

# Chapter I: General Age Group Competition Program Information

## I. Age Group Competition Program Chart

### **LEVEL 10 (FIG OPTIONAL\*)**

16 - 18 STATE - REGIONAL – NATIONAL

14 - 15 STATE – REGIONAL - NATIONAL

\* Using Junior Olympic Program rule exceptions to the *FIG Code of Points*

\*\* 10 highest value skills as per FIG A Score rules

\*\*\*5 FIG element groups worth 0.5 each. Element groups can be fulfilled using skills of any value with the exception of the dismount.

Stick bonus of 0.1 for dismounts which receive full Element Group V credit – added to Difficulty

3.2 Maximum Difficulty Score \*\*

2.5 Element Group Requirements\*\*\*

4.3 Presentation

10.0 Maximum possible Start Value & Score

### **LEVEL 9 (FIG OPTIONAL\*)**

12-13 STATE – REGIONAL - NATIONAL

\* Using Junior Olympic Program rule exceptions to the *FIG Code of Points*

\*\*8 highest value skills as per FIG A Score rules including a dismount.

\*\*\*4 FIG element groups worth 0.5 each. Element groups can be fulfilled using skills of any value with the exception of the dismount.

0.3 Element Group Bonus for Level 9 when all five element groups are performed – added to Difficulty

Stick bonus of 0.1 for dismounts which receive full Element Group V credit – added to Difficulty

2.5 Maximum Difficulty Score \*\*

2.0 Element Group Requirements\*\*\*

5.5 Presentation

10.0 Maximum possible Start Value & Score

**LEVEL 8 (FIG OPTIONAL\*)**

14 - 18 STATE – REGIONAL

\* Using Junior Olympic Program rule exceptions to the *FIG Code of Points*

\*\*8 highest value skills as per FIG A Score rules including a dismount.

\*\*\*4 FIG element groups worth 0.5 each. Element groups can be fulfilled using skills of any value with the exception of the dismount.

0.3 Element Group Bonus for Level 8 when all five element groups are performed – added to Difficulty

Stick bonus of 0.1 for dismounts which receive full Element Group V credit – added to Difficulty

2.5 Maximum Difficulty Score**
2.0 Element Group Requirements ***
<u>5.5</u> Presentation
10.0 Maximum possible Start Value & Score

***Level 8, 9 and 10 Optional Skill Values  
Per FIG Difficulty Chart***

**A = 0.1, B = 0.2, C = 0.3, D = 0.4, E = 0.5, F = 0.6**

***Level 8, 9 and 10 FIG Presentation Deductions  
Modified For Junior Olympic Optional Routines***

**Small Error = 0.1  
Medium Error = 0.3  
Large Error = 0.5  
Fall On Or Off The Apparatus = 0.5**

**LEVEL 7 (COMPULSORY)**

10 - 11 STATE - REGIONAL  
12 & over STATE - REGIONAL

9.2 Base Score
<u>0.8 Bonus</u>
10.0

**LEVEL 6 (COMPULSORY)**

8-9 STATE - REGIONAL  
10-11 STATE - REGIONAL  
12 & over STATE - REGIONAL

9.2 Base Score
<u>0.8 Bonus</u>
10.0

**LEVEL 5 (COMPULSORY)**

7-9 STATE - REGIONAL  
10-11 STATE - REGIONAL  
12 & over STATE - REGIONAL

9.2 Base Score
<u>0.8 Bonus</u>
10.0

**LEVEL 4 (COMPULSORY)**

6-7 STATE  
8-9 STATE  
10-11 STATE  
12 & over STATE

9.2 Base Score
<u>0.8 Bonus</u>
10.0

## II. General Rules and Regulations

### A. Age Determination and Competition Level:

1. For all aspects of the program, a gymnast's age is determined by his age September 1 of each year.
2. Gymnasts under the age of six will not be permitted to participate in the Age Group Competition Program under any circumstance. The athlete **must** turn six years of age before he may begin competition.
3. A gymnast is allowed to move up one year in age for competition. He may move the one year based only on his age as of September 1. (Example: a gymnast is 10 September 1, and turns 11 September 2, he may compete as an 11 year old, but he may not compete as a 12 year old because he was not 11 years old on September 1.)
4. Gymnasts are allowed to move up one year in age for competition only if they are moving to a higher competition level.
5. Level 9 Exception: Athletes who are younger than the required age of 12 for Level 9 may qualify to compete at Level 9 through participation in the Future Stars Program. In order to obtain this special qualification for Level 9 participation, the athlete must attain a predetermined qualifying score through competition at the Future Stars National Championships. This predetermined qualifying score will be determined yearly by the Junior National Coaching Staff and published by September 1 of each year.

