately (**Exception: Technical Sequence Manual effective date is December 1, 2014**).

This work is the result of submissions from the community and the review of the Age Group Competition Committee, the Optional Rules Committee, and the Technical Sequences Committee. The clarifications to the Age Group Competition Program rules listed in this document are in addition to those in the previous Age Group Competition Updates (#1, 2, & 3) that remain in effect. The Technical Sequences Program Manual attached to this update will replace all previously issued Technical Sequences documents beginning December 1, 2014.

Update #4 items are highlighted as new items.

Future Stars Update:

- a. Publication of Future Star Stars Update #3 (updated manual) accidentally omitted the following statements. (RP # 13 – Age Determination), Restated as follows:

- Athletes who are competitive age 9 years old may qualify and advance to the National Future Stars Championships through their Regional Future Stars Championships by competing the 10 year old routines, strength, flexibility and trampoline. 9 year olds who compete at the National Future Stars Championships are eligible for the Junior National Developmental Team and Training Camp; however they are not eligible to advance to Level 8 competition for the competitive season.

Age Group Competition Program Updates:

- a. RP 2.8 Table under "Floor Exercise, Pommel Horse, Still Rings, Parallel Bars & Horizontal Bar" – Add: ***There will be no restrictions to the number of skills allowed per element group. (See note below)**
- b. RP 2.8, Routine Construction Table Note – (Clarification of language and intent for skill restrictions/element group exceptions). Read as follows: **"* Note: FIG Event Specific restrictions will remain in effect regarding the specific number of skills allowed on each event from an element group. No more than 3 Element Group III & IV skills that can be performed in direct succession on Still Rings without being broken up by an "A" swing element."**
- c. RP 2.8, B-1c: Routine construction table for Level 8-10 (Clarification regarding execution bonus on vault). Add the following statement: **"There is NO Execution Bonus for execution deductions of 0.8 or less available on Vault".**
- d. RP 2.10, Junior Olympic Bonus Table "Applied to All Events": (Exception noting that no execution bonus is awarded for Vault is restated in bold in the table.) **(Exception: Execution Bonus is not awarded on Vault).**
- e. Page 2.12, Event Specific Exceptions to the FIG Code #E, 3b (Still Rings) – Add: **"No more than 3 Element Group III & IV skills that can be performed in direct succession on Still Rings without being broken up by an "A" swing element."**
- f. RP 2.13, Junior Olympic Exceptions to the FIG Code (Pommel Horse) – Clarify exception wording applies to dismounts: **"Any circle or flair to handstand dismount will receive a minimum of "C" value."**
- g. RP 4.13, Pommel Horse (Optional levels: Junior Olympic Exceptions to the FIG Code, #8) – Clarify exception wording applies to dismounts: **"Any circle or flair to handstand dismount will receive a minimum of "C" value."**

Technical Sequence Updates:

- a. **Following the 2014 Junior Olympic National Championships, the Technical Sequences Committee reviewed the Technical Sequences Program and modified it to simplify the evaluation procedures. The manual, found in a separate attachment, will replace all previous Technical Sequences documents in its entirety. This document is effective as of December 1, 2014.**
- b. **There are three updates that affect content changes for the 15-18 Technical Sequences. There are no content changes for any other age group.**
 - 1) **15-18 Still Rings Sequence (Page 4.13, Part #6) – The routine requires a front giant in Part #6. The option to do a swing to inverted position has been eliminated. The routine must be performed as written.**
 - 2) **15-18 Still Rings Sequence (Page 4.13, Part #7 & 8) – The option to reverse the order of Parts # 7 & 8 (dislocate and back giant to handstand) has been eliminated. The routine must now be executed as written.**
 - 3) **15-18 Parallel Bars (Page 6.13, Part #6) – The Felge (peach to support) must be performed to the minimum angle of 45 degrees above horizontal.**

Replacement Pages for AGCP Update #4 – Age Group Program Manual: RP # 2.8, 2.10, 2.12, 2.13, and 4.13

Included: Special Exception for Parallel Bars Technical Sequence (released 3/14/14)

Update items for AGCP #4: Junior Elite Division Technical Sequences Manual (Effective December 1, 2014)

III. Optional Levels 8 – 10 Judging & Rules Guidelines:

A. Routine Construction Table for Levels 8 – 10:

Note that unless otherwise stated, all rules will be as per the FIG Code of Points. Please refer to the document precedence statement in Chapter 2 – Section I - Paragraph A, for further clarification.

