



To: Men's Gymnastics Community
From: Dusty Ritter, National Junior Olympic Program Coordinator
Date: July 31, 2016

Re: Age Group Competition Program - Update #1

This document will serve as the clarifications/interpretations document for the 2016-2020 Junior Olympic Age Group Competition Program. The attached update items and replacement pages are effective immediately. Included are a list of items addressed based upon questions arising from the community. These are listed in chronological order of page numbers in the manual as a quick reference guide to the replacement pages. The tables listing notes identifying the clarifications/interpretations are not official documents. They are provided as an "easy to find" table of contents only. The replacement pages listed in this release are the official documents to replace the corresponding pages in the 2016-2020 Age Group Competition Program.

2016 – 2020 AGCP General Compulsory & Optional Update
2016 – 2020 AGCP Compulsory Update
2016 – 2020 Future Stars Manual Update

2016 – 2020 AGCP General Compulsory & Optional Update Content

Pg. #	Event Table	Clarifications/Interpretations, 7/31/2016 – Replacement pages in yellow.
1.3	AGCP Table	<u>Interpretation:</u> JO & JE divisions: 11 year olds may compete optionally during the season. All 11 year olds must attempt to qualify in the JE Division to Nationals by doing Technical Sequences at State & Regionals. 11 year olds are required to do Technical Sequences at State Championships in order to advance to Regionals.
1.3	AGCP Table	<u>Clarification:</u> Junior Developmental Optional - Age groups are listed as (12 -14 years old), (15-18 years old). Disregard “Levels” designation. Age groups can be broken up.
1.3	AGCP Table	<u>Clarification:</u> Junior Developmental Optional - A minimum of 6 skills are required for all age divisions. Strike the “minimum 8 skills” for the (15-18) age group.
1.3	AGCP Table	<u>Clarification:</u> Level 8 – The term “Special Requirement” replaces the term “Developmental Requirement” to better differentiate requirements in Level 8 from the Junior Developmental Division requirements.
1.3	AGCP Table	<u>Clarification:</u> Junior Developmental Optional - Add #8 below table - All age groups will use the pommels when competing on the pommel horse event.
1.3	AGCP Table	<u>Clarification:</u> Junior Developmental Optional - Any recognizable “A” Non-FIG dismount is allowed. A FIG “A” dismount is not required.
1.3	AGCP Table	<u>Clarification:</u> Optional rules: Deduction for less than 6 parts should be taken from “D” score.
1.3	AGCP Table	<u>Clarification:</u> Level 8 Special Requirements: Add 3-d below table – Skills checked on the Pommel-less Horse Skills Table satisfy the SR for that event.
1.3	L8 SR Table	<u>Clarification:</u> Level 8 Special Requirements: Add 3-e below table - One skill or connection can only fulfill one Special Requirement.
1.4	L8 SR Table	<u>Interpretation:</u> Level 8 Special Requirements FX: Value is awarded for each skill in all combinations. Example - Front salto + Front salto receives DR#3 and A+A value.
1.4	L8 SR Table	Repetition allowed in direct connection. Chronology rules do not apply.
1.4	L8 SR Table	<u>Clarification:</u> Level 8 Special Requirements FX: Whip or tempo salto does not fulfill DR#1. Minimum “B’ Layout Backward Salto or higher and all multiple flipping skills fulfill DR#1. Example: (Layout full twist or double back tucked).
1.4	L8 SR Table	<u>Interpretation:</u> Level 8 Special Requirements PH: Terminology clarified for ½ turn Special requirements #2 & #3 (Kehre-Stockli/Spindle-Russian) <u>Clarification:</u> Level 8 Special Requirements HB: Skills with starting with ½ turn or more may satisfy DR#2 and DR#3. Example: (Full pirouette, Quast). Terminology for ½ turns clarified.
1.5	L8 SR Table PH	<u>Clarification:</u> Level 8 Special Requirements: PH Skills Table: Skills that satisfy DR#1 must be in cross support (#’s 3.27, 3.44, 3.46, 3.56, 3.58, 3.82, 3.83) Roth and Wu (3.82, 3.83) may also satisfy DR#3.
1.5 1.6	L8 SR Table PH	<u>Clarification:</u> Level 8 Special Requirements PH: Skills denoted by check mark listed in the table satisfy the Special Requirements for each Category. Terminology in headings changed to match “Special Requirements”
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.
1.10	Matting Rules	<u>Clarification:</u> 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.
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.
2.6	Event Specific	<u>Clarification:</u> On PH, R, PB, HB – Interpretation of “allowed” of “not allowed” extra swings for each event defined. Extra circles or swings allowed on PH & R. Extra swings allowed on PB only where noted. Extra giants only are allowed on HB.

2.7 2.10	Optional Table	<u>Clarification:</u> Execution Bonus: All 4 requirements must be fulfilled in order to award execution bonus. Add to A-1.
2.7 2.10	Optional Table	<u>Clarification:</u> Floor Exercise - FIG Double Salto requirement is not required in the Junior Program.
2.7 2.10	Optional Table	<u>Clarification:</u> Pommel Horse – Language clarified “D” or higher Full Spindle in circle or flair will receive +0.1 bonus.
2.7 2.10	Optional Table	<u>Clarification:</u> Optional Bonus Table PH: Bonus #5 – A FIG “E” Flop or Combined Sequence “E” Flop (Russian) will receive the +0.2 bonus. <u>Clarification:</u> Optional Bonus Table PH: Bonus #6 – A Russian to circle out is allowed out of the 3/3 travel with 360 degree or greater turn. No leg cut allowed in connection to receive bonus.
2.7 2.10	Optional Table	<u>Clarification:</u> Optional Bonus Table R: Bonus #3 – Terminology changed: A “C” Giant must be performed to receive bonus. Held handstand required. <u>Clarification:</u> Optional Bonus Table R: Bonus #1 – A locked arm press with “no arm bend” will receive the bonus. Other FIG deductions may apply.
2.8 2.10	Optional Table	<u>Clarification:</u> Vaulting Bonus: Handspring Layout Front Salto ½ twist value in the FIG Code is 4.0. Strike note in Vault Bonus table (same as FIG). Handspring Pike Front ½ twist vault will receive a 3.6 value.
2.8 2.10	Optional Table	<u>Interpretation:</u> A 5.0 or higher single vault must be performed without a single large deduction to receive the bonus.
2.8 2.10	Optional Table	<u>Clarification:</u> Level 8 & Junior Developmental may not performed Yurchenko vaults. Level 9 & Junior Developmental may not perform multiple flip vaults. <u>Clarification:</u> Optional Bonus Table PB: Bonus #2 listed as +0.2 for ‘D’ or higher for listed giant skills is correct. Page 2.9 listed as +0.1 is incorrect. <u>Exception:</u> FIG 3.22 (Giant to one bar) receives “D” credit and bonus if held for 1 second. Healy out is not required for “D” credit. <u>Clarification:</u> Optional Bonus Table PB: Empty ½ swing into any peach or giant skill is allowed. Giant skills will include the Moy to support.
2.9 2.10	Optional Table	<u>Clarification:</u> Optional Bonus Table PB: A Giant ½ turn will have its own virtual code box and counted for value without repetition of FIG box 3.21. <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.
2.9 2.10	Optional Table	<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.
2.10 2.11	Optional Table	<u>Clarification:</u> All Bonus Skills: One skill or combination may only fulfill one bonus requirement. The higher value bonus will be awarded. Add Page 2.11 #6-a.
2.10 2.11	Optional Table	<u>Clarification:</u> All Bonus Skills: No skill with a single large deduction will receive bonus. Add Page 2.11 #6-b.
2.10 2.11	Optional Table	<u>Clarification:</u> When repeating a skill in direct connection any skill chronology rules do not apply. Skills may be repeated in direct connection. Add Page 2.11 #6-c. <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.
2.7 2.11	Optional Rules	<u>Clarification:</u> Pommel Horse 9. (Add b.) A single global skewing deduction will be applied for “C” and higher longitudinal travels in the junior program. (Not FIG per section).
2.11	Optional Rules	<u>Interpretation:</u> Junior Developmental Optional – Pommel Horse: The FIG rule requiring all three parts of the horse are covered will be applied.

2016 – 2020 AGCP Compulsory Update Items

Pg. #	Event	Clarifications and Interpretations, 7/31/2016 – Replacement pages in yellow.
1.1	AGCP Table	<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.
1.7	Section # II	<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.
2.6	Judge	<u>Clarification:</u> Guidelines for 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.
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.
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.
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).
4.4	L6 PH	<u>Clarification:</u> PH Forward: Czechkehre Terminology incorrect – Disregard this description, refer to page 4.3 (B-4 Czechkehre detailed description). Rewritten.
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.
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.
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)
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.
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.
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)
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)
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.
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.
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.
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.
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.
8.6	L5 HB	<u>Clarification:</u> Part #2 Bonus: Missing Virtuosity Criteria added.
8.6	L5 HB	<u>Clarification:</u> Part #9 Bonus: Flyaway – Deduction for spotter not present as required for dismount added.

