

**WOMEN'S ARTISTIC GYMNASTICS  
DEVELOPMENT PROGRAM  
OPTIONAL CODE OF POINTS**

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**USA GYMNASTICS EXTENDS ITS DEEPEST APPRECIATION  
TO THE FOLLOWING CONTRIBUTORS TO THE  
2022-2026 OPTIONAL DEVELOPMENT PROGRAM**

For the design, preparation, and presentation of the Development Program  
Optional rules and deductions for 2022-2026:

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SECTION 1 – GENERAL INFORMATION – JUDGING PANELS – CHAPTER 1

**MEET REFEREE (who may also act as a Chief Judge) (continued)**

- l. Notates a warning given by Chief Judge concerning incorrect attire or signaling with a verbal cue. She / he will then notify Chief Judge on the other events that a warning has been given so that appropriate deductions may be applied.
- m. Upon notification from Chief Judge, issues a warning to coach for unsportsmanlike conduct. Follow USA Gymnastics' Safe Sport policy and coaches' behavior policy in *Rules and Policies*. This would also be applied for excessive cheers and / or behavior of teammates, or the coach who is disruptive to the competition.
- n. Will be available for a minimum of five minutes following last competitors' exercises to deal with questions or concerns with technical decisions and / or judges' scores.
- o. Serves as president of Jury of Appeals.
- p. May be an affiliated judge.
- q. Indicates any violations of *Rules and Policies* on the sanction report form or notifies USA Gymnastics Member Services directly in writing by email.
- r. Is responsible for compiling and checking information regarding judges' fees and expenses for Meet Director.
- s. Checks with scoring personnel to verify that scores for all gymnasts are entered and all inquiries have been resolved.
- t. Issues a warning to coach and notifies Meet Director if she / he observes more than one gymnast on UB at the same time during any warm-up (timed or 30-second touch).
- u. Monitors judging panels to ensure appropriate use of electronic tablets for judging and reference purposes.
- v. Determines with Meet Director the designated time for judging panels to leave and to return to field of play between sessions.
  - Judges are required to remain on competition floor until Meet Referee releases them to begin break time. All break time will now be compensated; therefore, the judge **MUST remain on the grounds of the venue**.

**C. CHIEF JUDGE**

- 1. Prepares judges for correct evaluation of exercises prior to competition at judges' meeting.
- 2. Advises Meet Director of any equipment safety concerns or non-approved equipment; checks that all materials necessary are available and functioning properly, including:
  - a. Light or time signals
  - b. Stopwatches
- 3. Instructs judging assistants to assure their knowledge of:
  - a. Correct use of signal to indicate line violations.
  - b. Correct use of stopwatch and timing device to indicate time limitations.
  - c. Proper reporting procedures for the following violations:
    - 1) Exceeding time allowed
    - 2) Stepping out of Floor Exercise area
  - d. Correct method of scoring being used.
  - e. Correct procedures for flashing of start values, individual scores and / or average score.
- 4. Is responsible for correct work of her / his panel and assistant judges.
- 5. Uses a green flag or hand signal to acknowledge presentation of gymnast.