Routine Construction Table - Optional Levels								
	Levels & Age Groups							
	8			9			10	
	11-12	13-14	15-18	13-14	15-16	17-18	15-16	17-18
Highest Level of Competition	National	Regional		National	Regional		National	
Presentation Start Value ('E' Score)	10.0			10.0			10.0	
Floor Exercise, Pommel Horse, Still Rings, Parallel Bars & Horizontal Bar								
Execution Bonus	0.2			0.2			0.2	
	Award Execution Bonus for (0.8) or less in deductions							
Number of Skills Counted for Difficulty (Part of 'D' Score)	8 (7 + dismount)			8 (7 + dismount)			10 (9 + dismount)	
Maximum Element Group Start Value (Part of 'D' Score)	2.0 (4 EG)			2.5 (5 EG)			2.5 (5 EG)	
	0.5 per element group - must include dismount to receive full credit. *There will be no restrictions to the number of skills allowed per element group. (See note below)							
Dismount Skill Value Required for Full Element Group Credit	B			B			C	
	0.2 Stick Bonus can only be awarded for dismount if Full Element Group Credit shown							
Dismount Skill Value Required for 0.3 Element Group Credit	A			A			B	
Vault								
Number of Vaults Allowed	1			1			2*	
*Refer to the Junior Olympic Bonus Table – Optional Levels for bonus awarded for multiple vaults								

* Note: FIG Event Specific restrictions will remain in effect regarding the specific number of skills allowed on each event from an element group. No more than 3 Element Group III & IV skills that can be performed in direct succession on Still Rings without being broken up by an "A" swing element.

B. General Bonus:

1. Execution Bonus:

- Routines that have execution deductions of less than (0.8) will be awarded +0.2 in bonus.
- Execution bonus will be added to the start value and can only be awarded if all required element groups are fulfilled including full value dismount.
- There is NO Execution Bonus for execution deductions of (0.8) or less available on Vault

2. Stick bonus:

- Stick bonus of +0.2 will be awarded for stuck dismounts which receive full Element Group V credit.
- Stick bonus will be added to the start value.

C. Event Specific Bonus:

Except where specifically defined, Event Specific Bonus cannot be awarded if there is a single large error (0.5) or fall (1.0) in the execution of the skill.

1. Floor Exercise:

- Multiple salto skills will receive +0.1 in bonus.
- Level 10 gymnasts will receive an additional +0.1 in bonus (for a total of +0.2) for a double salto stretched (with or without twist)
- Any "C" skill + "C" skill acrobatic connection will receive +0.1 in bonus.

Junior Olympic Bonus Table - Optional Levels

	Levels & Age Groups							
	8			9			10	
	11-12	13-14	15-18	13-14	15-16	17-18	15-16	17-18
Applied to All Events								
Execution Bonus - Awarded only if all Element Groups are fulfilled	0.2			0.2			0.2	
	Awarded if execution deductions are 0.8 or less – (Exception: Execution Bonus is not awarded on Vault)							
Stick Bonus	0.2			0.2			0.2	
	Awarded only for Full Element Group Credit Dismount							
Floor Exercise								
Multiple salto skills	0.1			0.1			0.1	
Any "C" + "C" acrobatic connection	0.1			0.1			0.1	
Double salto stretched (with or w/o twist)	Not Applicable			Not Applicable			Additional 0.1	
Pommel Horse								
Any "B" or higher Flair	0.1			0.1			0.1	
Any "B" or higher Spindle	0.1			0.1			0.1	
Magyar or Sivado - 2 circles in saddle	0.1 or "E" Value*			0.1 or "E" Value			0.1 or "E" Value	
OR	Each skill may only be awarded once per routine							
Magyar or Sivado – 3 circles in saddle	0.2 or "F" Value*			0.2 or "F" Value			0.2 or "F" Value	
DSB+DSB or DSB+loop or loop+DSB	0.1 or "C" Value*			0.1 or "C" Value			0.1 or "C" Value	
*See note for asterisk skills (L8 11-12)	*Not Applicable to Level 8 Pommel-less Horse							
Still Rings								
Element Group III and IV "B" value or higher skills performed with a total of no more than 0.3 in execution deductions	0.1			0.1			0.1	
Vault								
Stick Bonus	0.2			0.2			0.2	
	Awarded for each stuck vault							
Vault Bonus for multiple vaults awarded if performed with no large execution deduction or fall on the second vault	Not Applicable			Not Applicable			See Table below	
	Sum of the Start Values				Bonus Awarded			
	6.4 to 7.1				0.2			
	7.2 to 7.9				0.3			
	8.0 to 8.7				0.4			
	8.8 to 9.5				0.5			
9.6 & up				0.6				
Parallel Bars								
Any Giant swing backward with turns	0.1			0.1			0.1	
Horizontal Bar								
Any "C" value Element Group II flight skill	0.1			0.1			0.1	
Any "D" value Element Group II flight skill	0.2			0.2			0.2	
Quintero to El-grip "E" value skill	0.2			0.2			0.2	
Any "E" or "F" value Element Group II flight skill (except Quintero to El-grip)	0.3			0.3			0.3	
Kovacs	0.3			0.3			0.3	
"C" value Jam to handstand	0.1			0.1			0.1	

