

- c. Any allowable "D/E's" and/or the one restricted "D/E" element:
 - 1) Will receive Value-Part credit of "C".
 - 2) May be used to fulfill Special Requirements.
 - 3) May serve as a "C" element in any applicable Connection Value Bonus. No Difficulty Bonus is possible.
 - 4) Restricted elements are considered for Value-Part credit in chronological order. Only the first restricted "D" (or "E") in the exercise may be used for Value-Part credit (C) and, if applicable, Special Requirements.
 - 5) EACH additional restricted "D" or "E" that is performed/attempted, whether or not completed successfully:
 - a) Will NOT receive Value-Part credit and CANNOT be used for Special Requirements.
 - b) Will receive a 0.50 penalty reflected in the Start Value.
 - d. All appropriate execution and amplitude deductions would be applied to all elements, whether they receive Value-Part credit or not.
3. Level 8 Restrictions
- a. Only "A" and "B" elements, and "C" dance elements on Beam and Floor, as well as any selected "C" elements on Bars are allowed at Level 8.
The following "C" elements on Bars are allowed and will receive "B" Value-Part credit:
 - 1) Cast to handstand with ½ (180°) turn - #2.301
 - 2) Clear hip circle to handstand (#3.304), also with ½ (180°) turn (#3.305)
 - 3) Back staldler circle to handstand (#6.304), also with ½ (180°) turn (#6.304)
 - 4) Piked sole circle backward to handstand (#7.309), also with ½ (180°) turn (#7.309)
 - b. In addition to the above allowable "C" elements, Level 8 gymnasts may perform a maximum of one restricted "C" element per event from any group.
 - c. Any allowable "C's" and/or the one restricted "C" element:
 - 1) Will receive Value-Part credit of "B".
 - 2) May be used to fulfill Special Requirements.
 - 3) Restricted "C" elements are considered for Value-Part credit in chronological order. Only the first restricted "C" in the exercise may be used for Value-Part credit ("B") and, if applicable, Special Requirements.
 - 4) EACH additional restricted "C" (or more difficult) element that is performed/attempted, whether or not completed successfully:
 - a) Will NOT receive Value-Part credit
 - b) CANNOT be used for Special Requirements.
 - c) Will receive a 0.50 penalty reflected in the Start Value.
 - d) Will be subject to all appropriate execution and amplitude deductions.
 - d. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.
4. Level 7 Restrictions
- a. Only "A" and "B" elements, selected "C" elements on Bars *and ONE "C" dance element on Beam and Floor* are allowed at Level 7.
The following "C" elements on Bars will be allowed and will receive "B" Value-Part credit:
 - 1) Cast to handstand with ½ (180°) turn (#2.301)
 - 2) Clear hip circle to handstand (#3.304), also with ½ (180°) turn (#3.305)
 - 3) Back staldler circle to handstand (#6.304), also with ½ (180°) turn (#6.304)
 - 4) Piked sole circle backward to handstand (#7.309), also with ½ (180°) turn (#7.309)

- b. All "C" (or more difficult) elements (other than the aforementioned allowable "C's" on Bars *and the one "C" Dance element on beam and Floor*) that are performed/attempted, whether or not completed successfully:
 - 1) Will NOT receive Value-Part credit.
 - 2) CANNOT be used to fulfill Special Requirements.
 - 3) Will receive a 0.50 penalty reflected in the Start Value.
 - c. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.
5. Level 6 Restrictions
- a. Only "A" and "B" elements, as well as selected "C" circle elements on Bars are allowed at Level 6.
 - 1) The following "C" elements on Bars will be allowed and will receive "B" Value-Part credit:
 - a) Clear hip circle to handstand (#3.304)
 - b) Back stalder circle to handstand (#6.304)
 - c) Piked sole circle backward to handstand (#7.309)
 - b. Bars: Flight (release) elements that transfer from HB to LB or LB to HB are NOT allowed, regardless of value.
 - c. All "C" (or more difficult) elements (other than the above allowable "C" on Bars) and any bar to bar flight/release element (regardless of value) that is performed/attempted, whether or not completed successfully:
 - 1) Will NOT receive Value Part credit.
 - 2) CANNOT be used to fulfill Special Requirements.
 - 3) Will receive a 0.50 penalty reflected in the Start Value.
 - d. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.

