

II. ATTIRE REGULATIONS

- A. Hip or heel padding is not allowed. The Chief Judge deducts 0.20 from the average score if hip/heel padding is used.
 - If the Chief Judge notices the heel pads prior to the gymnast's mount, a warning must be given. However, if the gymnast wears the heel pads during her exercise (whether or not the Chief Judge warned her previously), the deduction must be taken.
- B. Bandages, hand/wrist guards and such are allowed, but must be securely fastened. A broken or completely torn handgrip will be treated as equipment failure and the gymnast has the right to repeat the exercise or continue from the point of interruption.
 - Bandages, etc. that become loose or unfastened do not constitute equipment failure; therefore, no repetition of the exercise is allowed.

III. TIMING REGULATIONS

- A. Touch Warm-Up
 1. The gymnast is allowed a 30-second touch warm-up period.
 - a. Setting of the bars and/or board is not included in the 30-second touch warm-up time.
 - b. If the warm-up time is exceeded, a warning is given.
 - c. If the gymnast continues to warm-up after a warning is issued, the Chief Judge deducts 0.20 from the average score.

In team competitions, such as JO Nationals, this would be deducted from the team event score.

NOTE: If the gymnast is preparing for a skill, allow her to complete the skill.
 2. Immediately prior to performing the exercise, the gymnast may run and jump onto the board and briefly touch the bars without penalty.
 - The deduction for exceeding the warm-up time (0.20) would be taken by the Chief Judge only in the instance that the gymnast actually practices an element.
- B. Timing of Falls
 1. The gymnast is allowed 45 seconds to re-mount the bar after a fall.
 2. If the gymnast does not re-mount within 45 seconds, the exercise is terminated.
 - a. The fall time begins when the gymnast makes contact with the floor.
 - b. The 45-second fall period stops when the gymnast leaves the floor to re-mount in preparation to resume her routine.
 3. While the gymnast is off the apparatus following a fall:
 - The timer gives notification of "20 seconds and 10 seconds remaining" in the fall time. "Time" is called at 45 seconds.

IV. BAR FALL REGULATIONS

- A. The gymnast may chalk up and adjust her grips during the fall time, but she may not go outside of the competition area.
- B. The coach may speak to the gymnast during the fall without penalty. Once the gymnast re-mounts, the coach may not give verbal assistance.
 - *The coach is not allowed to ask the judge if the element received Value-part credit before the gymnast re-mounts the apparatus.*
- C. If the gymnast falls from the apparatus and does not re-mount to finish the exercise with a dismount element:
 1. Deduct 0.50 for the fall.
 2. Deduct 0.50 from the Start Value for the missing Dismount Special Requirement:
 - No "C" dismount for Level 10
 - No "B" dismount for Level 9
 - No "A" dismount for Levels 6, 7 & 8
 3. Deduct 0.30 from the Start Value for no dismount.
 4. Any other missing Special Requirements.
 5. Value Parts missing, if applicable

4. If the gymnast mounts the bars and realizes that the setting is incorrect, she may dismount the bars and has 45 seconds to re-adjust the bars. This is treated as a FALL from the apparatus and receives a deduction of 0.50.
5. Mounts that are preceded by one element prior to take-off from the board will be allowed. Only the movements done after the feet leave the board will be evaluated. If more than one element before the mount is performed, each judge takes a 0.20 deduction.