E. Event Specific Exceptions to the FIG Code of Points: (Continued)

c. Any circle or flair to handstand dismount will receive a minimum of “C” value. (Note: If a “B” or higher value flair to handstand dismount is performed it does not receive an additional (+0.1) under the “B” or higher flair skills (+0.1) Bonus rule - (2.9 #2a).

3. Still Rings:

- a. A forward or backward tucked salto dismount will receive “A” difficulty credit and Element Group V credit.
- b. No more than 3 Element Group III & IV skills that can be performed in direct succession on Still Rings without being broken up by an “A” swing element.

4. Vault:

Increase the start value of a Handspring forward and salto forward piked with a ½ twist to 4.0.
(FIG vault 120 – Group I, #20)

5. Parallel Bars:

- a. Gymnasts at all levels may perform basket (peach) or giant with straight arms to support lower than 45° above horizontal and receive “B” difficulty credit and Element Group IV credit. FIG angle deductions will not apply – only general execution deductions.
- b. Stützkehre forward to 45° above horizontal will receive “B” difficulty credit and Element Group I credit. FIG angle deductions apply.
- c. Giant swing backward to handstand may be performed twice for difficulty credit (FIG COP page 115, #21 – Kenmotsu only).
- d. Basket (peach) to handstand may be performed twice for difficulty credit (FIG COP page 118, #10).
- e. Allow empty (½) swing prior to performing Element Group III and Element Group IV skills. An intermediate (full) extra swing is not allowed. (Example: Glide kip swing to 45° above horizontal, bail to Moy to support, swing backward to horizontal, drop to basket (peach) with straight arms to support)
- f. A forward or backward tucked salto dismount will receive “A” difficulty credit and Element Group V credit.

6. Horizontal Bar:

- a. Any “C” or higher Element Group II - Flight Element may be repeated once in direct connection to itself or another “C” or higher Element Group II – Flight Element. If not performed in direct connection, normal repetition rules apply. (Examples: 1. Tkatchev straddled + Tkatchev straddled 2. Tkatchev straddled, giant, Tkatchev straddled + Gienger 3. Tkatchev straddled, giant, Tkatchev straddled – this would be repetition, no credit for second Tkatchev straddled).
- b. A full ‘El-grip’ swing through the hang position that hops to a full undergrip and continues over the bar to an giant swing forward or to hop pirouette and continues into a giant swing backward will receive an “A” difficulty credit and full Element Group IV credit. (Example: 1/1 pirouette to El-grip swing through the bottom and hop to undergrip and continue to giant = “C” difficulty credit for 1/1 pirouette and “A” difficulty credit and Element Group IV credit for the hop)
- c. Upon catching a release skill the gymnast is allowed to perform a swing with a ½ turn and change of grip on the subsequent swing forward to a kip without deduction. This swing ½ turn will receive “A” difficulty credit and no Element Group credit.
- d. A maximum of up to five forward and backward body movements of which the 5th movement must be a skill (Examples: stemme, free hip circle, Stalder, etc.) will be allowed without deduction. Inclusion of a ‘back-uprise’ action, even to partial support, up to or on the 4th movement will be allowed without deduction.
- e. The Junior Program will allow the following values for a Jam in Element Group IV (see chart below). There are no FIG angle deductions for these skills, only general execution deductions.