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.
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

Return to top of 2016-2020 AGCP Compulsory Update

Go to 2016 – 2020 AGCP General Compulsory & Optional Update

Go to 2016 – 2020 Future Stars Manual Update

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	Dismount	Stick Bonus	Execution Bonus
Junior Olympic – Optional Routines Only							
8	12*	NATIONAL	8 (7 + dismount)	2.0*	A = 0.5	A = 0.1	+ 0.1 If execution deductions = 0.0 - 0.8
	13-14	REGIONAL					
9	13-14	NATIONAL	8 (7 + dismount)	2.0	B = 0.5 A = 0.3	B = 0.1	
	15-16	REGIONAL					
10	15-18	NATIONAL	10 (9 + dismount)	2.0	C = 0.5 B = 0.3 A = 0.0	C = 0.1 D = 0.2	
Junior Elite – Optional Routines & Technical Sequences							
8	11-12	NATIONAL	8 (7 + dismount)	2.0*	A = 0.5	A = 0.1	+ 0.1 If execution deductions = 0.0 - 0.8
9	13-14	NATIONAL	8 (7 + dismount)	2.0	B = 0.5 A = 0.3	B = 0.1	
10	15-16	NATIONAL	10 (9 + dismount)	2.0	C = 0.5 B = 0.3 A = 0.0	C = 0.1 D = 0.2	
	17-18						
Junior Developmental – Optional Routines							
	12-14	REGIONAL	6 (5 + dismount)	None Required	A Non-FIG	0.1	+ 0.1 If execution deductions = 0.0 - 0.8
	15-18	REGIONAL	6 (5 + dismount)	None Required	A Non-FIG	0.1	
<ol style="list-style-type: none"> Optional Rules are based on the FIG Code of Points with Junior Olympic modifications listed in the Optional Levels 8 – 10 Judging & Rules Guidelines section. Junior FIG Restrictions apply at Level 8 & 9. Count the highest value part for each required Element Group Credit first. Count the highest remaining skills for maximum recognized skills. 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. 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. This replaces the term “Developmental Requirements”. 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 will compete in the 17-18 year old division. *Competitive age 11 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.**

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

Level 8 Special Requirements Rules Table					
#	Special Requirement	Value	#	Special Requirement	Value
Floor Exercise – Junior FIG Restrictions Apply					
1	Minimum “B” value layout salto backwards (Multiple flipping skills fulfill the requirement)	0.5	3	Two saltos in direct connection	0.5
2	Minimum “B” value salto forwards	0.5	4	Minimum FIG “A” value dismount	0.5
Special Exceptions or Restrictions: In #1, Tempo salto (whip) does not fulfill the requirement In #3, allow repetition of salto 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					
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, all turns are allowed in circle or flair and all turns must continue to circles In #4, there are <u>no</u> non-listed dismounts for partial credit. A listed dismount must be performed.					
Still Rings - Junior FIG Restrictions Apply					
1	Handstand	0.5	3	Inlocate or dislocate with shoulders at ring height or giant	0.5
2	Minimum FIG “A” value skill in support	0.5	4	Minimum FIG “A” value dismount	0.5
Special Exceptions or Restrictions: 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 round-off entry or multiple flipping vaults allowed					
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 undergrip	0.5
2	Minimum FIG “A” value swing beginning from ½ turn or more done from overgrip	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’ 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. Angle deductions will apply.					

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

4. Level 8 Pommel-less Horse Rules & Skills Table

- a. Only skills listed in the Level 8 Pommel-less Horse Skills Table below are allowed
- b. FIG skill selection and elimination criteria: Skills that are defined by being on the pommels, and skills that are defined by their starting and/or ending position on or around the pommels, have been eliminated. There are certain skills that have been included (for developmental reasons) that while being on the pommels can be done on the leather and are easily identified.
- c. Skill identification and evaluation criteria: For skill identification, a skill is completed when both hands have reached the intended part of the horse. Traveling skills will be evaluated as either traveling 1/2 or 3/3 of the horse (1/3 & 2/3 travels will not be used).
- d. FIG rules apply with the exception of no deduction for not touching all three parts of the horse.

USA Gym Level 8 - Pommel-less Horse Rules & Acceptable Skills List			
Skills - These skills receive value, but do not fulfill any Special Requirement			
Skill Description	FIG Code Box	Modification	Value
1/4 turn from cross support frontways (1/2 Kehr)		Added Skill	A
1/4 turn frontways from side support (1/2 Kehr)		Added Skill	A
1/4 turn from cross support rearways (1/2 Stockli)		Added Skill	A
1/4 turn rearways from side support (1/2 Stockli)		Added Skill	A
Circle in side support	2.1		A
FLAIR in side support	2.1	Virtual Box	A
Circle in cross support frontways	2.13		A
FLAIR in cross support frontways	2.13	Virtual Box	A
Circle in cross support rearways	2.19		A
FLAIR in cross support rearways	2.19	Virtual Box	A
1/4 Spindle from side support	2.25		A
1/4 Spindle from cross support	2.31		A
Tippelt - Flair or Circle through H.S. back to circle/flair	2.39		C
Schwabenflank	2.91		A
Travel fwd in side support (1/2)	3.1		A
Travel fwd in side support (3/3)	3.2		B
Travel bwd in side support (1/2)	3.13		A
Travel bwd in side support (3/3)	3.14		B
Travel from side support with 2x 1/2 spindles (3/3)	3.29		E
Travel from side support with 1/2 spindle (1/2)	3.33		C
Special Requirement 1 - Minimum 1/2 longitudinal travel forward or backward			
Skill Description	FIG Code Box	Modification	Value
Travel with 1/2 spindle from cross support (1/2)	3.27		C
Travel fwd in cross support (1/2)	3.44		B
Magyar - Travel fwd in cross support (3/3)	3.46		D
3/3 Cross support travel forward in flairs	3.47		E
Travel bwd in cross support (1/2)	3.56		B
Sivado - Travel bwd in cross support (3/3)	3.58		D
3/3 Cross support travel backward in flairs	3.59		E
Moguilny: 3/3 travel – kehre forward, reverse stockli, kehre forward	3.64		D
Belenki: 3/3 travel – kehre backward, kehre forward, kehre backward	3.70		D
Roth: 360 Russian with 3/3 travel	3.82		D
Wu Guonian: 720 Russian with 3/3 travel	3.83		E

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

4. Level 8 Pommel-less Horse Rules & Skills Table (Continued)

Special Requirement 2 - Minimum ½ turn Kehre or Stockli (180°)			
Skill Description	FIG Code Box	Modification	Value
Direct Stockli A	2.50		B
Busnari	2.54		G
Double rear (Kehre)	2.61		A
Reverse stockli 180 or 270	2.80		B
Czechkehre	2.92		B
Urzica: kehre + stockli (3/3)	3.63		C
Moguilny - kehre + stockli + kehr (3/3)	3.64		D
Belenki: stockli + kehre + stockli (3/3)	3.70		D
Special Requirement 3 - Minimum ½ turn Spindle or Russian (180°)			
Skill Description	FIG Code Box	Modification	Value
1/2 Spindle from side support	2.26		B
1/1 Flair spindle from side support (2 circles)	2.28		D
1/2 Spindle from cross support	2.32		B
Magyar - 1/1 spindle from cross support (2 circles)	2.34		D
180 or 270 Russian	2.103		A
360 or 540 Russian	2.104		B
720 or 900 Russian	2.105		C
1080 Russian	2.106		D
360 Russian with 1/2 travel		Added Skill	C
Special Requirement 4 - Dismounts			
Skill Description	FIG Code Box	Modification	Value
Flank off (facing out)		Added Skill	A
Wende	4.1		A
Chaguinian to wende	4.2		B
Kolyvanov - circle or flair H.S. + 3/3 travel + 450 turn	4.4		D
DSA to handstand, 3/3 travel with 450 or more turn	4.5		E
360 or 540 Russian	4.8		B
720 or 900 Russian	4.9		C
1080 Russian	4.10		D
180 Russian with 1/2 travel	4.14		B
Circle or FLAIR to H.S.	4.20	JO upgrade	C

II. General Rules, Regulations and Explanations

A. Age Determination and Competition Level:

1. The Junior Olympic competitive season is defined as September 1st – May 31st. For all aspects of the Men's Junior Olympic Age Group Program, a gymnast's competitive age throughout the entire competitive season is determined by the age he will be on May 31st of the current competitive season. (For example: For all competitions held from September 1st 2016 to May 31st 2017 a gymnast's competitive age is determined by his age as of May 31st, 2017). As a result of moving the gymnast's competitive age forward to the current competitive season, there will be no 'age mobility' or 'age bumping' in the junior program.
2. A gymnast under the actual age of 6 years old will not be permitted to participate in the Men's Junior Olympic Age Group Competition Program under any circumstance. If a gymnast's competitive age, as of May 31st, is 6 years old he may only compete during that competitive season once he has reached the actual age of 6 years old. 6 year olds must compete Level 4. A gymnast whose competitive age is 7 as defined by the May 31st age determination date may compete Level 5.
3. The maximum competitive age for a gymnast to participate in the Men's Junior Olympic Age Group Competition Program is 18 years old. A gymnast whose competitive age is 19 years or older and has graduated from high school must participate as a senior athlete. A gymnast whose competitive age is 19 years old but is still attending high school during that competitive season may compete in the Junior Olympic Competition Program.