B. DISMOUNTS

1. Unless otherwise stated, dismounts may be performed from the low bar.
 - All flyaway dismounts MUST be performed from the high bar to receive Value-Part credit.
2. All "A", "B", "C", "D" or "E" flyaway dismounts will retain their difficulty value regardless of starting position. Appropriate body positions must be maintained in order to retain the Value-Part credit, as listed in the *Jr. Olympic Code of Points* or *J.O. Updates*.
3. If a gymnast performs a dismount element without a salto (Levels 7-10) or hecht (Levels 7-10):
 - a. Deduct 0.50 for missing the Dismount Special Requirement.
 - b. Do NOT deduct 0.30 for no dismount.
4. If the gymnast performs a dismount element of no value - one that is not listed in the *JO Code of Points* (Example: the salto initiated from the feet) or performs a restricted element for the level of gymnast (Example: Level 7 gymnast performs a "C" dismount.):
 - a. Deduct 0.50 from the Start Value for:
 - No "C" dismount for Level 10
 - No "B" dismount for Level 9
 - No "A" dismount for Levels 6, 7 & 8
 - b. Deduct 0.30 from the Start Value for no dismount.
 - c. Deduct 0.50 from the Start Value if the dismount performed is a restricted element for the Level (or if it is an additional restricted element above the one allowed at the Level).
5. If the gymnast leaves the apparatus (terminates the exercise early, intentionally or due to a fall):
 - a. Deduct 0.50 from the Start Value for:
 - No "C" dismount for Level 10
 - No "B" dismount for Level 9
 - No "A" dismount for Levels 6, 7 & 8
 - b. Deduct 0.30 from the Start Value for no dismount.
 - c. Deduct 0.50 for the fall from the apparatus, with or without an actual fall onto the mat.
 - d. If fewer than five (5) Value-Part elements are performed, the Chief Judge deducts 2.00 from the average.
6. Falls on a salto dismount:
 - a. If the gymnast never initiates the salto action (applies to Levels 6-10), and falls without landing on the bottom of the feet first,
 - 1) Value-Part credit is not awarded for the dismount.
 - Deduct from the Start Value for any missing difficulty requirements, if appropriate.
 - 2) Deduct 0.50 from the Start Value for:
 - No "C" dismount for Level 10
 - No "B" dismount for Level 9
 - No "A" dismount for Levels 6, 7 & 8
 - 3) Deduct 0.30 from the Start Value for no dismount.
 - 4) Deduct 0.50 for the fall.
 - 5) Deduct for any other execution/amplitude errors.

- b. If the element is performed with different degrees of turn ($\frac{1}{2}$, $1/1$, $1\frac{1}{2}$).

EXAMPLE:

#4.303 Giant circle backward to Handstand with $\frac{1}{2}$ turn 

#4.303 Giant circle backward to Handstand with $\frac{1}{2}$ - $\frac{1}{2}$ turn in different directions 

- c. If the support is on one or both arms.

EXAMPLE: Giant circle backward and Giant circle backward on one arm  

- d. If Mount elements are performed as elements within the exercise.

EXAMPLE: #1.204 Glide stoop through, straddle cut catch same bar 

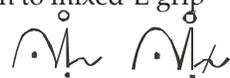
- e. If the legs are together or straddled in saltos or Tkatchevs.

C. In the following instances, elements listed under the **same number** will be **considered the SAME**:

1. If the elements finish with a different grip position.

EXAMPLE:

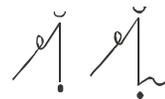
#5.302 Front Giant with $1/1$ turn to L-grip and Front Giant with $1/1$ turn to mixed-L grip are considered the same element.



EXAMPLE:

#2.301 Cast handstand with $\frac{1}{2}$ turn in handstand and Cast to handstand with $\frac{1}{2}$ turn in handstand to L-grip are considered the same element.

Finishing in a different grip does not make an element different.



EXAMPLE:

#5.302 A Front giant circle in reverse grip and Front giant circle in a mixed grip are considered the same element.

2. If the elements are performed with legs together or separated (not to include saltos or Tkatchevs.)

#5.302 Giant circle forward with legs straddled with $\frac{1}{2}$ turn and Giant circle forward with legs together and $\frac{1}{2}$ turn are considered the same element.

EXAMPLE:

Cast to handstand with legs together or cast to handstand with legs straddled are considered the same element.

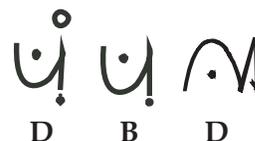
EXAMPLE:

A Glide kip with legs straddled or together are considered the same element.

- D. If a swing forward or backward reaches the handstand phase (within 20° of vertical), it will be considered a separate element. (i.e., Backward giant, Forward giant)

EXAMPLE:

#4.403 Giant circle backward with $1/1$ turn in handstand (D), swing forward to handstand phase (within 20° of vertical) (#4.202 Giant circle backward - B), slip grip to swing down forward to #5.403 straddle flight backward to handstand on LB (D).