Horizontal Bar ‘Jam’ Exception Table	
Element Group IV Jam	Difficulty Credit
0°-15°	“C” + 0.1
16°- 45°	“C”
46°- 90°	“B”
Below horizontal	“A”

- f. A forward or backward tucked, piked or stretched salto dismount will receive “A” difficulty credit and Element Group V credit.

Junior Olympic Exceptions to the FIG Code of Points Table - Optional Levels								
	Levels & Age Groups							
	8			9			10	
	11-12	13-14	15-18	13-14	15-16	17-18	15-16	17-18
Floor Exercise								
One landing mat of up to 10 cm (4") may be used for "C" value or greater skills for landings only. Using the landing mat to rebound or punch from is an apparatus deduction. The mat must remain in place throughout the routine.								
Pommel Horse								
Any circle or flair to handstand dismount will receive a minimum of "C" difficulty credit. (Note: If a "B" or higher value flair to handstand is performed, it does not receive the additional (+0.1) event specific bonus listed on page 2.9 paragraph C.2.a for any "B" or higher flair skill.								
For all "C" or higher longitudinal travels in cross support a global skewing deduction will be applied (once per skill) rather than the FIG skewing deduction taken per each section of the pommel horse.								
Still Rings								
A forward or backward tucked salto dismount will receive "A" difficulty credit and Element Group V credit.								
Vault								
Increase the value of a Handspring forward and salto forward piked with a ½ twist (FIG vault 120 – Group I, #20)	4.0			4.0			4.0	
Parallel Bars								
Basket (Peach) with straight arms to support lower 45° above horizontal	B + Element Group IV			B + Element Group IV			B + Element Group IV	
Stützkehre forward to 45° above horizontal	B + Element Group I			B + Element Group I			B + Element Group I	
Repetition of giant swing backward to handstand (Kenmotsu)	1 time			1 time			1 time	
Repetition of basket (peach) to handstand	1 time			1 time			1 time	
Allow empty (½) swing prior to performing Element Group III and Element Group IV skills. An intermediate (full) extra swing is not allowed.								
A forward or backward tucked salto dismount will receive "A" difficulty credit and Element Group V credit.								
Horizontal Bar								
"Any "C" or higher Element Group II - Flight Element may be repeated once in direct connection to itself or another "C" or higher Element Group II – Flight Element. If not performed in direct connection, normal repetition rules apply."								
Full EI-grip to hop undergrip or hop pirouette continuing over the bar to a giant swing, the hop will receive an "A" value & Element Group IV credit.								
From release skill, a swing with a ½ turn and change of grip on the subsequent swing forward to a kip is allowed. This swing ½ turn will receive "A" difficulty credit and no Element Group credit.								
Maximum of up to 5 movements prior to mount. 5 th movement must be a skill. Partial support up to or on the 4 th movement will be allowed without deduction.								
Jams in Element Group IV will be evaluated using the following chart for difficulty credit. FIG angle deductions will not apply, only general execution deductions.								
Element Group IV Jam				Difficulty Credit				
0°-15°				"C" + 0.1				
16°- 45°				"C"				
46°- 90°				"B"				
Below horizontal				"A"				
A forward or backward tucked, piked or stretched salto dismount will receive "A" difficulty credit and Element Group V credit								

F. Event Specific Restrictions to the FIG Code of Points:

1. Floor Exercise:

- a. Level 8 and Level 9 gymnasts are not allowed to perform "C" value or higher salto skills with head first roll-out.

2. Pommel Horse:

No restrictions on this event

III. Optional Levels 8 – 10 Overview and Explanations:

A. General:

1. The same optional rules and Junior Olympic exceptions apply for both the Junior Elite and the Junior Olympic divisions.
2. Execution deductions and criteria requirements listed in this program manual are specific only to optional routine competition. The criteria requirements and execution deductions may be more specific and defined more critically for the Technical Sequences in the Junior Elite program. Refer to the Technical Sequence Manual for specific requirements for the Technical Sequences.
3. The Junior Olympic exceptions listed for this event have been determined by the Optional Rules Committee to promote the development of skill areas that can result in greater compositional variety and increased potential for the gymnast's development on the pommel horse.
4. The global skewing deduction in the Junior Olympic Optional program is intended to assist the gymnast in the learning stages of these more advanced longitudinal skills. It should be noted that the Junior Elite program requires the gymnast to strive toward eliminating skewing in the performance of these skills.

