

II. TIMING REGULATIONS

A. Touch Warm-up

1. The gymnast is allowed a 30-second touch warm-up period, unless the timed warm-up immediately precedes competition, as in traditional and non-traditional formats.
 - a. All gymnasts in the squad warm-up at the same time, unless the number in the squad is 9 or more, in which case the squad **MAY** be split into two groups for touch warm-up. The first half would touch and compete; then the second half would touch and compete.
 - The option to alternate competition with the touch warm-ups (staggered touch) may also be used, at the discretion of the Meet Director.
 - b. The touch warm-up period for Floor Exercise is determined by multiplying the number of athletes in the largest squad by 30 seconds.
 - c. No block time by team/club is allowed.
2. When the warm-up time is exceeded, a warning is given.
3. If the gymnast continues to exceed the warm-up time, the Chief Judge would deduct 0.20 from the gymnast's average score. In team competitions such as JO Nationals, this deduction would be taken from the team event score.
4. *The gymnast is allowed to jump within the boundaries of the Floor Exercise mat to warm up her legs while waiting for the signal to compete.*

B. Timing of the exercise

1. The maximum time limit is:
 - a. One minute, 30 seconds (1:30) for Levels 7, 8, 9, and 10.
 - b. One minute, 15 seconds (1:15) for Level 6.
2. Timing begins with the first movement of the gymnast and stops with the final movement of the gymnast.
3. The entire exercise is evaluated, regardless of overtime.
4. The Chief Judge takes the overtime deduction of 0.10 from the average score.
 - a. This deduction must be indicated to the coach either verbally or by visual means.
 - b. No overtime deduction is taken if the time is within a fraction of a second over the time allotment.

Example: Routine is clocked at 1:30.01 to 1:30.99 (less than 1:31). Do not take the overtime deduction.
5. No time warning is given on Floor Exercise.

C. Short Exercise: Floor routine is less than 30 seconds (either complete or incomplete)

1. Deduct for any missing Value Parts from the Start Value.
2. Deduct for any missing Special Requirements from Start Value.
3. Chief Judge deducts 2.00 from the average score.

III. MUSIC REGULATIONS

- ### A. The musical accompaniment must be recorded with orchestra, piano or other instruments (without singing/voice). Human sounds are allowed, provided there are no words spoken or sung.
1. Absence of music or music with words/song incurs a 1.00 deduction, taken from the average score by the Chief Judge.
 2. Music with whistles/animal sounds will NOT receive a deduction.
 3. If a coach has any question of the music containing words, the music should be sent to the Regional Technical Committee Chairman from their region. *The RTCC will forward the music to the National Technical Committee Chairman, JO Program Director, and JO Technical Director. The NJOPD will send the final decision on the official music approval form to the coach (with a copy to the RTCC, NTCC and NJOTD).*
 - *The coach should carry the approval form to competitions as a form of verification that the music has been approved and should not receive a deduction.*

2) Wolf hop + cat leap: neither element requires a 180° split.  = NO

3) Split Leap + 360° turn on one foot: missing a 2nd Group 1 element

 = NO

4) Switch-leg leap, flic-flac to two feet, side split jump: acro elements are not allowed in between the dance elements.

 = NO

4. THE SALTO PERFORMED AS THE LAST ISOLATED SALTO OR WITHIN THE LAST SALTO CONNECTION MUST BE:

- LEVEL 10 - MINIMUM OF "C" SALTO
- LEVEL 9 - MINIMUM OF "B" SALTO
- LEVEL 8 - MINIMUM OF "A" SALTO

EXAMPLE 1: Level 9 gymnast performs:

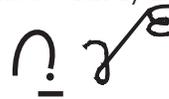
Round-off, Flic-flac, Salto backward with 1/1 twist (B), Salto forward tucked (A)



This fulfills the requirement.

EXAMPLE 2: Level 10 gymnast performs:

Front handspring (A), Front salto stretched with 1/1 twist (C)



This fulfills the requirement.

EXAMPLE 3: At the end of the exercise, a Level 9 or 10 gymnast performs:

Front handspring, Front salto with 1/1 twist (C); then performs Round-off, Straddle jump, Front salto tucked (A)



Deduct 0.50 for performing an "A" salto as the last salto.

a. At Levels 8, 9, and 10, if the salto intended to be used to fulfill this requirement does NOT receive Value-Part credit due to:

- 1) Failure to land on the bottom of the feet first.
- 2) Being the third time the element was performed.
- 3) Being performed for the second time in the exact same series.
- 4) Being a restricted element for the level of gymnast (applies to Levels 8-9).
- 5) A "spot" during the element by the coach.

Deduct 0.50 from the Start Value for not fulfilling this Special Requirement, in addition to any other appropriate deductions, such as a fall or performing a restricted element.

- In the case of performing more than one restricted element at Level 8 or 9, if the salto intended to be used to fulfill the "last salto" Special Requirement does NOT receive Value-Part credit, deduct an additional 0.30 from the Start Value.

Example: A Level 9 gymnast performs a 2½ twist (D) in the 1st pass; then performs a Front pike (B), Round-off, Flic-flac, Double back salto tucked (D-but no value awarded due to 2nd restricted element) for the last pass. The Front pike still fulfills the minimum of B salto in the last acro series; therefore the 0.30 would NOT be applied.