- E. *Two (2) "A" elements are awarded when a gymnast performs a cast to squat/stoop/straddle on the LB followed by a sole circle forward or backward to stand on LB: #2.102 Cast squat, stoop or straddle on LB, also with grip change to hang on HB and #7.103 Sole circle forward or backward (tucked or piked) on LB or HB (also with grip change to hang on HB).*

h. The insufficient amplitude of cast deductions are not applicable at Level 7 or 8 if the cast is followed by:

- 1) an underswing with $\frac{1}{2}$ turn over low bar (#3.203/#4.204 - "B") 
- 2) a salto roll backward from hang on HB, to hang on LB ("peach" salto) (#4.306 - "C") 

- The "peach" salto can be used by Level 8 gymnasts as their one "restricted" C element. It will receive "B" Value-Part credit. Level 6 and 7 gymnasts are not allowed to perform this element.

2. UPRISES TO HANDSTAND

- a. The Back Uprise to handstand (#2.303) must be completed to within 20° of vertical to receive "C" Value-Part credit. If the handstand does not finish within 10° of vertical, but is within 11° to 20° , deduct 0.05.
- b. When an attempt at a Back Uprise to Handstand fails to finish within 20° of vertical and:
 - 1) The gymnast is able to create a closed shoulder angle, finishing in a clear support, recognize it as a Back Uprise to clear support (#2.203) and award "B" Value-Part credit.
 - a) If the body finishes in a clear support but below horizontal, an "up to 0.20" deduction for insufficient amplitude would be applied.
 - b) If, from the clear support, the gymnast pulls the hips to the high bar and either performs an immediate cast or a back hip circle followed by a cast, a 0.30 deduction is applied for an Extra Swing/Cast.
 - 2) The gymnast does not show a closed shoulder angle, pulling the shoulders in over the high bar to a clear support, do NOT award Value-Part credit, since there is no such element listed in the *Jr. Olympic Code of Points*.
- c. A "B" Back uprise to clear support" followed directly by a Group 3, 6, or 7 circling element to handstand (with or without 180° turn) may be counted as two elements (B + C) or one "C" element, to the benefit of the gymnast.

3. ELEMENTS WITH FLIGHT ARRIVING IN SUPPORT (NOT IN HANDSTAND) ON LOW BAR (#2.205, 3.203, 3.303, 4.204, 4.304 & 5.303)

- a. The "up to 0.20" insufficient amplitude deduction is used to evaluate the height of the release over the low bar, not necessarily the angle of arrival.
- b. Elements from a counterswing or forward giant swing on the HB, straddle (or pike) with flight backward over low bar to grasp LB:
 - Proper technique is to catch LB in an extended body position from shoulders to hips; however, it is acceptable to maintain a pike in the hips.
- c. Underswing, clear hip circle or long swing elements on HB with $\frac{1}{2}$ (180°) turn and flight over LB to grasp LB:
 - Proper technique is to catch in an extended body position (shoulders to feet) at horizontal or above for no deduction for insufficient amplitude.
 - Once both hands make contact with the LB, the element is considered complete and Value-Part credit is awarded.

4. ELEMENTS WITH FLIGHT ARRIVING IN HANDSTAND ON LB

- a. The handstand position on low bar must finish within 20° of vertical to receive the higher Value-Part credit. If the release element does not finish within 10° of vertical, but is within 20° , deduct 0.05.
- b. If it finishes at 21° or more from vertical, recognize it as the lower valued element.
EXAMPLE: Gymnast attempts a counterswing to straddle back to handstand on low bar (which is valued "C" - #2.305) but arrives at a 30° angle upon making hand contact on the low bar. Award "B" for straddle back to grasp low bar (#2.205) 
 - No deduction for insufficient amplitude would be applied.

It is acceptable for the mid-to-lower thighs to touch the bar on the ascending phase of the circle. The Weiler kip should not resemble a kip, cast handstand, which allows for the upper thighs, hips and abdomen to make contact with the bar.

The inherent difficulty in performing the Weiler kip is the “dropping in” phase from a handstand. If the element prior to the initiation of the Weiler kip does not achieve handstand phase (within 20° of vertical), it will not receive the Value-Part credit as listed in the *JO Code of Points* and therefore would negate the Connection Value Bonus. For example, the gymnast performs a 3/4 front giant or a cast-hop to 45° from vertical and then “drops in” to begin the forward circle for the Weiler kip. The incomplete Front Giant or incomplete cast hop to handstand have no difficulty value, so the gymnast loses the potential +0.10 Connection Value Bonus for C + D.

If the Weiler kip does not circle to within 20° of vertical, award “B” for performing #3.207-Weiler kip to clear support.

