

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. *All dismounts MUST be performed from the bar designated in the element description in the Bar Element section to receive a value.*
Example: Gymnast performs a Toe-on Front salto dismount from the LB. LB is not designated as a choice in the JO Code, therefore, no Value-Part credit is awarded. It cannot fulfill Special Requirement (-0.50) and the gymnast also receives a deduction of 0.30 from the Start Value for no dismount.
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.

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 - 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)



Shaposhnikova (Clear hip circle on LB, release and catch high bar)(D) + Long swing forward with 1/2 (180°) turn (bail) and flight over LB to hang on LB (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)