B. Uniforms:

1. All gymnasts for Levels 6-10 on Pommel Horse, Still Rings, Parallel Bars and Horizontal Bar, must wear long solid colored competition pants and footwear (socks and/or gymnastics shoes). In the Junior Olympic Age Group Competition Program, dark colored competition pants are allowed. On Floor Exercise and Vaulting, gymnasts may compete in short pants with or without footwear. A competition top must be worn on all events.
2. Gymnasts for Level 4-5, on all events, are only required to wear gymnastics short pants and team T-shirt. Competition long pants may be worn but are not required. Gymnasts are not required to wear footwear (socks or gymnastics shoes).
3. All gymnasts are required to wear a shirt or competition top on all events during warm-ups prior to a competition.
4. For safety reasons jewelry of any kind is NOT allowed during competition and is considered a uniform violation.
5. Uniform violations will result in a medium behavioral deduction of 0.3 on each event in which the infraction occurs. The judge will warn the gymnast that the deduction will be taken at each event.

C. Coach's Professional Attire – (*Violators will be asked to leave the field of play*)

The following coach's professional attire is required at all competitive sessions, scheduled warm up sessions and event training sessions.

1. Closed toe shoes, no sandals
2. Slacks, Warm-up pants or hemmed "dress" shorts (No Denim or "Cargo Style" – Defined as having large flap pockets with a button or snap closure on the front and/or side of the thigh)
3. Collared shirts
4. No hats
5. No backpacks or string bags while spotting

D. Coach's Spotting Responsibilities:

1. A spotter is required, for all levels, to be in position to safely spot the entire performance on the Horizontal Bar, Still Rings and Vault.
2. A spotter is allowed at all levels on Parallel Bars.
3. If a spotter appears on the Floor Exercise or Pommel Horse / Mushroom events, the deduction is 0.5 from the routine's final score.
4. The gymnast should not be allowed to begin the routine without the presence of the required spotter. If the spotter walks away prior to the completion of the routine, the deduction will be 0.3, with a warning to the coach that a second infraction will result in his remaining gymnasts not being allowed to compete on that event that day.

D. Additional Matting:

1. **Floor Exercise:** 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.
2. **Still Rings:** The landing surface may be raised to a height of 30 cm (12"). An additional safety cushion of up to 20 cm (8") may be used.
3. **Vault:** An additional safety cushion of up to 20 cm (8") may be used in addition to the required 30 cm (12") landing surface height. In Junior Elite competition refer to the Technical Sequence manual for required matting specifications.
4. **Parallel Bars:** An additional safety cushion of up to 20 cm (8") may be used.
5. **Horizontal Bar:** An additional safety cushion of up to 20 cm (8") may be used. In addition to the required 30 cm (12") landing surface height.

E. Equipment Measurements:

1. **Floor Exercise:** (From the outside of both lines)
 - a. Level 4 – 5: Tumbling strip with a minimum width of 6 feet and a minimum length of 40 feet. A side or diagonal section of a 40' x 40' may be used
 - b. Level 6 – 7: Tumbling strip with a minimum width of 6 feet and a minimum length of 60 feet. A diagonal section of a 40' x 40' may be used.
 - c. Level 8 – 10: FIG – 12m x 12m (40' x 40')
2. **Pommel Horse:** (From the floor to the top of the horse body)
 - a. Levels 7 – 8: A standard pommel horse at any height with pommels removed
 - b. Levels 9 – 10: A standard pommel horse at any height. Maximum FIG height (up to 115 cm)
3. **Mushroom:** (From the surface of the mat to the top of the mushroom)
 - a. Levels 4 – 6: Height range: 16" to 30". Top diameter: 24" minimum (Across dome side to side) Dome: 3" to 6" (From dome base to apex)
4. **Still Rings:** (From the floor to the inside bottom of the rings)
 - a. Levels 4 – 7: High enough to swing without touching the landing mat; either by lowering the apparatus or by raising the landing surface
 - b. Levels 8 – 10: Maximum FIG height (up to 280 cm)
5. **Vault:** (From the floor to the top middle of the vault table)
 - a. Levels 4 – 5: Vault table not used
 - b. Levels 6 – 10: Vault table set at any height. Maximum FIG height (up to 135 cm)
6. **Parallel Bars:** (From the floor to the top of the rail)
 - a. Levels 4: High enough to swing in support position
 - b. Levels 5 – 7: High enough to swing in long hang position with knees bent
 - c. Levels 8 – 10: Maximum FIG height (up to 200 cm)
7. **Horizontal Bar:** (From the floor to the top of the bar)
 - a. Levels 4 – 7: High enough to swing without touching the landing mat; either by lowering the apparatus or by raising the landing surface
 - b. Levels 8 – 10: Maximum FIG height (up to 280 cm)

F. Routine Error and Deduction Table:

Table of Routine Errors and Deductions	
Error	Deduction
Missing numbered part	1.0
Non-Recognizable part	0.5 (plus all accrued execution deductions)
Routine Composition Error	0.5 (once per routine)
Fall (as per FIG)	1.0
Large error (as per FIG)	0.5
Medium error (as per FIG)	0.3
Small error (as per FIG)	0.1
Empty and Intermediate swings (as per FIG)	Empty (½) - 0.3, Intermediate (Full) - 0.5

G. Specific Judging Guidelines:

1. Explanation of “Numbered Part” & Routine Composition Error:

- A “numbered part” is defined as a “numbered skill or sequence” in the routine skill description for each level in Chapters 3 through 8 of this manual.
- A “numbered part” is a “missing part” if it has been omitted.
- If the “numbered part” is partially completed (more than 50% as determined by the judge) it should receive credit and the appropriate FIG deductions (small, medium, large or fall) should be taken.
- Added “parts” such as circles on mushroom or pommel horse, extra giant swings on horizontal bar, extra swings on rings or extra swings on parallel bars where allowed should be judged for execution errors only per FIG.
- The Routine Composition Error encompasses routine elements or parts not allowed performed in the incorrect order unless otherwise specified. In this case, the deduction is a 0.5 global deduction that should only be taken once per routine in addition to any execution deductions.

2. Handstands:

A handstand is shown at plus or minus (0-15°) from vertical. The junior program will use FIG rules concerning swings to or through handstand.

3. Swing and Position Criteria:

All swing and position required criteria are defined as one of the following:

- Horizontal
- 45°
- Vertical
- Bar height

4. Required holds:

- Holds are two seconds, unless otherwise noted. Hold deductions are per FIG.
- Momentary holds in the compulsory program are defined as holds that show a definite stop or control of the final finish position and are held less than or up to one second. Required Momentary holds that do not show a definite stop or control of the final finish position will receive a no hold deduction of (-0.3).
- In the case of awarding bonus, if the gymnast shows control of the final finish position he will be awarded bonus. If the gymnast clearly does not show control of the final finish position he will receive a single large deduction for failing to meet the required hold criteria and therefore not receive bonus for the skill.
- If a Specified Bonus skill is executed (50% or greater rule) but incurs a single large deduction or fall, the gymnast receives credit for the numbered skill part even though bonus is not awarded.

5. Added Holds:

Added holds are to be deducted as rhythm errors and not as added parts.

6. Steps:

- There is no requirement specifying the number of steps in the run prior to tumbling sequences in floor exercise routines.
- If a run is specified then at least one step must be taken prior to the hurdle otherwise a small deduction of 0.1 will be taken.
- A gymnast may take as many or as few steps as is necessary to execute the routine within the defined limits of the floor exercise mat.

G. Specific Judging Guidelines: (Continued)

7. Somersault Height:

All somersault heights (Floor Exercise and dismounts) are measured from the center of mass. Center of mass is defined as the point around which the body is rotating in space during the execution of the somersault.

8. Floor Patterns:

All tumbling passes can be performed on a 40' x 40' Floor Exercise mat or on a tumbling strip up to 60 feet in length.

9. Pommel Horse: (Extra circles or flairs are allowed and judged for execution except where noted)

Unless otherwise specified, all elements, compulsory or optional, begin and end in front support as per FIG. For all routines the gymnast must begin with both hands on the horse or mushroom.

10. Still Rings: (Extra swings are allowed and judged for execution except where noted)

Unless otherwise specified all basic swings on Still Rings should show a "turnover" action. See Chapter 5 – Still Rings, Section I – Compulsory Levels 4-7 Overview and Education, Paragraph C – Basic Technique, 1 - Basic Swing, for a full description. "Ring level" is defined as the top of the rings.

11. Vault:

- The junior program will not give a zero score for any attempted vault. The minimum score for any attempted vault will be 1.00.
- A balked attempt or incomplete vault may be repeated once (with safety in mind and at the judge's discretion) with a deduction of 1.00 from the score of the second attempt. No third attempt is allowed.