I. CALCULATION OF DIFFICULTIES

1. When evaluating the elements, always compute to the advantage of the gymnast.
2. EXAMPLES of determining difficulties:
 - a. **Level 10** (3 A's, 3 B's, 2 C's = 8 Value Parts required)
 Gymnast Performs: 3 A's 2 B's 1 C 1 D
 The "D" replaces the missing "C" element.
 Deduct 0.30 for missing one "B" element.
 Award +0.10 for D/E Bonus.
 - b. **Level 9** (3 A's, 4 B's, 1 C = 8 Value Parts required)
 Gymnast performs 3 A's 3 B's 2 C's
 1 "C" replaces missing "B"
 All difficulty requirements are met.
 - c. **Level 8** (4 A's, 4 B's, 0 C = 8 Value Parts required)
 Gymnast Performs: 3 A's 4 B's 1 C dance element
 1 "C" replaces missing "A"
 All difficulty requirements are met.
 - d. **Level 7** (5 A's, 2 B's = 7 Value Parts required)
 Gymnast performs: 4 A's 3 B's
 1 "B" replaces missing "A"
 All difficulty requirements are met.
 - e. **Level 6** (5 As, 1 B = 6 Value Parts required)
 Gymnast performs: 4 A's 2 B's
 1 "B" replaces missing "A"
 All difficulty requirements are met.

C. General deductions for faults in technique, execution, amplitude, and artistry on Uneven Bars, Balance Beam and Floor Exercise.

- | | |
|---|----------------------------------|
| 1. SLIGHT/SMALL FAULTS | <u>0.05 - 0.10 pt.</u> |
| a. Flexed/sickled feet during Value Part elements | each time <u>0.05</u> |
| b. Slight hop, or small adjustment on landing of elements or <i>landing with feet staggered on UB/BB dismounts</i> | Up to 0.10 |
| • FX acro elements: a small step after landing to finish in a lunge is allowed with no deduction. | |
| 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 Value Part elements with twist | Up to 0.10 |
| f. Brush/touch of foot/feet on apparatus or mat | Up to 0.10 |
| g. Extra steps on landing (per step - maximum of 4) | each <u>0.10</u> |
| h. <i>Landing Bars/Beam dismount with feet wider than hip-width apart</i> | <u>0.10</u> |
|
2. MEDIUM FAULTS |
<u>UP TO 0.20 pt.</u> |
| a. Leg or knee separations | Up to 0.20 |
| b. Insufficient exactness of Body Positions | |
| • Insufficient tuck position
(Ideal = minimum of 90° bend in both hips and knees) | Up to 0.20 |
| • Insufficient pike position
(Ideal = minimum of 90° bend in the hips, 91° - 135° = insufficient pike) | Up to 0.20 |
| • Insufficient stretched position
(Ideal= straight 180° position, but greater than 135° is considered stretched body position) | Up to 0.20 |
| • arch | Up to 0.20 |
| • hip angle = 136° - 179° | Up to 0.20 |
| c. Failure to maintain stretched body position (Pikes down) | Up to 0.20 |
| d. Incorrect body posture on landing | Up to 0.20 |
| e. Insufficient split when required (dance/non-flight acro elements) | Up to 0.20 |
| f. Incomplete turn/twist | Up to 0.20 |
| g. Additional trunk movements to maintain balance/control upon landing of UB/BB Dismounts and Floor acro elements | Up to 0.20 |
| • Applies to “stuck” landings but uses trunk movememnts to avoid steps.) | |
| h. Large step or jump on landing (approximately 3 feet or more) | <u>0.20</u> |
|
3. LARGE FAULTS |
<u>UP TO 0.30 pt.</u> |
| a. Bent arms in support or bent knees (90° or more) | Up to 0.30 |
| • Any one element may receive no more than 0.30 for bent leg(s) and no more than 0.30 for bent arm(s). | |
| b. Additional movements to maintain balance/control on the beam | Up to 0.30 |
| c. Squat on landing (hips even with or lower than the knees) | Up to 0.30 |
| d. Brushes/touches the mat with one or both hands (no support) | Up to 0.30 |
| e. Insufficient extension (open) of body prior to landing | Up to 0.30 |
| • Applies to UB/BB dismounts & BB/FX acro in tuck/pike position | |
| f. Insufficient height of salto dismount (UB/BB) | Up to 0.30 |
|
4. VERY LARGE FAULTS |
<u>0.50 pt</u> |
| a. Support on mat with 1 or 2 hands | <u>0.50</u> |
| b. Fall on mat to knee(s) or hips | <u>0.50</u> |
| c. Fall on or against apparatus | <u>0.50</u> |
| d. Fall/Failure to land on the bottom of the feet first | <u>0.50</u> |
| • No Value Part/No Special Requirement/No Bonus credit | |
| e. Spotting assistance <u>upon landing</u> of dismount element | <u>0.50</u> |
| • Award Value Part & Special Requirement-No Bonus possible | |
| f. Spotting assistance during an element | <u>0.50</u> |
| • No Value Part/No Special Requirement/No Bonus credit | |

Clarification on steps on landing:

1. A step-close is considered one step and receives a 0.10 deduction. A very small step-close or other small foot movement would receive a 0.05 deduction.
Examples of one step = - 0.10
 - The gymnast lands with feet together, then takes one step forward, sideward, or backward on the Right foot; then returns the Right foot to join the Left foot, OR
 - The gymnast lands with feet together, then takes one step forward, backward, or sideward on the Right foot; then steps with the Left foot to join the Right foot.
2. If the gymnast is out of control or has additional movements to maintain balance after the step(s), additional deductions may be applied.
3. There is a maximum deduction of 0.40 for steps (regardless of size or number); however, if the steps result in a fall, deduct only 0.50 for the fall.
4. *If the gymnast lands a Bar or Beam dismount with feet a maximum of hip-width apart, there is no deduction, provided that she slides her heels together on the controlled extension. If the entire foot slides or is lifted off the mat to join, it is considered a small step.*

V. BONUS

A. CONNECTION VALUE (CV)

1. Is achieved through unique and difficult combinations.
2. Only Dance elements listed in the *Jr. Olympic Code of Points* or *J.O. Updates* may be used.
3. Only acrobatic elements WITH FLIGHT listed in the *Jr. Olympic Code of Points* or *J.O. Updates* may be used.
4. To receive Connection Value, all elements must be directly connected; only on Floor Exercise can acrobatic connections be indirectly connected.
 - a. Direct connections are series in which elements or connections are performed without any delay in the immediate take-off of the next element, a stop, extra steps, repositioning of the foot or extra swings (bars) between elements.
 - b. Indirect connections (only in acrobatic series on Floor Exercise) are those in which directly connected acrobatic elements with flight phase and hand support (Group 5, i.e., Round-off, flic-flac, etc.) are performed as preparatory elements between aerials (Group 5) and/or saltos (Groups 6, 7, and 8).
5. Only those elements that receive Value-Part credit may be used for Connection Value Bonus.
6. The Value Parts may be placed in any order within a Connection, unless specified.
7. The exact same connection may be used only one time for Connection Value Bonus.
 - If the same elements are used in a second connection, but are performed in a different order, Connection Value Bonus (CV) will be awarded.
8. If a "D" or "E" element is performed within a connection, it is eligible for both "D/E" Bonus and Connection Value Bonus (Level 10 only).
 - At Level 9, any allowable "D" or "E" element will be awarded "C" Value-Part credit and will receive Connection Value Bonus if a "C" Connection Value Bonus principle is applicable.
9. An "E" element may replace a "D" element in a Connection, but the connection will receive the same Connection Value Bonus.
10. With the connection of three or more elements, the second element (and those following) may be used a second time (the first time as the last element of the first Connection, and the second time as the first element to begin a new Connection.) This is applied only if all elements receive Value-Part credit.
11. Connections may be awarded either +0.10 or +0.20, according to the applicable principle.
12. Connections will be awarded Connection Value Bonus only if each element is performed without a fall or spotting deduction.
13. The maximum awarded for Connection Value Bonus is:
 - a. 0.40 points at Level 10.
 - b. 0.30 points at Level 9.
 - c. Levels 6, 7 & 8 are not eligible for Connection Value Bonus.

- B. **With a 4-judge panel:** The final score is determined by entering a score for the judge who missed the routine that is equal to the highest score given by the three other judges and then averaging the two middle scores, as usual. This method gives the gymnast the benefit of having the highest possible score and there is no need for the option to repeat the exercise.
- C. In either case, the Chief Judge should consult with the Meet Referee, who will then notify the coach of the gymnast's options.

V. PROCEDURES FOR FALLS/INJURIES RESULTING IN BLEEDING

- A. Take steps to stop the bleeding immediately and cover the wound as soon as possible.
- B. A bleeding wound (or any other injury due to a fall) does not give the athlete the right to repeat her exercise or resume from where she left off.
- C. If the 30-second (Beam) or 45-second (Bars) fall time is exceeded before the wound can be covered, then the exercise is terminated.
- D. If there is blood on any equipment or mats after the gymnast finishes her routine, the blood must be removed prior to beginning the next gymnast's routine.
- E. The coach and athlete have the right to determine if the athlete can continue the routine after the fall (within the fall time limitations).

VI. RE-EVALUATION OF EXERCISE

- A. *If a judge realizes that a gymnast was mistakenly judged using incorrect rules for her level, the routine may be re-evaluated using the appropriate rules to determine the correct Start Value and specific compositional deductions, based on the judges' shorthand.*
 - *This re-evaluation must occur within 5 minutes of the end of the competition for that session.*
 - *The judging panel must notify the Meet Referee and scoring personnel that the re-evaluation is to occur.*
 - *The coach must be notified immediately of any score change.*
- B. *At State and above Championship meets, in extenuating circumstances the Meet Referee has the authority to allow a judging panel to review a routine to verify that the Special Requirements were fulfilled.*
 - *The coach must be notified that a review will occur.*
 - *No additional deductions are allowed to be taken by a judge after the review if the Special Requirement(s) in question is (are) awarded.*