VI. Optional Levels 8 – 10 Junior Olympic Exceptions to the FIG Code of Points:

A. Levels 8, 9 & 10:

1. For all "C" or higher longitudinal travels a global skewing deduction will be applied.
 - a. Any "B" or higher Flair skill will receive +0.1 in bonus. (This bonus does not apply to the JO excepted dismount as described in section E-2b Page 2.11)
2. Any "B" or higher Spindle skill will receive +0.1 in bonus.
3. If a Flair with a Spindle is performed you will receive both bonuses for +0.2 in bonus
4. Any full longitudinal cross support travel (Magyar or Sivado) with two circles in the saddle (4 hand placements for Magyar, 3 hand placements for Sivado) will receive "E" difficulty credit and Element Group III credit. *This bonus skill, Magyar or Sivado direction, can be performed only one time.* All other FIG rules apply. **(Not applicable to Level 8 (11-12) Pommel-less Horse)**
5. Any full longitudinal cross support travel (Magyar or Sivado) with three circles in the saddle (6 hand placements for Magyar, 5 hand placements for Sivado) will receive "F" difficulty credit and Element Group III credit. *This bonus skill, Magyar or Sivado direction, can be performed only one time.* All other FIG rules apply. **(Not applicable to Level 8 (11-12) Pommel-less Horse)**
6. An athlete may use both a bonus "E" (Magyar or Sivado) and "F" (Magyar or Sivado) in his routine. (Example: "F" Magyar + "E" Sivado). He cannot use either 2 "E" bonus skills or 2 "F" bonus skills (Example: "E" Magyar + "E" Sivado) **(Not applicable to Level 8 (11-12) Pommel-less Horse)**
7. The following sequences on one pommel:
Direct Stöckli B (DSB) to Direct Stöckli B (DSB);
Direct Stöckli B (DSB) to pommel loop circle;
Pommel loop circle to Direct Stöckli B (DSB).
will receive "C" difficulty credit and Element Group IV credit. These sequences count as 'flop sequences' and will follow all FIG rules. *This bonus skill can be performed only one time.* **(Not applicable to Level 8 (11-12) Pommel-less Horse)**
8. Any circle or flair to handstand dismount will receive a minimum of "C" difficulty credit. (Example: If a "B" value flair to handstand is performed, it will receive a "C" difficulty credit. It does not receive the (+0.1) event specific bonus listed on page 2.9 paragraph C.2.a for any "B" or higher flair skill.



March 14, 2014

From: Dusty Ritter, Junior Olympic Program Coordinator
To: Men's Gymnastics Community
Re: Parallel Bar Technical Sequence Routine

Special Exception for Parallel Bars Technical Sequence

It has been determined that an skill option must be allowed for those athletes who are physically too tall to be able to perform the Giant to Handstand contained in both the 11-14 and 15-18 Parallel Bar Sequence.

A gymnast can replace the Giant to Handstand (Part #6 in 11-14 year old PB routine, Part #4 in 15-18 year old PB routine) with a Peach Basket to Nominal Handstand if the following conditions are met:

1. The gymnast must demonstrate to the judging panel that his knees are clearly touching the mat at the regulation 20 cm height in hang position beneath the bars at the maximum FIG bar setting. The judging panel may then approve the exception if the gymnast meets the criteria.
2. All technical performance requirements relating to the Peach Basket in the Technical Sequence document will apply in addition to nominal handstand requirements specifically assigned to this part.
3. The deductions for completion angles in relation to the nominal handstand are:
 - Handstand to 15 degrees = 0.0
 - 16 – 30 degrees = 0.1
 - 31 – 45 degrees = 0.2
 - Less than 45 degrees = 0.3

The gymnast must inform the judging panel that he will be substituting the Peach Basket to Nominal Handstand for the Giant to Handstand immediately prior to performing the Technical Sequence.

No other substitutions are allowed.