Table of Specific Errors and Deductions for Vault			
Error	Small	Medium	Large
Run Deductions: (Levels 4 – 7)			
Run slows down before hurdle, insufficient velocity or acceleration	0.1	0.3	N/A
Improper arm bend and swing action not complementary to the run	0.1	0.3	N/A
No distinct lift of front knee and extension of back leg	0.1	0.3	N/A
Rhythm break during run (stutter-steps) or insufficient stride	0.1	0.3	N/A
Hurdle Deductions: (Levels 4 – 7)			
Hurdle does not stay on level plane as knees lift, insufficient knee lift	0.1	0.3	N/A
Feet are behind hips on initial contact with springboard	0.1	0.3	N/A
Arm swing is not executed from back to front direction	0.1	0.3	N/A
Body not at vertical upon completion of board contact	0.1	0.3	N/A
First (Pre) Flight Deductions: (Levels 6 & 7)			
Diving or insufficient rotation to the blocking surface	0.1	0.3	0.5
Body position too arched or piked	0.1	0.3	0.5
All other deductions per FIG	0.1	0.3	0.5
Second (Post) Flight Deductions: (Levels 6 & 7)			
Repulsion not within 0° - 15° of vertical	0.1	0.3	0.5
Lack of distinct lift or rise from blocking surface	0.1	0.3	0.5
Body position too arched or piked	0.1	0.3	0.5
Landing Deductions: (Levels 4 – 7)			
All landing deductions per FIG.			

12. Parallel Bars: (Routines to be performed as written except where allowed extra swings are noted)

- A "hand-on-hand" spot is allowed without deduction on any compulsory skill that originates from support and bails into a long hang swing. There should be no evidence of facilitation to the element other than to ensure a secure grip.
- Extra swings are not permitted where specified routine composition is listed in the description of the numbered value parts in succession. (Exception: Level 7- addition of bonus skills where extra swings are allowed. SB#2 and SB#3 may be performed in any order with extra swings)

13. Horizontal Bar: (Routines to be performed as written except where allowed extra swings are noted)

Unless otherwise specified all under swings forward on Horizontal Bar should be tap swings. See the Chapter 8 - Horizontal Bar, Section I – Compulsory Levels 4-7 Overview and Education, Paragraph C – Basic Technique, 2 - Tap Swing, for a full description. Extra giant swings only are allowed.

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.

2. Stick bonus:

- a. Stick bonus of +0.1 will be awarded for stuck dismounts which receive full **Special Requirement** credit for Level 8 and full Element Group IV credit for Level 9 and 10. There is no stick bonus on pommel horse.
- b. Stick bonus of +0.1 will be awarded for stuck vaults at all levels. Stick bonus will also be awarded for Level 10 bonus vaults, see Vault Bonus Table to determine the amount awarded.
- c. "D" value dismounts in Level 10 will be awarded +0.2 for a stick. There is no stick bonus on pommel horse.
- d. Stick bonus will be added to the start value.

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

1. Floor Exercise:

- a. "D" value multiple salto skills and double salto backward piked will receive +0.1 bonus.
- b. "D" or higher value multiple layout salto skills will receive +0.3 bonus.
- c. Any bounding connection equaling 0.5 or higher in total combined difficulty of the 2 connected saltos will receive +0.1 bonus. If the pass meets FIG Connection bonus criteria add appropriate FIG Connection bonus in addition.
 - Restriction: FIG rules apply – Only two bonus connections may be awarded per routine.
 - **Special Exception: The FIG double salto requirement is not required in the Junior Program.**
- d. Any flair through handstand will receive +0.1 bonus.

2. Pommel Horse:

- a. Circle or flair to handstand and return to circle or flair will receive +0.2 bonus.
- b. **Any "D" or higher full spindle circle or flair will receive +0.1 bonus.**
- c. Any "D" scissor ¼ to handstand on one pommel will receive +0.3 bonus. The gymnast is not required to change hands – swing to handstand and swing down from handstand on the same arm is allowed.
- d. Any 3/3 longitudinal travel with 6 hand placements in the saddle (3 circles) will receive +0.2 bonus.
 - Restriction: This bonus is not available for Level 8
 - Restriction: This bonus may be awarded one time only in an exercise
 - **Special Exception: The same skill (i.e., Magyar or Sivado) with less than 6 hand placements will receive "D" value and will not be broken up into lesser value parts.**
- e. Any FIG "E" flop sequence or "E" Combined Sequence flop (including Russian) will receive +0.2 bonus.
- f. Travel with a 360° turn or greater continuing to circle will receive +0.1 bonus. (Example: Mogilny, Belenki, Tong Fei, Roth, Wu to circles)
 - **Restriction: A Russian may be connected directly to this skill but a circle out must be performed to receive bonus. No leg cut is allowed in connection to receive bonus.**
- g. Circle or flair to handstand (includes dismount) will receive a "C" value.
 - **Special Exception: The "C" value will be awarded regardless of execution. There is no cap on execution deductions in the performance of the skill.**

3. Still Rings:

- a. **A locked arm press to handstand with no deduction for arm bend will receive +0.2 bonus.**
 - **Special Exception: Deductions in the held handstand will not be counted against the press for the purpose of awarding bonus.**
- b. In Element Group II & III – Any "C" or higher strength skill will receive +0.2 bonus.
- c. **A "C" value locked arm giant to handstand in either direction will receive +0.2 bonus.**
 - Restriction: This bonus may be awarded one time only in an exercise
- d. Any "D" or higher dismount will receive +0.1 bonus.
 - Restriction: This bonus excludes FIG code box # 4.40 (Double salto backward with 3/2 twists).
- e. Additional Restrictions:
 - Restriction: 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.
 - Restriction: Level 8, 9 and 10 gymnasts are not allowed to perform Guczoghy or Li Ning skills.

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

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.
- 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 Bonus Table - Level 10 only		
Sum of start values for 2 Vaults:	Bonus Awarded	
6.8 – 7.5	0.2	Stick bonus 0.1 each
7.6 – 8.7	0.4	Stick bonus 0.1 each
SV value for 1 Vault 5.0 or ≥:	Bonus Awarded	
Or 2 Vaults 8.8 or higher	0.6	Stick bonus 0.2

- 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.
 - Special Exception: Any single 5.0 value vault will be awarded stick bonus of +0.2.
- k. Vault Restrictions and Special Exceptions:
 - Restriction: Level 8 & Junior Developmental may not perform round-off entry vaults.
 - Restriction: Level 9 & Junior Developmental may not perform vaults with multiple flips.
 - Special Exceptions:
 - Handspring Pike front salto with ½ twist will receive a 3.6 start value.

5. Parallel Bars:

- a. "D" or higher Healy or Makuts to straight arm full support will receive +0.2 bonus.
- b. "D" or higher Giant skills (Diamidov(s), Belles, Tanaka) will receive +0.2 bonus. Giant to one bar will receive "D" credit with required 1 second hold – no Healy is required.
 - Restriction: This bonus includes FIG code box #'s 3.22, 3.28, 3.29, 3.52, 3.53 and 3.60 only.
 - Special Exception: There is no restriction on the number of giant skills that can be performed for value in an exercise as long as they are from different FIG boxes or virtual code box.
 - Special Exception: Two giant skills from the same box in succession are allowed and both skills will receive value. This giant repetition exception from the same box is allowed one time only (i.e., 'giant – giant' or 'giant Diamidov – giant Diamidov'). Hold in the handstand is allowed between the skills. Giant to one bar is allowed only once in a routine.
 - Special Exception: For all levels, an empty ½ swing is allowed going into a giant skill. Moy to support is included.
 - Special Exception: For Levels 8 and 9, a giant to support will receive a "B" value (EG III).
- c. A locked arm peach to handstand will receive +0.1 bonus
 - Restriction: This bonus may be awarded one time only during an exercise.
 - Special Exception: There is no restriction on the number of peach basket skills that can be performed for value in an exercise as long as they are from different FIG boxes or virtual code box.
 - Special Exception: Two peach baskets in succession from same box are allowed one time only and both skills will receive value. Hold in handstand is allowed between the skills.
 - Special Exception: For all levels, an empty ½ swing is allowed going into a peach basket skill.
- d. Any "E" basket or higher skill will receive +0.3 bonus.
- e. Any "E" or higher EG II skill will receive +0.2 bonus.
- f. Additional Special Exceptions:
 - Special Exception: A forward uprise with ½ turn (Stützkehr) to support will receive a "C" value (EG II)
 - Special Exception: Levels 8 and 9, a Stützkehr forward to support receives a "B" value (EG I).

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

6. Horizontal Bar:

- a. Any "D" Adler skill will receive +0.2 bonus.
 - Special Exception: For All Levels, a "C" value jam to handstand will receive +0.1 bonus.
 - Special Exception: For All Levels, the following values will be awarded for a jam:

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)

- b. Any Kovacs or "E" or higher flight element will receive +0.3 bonus
- c. Any "D" flight element will receive +0.1 bonus.
 - Restriction: A Yamawaki will not receive the bonus.
- d. Any connected flight elements receiving the FIG connection bonus will also be awarded an additional +0.1 bonus.
 - Special Exception: A flight element may be repeated only if used in connection with another flight element.
 - a. Restriction: A swing half turn is allowed after non-flipping release skills or flipping release skills that do not go over the bar in the JO program. FIG rules apply to flipping release skills that go over the bar. (Flipping release = FIG #'s, 246 – Xiao Ruizhi, 252 – Gaylord tucked, 254 – Pegan, 259 – Gaylord Piked, 260 – Pegan Piked, 266 – Cassina, 276 & 277 – Gaylord 2, 282 & 283 Kovacs, 284 – Bretschneider, 289 – Kohlman, 296 – Kohlman 3/2 (Maras). All other release skills are classified as non-flipping and a ½ swing turn is permitted in the JO program in addition to FIG rules.

