



TECHNIQUE

Joint Jr. Olympic/Technical Committee Meeting Kissimmee, Fla. May 3-4, 2004

I. Roll Call

	<u>Jr. Olympic</u>	<u>Technical</u>
Chairman	Tom Koll	Cheryl Hamilton
Region 1	Dan Witenstein	Sue Graff
Region 2	Laurie Reid	Linda Mulvihill
Region 3	Cheryl Jarrett	Carole Bunge
Region 4	Don Houlton	Linda Thorberg
Region 5	John Geddert	Char Christensen
Region 6	Larry Goldsmith	Pat Panichas
Region 7	Mike Milchanowski	Myra Elfenbein
Region 8	Paul Padron	Marian Dykes
NETCC		Audrey Schweyer
NECC	Gary Anderson	
WJOPM	Connie Maloney	
Absent:		
NACC	Jan Greenhawk	

II. Welcome

Tom Koll welcomed Sallie Weaver, President of Elite Sportswear GK. Sally requested that the committee members communicate any concerns regarding the procedures for sizing athletes at the Regional meets. Sallie takes pride in the fact that Elite Sportswear has been the national sponsor of the Jr. Olympic program for seventeen years and considers this to be a long term commitment. The committee thanked Sally for her commitment and quality apparel.

III. Elite program report

Gary Anderson informed the committees of the activities of the Elite Committee. He also thanked the JO Committee for its support of allowing athletes to "test the waters" in Pre-Elite without jeopardizing their status in the JO Program.

IV. Women's administrative committee report

Tom informed the committees that the Administrative Committee recommended to the Women's Program Committee to extend the terms of the Chairmen of both the Regional Administrative Committee and the Regional Elite Committee for two years so that elections for Regional officers will be staggered.

The Administrative Committee also discussed that the structuring of open gym time for Level 9/10 Regionals is at the discretion of the Regional Administrative Committee.

IV. General Concerns

USE OF CELL PHONES

Effective August 1, 2004, Recommendation that all individuals involved in the competition "field of play" be required to either turn off their cell phone or set it at vibrate mode during competition times. If a call must be made, it should be done outside the field of play.

Motion: C. Jarrett

Second: L. Thorberg

PASSED

Warm-up Procedures

Effective August 1, 2004, recommendation that for meet formats that provide only one floor exercise mat for competition (or one floor and a tumbling strip), any of the following timed/touch warm-up procedures may be used at the discretion of the Meet Director:

1. With squads of 8 or fewer gymnasts - warm-up all 8 (1½ min/each for traditional; 2 min. each for non-traditional formats); then compete.
2. With squads of 9 or more - warm-up half the squad, then compete; then warm-up the second half of the squad and then compete.

3. With any size squad – warm up athletes between competitive routines.

If the Meet Director chooses to use the third (alternating) warm-up procedure, it must be monitored by meet personnel, not by the judges.

Examples of this option will be added to the 2004-05 Rules and Policies.

Motion: C. Christensen

Second: D. Houlton

PASSED unanimously

V. Matting/Mount clarification for BARS and BEAM

Clarification:

- Compulsory level gymnasts are allowed to use any manufactured mat, spotting block or board for mounting purposes.

- Effective August 1, 2004, recommendation that, in addition to what is currently allowed for Optional competitions for mounting the apparatus (as found in the *Rules and Policies*), to also allow the gymnast to stand on an 8" skill cushion for uneven bars or balance beam mounts.

Motion: M. Dykes

Second: L. Goldsmith

PASSED

VI. Vault

The committee discussed expanding the use of Round-off entry vaults. They also discussed the values of the Level 8 vaults, especially in regards to the twisting vs. the Tsukahara vaults. This discussion was tabled until the October meeting

Effective August 1, 2005 (the start of next quadrennium), recommendation to allow Level 8 gymnasts to perform Round-off entry vaults with twists only (no saltos), as well as tuck and pike Yurchenko vaults with no twists.

Motion: D. Houlton

Second: M. Dykes

PASSED (12 in favor, 6 opposed)

Effective August 1, 2005 (the start of next quadrennium), recommendation to allow Level 9 gymnasts to perform all vaults, with no restrictions.

Motion: J. Geddert

Second: D. Witenstein

PASSED unanimously

For the 2004-2005 season, a separate vault chart will be developed for Level 9's to avoid any confusion as to which Group 4 and 5 vaults are allowed at this level. The vault charts will be posted on the USA Gymnastics web site and in *Technique* magazine.

Discussion was held regarding the requirement to flash the vault number or to announce to the judges what vault is to be performed. There will be no change in the current procedures.

Effective August 1, 2004, recommendation to increase the maximum height of the vault table to 135 cm. This applies to all levels and age groups in the Jr. Olympic Program.

Motion: L. Mulvihill

Second: M. Elfenbein

PASSED unanimously

Level 4 Vault: The committees reinforced the philosophy of Level 4 vaulting in that the main emphasis is on developing good running speed and maintaining straight body position, not on repulsion. No additional deductions were considered at this time.

New Vault submitted at JO Nationals 2004:

#S2.410 Front handspring onto the board, handspring front salto tucked with ½ twist. 10.00 SV (Mantle)

Effective August 1, 2004, recommendation that all ½ on-½ off, front salto vaults in Group 3 may also be performed with a ¼ on -¾ off prior to the front salto, under the same number and start value. No deduction for incomplete ½ turn will be applied.

Motion: M. Milchanowski

Second: C. Jarrett

PASSED

Effective August 1, 2004, recommendation that if a gymnast attempts a ¼ on – ¾ off (or ½ on-½ off) front salto vault but performs a ¼ on - ¼ off (twisting in opposite directions) to a front salto vault, it will

be considered the same as a handspring front salto vault and appropriate deductions will be taken.