SECTION 1 – GENERAL INFORMATION – JUDGING PANELS – CHAPTER 1

**CHIEF JUDGE (continued)**

6. Must evaluate exercises accurately without bias and MUST first write (or enter into electronic scoring system) her / his own score before reviewing scores from other judges.
7. Must determine and record score and SV, as well as record deductions for execution / amplitude, artistry, compositional errors and neutral deductions.
  - Should write the European 7.
8. Verifies that scores fall within proper range.
9. Verifies that score of Chief Judge, panel judge(s), average score and time / line deductions are properly recorded during the competition.
  - a. It is NOT necessary to sign official score sheet.
  - b. Judges MUST keep a record of scores on a heat sheet.
10. Confirms when a gymnast may continue the exercise from the point of interruption after a technical/equipment failure and determines when the continuation will occur.
  - a. A flash from a camera is NOT a valid reason to allow gymnast to repeat exercise.
  - b. These decisions MUST be made in consultation with the Meet Referee prior to the score being flashed.
11. Is responsible for calling a conference if an impossible SV has been awarded and / or for other reasons to assist judges in arriving at a common basis for scoring during competition.
12. Terminates an exercise if (after a fall) gymnast exceeds allotted fall time.
  - If an injury occurs, fall time begins when medical assessment is complete.
  - a. Vault (after fall on first VT, once gymnast is standing on feet) = 45 seconds to salute for second VT.
  - b. Uneven Bars (once standing up on feet) = 45 seconds.
  - c. Balance Beam (once standing up on feet) = 45 seconds.
  - d. A bleeding wound (or any other injury due to a fall) does NOT give gymnast the right to repeat exercise. Once the wound is covered, the gymnast may resume routine from point of interruption.
13. Reports to Meet Referee or Jury of Appeals if any of the following is observed:
  - a. Incorrect gymnast attire
  - b. Unsportsmanlike conduct of coach (after warning).
  - c. Excessive cheers or behavior disruptive to competition by teammates or coach.  
EXAMPLE: Gymnasts standing around FX area, blocking view of judges and / or spectators.
  - d. Team fails to observe specified warm-up time (after a warning). Deduction would be applied to team event score where infraction occurred.
  - e. Coach or teammates warned about technical verbal cues.
14. Is responsible for responding, in conjunction with panel judge(s), to an inquiry in a professional manner.
15. May NOT be affiliated at any sanctioned qualifying meets.
  - EXCEPTION: affiliated judges may be assigned as CJ at non-qualifying invitational meets.
16. Takes deduction from average score for the FOLLOWING INFRACTIONS. Deduction MUST be indicated to coach either verbally or by visual means at conclusion of exercise.

### III. INQUIRIES

**A. THE COACH IS ALLOWED to see the four (or two) scores of her / his individual gymnast.**

**B. IF THE COACH HAS A QUESTION regarding an exercise during competition:**

Chief Judge (or Meet Referee) should advise coach to submit an inquiry form to officially receive information. There should be no casual conversation during the competition between coach and judge regarding evaluation of an exercise.

**C. INQUIRIES ON OPTIONAL ROUTINES ARE LIMITED to questions regarding:**

1. Start Value (SV)
2. Neutral deductions
3. Falls
4. Unusual occurrences
5. Specific flat (NOT "up to") compositional deductions.

**D. INQUIRIES MUST BE LEGIBLY WRITTEN ON THE OFFICIAL INQUIRY FORM**

By the coach and submitted within five minutes of the completion of that event rotation to Meet Director or Meet Referee. Meet Director will then forward it to Meet Referee, who gives it to Chief Judge of apparatus in question.

1. No fee may be charged to submit an inquiry.
2. Coaches need to be aware that an inquiry allows for a second evaluation of exercise which may result in:
  - a. no change in score.
  - b. score being raised.
  - c. score being lowered.

Chief Judge and panel judge(s) will respond, providing only the information requested. After Chief Judge has completed the response to the inquiry, Meet Referee or Meet Director will return the form to the coach, either by hand or by a pre-defined inquiry return procedure.

3. Coach may NOT approach the judge regarding the inquiry during the competition.

**E. VIDEO REVIEW**

See the USA Gymnastics *Women's Rules and Policies* for video review regulations.

**F. SCORE REVIEW at sectional / state qualifying meets and State Championships.**

1. For qualification purposes, if, after the completion of the last event, a gymnast's All-Around score is 0.10 or less than the qualifying score to State or Regional Championships, the coach may submit an inquiry for gymnast's lowest scoring event (regardless of the order in which that event was performed).
2. Any change of score is official and would be included in official results.
3. Score review process does NOT APPLY:
  - a. for mobility purposes.
  - b. if qualification to State / Regional Championships is by percentage or designated number per age division.

SECTION 1 – GENERAL INFO – UNUSUAL JUDGING SITUATIONS – CHAPTER 4

**IV. JUDGE INADVERTENTLY MISSES THE EXERCISE**

The following procedures are to be used in the rare occurrence that one judge misses the exercise:

**A. WITH A 2-JUDGE PANEL:**

The gymnast has two options after coach is advised of the score of the judge who evaluated the whole routine:

1. Accept that score, OR
2. Repeat exercise after a reasonable period of rest. If gymnast elects to repeat, score of second routine will count.

**B. WITH A 4-JUDGE PANEL:**

Final score is determined by entering a score for judge who missed the routine that is equal to highest score given by the three other judges and then averaging the two middle scores, as usual. This method gives gymnast the benefit of having the highest possible score and there is no need for the option to repeat exercise.