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.

JO & JE Optional Bonus, Restrictions & Special Exceptions Table

#	Bonus Skill	Bonus	#	Bonus Skill	Bonus
Floor Exercise – Junior FIG Restrictions Apply to Level 8 & 9 Only					
1	"D" multiple salto skills and double salto backward piked	0.1	3	Bounding salto connection +0.5 or more in difficulty (Apply appropriate FIG bonus)	0.1
2	"D" or higher layout multiple salto skills	0.3	4	Flair through Handstand	0.1
Special Exception: The FIG double salto requirement is not required in the Junior Program Restriction: FIG Rules apply – Limit 2 bonus connections awarded per routine					
Pommel Horse – Junior FIG Restrictions Apply to Level 8 & 9 Only					
1	Circle or flair to HS and return to circle or flair	0.2	4	3/3 longitudinal travel with 6 hand placements in saddle – one time only	0.2
2	Any "D" or higher Full spindle circle or flair	0.1	5	FIG "E" Flop or "E" Combined Flop (Pg.2.7)	0.2
3	Any "D" scissor ¼ to HS on one pommel	0.3	6	Circle out of 3/3 longitudinal travel with 360° turn or greater	0.1
Restrictions: #4, may be awarded one time only in an exercise and is not eligible for Level 8 #6, A Russian to circle out is allowed, no leg cut is allowed in connection					
Special Exceptions: #4 if performed with less than 6 hand placements travel receives "D" value Circle or flair to handstand (includes dismount) will receive a "C" value with no cap on deductions					
Still Rings – Junior FIG Restrictions Apply to Level 8 & 9 Only					
1	Locked arm press to HS-no arm bend	0.2	3	Locked arm "C" giant in either direction	0.2
2	EG II & III – Any "C" or higher strength skill	0.2	4	"D" or higher dismount	0.1
Restrictions: #3, Must be held, bonus may be awarded one time only in an exercise #4, excluding FIG code box # 4.40 Levels 8 & 9 are only allowed one EG I Honma (Yamawaki) & one EG III additional Honma skill Levels 8, 9 and 10 are not allowed to perform Guszoghy or Li Ning skills					
Special Exception: #1, deductions in the held handstand will not be counted against the press bonus award					
Vault – Junior FIG Restrictions Apply to Level 8 & 9 Only					
Vault Bonus Table - Level 10 only				Restrictions: Level 8, no round-off entry vaults allowed Level 8 & 9, no multiple flipping vaults allowed Special Exceptions: Handspring Pike Front ½ twist = 3.6 value (Maximum award for bonus + stick = +0.8)	
Sum of start values for 2 Vaults:		Bonus Awarded			
6.8 – 7.5	0.2	Stick bonus 0.1 each			
7.6 – 8.7	0.4	Stick bonus 0.1 each			
SV value for 1 Vault 5.0 or ≥: Or 2 Vaults 8.8 or higher		Bonus Awarded			
		0.6	Stick bonus 0.2		
Parallel Bars – Junior FIG Restrictions Apply to Level 8 & 9 Only					
1	"D" or higher Healy or Makuts to support	0.2	4	"E" Basket or higher (EG III)	0.3
2	"D" or higher Giant skill (restrictions, note)	0.2	5	"E" or higher EG II skill	0.2
3	Locked arm Peach to Handstand	0.1	Note: Giant ½ turn will have its own virtual code box		
Restrictions: #2, bonus is allowed for the following FIG Code Box #'s – 3.22(1 sec.),3.28,3.29,3.52,3.53,3.60 #3, bonus may be awarded one time only during an exercise					
Special Exceptions: No restriction on the number of peach basket or giant skills performed for value Two successive 'same box' peach basket or giant skills may be performed for value once per routine For all levels, an empty ½ swing is allowed going into a peach basket or giant skill (Include Moy, Cast) A forward uprise with ½ turn (Stützkehr) to support will receive a "C" value (EG II) For Levels 8 & 9, Stützkehr to support (EG I) and giant to support (EG III) will each receive a "B" value					
Horizontal Bar – Junior FIG Restrictions Apply to Level 8 & 9 Only					
1	Any "D" Adler skill	0.2	3	Any "D" flight element	0.1
2	Any Kovacs or "E" or higher flight element	0.3	4	Receive FIG connection bonus add	0.1
Restrictions: #3, a Yamawaki will not receive the bonus					
Special Exceptions: A flight element may be repeated only if used in connection with another flight element For All Levels, a "C" value jam to handstand will receive +0.1 bonus For All Levels, refer to the Jam Table on Page 2.9 for JO Values (EG III) A swing ½ turn is allowed from non-flipping release skills. See Note: Pg. 2.9 #6d – Flipping releases					

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 "C" value or greater 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. Application of Bonus Rules:

- a. One skill may be awarded for only one bonus. The higher value bonus qualified will be awarded.
- b. No bonus will be awarded if there is a single large deduction in the execution of the skill.
- c. When repeating a skill in direct connection chronology rules do not 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.

7. Additional Exceptions:

- a. A swing half turn is allowed after non-flipping release skills or flipping release skills that do not go over the bar in the JO program. FIG rules apply to flipping release skills that go over the bar.
- b. A single global skewing deduction for longitudinal travels on Pommel Horse will be applied in the JO program. (Not FIG per section).

Level 7 Floor Exercise

#	Skill(s) Description	Performance Criteria	Virtuosity
1	Run, hurdle, round-off, back handspring, salto backward stretched		
	SB#1: Replace #1 with run, hurdle, round-off, back handspring, salto backward stretched with a full twist (+0.5)		
2	Straight arm tuck or pike back extension roll to handstand with 1/2 turn, lower to arched prone support with head up and toes pointed	Continuous rhythm	
3	Lift to tuck position, jump to straight legged sissone, step forward to 1/2 turn rearward	Legs split 45° or greater	Sissone with legs split greater than 90° (+0.1)
4	Run, hurdle, forward handspring, salto forward tucked to stand		
	SB#2: Replace #4 with run, hurdle, forward handspring, salto forward piked or stretched to stand (+0.5)		
5	Step forward and kick 1/2 turn to Swedish fall, lower to arched prone support with head up and toes pointed, lift to straddle stand <u>or</u> split with head up and arm(s) extended	Show continuous rhythm.	Swedish fall with top leg past vertical (+0.1)
6	Straddle press handstand with 2 second hold	2 second hold	
	SB#3: Replace #6 with any FIG "B" press or higher or Endo roll to handstand (+0.5)	Show continuous rhythm 2 second hold of handstand	
7	Step down, turn toward the corner, step forward (one or more steps allowed) to hitch kick, step forward to 1/2 turn rearward	Hitch kick with both legs at horizontal	
8	Run, hurdle, round-off, back handspring, back handspring, salto backward tucked		Full extension of body prior to landing (+0.1)
	SB#4: Replace #8 with run, hurdle, round-off, back handspring, tempo salto backward, back handspring, salto backward tucked (+0.5)		Full extension of body prior to landing (+0.1)

E. Level 5 – Introduction of flair and spindle elements:

1. The gymnast should continue to refine his circle as described in the Basic Technique section above. As this technique develops, the circle should become higher in elevation from support, faster in speed, and the lean should become stronger or more acute on each side. Developing the quality of this circle will be an important component in being able to transfer double leg circle from the mushroom to the pommel horse.
2. As the gymnast performs the flair or spindle actions he should maintain full extension with his body position throughout the skill. Developing the quality of the double leg circle with chest and hip extension, speed, weight shift and shoulder lean will facilitate the ability to perform the spindle and flair elements without deduction.

F. Level 6 – Introduction of Czechkehre, Direct Stöckli A, Russian, and Flair spindle elements:

1. Each circle skill starts and finishes in front support. The full extension of the body with a slight counter rotation at the $\frac{1}{4}$ circle position will enable the gymnast to maintain the open position throughout each one of the skills performed.
2. The Czechkehre is a $\frac{1}{4}$ turn stockli movement to initiated from the second half of the circle to front support, followed by $\frac{1}{4}$ turn forward to rear support. The circle continues from the rear support as the gymnast executes another $\frac{1}{2}$ circle to the front support position to complete the Czechkehre.
3. The Direct Stöckli A is a $\frac{1}{4}$ kehre to rear support, followed by $\frac{1}{4}$ turn forward to rear support support. *Note: The hands should be slightly in front of the vertical line in rear support*
4. The Russian wendeswing should start and finish squarely in front support; however, there are a couple of ways the Russian wendeswing bonus can be performed. See basic technique description above for details.
5. The Flair spindle bonus can be performed a variety of ways; two $\frac{1}{4}$ flair spindles or one $\frac{1}{2}$ flair spindle. The main requirements are that there are at least 2 flairs and 180°'s of turn.