Motion: L. Reid

Second: D. Witenstein

PASSED

VII. Uneven Bars

Clarification:

#6.204 Stalder circle backward to clear support (B) - There must be an opening of the shoulder angle on the upward part of the circle.

#6.104 Clear straddle circle backward to clear support (A) appears as a straddle seat circle to a straddle "L" position, with no opening of the shoulder angle.

Clarification:

Resuming judging after a fall:

Compulsory exercises: judging resumes from the point of interruption.

Optionals: the judging begins again with the performance of an element that is listed in the *FIG Code of Points* or the *JO Element Supplement*.

- Therefore, in the case of Level 10's, if a gymnast falls from the High Bar, then begins again on the LB with a glide kip, cast squat on, the judging would resume with the glide kip and the performance of the cast squat on (if it is not the only one in the exercise) will incur a penalty of 0.10 for more than one squat on.

Suggestion for the setting of the bars-spread of the rails: When using uneven bars that have a slider mechanism on both bars, the JO Committee strongly suggests that the coaches keep the low bar slider all the way up and only make adjustments with the high bar slider to expedite changes in bar settings.

NEW UNEVEN BAR ELEMENTS:

S2.406 D Counterswing to front salto straddled to catch same bar (Bullock)

S3.507 E Weiler kip with 1/1 pirouette (Healy) after handstand (McCallister)

S5.506 E Circle swing forward in L-grip with ½ turn and straddle flight over the HB to hang on HB (Khorkina from L-grip) (Perret)

S8.410 D From a cast, uprise or backswing, straddle cut to salto backward tucked or stretched with 2/1 twist or more on LB or HB (Bounce-back/Tanac 2/1) (Bronson)

VIII. Balance Beam

Clarification: Simple mounts, such as jump to front support (or anything comparable) will be valued at "A" for the counting of value parts, effective August 1, 2004.

Clarification for completion of turns (also applies to Floor Exercise): Once the heel drops onto the beam (or floor) during a turn, it is considered complete. Appropriate value part credit is awarded for the degree of turn completed prior to heel drop.

NEW BEAM ELEMENTS

S1.208 B Mount: from a side stand facing away from beam, jump with ½ turn to chest stand

S2.505 E From a side stand, take-off from one foot, swing free leg forward to a minimum of 45°, then swing the leg backward to show a 180° split in the air in a double stag-ring position to land on 1 or 2 feet (Concannon)

S2.505 E Split leap with leg change to cross split (over 180° split) and backward bending (arch) of upper body with head release (Switch-leg Yang-Bo) (Courville)

CHANGES IN BEAM CONNECTION VALUE:

Effective August 1, 2004, Recommendation for JO Levels 9 and 10 to increase the Balance Beam Connection Value (CV) for Principle 10.4.1 - Connections of two (2) Acrobatic flight elements (excluding dismounts) C + C from +0.10 to +0.20

Motion: C. Jarrett

Second: C. Bunge

PASSED

Effective August 1, 2004, Recommendation to increase the Balance Beam Connection Value (CV) for Principle 10.4.2 -Connections of at least three acrobatic flight elements (applies to mount, dismount, and connections within the exercise) B+C+C (in any order of VP) from +0.10 to +0.20

Motion: L. Thorberg

Second: P. Padron

PASSED

IX. Floor exercise

When the floor exercise carpet has two colors to distinguish the border rather than a solid color with taped

boundary lines, it is permissible to place small pieces of tape (of the same color as the floor area carpet) at the inside corners of the boundary to assist the gymnast's awareness of the actual boundary.

X. National Office Report

A. Kathy Kelly reported the status of the TC conference call. Mr. Colarossi asked that the JO Committee members have input as to Level 10 recertification program. The TC members voiced confidence in the excellent educational experience over the past two quadrenniums. The JO Committee made no recommendations to change this certification procedure.

B. Future Collegiate Gymnasts Showcase:

NCAA coaches expressed concern about the conflicting dates of the NCAA and USAG Regional events. The NACGC expressed an interest in having a representative to attend the JO Committee meetings. The JO Committee was receptive to having a representative join the committee, with voice but no vote.

XI. Compulsory Concerns - present cycle

Effective August 1, 2004, recommendation that, if a Jr. Olympic gymnast omits a major element in a compulsory exercise and then performs it later (out of order) or at the completion of the routine, the deduction for deliberate omission will be applied. The element will not be evaluated, except in the case of a fall for which a 0.50 deduction will be applied.

Motion: C. Christensen

Second: L. Thorberg

PASSED

XII. 2005-2013 Compulsory Development

The two committees worked in sub-groups consisting of two Technical and two JO members to bring forth recommendations for compulsory deductions for each event to the entire joint committee. The deductions for the 2005-2013 Compulsory exercises were then finalized.

XIII. Future Optional Rules

The ideas for the next quad for Level 7 and above that were brought forth by the JO surveys were discussed. The main purpose of the October meeting will be to finalize the rules for Levels 7-10 for the next quad.

The Joint Meeting was adjourned at 1:00 PM Tuesday, May 4.

The next Joint meeting of the Jr. Olympic and Technical Committees will be held on Oct. 22-24 in Indianapolis, IN.



[[Home](#)]

[[Women's Program](#)]

[About](#) USA Gymnastics Online.

Please report problems to our [webmaster](#).

[Copyright](#) © 2003 USA Gymnastics. All rights reserved.

URL: <http://www.usa-gymnastics.org/publications/technique/2004/6/wjoint-04may04.html>