**C. IN EITHER CASE,** Chief Judge should consult with Meet Referee, who will then notify coach of gymnast's options.

**V. PROCEDURES FOR FALLS / INJURIES RESULTING IN BLEEDING**

**A. TAKE STEPS TO STOP THE BLEEDING IMMEDIATELY**

- Cover wound as soon as possible.

**B. A BLEEDING WOUND (OR ANY OTHER INJURY DUE TO A FALL)** does NOT give gymnast the right to repeat exercise. **Once the wound is covered, the gymnast may resume exercise from point of interruption.**

**C. FALL TIME EXCEEDED:**

If the 45-second fall time on VT, UB or BB 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, blood must be removed prior to beginning next gymnast's routine.

**E. THE COACH AND GYMNAST HAVE THE RIGHT TO DETERMINE**

if gymnast can continue routine after the fall (within fall time limitations).

SECTION 3 – UNEVEN BARS – GENERAL INFORMATION – CHAPTER 1

WOMEN'S DEVELOPMENT (DEV) PROGRAM OPTIONAL UNEVEN BAR RULES					
	SPECIAL REQUIREMENTS (SR) SR each worth <u>0.50</u>	Value Parts (VP) A = .10 B = .30 C = .50	Allowable elements & Difficulty Restrictions Restricted Elements <u>0.50</u> deduction - off SV No credit for VP or SR (if applicable)	START VALUE (SV) & BONUS	Timed Warm-Ups (Per Gymnast)
Level 6	<ul style="list-style-type: none"> <li>✓ One element may fulfill more than one SR, unless specified.</li> <li>✓ Deduct <u>0.50</u> for each missing SR</li> </ul>				
	<ol style="list-style-type: none"> <li>1. One cast a minimum of 45° above horizontal (SR awarded when angle is above horizontal)</li> <li>2. Minimum of one bar change</li> <li>3. One 360° clear circling element from Groups 3 / 6 / 7</li> <li>4. Salto dismount, minimum of "A"</li> </ol>	A = 5 B = 1 C = 0 Allowable C's = B value	<b>Allowable:</b> Only "A" / "B" elements ONE of the following selected "C"s": Clear hip/stalder/pike sole circles bkwd to HS <b>Restricted:</b> Any other "C"s and "all D/E" elements Any flight/release elements HB to LB; LB to HB	<b>10.0 SV</b>  Not eligible for Bonus	1½ min.
	<ol style="list-style-type: none"> <li>1. One cast to handstand (SR awarded when angle is a minimum of 45° - angle deductions will apply)</li> <li>2/3. Two 360° clear circling elements, same or different                             <ol style="list-style-type: none"> <li>a. One 360° clear circling element, minimum of "B"</li> <li>b. One 360° clear circling element, Group 3 / 6 / 7</li> </ol> </li> <li>4. Salto dismount, minimum of "A"</li> </ol>	A = 5 B = 2 C = 0 Allowable C's = B value	<b>Allowable:</b> All "A" / "B" elements Any number of the following selected "C"s" <ul style="list-style-type: none"> <li>• Cast to HS with ½ turn</li> <li>• Clear hip/stalder/pike sole circles bkwd to HS</li> <li>• Above circle elements w/ ½ turn to regular grip</li> </ul> <b>Restricted:</b> Any other "C"s" and all "D/E" elements	<b>10.0 SV</b>  Not eligible for Bonus	1½ min.
	<ol style="list-style-type: none"> <li>1. Minimum of one bar change</li> <li>2/3. Two "B" elements, same or different:                             <ol style="list-style-type: none"> <li>a. One "B" element with flight, excluding dismount, <b>OR</b> One "B" element with minimum 180° Long Axis (LA) Turn, excl. mount / dismount</li> <li>b. One "B" 360° clear circling element from Groups 3 / 6 / 7, excl. dismount</li> </ol> </li> <li>4. Salto dismount, minimum of "A"</li> </ol>	A = 4 B = 4 C = 0 Allowable C's = B value	<b>Allowable:</b> All "A" / "B" elements Any number of the following selected "C"s" <ul style="list-style-type: none"> <li>• Cast to HS with ½ turn</li> <li>• Clear hip/stalder/pike sole circles bkwd to HS</li> <li>• Above circle elements w/ ½ turn to regular grip</li> </ul> One restricted "C" element - considered in chronological order. <b>Restricted:</b> Any additional "C"s" and all "D/E" elements	<b>10.0 SV</b>  Not eligible for Bonus	2 min.
Level 7	<ol style="list-style-type: none"> <li>1. Minimum of two bar changes</li> <li>2. One flight element, minimum of "B", excluding dismount</li> <li>3. Second, different, flight element, minimum of "C", excl. dismount, <b>OR</b> one element with long axis (LA) turn (180° or more), minimum of "B", excl. mount / dismount</li> <li>4. Salto dismount, minimum of "B"</li> </ol>	A = 3 B = 4 C = 1 Allowable D/E's = C value	<b>Allowable:</b> All "A" / "B" / "C" elements Any number of "B" or "C" root elements with 1/2 (180°) turn to reverse, L, or mixed-L grip in HS <b>or</b> with 1/1 (360°) turn to HS ("D/E's") ONE restricted "D/E" element - considered in chronological order <b>Restricted:</b> Any additional "D/E"s"	<b>9.70 SV</b> <b>Bonus:</b> 0.30 CV OR 0.20 CV + 0.10 D/E Only 1 <sup>st</sup> D/E eligible for D/E Bonus	2½ min.
	<ol style="list-style-type: none"> <li>1. Flight element, minimum of "C", excluding dismount.</li> <li>2. Second, different, flight element, minimum of "B", excluding dismount.</li> <li>3. Element with long axis (LA) turn, minimum of "C", excl. mount/dismount</li> <li>4. Salto dismount, minimum of "C".</li> </ol>	A = 3 B = 3 C = 2	No Difficulty Restrictions Extra +0.10 Bonus (not in SV) if exercise has: <ul style="list-style-type: none"> <li>- Met all Difficulty &amp; Special Req.</li> <li>- Minimum of 0.60 total Bonus</li> <li>- "E" element</li> </ul>	<b>9.50 SV</b> <b>Bonus:</b> Max. of 0.50 (min. +0.1 D/E & min. +0.1 CV)	2½ min.
Level 8					
Level 9					
Level 10					