G. Level 7:

1. The basic routine allows the gymnast to transition from the mushroom to the traditional pommel horse (without pommels, pommel-less horse) while focusing on the proper circle technique. The move from the mushroom to the pommel-less horse requires a substantial adjustment for the athlete, therefore, the difficulty level and number of circles has been deliberately limited for the basic routine.
2. Since the gymnast has already been introduced to various skills at Level 5 & 6 on the mushroom, he may choose to insert those skills into his Level 7 routine as his strength, circle technique, and ability adapts to the new apparatus. The more experience and endurance the gymnast gains with the performance of these skills the better prepared he will be to transition to optional routines.
3. A considerable amount of latitude is allowed for the order in which the gymnast elects to perform the specified bonus elements. There is no deduction for the order in which the listed and specified bonus skills appear (except #3, 4, & 5) as long as all listed skills in the basic routine are performed. This freedom is intended to encourage the gymnast to perform quality skills rather than to force the sequential rigidity of compulsory routine construction.

Level 4 Pommel Horse (Mushroom)

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

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

Double Leg Circle Performance Criteria Defined	
<p>No attempt deduct 5.0</p> <p>0° – 180° deduct 1.5 plus execution</p> <p>180° – 270° deduct 1.0 plus execution</p> <p>270° – 360° deduct 0.5 plus execution</p>	

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 and significant rise Ring level = No deduction Swing backward to horizontal	
10	Swing forward to salto backward stretched dismount	Hips at ring height, bent arms allowed	

Level 7 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	Straight body pull to inverted hang	Bent arms allowed	Straight arm, straight body pull to inverted hang (+0.1)
2	Cast, swing backward to up-rise backward to "L" support hold 2 seconds	Up-rise backwards with straight arms to "L" support 2 second hold, rings turned out, arms free of straps	
	SB#1: Following #2, add press to tucked Planche, hold 2 seconds, lower to "L" support hold 2 seconds (+0.5)	Hips level with shoulders on Planche, 2 second hold "L" rings turned out, arms free of straps, 2 second hold	
3	Pike press to shoulder stand hold 2 seconds and bail forward	Straight body shoulder stand, rings parallel, arms free of straps, 2 second hold	
	SB#2: Replace #3 with bent or straight arm, bent body press to handstand with rings turned out and momentary hold, lower to shoulder stand hold 2 seconds and bail forward (+0.5)	See Note Above. Handstand with momentary hold Shoulder stand 2 second hold	
	SB#3: Following #3, add swing backward to shoulder stand (baby giant) with momentary hold and bail forward (+0.5)	Momentary hold	
4	Inlocate stretched	Inlocate stretched with turnover and significant rise at vertical	Shoulders at ring level with body vertical (+0.1)
5	Up-rise backward to support	Up-rise backward to support with straight arms	
6	Roll backward to piked body inverted hang	Bent arms allowed	
7	Dislocate backwards	Straight body at horizontal or higher	
8	One or two dislocates backward stretched	Straight body	Shoulders at ring level (+0.1)
9	Swing forward to salto backward stretched dismount	Hips at ring height	
	SB#4: Replace #9 with swing forward to double salto backward tucked dismount (+0.5)	Hips at ring height	

Level 7 Vault

Level 7 Modified Vault Table – All Divisions				
Vault	Base Score	Virtuosity	Stick Bonus	Maximum Score
Junior Olympic & Junior Developmental – Vaults Both Divisions				
Forward Handspring	9.0	0.3	0.2	9.5
Any handspring sideward with ¼ twist	9.0	0.3	0.2	9.5
Yamashita	9.0	0.3	0.2	9.5
Additional Vaults - Junior Olympic Division I Only				
Forward handspring 1/1 twist	9.5	0.3	0.2	10.0
Yamashita with ½ twist	9.5	0.3	0.2	10.0

#	Skill(s) Description	Performance Criteria	Virtuosity					
1	Run: From maximum distance of 82' (25m)	Run must maintain velocity Distinct lift of front leg and extension of back leg Rhythmic movement of flexed arms in run	Acceleration during run to hurdle (+0.1)					
2	Hurdle: Lift knees upward while body's center of gravity remains level and feet extend forward to contact the springboard in front of the body	Body at vertical on board contact Arm swing from back to front during hurdle	Feet in front of hips on board contact (+0.1)					
3	First flight (pre-flight): Rotate from board to straight or tightly arched extension at vertical	Rotate quickly to contact position on table slightly before vertical						
4	Second flight (post-flight): Block at vertical from table with straight body	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Forward Handspring: Vertical block from table Straight body throughout</td> <td rowspan="5" style="text-align: center; vertical-align: middle;">Distinct vertical rise off the table (+0.1)</td> </tr> <tr> <td>Handspring Sideward with ¼ twist: Vertical block from table Straight body throughout</td> </tr> <tr> <td>Yamashita: Vertical block from table Straight body on block Pike at least 90° in flight</td> </tr> <tr> <td>Forward Handspring with 1/1 twist: Vertical block from table Straight body throughout</td> </tr> <tr> <td>Yamashita with ½ twist: Open from tight pike with ½ twist</td> </tr> </table>	Forward Handspring: Vertical block from table Straight body throughout	Distinct vertical rise off the table (+0.1)	Handspring Sideward with ¼ twist: Vertical block from table Straight body throughout	Yamashita: Vertical block from table Straight body on block Pike at least 90° in flight	Forward Handspring with 1/1 twist: Vertical block from table Straight body throughout	Yamashita with ½ twist: Open from tight pike with ½ twist
Forward Handspring: Vertical block from table Straight body throughout	Distinct vertical rise off the table (+0.1)							
Handspring Sideward with ¼ twist: Vertical block from table Straight body throughout								
Yamashita: Vertical block from table Straight body on block Pike at least 90° in flight								
Forward Handspring with 1/1 twist: Vertical block from table Straight body throughout								
Yamashita with ½ twist: Open from tight pike with ½ twist								
5	Landing	Open prior to landing	Stick landing (+0.2)					

Level 4 Horizontal Bar

Note: The gymnast is required to perform all skills with straight legs if the competition bar provided is high enough for the gymnast to do so. Otherwise the gymnast may bend his knees during all hanging skills. Facilities with limited equipment may use any bar available to them such as the low uneven bar rail, parallel bars with one rail removed, and/or a low horizontal bar.

#	Skill(s) Description	Performance Criteria	Virtuosity
1	From a still hang in overgrip, hanging ½ turn to mixed grip, change second hand to overgrip	Head neutral	Hollow body maintained throughout ½ turn (+0.1)
2	Pullover to support with spotter assistance	Momentary stop in support is allowed	
	SB #1: Replace #2 with pullover to support WITHOUT spotter assistance Momentary stop in support is allowed (+0.5)	Continuous rhythm in pullover Momentary stop in support is allowed	
3	Cast to undershoot forward	Undershoot with hollow body and straight arms	Cast to horizontal (+0.1)
	SB #2: Replace #3 with cast to back hip circle to undershoot forward (+0.5)	Back hip circle with straight body Undershoot with hollow body and straight arms	Cast to horizontal (+0.1)
4	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
5	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	Swing backward to horizontal (+0.1)
6	Swing backward and up-rise to hop with both hands, tap swing forward	Hop with simultaneous hand release and regrasp Swing backward and forward to 45° below horizontal No hop = (-0.5)	
7	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
8	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
9	Swing backward to uprise and release hands dismounting to stand	Shoulders at bar height	

Level 5 Horizontal Bar

#	Skill(s) Description	Performance Criteria	Virtuosity
1	From a hang position in over-grip, pullover to support		
2	Cast to back hip circle to undershoot forward	Cast to horizontal Back hip circle with straight body Undershoot with hollow body and straight arms	Cast to 45° above horizontal (+0.1)
	SB #1: Replace #2 with cast to free hip circle to undershoot forward (+0.5)	Cast to horizontal Free hip with hollow body and hips clear of the bar Undershoot with hollow body and straight arms	Cast to 45° above horizontal (+0.1)
3	Swing backward, tap swing forward with ½ turn to mixed grip	Swing backward and forward to 45° below horizontal Maintain hollow body shape during turn	
4	Tap swing forward, swing backward and change hand to double overgrip		
5	Swing forward and kip to support. Momentary stop in support is allowed.	Spotter assistance (-0.5) Maximum deduction (-0.5) Fall from bar (-1.0)	
6	Cast to undershoot forward	Cast to horizontal Undershoot with hollow body and straight arms	
	SB#2: Following #6, add swing backward, tap swing forward to swinging pullover or ¾ giant swing backwards to undershoot forward (+0.5)	Continuous rhythm Contact with bar allowed	
7	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	Swing backward or forward to horizontal (+0.1)
8	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	Swing backward or forward to horizontal (+0.1)
9	Swing backward to up-rise and release hands dismounting to stand	Shoulders at bar height	
	SB #3: Replace #9 with swing backward, tap swing forward to salto backward (flyaway) tucked, piked, or stretched dismount (+0.5)	For safety reasons, a spotter is required to follow, but not assist, the gymnast during the execution of the skill (Deduct -0.3) Spotter not present	