The Weiler kip elements (#3.207 & 3.407) may be performed with legs straddled (hips bent) or legs together (hips extended) to receive the respective B or D Value-part credit.

9. **#4.406 Pak Salto (“D”)**

The gymnast must finish in a definite clear front support position on the low bar, with hips above the level of the low bar.

- If the gymnast catches the low bar with shoulders behind the low bar, in a hang or with hips below the level of the low bar, appropriate amplitude deductions should be applied.

10. **#6.204 Stalder Circle Backward and #7.209 Pike Sole Circle Backward (“B’s”)**

The “B” stalder circle backward and Pike sole circle backward to clear front support do not require an open hip angle at the completion but should show an opening of the shoulder angle on the upward part of the circle.

- a. Consider the line from the shoulders to the hips when evaluating the amplitude of the body. This is an exception to the principle for determining the angle by the line from the shoulders through hips and feet.
- b. #6.104 Clear straddle circle backward to clear support is an “A” element and is described as a straddle seat circle to straddle “L” position, with no opening of the shoulder angle.

11. **#8.505 Double back flyaway in stretched position (“E”)**

The body shape maintained throughout the majority of the salto determines the body position.

12. **Flyaway dismounts**

All flyaway dismounts must be initiated from the high bar in order to receive Value-Part credit.

K. DESCRIPTION OF VARIOUS HAND GRIP POSITIONS

1. **Overgrip, or Regular Grip**

The most common grip, used for basic kips, casts, hip circles, backward giants, etc. When the gymnast is in a front support, the knuckles are facing upward, palms down.

2. **Undergrip, or Reverse Grip**

Used for basic front giants, forward stride (mill) circles, front seat circles and the like. When the gymnast is in a front support, the knuckles are facing downward, palms upward or forward. Gymnasts sometimes attain an undergrip by means of a “hop change” from overgrip. She may also simply perform a “cast, change-change”, re-grasping to reverse grip alternately; however, this method may result in a rhythm deduction.

3. **Mixed Grip**

One hand is in overgrip and the other is in undergrip. This often results from a half-turning element during which the gymnast releases one hand and regrips, such as an underswing ½ turn or a back giant with ½ turn (blind change). Most often, the gymnast either subsequently regrips the other hand or continues with some type of release element.

C. LEVEL 8 SPECIAL REQUIREMENTS

1. **MINIMUM OF ONE (1) BAR CHANGE**
- 2./3. **TWO "B" ELEMENTS, SAME OR DIFFERENT;**
 - **ONE AN ELEMENT WITH FLIGHT, EXCLUDING THE DISMOUNT, OR AN ELEMENT WITH MINIMUM OF 180° LA (LONG AXIS) TURN, EXCLUDING THE MOUNT AND/OR DISMOUNT**
 - **ONE 360° CIRCLING ELEMENT FROM GROUPS 3, 6 OR 7, EXCLUDING THE DISMOUNT**
4. **SALTO OR HECHT DISMOUNT, MINIMUM OF "A"**

1. **MINIMUM OF ONE (1) BAR CHANGE**

- a. Must perform Value Parts on both bars. (Minimum of HB-LB or LB-HB)
- b. No bar change = 0.50 deduction for missing a Special Requirement.
- c. See Level 9 for specifics.

2. & 3. **TWO "B" ELEMENTS, SAME OR DIFFERENT**

a. **ONE "B" FLIGHT ELEMENT, EXCLUDING THE DISMOUNT, OR ONE "B" ELEMENT WITH A LA (LONG AXIS) TURN OF 180° OR MORE, EXCLUDING THE MOUNT AND/OR DISMOUNT**

- 1) Turns must be contained in an element listed in the *Jr. Olympic Code of Points* or *J.O. Updates*. The turn may be in a pirouette on the hands or in an element from a long hang swing.

- 2) Flight includes:

Elements with release and flight from LB to HB or the reverse, as well as elements that release and catch the same bar.

Exceptions: The following elements listed in the *Jr. Olympic Code of Points* do not fulfill the requirements of the above description of flight elements for Level 8, but **WILL BE CONSIDERED FLIGHT** elements for the **J. O. Program**:

- a) Straddle cut catch to hang (#1.204) 

- b) Swing backward with release and 1/1 turn to hang on HB (#2.204) 

- c) From front support - swing backward with release and 1/1 turn (Caslavaska pirouette - #2.304) 

b. **ONE "B" 360° CIRCLING ELEMENT FROM GROUPS 3, 6 OR 7**

- 1) Includes:

- Group 3 Clear Hip Circles
- Group 6 Stalders Circles
- Group 7 Circle Swings

- 2) This requirement must be fulfilled by a "B" 360° circling element finishing in a handstand or clear support. Choices are: Clear hip circle, stalder circle, or pike sole (toe-on and off) circle backward.