### B. Uniforms:

1. For Levels 6-10 on Pommel Horse, Still Rings, Parallel Bars and Horizontal Bar, all gymnasts must wear long solid colored competition pants and footwear (socks and/or gymnastics shoes). In Junior Olympic competition dark colored competition pants are allowed. On Floor Exercise and Vaulting, gymnasts may compete in short pants with or without footwear. A competition jersey must be worn in all competition.
2. For Level 5 and 4, for all events, gymnasts are only required to wear gymnastics short pants, team T-shirt and footwear (socks and/or gymnastics shoes). On Floor Exercise and Vaulting the gymnast may perform with or without footwear.
3. All gymnasts are required to wear a shirt on all events during warm-ups and competition.
4. No jewelry of any kind is allowed during competition, this is a uniform requirement.
5. Violation of the uniform requirements will result, with warning, in a deduction of 0.2 on each event where the infraction incurs. The judge will warn the gymnast that the deduction will be taken at each event.

### C. Spotting:

1. A spotter is required, for all levels, to be in position to safely spot the entire performance on the Horizontal Bar and Still Rings, and between the board and the vault table/landing area for Vaulting. A spotter is allowed for all levels on Parallel Bars. If a spotter appears on the Floor Exercise or Pommel Horse/Mushroom events, the deduction is 0.5.
2. 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 0.2, 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.
3. An additional spotter is permitted on Still Rings, Vault, Parallel Bars and Horizontal Bar without deduction.

4. Assistance at any apparatus, whether general or required spotting must be given by a USAG Professional Member. Additional Assistance may be given by an assistant coach who is a Professional Member.

**D. Specialists:**

While All Around competition within the Age Group Competition Program is certainly encouraged, USA Gymnastics recognizes the significant contributions that can be made by specialists and multi-event participants. Participation by specialists and multi-event athletes is permitted and strongly encouraged in all levels of competition.

### III. Equipment and Mat Specifications

**A. All specifications of equipment and mats are FIG unless otherwise stated.** Equipment heights listed in this section for PH, SR, V, PB & HB are maximums however, FIG height requirements for those apparatus may never be exceeded except where allowed by FIG.

#### **B. General**

1. Panel mats may be used to mount any apparatus.
2. There is no minimum height requirement on the Pommel Horse or Parallel Bars. For the Still Rings and Horizontal Bar matting can be adjusted to attain the minimum height requirements noted in III.C.
3. The board may only be used to mount the Parallel Bars and at Vault.
4. It is the responsibility of the coach to determine if ceiling mounted rings provided are acceptable for their gymnast's use. If a ring tower will not be available for competition, the coach should be notified in the pre-meet information packet so that the coach may choose if he wishes to have his gymnasts participate.
5. Additional mats can be used by Level 8, 9 and 10 athletes as follows:

**Floor Exercise:** 1 additional landing mat of up to 4" can be used for landings of "D", "E" or "F" skills. However, the mats must be left in place throughout the routine.

**Pommel Horse:** An additional mat can be used to mount the apparatus.

**Still Rings:** The landing surface may be raised to height of 20". An additional safety cushion of up to 8" may be used in **all levels** for landings.

**Vault:** An additional safety cushion of up to 8" may be used.

**Parallel Bars:** An additional safety cushion of up to 8" may be used.

**Horizontal Bar:** The landing surface may be raised to a height of 20". An additional safety cushion of up to 8" may be used in **all levels**.

**Minimum Recommended Landing Mat Specifications**  
**For Junior Olympic Competition Program**  
**Boys Levels 4 - 10**

**Note: 10 cm is equal to slightly less than 4 inches.**

	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
<b>Floor Exercise</b>	USAG (6'x40') Minimum 1 1/4" thick		FIG (40'x40') 1 1/4" - 7" thick				
<b>Pommel Horse</b>	12' x 12' x 10 cm						
<b>Mushroom</b>	10' x 10' x 10 cm			Not Applicable			
<b>Still Rings</b>	8' x 15 1/2' x 20 cm						
<b>Vault</b>	8' x 15 1/2' x 30 cm						
<b>Parallel Bars</b>	14' x 16' x 20 cm						
<b>Horizontal Bar</b>	8' x 30' x 30 cm						

### C. Equipment Measurements:

1. Floor Exercise: From the outside of both lines.
2. Pommel Horse: From the surface mat to the top of the horse body.
3. Still Rings: From the surface mat to the inside bottom of the rings.
4. Vault: From the floor to the top middle of the vault table.
5. Parallel Bars: From the floor to the top of the rail.
6. Horizontal Bar: From the floor to the top of the bar.

