





**JO HANDBOOK FOR COACHES AND JUDGES**  
**CHANGES and ERRATA FOR 2019 SEASON (EFFECTIVE August 1<sup>st</sup>, 2018)**

CURRENT TEXT	REVISED TEXT
<b>Page 6 Body Difficulty</b>	
<ul style="list-style-type: none"> <li>Right/Left leg designation in level 3-6 routines</li> </ul>	<ul style="list-style-type: none"> <li>Right/Left leg designation in level 3-8 <b>FLOOR</b> routines</li> </ul>
<b>Page 7, Body Difficulty</b>	
Each missing body difficulty on opposite leg/side for level 3-6 routines=0.3 penalty	Each missing body difficulty on opposite leg/side for level 3-8 <b>Floor</b> routines=0.3 penalty
<b>Page 7, Body Difficulty Notes</b>	
<p>b)Defined shape with up to 10° small deviation of one or more body segments: valid BD with -0.10 or more Technical Execution penalty (see Table of Technical Faults)</p> <p>c)Shape of a lower value BD when there is more than a 10° deviation from an identifiable, defined shape: See Downgrading principle+ Technical Execution penalty</p>	<p>b) Defined shape with up to <b>20°</b> deviation of one or more body segments: valid BD with -0.10 or more Technical Execution penalty (see Table of Technical Faults)</p> <p>c) Shape of a lower value BD when there is more than a <b>20°</b> deviation from an identifiable, defined shape: See Downgrading principle+ Technical Execution penalty</p>
<b>Page 17, Level 3 Apparatus, Body difficulty</b>	
-1 difficulty from each body group and 2 additional difficulties, each from different body groups. Minimum 1 difficulty must be executed on opposite leg/side	1 difficulty from each body group and 2 additional difficulties, each from different body groups.
<b>Page 17, Level 3 Apparatus, Composition requirements</b>	<b>(Based on updated apparatus chart for 2019-2020)</b>
<u>Rope</u> <ul style="list-style-type: none"> <li>1 jump through the rope rotating backward (from 1 foot, 2 feet, ect.)</li> <li>1 series of skips/hops through the rope</li> <li>1 JO Figure “8” (1 series of rotations of the rope folded in half alternating side to side with the action of the wrist)</li> <li>1 toss of 1 end of the rope (“échappé”- see page 10)</li> <li>1 large figure “8”</li> </ul>	<u>Hoop</u> <ul style="list-style-type: none"> <li>1 passing through the hoop with any jump/leap/skip</li> <li>1 roll on the floor (any)</li> <li>1 series of rotations around hand (s)</li> <li>1 medium throws (any) (Note: Valid only if throw and catch executed with straight arm(s))</li> <li>1 large figure “8”</li> </ul>
<b>Page 18, Level 4 Floor, Artistry</b>	
<ul style="list-style-type: none"> <li>Logical transitions and smooth connections between movements</li> </ul>	<ul style="list-style-type: none"> <li>Logical transitions and smooth connections between movements (penalty apply after 2 illogical connections)</li> </ul>