Note: If the circle element finishes within 11° - 20° of vertical, the 0.05 deduction for insufficient amplitude of "C" circles is NOT applied at Level 8.

3. This requirement may be performed on either bar.

4. If the gymnast's attempt to perform a clear hip circle severely lacks amplitude and the circle finishes with the hips on the bar (never passing through a clear support), deduct 0.50 for missing one Special Requirement.

"A" Value Part credit (for back hip circle) would be awarded. The Special Requirement would not be fulfilled because the circling element was not a "B."

EXAMPLES:

A Level 8 gymnast performs:

- d. If the circle element finishes within 11° - 20° of vertical, the 0.05 deduction for insufficient amplitude of “C” circles is NOT applied at Level 7.
- e. If the gymnast’s attempt to perform a clear hip circle severely lacks amplitude and the circle finishes with the hips on the bar (never passing through a clear support), deduct 0.50 for missing one Special Requirement.

“A” Value-Part credit (for back hip circle) would be awarded. The Special Requirement would not be fulfilled because the circling element was not “clear.”

EXAMPLES for Special Requirement consideration at Level 7:

If a Level 7 gymnast performs:

- 1) a clear hip circle and a backward giant circle: Special Requirements # 2 and 3 have been fulfilled.
- 2) two “B” clear hip circles: Special Requirements # 2 and 3 have been fulfilled.
- 3) one clear hip circle to within 20° of vertical (“C” receives “B” credit) and one clear hip circle below horizontal (“B”): Special Requirements # 2 and 3 have been fulfilled.
- 4) two backward giant circles: Only one can be used to fulfill the Special Requirement, since the giant circle is not from Group 3, 6 or 7. Deduct 0.50 for missing one Special Requirement.

4. SALTO OR HECHT DISMOUNT, MINIMUM OF “A”

- Refer to the Bar Dismount Regulations section under Bars - General Information.

E. LEVEL 6 SPECIAL REQUIREMENTS

<ol style="list-style-type: none"> 1. ONE CAST TO A MINIMUM OF HORIZONTAL 2. MINIMUM OF ONE BAR CHANGE 3. ONE 360° CLEAR CIRCLING ELEMENT FROM GROUPS 3, 6, OR 7 4. DISMOUNT, MINIMUM OF “A”
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1. ONE CAST TO A MINIMUM OF HORIZONTAL

- a. Applicable deductions for insufficient amplitude will be applied, according to the basic casting criteria.
- b. If all casts are below horizontal, deduct 0.50 for missing the Special Requirement, plus 0.30 for insufficient amplitude of each cast.
- c. This is an exception to the rule that Special Requirements must be fulfilled with Value-Part elements. (Casts more than 20° from vertical have no value.)

2. MINIMUM OF ONE (1) BAR CHANGE

- a. Must perform Value Parts on both Low Bar and High Bar to fulfill this requirement.
- b. No bar change = 0.50 deduction for missing a Special Requirement.
- c. See Level 9 for specifics.

3. ONE 360° CLEAR CIRCLING ELEMENT FROM GROUPS 3, 6, OR 7

- a. *May NOT be an element performed with hips on the bar during or at the completion of the circle or with feet on the bar at the completion of the circle.*
 - *Front/back hip circles (#7.101) and front/back sole circles (#7.103) do not fulfill this SR.*
- b. The following circle elements are the only allowable “C” elements for Level 6 and will receive “B” Value-Part credit:
 - Clear hip circle to handstand
 - Stalder circle backward to handstand
 - Pike sole circle backward to handstand
- c. If the circle element finishes within 11° - 20° of vertical, the 0.05 deduction for insufficient amplitude of “C” circles is NOT applied at Level 6.

4. MINIMUM OF “A” DISMOUNT

- a. A salto or hecht dismount is not required at Level 6.
- b. Refer to the Bar Dismount Regulations section under Bars - General Information.

III. SPECIFIC COMPOSITIONAL DEDUCTIONS

Note: Composition deductions are NOT applied at Levels 6 and 7.