#### Levels 4-5

- Floor Exercise: Tumbling strip with a minimum width of 6 feet and a length of 40 feet. A side or diagonal section of a 40' x 40' may be used.
- Pommel Horse: A standard horse at any height setting.
- Mushroom: Height range: 16" to 30" (From surface mat to top of mushroom)  
Top diameter: 24" minimum (Across dome side to side)  
Dome: 3" to 6" (From dome base to apex)  
Note: A mat may be used to mount. The mushroom base must be padded.
- Still Rings: High enough to swing without touching the landing mat; either by lowering the apparatus or by raising the landing surface.
- Vault: Vault table not used for these Levels.
- Parallel Bars: High enough to swing in support position.
- Horizontal Bar: High enough to swing without touching the floor; either by lowering the apparatus or by raising the landing surface.

#### Level 6

- Floor Exercise: FIG - 12m x 12m (40' x 40')
- Pommel Horse: A standard horse at any height setting.
- Mushroom: Height range: 16" to 30" (From surface mat to top of mushroom)  
Top diameter: 24" minimum (Across dome side to side)  
Dome: 3" to 6" (From dome base to apex)  
Note: A mat may be used to mount. The mushroom base must be padded.
- Still Rings: High enough to swing without touching the landing mat; either by lowering the apparatus or by raising the landing surface.
- Vault: Vault table set at any height.
- Parallel Bars: High enough to swing in support position.
- Horizontal Bar: High enough to swing without touching the floor; either by lowering the apparatus or by raising the landing surface.

#### Level 7

- Floor Exercise: FIG - 12m x 12m (40' x 40')
- Pommel Horse: A standard horse at any height setting.
- Still Rings: High enough to swing without touching the landing mat; either by lowering the apparatus or by raising the landing surface.
- Vault: Vault table set at any height.
- Parallel Bars: High enough to swing in a bent knee hang without touching the floor.
- Horizontal Bar: High enough to swing without touching the floor; either by lowering the apparatus or by raising the landing surface.



**Level 8**

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

**Level 9**

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

**Level 10**

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

# Compulsory Routine Text and Illustrations

## Level 4, 5, 6 & 7 Requirements

### A. Contents of Compulsory Text and Illustrations

Chapters 3 through 8 are laid out by event and include the text and illustrations for the Levels 4, 5, 6 and 7 in ascending order.

### B. Section Format

All routines for Levels 4, 5, 6 & 7 are listed with two categories - Routine Description and Special Performance Criteria. The routines are also illustrated on the following pages. These areas are designed to explain the program in the following manner:

- 1. Routine Description** - This is a literal description of the routine elements as they appear in order within the exercise or the skill sequences. The description serves as the official version if there is a conflict between text and illustration.
- 2. Special Performance Criteria** - Describes the minimum performance criteria for the skill for no deduction if performed flawlessly. No bonus may be awarded for achieving the Special Performance Criteria except where noted. The Special Performance Criteria is part of the official text.
- 3. Illustrations** - Are intended as an aide to the text. Illustrations utilize the Special Performance Criteria. In the case of a discrepancy between the text and the illustration, always refer to the text. In the illustrations, the location in the routine where the Specified Bonus skill would be inserted is marked at its beginning by a solid arrow and at its end by an clear arrow.

Symbols used within the illustrations are explained on the next page.

## Illustration Symbols:

The symbols that are contained within the illustrations are listed below along with their corresponding meanings:

- \* - For Floor Exercise illustrations, an asterisk (\*) denotes a change in the viewpoint of the observer. The asterisk appears in the lower line of the illustrations.



- The diamond shape indicates where routine numbered parts begin and end. Diamonds appear in the lower line of the illustrations.



- A solid octagon sign indicates a hold part. This symbol appears in the upper text line of the illustrations.



- A clear octagon sign indicates a momentary hold part. This symbol appears in the upper text line of the illustrations.



- Solid arrows indicate where a specified bonus skill would be inserted into the routine. This symbol appears in the upper text line of the illustrations.



- Clear arrows indicate where a specified bonus skill would end. This symbol appears in the upper text line of the illustrations.