**2016 – 2020 Future Stars Manual
Replacement Pages**

2016 – 2020 Future Stars Manual Update

Pg. #	Clarifications and Interpretations, 7/31/2016 – <i>Replacement pages in yellow.</i>
5	<u>Interpretation:</u> – Competitive aged 9 year olds may not advance to Future Star Nationals. Competitive aged 9 year olds may not compete in the 10 year old division at any Future Star evaluation.
11	<u>Clarification</u> – Language adjusted in Table of Deductions to reflect the Future Star program age groups.
19	<u>Clarification</u> - Mushroom 8 year old: Show of position only required Part # 1 & 2 (hold allowed but not required)
20-21	<u>Clarification</u> – Pommel Horse 9 & 10 years old: Note added to clarify counting circles and hand placements required.
24	<u>Clarification</u> - Still Rings 9 years old Part #4: Bent arm press allowed. TE2 may award bonus for straight arms. There is no deduction for bent arms on the press. Other FIG deductions apply.
26-27	<u>Interpretation:</u> Vault 8 & 9 years old – Landing must be shown in Part #5. Landing will be evaluated and deducted.
31	<u>Clarification:</u> Parallel Bars 8 years old Part #6 – TE3 (3 second) hold is used to award bonus. Momentary hold required.
32-33	<u>Interpretation:</u> Parallel Bars 9 & 10 years old (Giant swing) – A hand on hand spot may be used on the giant swing throughout the skill and is not limited to the descent phase.
43	<u>Clarification:</u> Trampoline Table #8. Strike Table of Regional Start Values - All routines start from a 9.5 base. (.5 total) Virtuosity to be awarded as listed in #9.
44-47	<u>Clarification:</u> Trampoline Routine Tables - Disregard “Start Value = 9.7” - All routines start from a 9.5 base.

Go to 2016 – 2020 AGCP General Compulsory & Optional Update

Go to 2016 – 2020 AGCP Compulsory Update

G. SECTION 9: Adapted FIG Table of Deductions and Exceptions:

Degree of execution or presentation error:	Degree of deviation from perfect end position:	Pertinent examples:
Small error (deduction 0.1)	0°-15°	Any <i>minor or slight</i> deviation from the perfect end position Any <i>minor or slight</i> adjustments to hand, foot, head or body position/alignment Any other <i>minor or slight</i> violations against aesthetic and technical performance expectations
Medium error (deduction 0.2)	16°- 30°	Any <i>distinct or significant</i> deviation from the perfect end position Any <i>distinct or significant</i> adjustments to hand, foot, head or body position/alignment Any other <i>distinct or significant</i> violations against aesthetic and technical performance expectations
Large error (deduction 0.3)	31°- 45°	Any <i>major or severe</i> deviation from the perfect end position Any <i>major or severe</i> adjustments to hand, foot, head or body position/alignment Any other <i>major or severe</i> violations against aesthetic and technical performance expectations
Falls and spotter assistance (deduction 0.5) <i>Note: In some cases, spotter assistance is encouraged and recommended</i>	N/A	Any fall on or from the apparatus during an element without having reached an end position that permits continuation with at least a swing (i.e. a distinct hang phase on Horizontal bar or a distinct support phase on pommel horse after the element in question) or that otherwise fails to display a momentary control of the element during landing or re-grasp. Any assistance by a spotter that contributes to the completion of an element
Composition Error to include: <i>(Extra Swings (SR, PB, HB); (Extra Giants (HB); (Missing Circles PH (8, 9, 10-13) (Partially completed skill such as HB – no release of hands on hop ½ turn) = 0.5 each time</i>	N/A	All extra swings are considered <i>intermediate swings</i> (Still Rings, Parallel Bars, High Bar). All Skills performed out of order but not omitted. In all cases, deduct for execution in addition to composition error as per FIG.
All ages - Extra Circles = NO DEDUCTION	N/A	Pommel Horse ONLY <i>*Deduct for execution only</i>
Short hold (Per FIG)	Medium (0.2)	Any required hold position that demonstrates a complete stop but is not held for the required length of time.
No Hold (per FIG)	Large (0.3)	Any required hold position that does not achieve a complete stop.
Missing Major Element Parts = 2.0 Listed in the table for each event. <i>(Exception: Vault – performing a Tuck Front Salto instead of a Piked Front Salto or a Handspring instead of a Yamshita = 2.0 Deduction)</i>	N/A	Must demonstrate completion of 50% of skill to receive value. Less than 50%, as determined by judge, may repeat skill.

Pommel Horse: 8 Year Old Division

Routine performed on a floor mushroom (Standard competitive top placed on the floor)

Identified 2.0 Numbered Parts: #1(1 and ¼ double leg circles), #2(1 and ¾ double leg circles) & #3(5 double leg circles)

Part	Skill(s) Description	Performance Criteria
#1	1 and ¼ double leg circles	Start with both hands on mushroom Straight body position throughout Open chest at ¼ and ¾ position Show finish position, no hold required
#2	1 and ¾ double leg circles	Start with both hands on mushroom Straight body position throughout Open chest at ¼ and ¾ position Show finish position, no hold required
#3	5 double leg circles	Start with both hands on Mushroom Straight body position throughout Finish in front support, no hold required
Specific Technical Emphasis Elements		
TE1	The hands being “square” or evenly placed (No skew) on the Mushroom in rear support (Global in Part #3)	
TE2	Chest and hips in square alignment to the mushroom (0-15° counter rotation is allowed) at the ¼ and ¾ position of the circle (no rollover). (Parts #1, #2 & #3)	
TE3	Even tempo and rhythm throughout the sequence (Global in Part #3)	

Pommel Horse: 9 Year Old Division

Routine performed on a Pommel Horse without pommels (the horse can be set to any height)

Identified 2.0 Numbered Parts: #1(5 circles in cross support frontways on end) &
#3(5 circles in cross support rearways on end)

Part	Skill(s) Description	Performance Criteria
#1	Start at the end of the horse facing longitudinally. Jump to five or more circles in cross support frontways on end (front loop position)	Minimum of 10 total hand placements on end Straight body position throughout
#2	Circle to cross support flank dismount (loop off)	No height requirement on dismount
#3	Start at the end of the horse facing longitudinally. Jump to five or more circles in cross support rearways on end (back loop position)	Minimum of 10 total hand placements on end Straight body position throughout
#4	Circle to cross support flank dismount on (back loop off)	No height requirement on dismount
Specific Technical Emphasis Elements		
TE1	The hands being "square" or evenly placed on the horse in rear support ... (No skewing) (Global in Parts #1 & #3)	
TE2	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 Parts #1 & #3)	
TE3	Even tempo and rhythm throughout the sequence (Global in Parts #1 & #3)	

Pommel Horse: 10 Year Old Division

Routine performed on a Pommel Horse without pommels (the horse can be set to any height)
Tape is used to divide the horse into three sections with the tape placed 25" from each end

Identified 2.0 Numbered Parts: #1(4 circles in cross support frontways on end), #3(4 circles in cross support in center section) & #5(4 circles in cross support rearways on end)

Part	Skill(s) Description	Performance Criteria
#1	Start at the end of the horse facing longitudinally. Jump to four circles in cross support frontways on end (front loop position)	Minimum of 8 total hand placements on end before Part #2 Straight body position throughout
#2	Travel forward in cross support from the first section to the center section (1/3 travel)	Travel begins after the 8 th hand placement in Part #1. A minimum of one circle is required to complete the travel.
#3	Four circles in cross support in the center section of the horse	Minimum of 8 total hand placements in center section before Part #4 Straight body position throughout
#4	Travel forward in cross support from the center section to the end section (1/3 travel)	Travel begins after the 8 th hand placement in Part #3. A minimum of one circle is required to complete the travel.
#5	Four circles in cross support rearways on end (back loop position)	Minimum of 8 total hand placements in center section before dismount in Part #6 Straight body position throughout
#6	Circle to cross support flank dismount	Dismount is initiated after returning to front support upon the completion of the 4 th circle in cross support rearways in Part #5 No height requirement on dismount
Specific Technical Emphasis Elements		
TE1	The hands being "square" or evenly placed on the horse in rear support ... (No skewing) (Global in each 1/3 section)	
TE2	Chest and hips in square alignment to the horse (0-15° counter rotation is allowed) at the 1/4 and 3/4 position of the circle (no rollover) (Global in each 1/3 section)	
TE3	Even tempo and rhythm throughout the routine (Globally for entire sequence)	

Still Rings: 9 Year Old Division

Identified 2.0 Numbered Parts: #1(muscle up), #3(L-sit), #4(press to handstand), #8(dislocate) & #9(salto backward tucked to open)

Part	Skill(s) Description	Performance Criteria
#1	From extended arm hang, muscle up to support	False grip with slight bend in arms allowed in extended arm hang position Continuous movement on muscle up
#2	Straight body, straight arm support, with momentary hold	Rings turned out past parallel Rings even with hips Momentary hold
#3	Lift legs to L-sit, with legs at horizontal, hold for 3 seconds	Rings turned out past parallel Rings even with hips Chest open on L-sit 3 second hold
#4	Straddle press to handstand, hold for 3 seconds	Bent arms allowed on press Rings turned out past parallel in handstand Straight body in handstand 3 second hold
#5	Lower to shoulder stand, hold for 3 seconds	Legs may touch inside of straps on lower down Straight body in shoulder stand
#6	Press to support, roll backward to inverted hang, cast to swing backward	Bent arms allowed on roll backward Swing to horizontal on backward swing
#7	Turnover swing forward, turnover swing backward	Shoulders at top of rings in forward swing Shoulders at bottom of rings in backswing
#8	Swing forward to dislocate backward	Shoulders at top of rings
#9	Swing forward to salto backward tucked to open dismount	Center of mass above top of rings Opening at or above horizontal
Specific Technical Emphasis Elements		
TE1	Continuous movement on muscle up with no pike in hips (Part #1)	
TE2	Straight arms and free of straps on straddled press to handstand (Part #4 for Bonus only)	
TE3	Turnover swings at 45° above horizontal (Global in part #7)	