<b>Page 19, Level 4 Apparatus, Body Difficulty</b>	<b>(Based on updated apparatus chart for 2019-2020)</b>
-1 difficulty from each body group and 2 additional difficulties, each from different body groups. Minimum 1 difficulty must be executed on opposite leg/side	1 difficulty from each body group and 2 additional difficulties, each from different body groups.
<b>Page 19, Level 4 Apparatus, Composition requirements</b>	
<p style="text-align: center;"><u>Hoop:</u></p> <ol style="list-style-type: none"> <li>1. 1 passing through the hoop with any jump/leap/skip</li> <li>2. 1 roll on the floor (any)</li> <li>3. 1 series of rotations around hand(s) with change of plane(s) and/or level(s) and/or direction(s) of the hoop and/or body</li> <li>4. 1 medium throws (any) (Note: Valid only if throw and catch executed with straight arm(s))</li> <li>5. 1 unassisted roll on 1 part of upper part of the body</li> </ol>	<p style="text-align: center;"><u>Rope</u></p> <ul style="list-style-type: none"> <li>• 1 jump through the rope rotating backward (from 1 foot, 2 feet, ect.)</li> <li>• 1 series of skips/hops through the rope</li> <li>• 1 JO Figure "8" (1 series of rotations of the rope folded in half alternating side to side with the action of the wrist)</li> <li>• 1 toss of 1 end of the rope ("échappé"- see page 10)</li> <li>• 1 throw (any, with Minimum height above the head)</li> </ul>
<b>Page 19, Level 4 Apparatus, Artistry</b>	
<ul style="list-style-type: none"> <li>• Logical transitions and smooth connections between movements</li> </ul>	<ul style="list-style-type: none"> <li>• Logical transitions and smooth connections between movements (penalty apply after 3 illogical connections)</li> </ul>
<b>Page 20, Level 5 Floor, Artistry</b>	
<ul style="list-style-type: none"> <li>• Logical transitions and smooth connections between movements</li> </ul>	<ul style="list-style-type: none"> <li>• Logical transitions and smooth connections between movements (penalty apply after 2 illogical connections)</li> </ul>
<b>Page 21, Level 5 Apparatus, Body Difficulty</b>	
-1 difficulty from each body group and 2 additional difficulties, each from different body groups. Minimum 1 difficulty must be executed on opposite leg/side	<ul style="list-style-type: none"> <li>• 1 difficulty from each body group and 2 additional difficulties, each from different body groups</li> </ul>
<b>Page 21, Level 5 Apparatus, Artistry</b>	
<ul style="list-style-type: none"> <li>• Logical transitions and smooth connections between movements</li> </ul>	<ul style="list-style-type: none"> <li>• Logical transitions and smooth connections between movements (penalty apply after 3 illogical connections)</li> </ul>
<b>Page 23, Level 6 Floor, Artistry</b>	
<ul style="list-style-type: none"> <li>• Logical transitions and smooth connections between movements</li> </ul>	<ul style="list-style-type: none"> <li>• Logical transitions and smooth connections between movements (penalty apply after 2 illogical connections)</li> </ul>
<b>Page 24, Level 6 Apparatus, Body Difficulty</b>	
-1 difficulty from each body group and 2 additional difficulties, each from different body groups. Minimum 1 difficulty must be executed on opposite	-1 difficulty from each body group and 2 additional difficulties, each from different body groups

leg/side	
<b>Page 24, Level 6 Apparatus, Composition Requirements</b>	
<p>o 3 different technique/type of throws- 0.3 each:  -1 large throw with 1 Rotation of the body (min. 360°) around any axis during the flight of the apparatus  -After a large throw, 1 catch with at least 1 criteria (see table of criteria for Level 6) = 0.3 for large throw+ additional 0.3 for catch with criteria=max.0.6  -1 large throw with 1 different Rotation of the body (min. 360°) around any axis during the flight of the apparatus  ☞ Note: please see specific throws requirements for ribbon below</p>	<p>3 different technique/type of throws- 0.3 each:  -1 <b>throw</b> with 1 Rotation of the body (min. 360°) around any axis during the flight of the apparatus  -After <b>a throw</b>, 1 catch with at least 1 criteria (see table of criteria for Level 6) = 0.3 for large throw+ additional 0.3 for catch with criteria=max.0.6  -1 <b>throw</b> with 1 different Rotation of the body (min. 360°) around any axis during the flight of the apparatus  Note: please see specific throws requirements for ribbon below. <b>2 of the throws must be Min. Medium height and 1 throw- Large</b></p>
<b>Page 25, Level 6 Apparatus, Composition Requirements, Ribbon</b>	
<p>Ribbon : 3 different technique/type of throws- 0.3 each:  -1 large throw with 1 Rotation of the body (min. 360°) around any axis during the flight of the apparatus (Note: not valid for boomerang)  -1 large throw, with at least 1 criteria (see table of criteria for Level 6) = 0.3 for large throw+ 0.3 for additional value of the criteria during the throw = max. 0.6  -1 large throw  Note: If a boomerang throw is used to fulfill the above requirement, the same throw may not be used as a base for AC.</p>	<p>Ribbon : 3 different technique/type of throws- 0.3 each:  -1 <b>throw</b> with 1 Rotation of the body (min. 360°) around any axis during the flight of the apparatus (Note: not valid for boomerang)  -1 <b>throw</b>, with at least 1 criteria (see table of criteria for Level 6) = 0.3 for large throw+ 0.3 for additional value of the criteria during the throw = max. 0.6  -1 <b>throw</b>  Note: If a boomerang throw is used to fulfill the above requirement, the same throw may not be used as a base for AC. <b>2 of the throws must be Min. Medium height and 1 throw- Large</b></p>
<b>Page 24, Level 6 Apparatus, Artistry</b>	
<ul style="list-style-type: none"> <li>Logical transitions and smooth connections between movements</li> </ul>	<ul style="list-style-type: none"> <li>Logical transitions and smooth connections between movements <b>(penalty apply after 3 illogical connections).</b></li> </ul>
<b>Page 27, Table of Criteria for AC for level 6</b>	
 Performed in series (min. 3) without interruption	 Performed in series (min. 3) without interruption <b>(Apply for Large rolls of ○ and ● ; small throws II (unlocked)</b>
<b>Page 41, Summary Table of Additional Criteria for R</b>	
 Throw with rotation around its axis - Hoop ○	 Throw with rotation around its axis - Hoop ○ <b>or rotation in the horizontal plane- Club(s) II</b>
<b>Page 44, Apparatus combinations (AC)</b>	