A. Insufficient distribution of the elements **Up to 0.10**

Consider:

1. Level of difficulty not maintained throughout the exercise.
2. Most difficult elements placed in the same section of the exercise.

B. Insufficient change of direction (applicable to Level 9 & 10 only) **Up to 0.10**

Consider:

- Gymnast predominantly faces the same direction throughout exercise or uses elements that start and finish facing in the same direction. (example - *Giant 1/1 can count as only one of the two turning elements*).
- The gymnast should show a minimum of two changes of direction in the exercise.

EXAMPLES:

Deduct 0.10 - No elements with a minimum of 180° turn

Deduct 0.05 - Only one element with 180° or 540° turn

Deduct 0.05 - Only one element with 360° turn

Deduct 0.05 - Both elements with 360° turn

No deduction - Two elements with 180° and/or 540° turn

No deduction - One element with 180° or 540° turn and one element with 360° turn

- *The mount and/or dismount may not be considered in fulfilling the two changes of direction.*

C. Uncharacteristic elements **each 0.10**

EXAMPLES:

1. Squat/stoop on Low bar, stand with ½ turn on feet to grasp high bar
2. Swing forward on HB, place feet on low bar to stand with or without a ½ turn
3. Climbing/crawling onto the LB within the exercise

D. More than one squat/stoop on LB, with or without sole circle, to stand & jump to grasp high bar (applicable to Level 10 only) **each 0.10**

- Level 10's: After a fall, judging resumes once the gymnast performs an element listed in the *Jr. Olympic Code of Points*; therefore, if she resumes with a glide kip, cast squat on, and has already performed a squat/stoop on, the deduction will be applied.

E. ¾ Giant circle forward with or without a grip change **0.10**

1. This is not considered an element.
2. It will break a connection.
3. If swing backward is under horizontal, an up to 0.10 deduction would also be applied for insufficient amplitude.

F. Choice of elements **Deduct for any/all applicable considerations**

Consider:

1. Failure to perform elements (circles, releases) both forward and backward within the exercise (Levels 9/10 only) **0.05**

- Must move forward around an axis (either around the bar or the BA axis of the body)
Examples: Back & front giants, Jaeger salto, Deltchev & Mixed-grip Deltchev
- #3.301, 6.305, 7.310 and similar release elements on LB with release & counter movement to HB are NOT forward elements (all stem from a backward circle).

2. Lack of balance between elements with pirouettes and flight phase (Level 9 & 10 only) **Up to 0.10**

- a. Consider the quantity and difficulty of the pirouettes & flights
- b. If missing one category completely, deduct 0.10.

3. Lack of variety of elements and connections **Up to 0.10**

Consider:

- a. Overuse of elements from one structure group
- b. Overuse of specific element or variation of that element
 - Majority of the elements are variations of the backward giant
- c. Overuse of same element for connections
Example: Kips, same transition elements from Low bar to High bar
- d. Elements of highest value connected primarily to elements of lowest value