Parallel Bars: 8 Year Old Division

Identified 2.0 Numbered Parts: #4(upper arm swings), #5(back uprise to support) & #6(support swings to handstand)

Part	Skill(s) Description	Performance Criteria
#1	Jump to long hang tap swing forward	Feet at bar height in long hang swing forward
#2	Long hang swing backward, long hang swing forward	Hips at bar height in long hang swing backward
#3	Long hang swing backward to back uprise to upper arm position	Shoulders behind elbows in upper arm position
#4	Upper arm swing forward, upper arm swing backward	Feet above the bars in upper arm swing backward
#5	Upper arm swing forward, upper arm swing backward to back uprise to support	Feet above the bars and elbows straight at completion of back uprise
#6	Support swing forward, support swing backward to handstand	Up to two additional support swings forward may be done to achieve the handstand position without incurring an extra swing deduction Execution errors on all swings will be deducted
#7	Push off either side to dismount	Moving a hand to the dismount bar is allowed
Specific Technical Emphasis Elements		
TE1	Hips above the bars in long hang swing forward (Part #1)	
TE2	Hips above the bars in upper arm swing forward (Part #4)	
TE3	Handstand hold for 3 seconds (Part #6) Bonus only	

I. Trampoline

A. Start Value Choices and Evaluation criteria

1. Athletes in the 8 and 9 year old divisions will only perform trampoline routine (A)
2. Athletes in the 10 year old division will only perform trampoline routine (B).
3. Athletes in the 11 year old division will only perform trampoline routine (C)
4. Athletes in the 12 and 13 year old division will only perform trampoline routine (D)
5. Athletes should verify the age division routine to the head judge before starting
6. Each routine has a specified start value and all are eligible for up to 0.5 in virtuosity bonus.
7. A spotter is required at each corner of the trampoline for all routines (4 spotters)

8. Trampoline Routine Table:

Age Division	Routine Selection Criteria	Start Value
Age 8	Must perform trampoline routine A	A = 9.5
Age 9	Must perform trampoline routine A	A = 9.5
Age 10	Must perform trampoline routine B	B = 9.5
Age 11	Must perform trampoline routine C	C = 9.5
Age 12	Must perform trampoline routine D	D = 9.5
Age 13	Must perform trampoline routine D	D = 9.5

9. General evaluation requirements:

The following evaluation criteria will apply to all routines for deviations from required body positions, direction and angle requirements while performing the trampoline sequences for all age categories (Small 0.1, Medium 0.2, Large 0.3). Categories for virtuosity bonus are listed as "global" for the entire sequence:

- Ability to remain in the center of the trampoline (**Global +0.1 'V' entire routine**)
- Maintaining required arms, head and body position on 'take off' from trampoline (**Global +0.1 'V' entire routine**)
- Ability to perform required 'kick out' angles and straight body position (**Global +0.1 'V' entire routine**)
- Alignment on twisting or turning skills (**Global +0.1 'V' entire routine**)
- Exceptional height throughout (**Global +0.1 'V' entire routine**)
- Form deductions
- Deviations from required composition (skill order, added part and/or extra bounces - 0.5 each)
- Omitted part (-1.0)
- Stop and resume routine from last completed part (-1.0). *Up to 7 bounces allowed to resume routine.*

Trampoline Sequence (A): 8 - 9 Year Old Divisions

Start Value = 9.5

From a stand in the center of the trampoline, the gymnast should take up to 7 bounces and begin the routine.

Part	Skill(s) Description	Performance Criteria
#1	Back tuck	Body should show extension at a minimum of 45° above horizontal
#2	Tuck jump	Complete extension at apex, arms straight at sides at apex
#3	Full turn	Full turn through vertical with arms straight and vertical on take-off, bring arms down to sides on turn
#4	Seat drop	Hands at sides in contact with bed, bodyline should show 90° body angle
#5	½ turn to feet	Push off through vertical with arms straight and vertical at apex
#6	½ turn to seat drop	½ turn through vertical with arms straight and vertical at apex Hands at sides in contact with bed, body line should show 90° body angle
#7	Return to feet	
#8	Straddle jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
#9	Pike jump	Complete extension at apex, legs at horizontal hands touching toes
#10	Front pike	Body should show extension above horizontal Must show controlled landing – When absorbing the bounce on landing the feet should remain in contact with the trampoline bed One additional bounce may be taken before controlled landing to stick

Trampoline Sequence (B): 10 Year Old Division

Start Value = 9.5

From a stand in the center of the trampoline, the gymnast should take up to 7 bounces and begin the routine.

Part	Skill(s) Description	Performance Criteria
#1	Back pike	90° or less, body should show extension at a minimum of 45° above horizontal
#2	Tuck jump	Complete extension at apex, legs at horizontal with hands touching knees
#3	Back tuck	Body should show extension at a minimum of 45° above horizontal
#4	Full turn	Full turn through vertical with arms straight and vertical on take-off, bring arms down to sides on turn
#5	Straddle jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
#6	½ turn to stomach drop	½ turn through vertical with arms straight at sides at apex, Front drop – Elbows and knees should be at 90° when stomach contacts the trampoline
#7	Back drop	Push from stomach through hollow position to back Back drop – Legs should be at vertical when the back contacts the trampoline Arms should be extended over head
#8	Return to feet	
#9	Pike jump	Complete extension at apex, legs at horizontal hands touching toes
#10	Barani pike	90° or less on pike, ½ turn completed at 45° above horizontal, body extension above horizontal Must show controlled landing – When absorbing the bounce on landing the feet should remain in contact with the trampoline bed One additional bounce may be taken before controlled landing to stick

Trampoline Sequence (C): 11 Year Old Division

Start Value = 9.5

From a stand in the center of the trampoline, the gymnast should take up to 7 bounces and begin the routine.

Part	Skill(s) Description	Performance Criteria
#1	$\frac{3}{4}$ back tuck	Body should show extension at a minimum of 45° above horizontal Elbows and knees should be at 90° when stomach contacts the trampoline
#2	Straight body $\frac{1}{2}$ turn to front drop (cruise)	$\frac{1}{2}$ turn through vertical with arms straight at sides at apex Elbows and knees should be at 90° when stomach contacts the trampoline
#3	Return to feet	
#4	Pike jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
#5	Back tuck	Body line straight with arms at sides through vertical
#6	Barani tuck	$\frac{1}{2}$ turn completed at a minimum of 45° above horizontal, body extension above horizontal
#7	Tuck jump	Complete extension at apex, arms straight at sides at apex
#8	Back pike	90° or less in pike, hands should touch toes, body should show extension at a minimum of 45° above horizontal
#9	Straddle jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
#10	Barani straight	$\frac{1}{2}$ turn completed at a minimum of 45° above horizontal Bodyline straight with arms at sides through vertical Must show controlled landing – When absorbing the bounce on landing the feet should remain in contact with the trampoline bed One additional bounce may be taken before controlled landing to stick

Trampoline Sequence (D): 12 - 13 Year Old Divisions

Start Value = 9.5

From a stand in the center of the trampoline, the gymnast should take up to 7 bounces and begin the routine.

Part	Skill(s) Description	Performance Criteria
#1	$\frac{3}{4}$ back pike	90° or less on pike, hands should touch toes, body should show extension at a minimum of 45° above horizontal Front drop – Elbows and knees should be at 90° when stomach contacts the trampoline
#2	Cody tuck	Front drop – Elbows and knees should be at 90° when stomach contacts the trampoline Cody - body should show extension at a minimum of 45° above horizontal
#3	Pike jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
#4	Back pike	90° or less on pike, hands should touch toes, body should show extension at a minimum of 45° above horizontal
#5	Barani pike	90° or less on pike, $\frac{1}{2}$ turn completed at a minimum of 45° above horizontal, body extension above horizontal
#6	Back straight	Bodyline straight with arms at sides through vertical
#7	Barani straight	$\frac{1}{2}$ turn completed at a minimum of 45° above horizontal, Bodyline straight with arms at sides through vertical
#8	Straddle jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
#9	$\frac{3}{4}$ front straight	Back drop – Legs should be at vertical when the back contacts the trampoline Arms should be extended over head
#10	Barani ball out tuck to straight body	Back drop – Legs should be at vertical when the back contacts the trampoline $\frac{1}{2}$ turn completed at a minimum of 45° above horizontal, body extension above horizontal Must show controlled landing – When absorbing the bounce on landing the feet should remain in contact with the trampoline bed One additional bounce may be taken before controlled landing to stick