<ul style="list-style-type: none"> <li>Combinations of each Apparatus Combination <b>must be made with a different Base each time (no repetition of the Base)</b>. Exception: AC with medium/ large Throw ↗ and Catch from medium/ large throw ↓ - Max. 2 times per routine each)</li> </ul>	<ul style="list-style-type: none"> <li>Combinations of each Apparatus Combination <b>must be made with a different Base each time (no repetition of the Base)</b>. <u>Exceptions:</u> <ol style="list-style-type: none"> <li>AC with medium/ large Throw ↗ and Catch from medium/ large throw ↓ - Max. 2 times per routine each- <b>for levels 7-8</b></li> <li>AC with roll over a minimum of 2 large body segments; small throw and catch of 2 unlocked clubs, transmission without the help of the hands with at least 2 different body parts ( not the hands), boomerang throw of the ribbon- Max. 2 times per routine each- <b>for level 8</b></li> </ol> </li> </ul>
<b>Page 47, Penalties by the D Judges (Levels 7-8)</b>	<b>Page 47, Penalties by the D Judges (Levels 7-8) ADD</b>
	For each missing body difficulty on opposite leg/side - 0.30
<b>Page 55, Technical Faults</b>	
Technique- 0.30: <ul style="list-style-type: none"> <li>Imprecise trajectory and catch in flight with 1 step</li> </ul> Technique – 0.50: <ul style="list-style-type: none"> <li>Imprecise trajectory and catch in flight with 2 or more steps/ “Chasse” steps in R</li> </ul>	Technique- 0.10: <ul style="list-style-type: none"> <li>Imprecise trajectory and catch in flight with 1 step</li> </ul> Technique – 0.30: <ul style="list-style-type: none"> <li>Imprecise trajectory and catch in flight with 2 or more steps/ “Chasse” steps in R</li> </ul>
<b>Page 56, Technical Faults, Ribbon</b>	This change effective Starting July 1, 2018
0.30- Knot without interruption in the exercise 0.50- Knot with interruption in the exercise	0.10- small knot without interruption in the exercise 0.30- large visible knot with interruption in the exercise
<b>Page 57, Level 7, Floor, Difficulty</b>	
The exercise must be represented by all body movement groups: Min 1. from each body group	The exercise must be represented by all body movement groups: Min 1. from each body group. <b>Minimum 2 difficulty must be executed on opposite leg/side</b>
<b>Page 60, Level 8, Floor, Difficulty</b>	
The exercise must be represented by all body movement groups: Min 1. from each body group	The exercise must be represented by all body movement groups: Min 1. from each body group. <b>Minimum 2 difficulty must be executed on opposite leg/side</b>
<b>Page 64, Groups, Exchanges</b>	
An exchange is only valid if the apparatus changes from one gymnast to another. An exchange is not valid if the apparatus stays in one place and the gymnasts move to the apparatus	An exchange is only valid if the apparatus changes from one gymnast to another.

<b>Page 65, Groups, Collaboration</b>	<b>Page 65, Groups, Collaboration (add) :</b>
	<ul style="list-style-type: none"> <li>• Collaborations are possible during Dance steps combinations, which do not interrupt the continuity of the <b>S</b></li> </ul>
<b>Page 69, Groups, Technical Faults</b>	
Technique- 0.30: • Imprecise trajectory and catch in flight with 1 step Technique – 0.50: • Imprecise trajectory and catch in flight with 2 or more steps/ “Chasse” steps in R	<b>Technique- 0.10:</b> <ul style="list-style-type: none"> <li>• Imprecise trajectory and catch in flight with 1 step</li> </ul> <b>Technique – 0.30:</b> <ul style="list-style-type: none"> <li>• Imprecise trajectory and catch in flight with 2 or more steps/ “Chasse” steps in R</li> </ul>
<b>Page 70, Groups, Technical Faults, Ribbon</b>	<b>Page 70, Groups, Technical Faults, Ribbon</b>
0.30- Knot without interruption in the exercise 0.50- Knot with interruption in the exercise	<b>0.10- small knot without interruption in the exercise</b> <b>0.30- large visible knot with interruption in the exercise</b>