**SECTION III
UNEVEN BARS
CHAPTER 3
EXECUTION AND AMPLITUDE FAULTS**

I. SLIGHT/SMALL FAULTS	<u>0.05 – 0.10 pt.</u>
A. Flexed/sickled feet on Value-Part elements	each time <u>0.05</u>
B. Slight hop, or small adjustment of feet <i>or feet staggered</i> on landing of dismounts	Up to 0.10
C. Deviation from straight direction on landing	Up to 0.10
D. Extra arm swings on landing	Up to 0.10
E. Legs crossed during salto dismounts with twist	Up to 0.10
F. Hesitation during jump to HB or swing to handstand	each Up to 0.10
G. Touch/brush on apparatus or mat with foot/feet	each Up to 0.10
H. Under-rotation of release/flight elements	each Up to 0.10
I. Precision of handstand positions throughout exercise	Up to 0.10
J. Insufficient extension of glides/swings into kips	each Up to 0.10
K. Poor rhythm in elements/connections	each Up to 0.10
L. Landing too close to the bar on dismount	<u>0.10</u>
M. Extra steps on landing (maximum 4)	each <u>0.10</u>
N. Swing forward or backward under horizontal	each Up to 0.10
O. <i>Landing dismount with feet wider than hip-width apart</i>	<u>0.10</u>
II. MEDIUM FAULTS	<u>UP TO 0.20 pt.</u>
A. Leg or knee separations	each Up to 0.20
B. Insufficient exactness of body shape: tuck or pike position	each Up to 0.20
C. Insufficient amplitude of bar elements (including releases) Exception: Clear hip circle & salto dismount (See large faults)	each Up to 0.20
D. Failure to maintain stretched body position (pikes down dismount)	Up to 0.20
E. Incorrect body posture on landing	Up to 0.20
F. Incomplete twist on twisting salto dismounts	Up to 0.20
G. Additional trunk movements to maintain balance on landing of dismount	Up to 0.20
H. Insufficient exactness of stretched position	Each time Up to 0.20
• arch	Up to 0.20
• hip angle (136° - 179°)	Up to 0.20
I. Insufficient dynamics throughout - Consider:	Up to 0.20
• insufficient swingful execution throughout exercise	
• energy not maintained throughout exercise	
• gymnast fails to make difficult look effortless	
J. Hit on apparatus with foot/feet	<u>0.20</u>
K. Large step or jump on landing (approximately 3 feet or more)	<u>0.20</u>
III. LARGE FAULTS	<u>UP TO 0.40 pt.</u>
A. Bent arms in support or bent legs (90° bend or greater receives 0.30) (Maximum of 0.30 for arms and 0.30 for legs on any one element)	Each Up to 0.30
B. Insufficient height (amplitude) of salto dismount	Up to 0.30
C. Squat on landing (hips even with or lower than the knees)	Up to 0.30
D. Brush/touch the landing surface with one or both hands (no support)	Up to 0.30
E. Insufficient extension (open) of tuck/pike body position prior to landing dmt	Up to 0.30
F. Grasp of bar apparatus to avoid a fall	<u>0.30</u>
G. Intermediate (extra) swing/cast (Maximum of 0.6 if more than one extra swing/cast following an element)	<u>0.3</u>
H. Hit on mat with foot/feet	<u>0.30</u>
I. Insufficient amplitude of "B" clear hip circle	Up to 0.40

C + D or D + C

+0.10

WHEN A C ELEMENT IS CONNECTED TO A "D" OR "E" ELEMENT, THE "C" IS NOT REQUIRED TO HAVE FLIGHT OR TURN. "D/E" ELEMENTS ARE NEVER REQUIRED TO HAVE FLIGHT OR TURN TO BE USED FOR CONNECTION VALUE.

EXAMPLES:

1. Stalder Backward to handstand with 1/2 (180°) turn in handstand (C) + Geinger-salto (D)



2. Uprise backward to handstand (C) + Giant circle Backward with 1/1 (360°) turn in handstand (D)



3. Round-off in front of LB, Flic-flac through handstand phase on LB (D) + Pike sole circle to handstand (C)



4. Long swing forward with 1/2 (180°) turn (bail) and flight to handstand on LB (D) + Stalder backward circle to handstand (C)



5. A "B" release element from HB to LB raises to "C" when it directly follows (without counterswing) a "D" or "E" release on HB - for LEVEL 10 ONLY

EXAMPLES:

Tkatchev (D) + Long swing forward with 1/2 (180°) turn (bail) and flight over LB to hang on LB (B raises to C)



Jaeger salto with 180° turn (E) + counterswing backward in straddle or pike with flight over LB to hang on LB (B) (straddle back without a forward counterswing) (B raises to C)

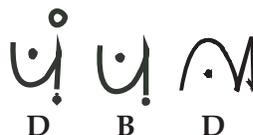


6. #4.403 Back giant with 1/1 turn in handstand (D) + #2.305 Counterswing to straddle flight backward to handstand on LB (C)



If in the attempt to perform the above example, the forward swing prior to the counterswing reaches the handstand phase (within 20° of vertical), it will be considered a Backward giant circle (B) and would break the connection of the D + C, so no Connection Value Bonus would be awarded (only +0.10 D/E bonus at Level 10).

However, when the straddle flight backward to handstand on LB comes from a handstand on HB, it is considered a 3/4 Front giant with straddle flight backward to handstand on LB (D). Therefore, the connection is now D + B + D, with a total of +0.20 D/E bonus for Level 10 and no Connection Value Bonus.



D + D (OR MORE DIFFICULT)

+ 0.20

EXAMPLES:

1. Cast to handstand with 1/1 (360°) turn in handstand (D) + Flyaway with double salto backward with 1/1 (360°) twist (E)