Fall Time: 45 sec. Time Starts when gymnast is standing on feet after a fall. Time Stops: when gymnast leaves mat to remount.

SECTION 3 – UNEVEN BARS – GENERAL INFORMATION – CHAPTER 1

I. APPARATUS SPECIFICATIONS / RULINGS

A. USA GYMNASTICS WOMEN'S RULES AND POLICIES (R&P)

1. See Chapter 11: Apparatus Requirements in *Women's R&P* for specific equipment regulations.
2. Requirements are subject to change every competitive year, beginning August 1.

B. SUPPLEMENTAL MATTING (sting mat, 4" throw mat, 8" skill cushion)

1. Chief Judge (CJ) takes a 0.30 deduction from average score for use of any unauthorized or additional matting.
2. Conversion for Inches to Centimeters:

Approx. ¼ inch	2 cm
4 inches	10 cm
4½ inches	12 cm
8 inches	20 cm
9 inches	24 cm

C. MATTING REGULATIONS FOR MOUNTS

- CJ takes a 0.30 deduction from the average score if:
  1. Board is placed on an unauthorized surface (e.g., 8-inch skill cushion or plywood), OR
  2. Board is NOT removed after mounting.

II. ATTIRE REGULATIONS

A. HIP OR HEEL PADDING NOT ALLOWED

1. Chief Judge (CJ) deducts 0.20 from the average score if hip / heel padding is used.
2. CJ notices the heel pads prior to the mount, a warning must be given.
3. Deduction must be taken if heel pads are worn during routine (with or without warning).

B. BANDAGES, HAND / WRIST GUARDS AND SUCH ARE ALLOWED:

1. Must be securely fastened.
2. Broken or completely torn handgrip will be treated as equipment failure and gymnast has the right to **repeat the exercise or** continue from point of interruption.
3. The gymnast must immediately show the broken handgrip to the CJ.
4. Bandages, etc. that become loose or unfastened do NOT constitute equipment failure; therefore, **no option to continue the exercise from point of interruption is allowed.**

III. TIMING REGULATIONS

A. WARM-UP REGULATIONS:

- Only one gymnast at a time is allowed on the bars during any warm-up (General / open, timed or 30-second touch).

B. SPECIFIC MEET FORMATS ALLOW TOUCH WARM-UP

1. Gymnasts are allowed a 30-second touch warm-up period.
  - a. Setting of Bars and / or board is NOT included in 30-second touch warm-up time.
  - b. Warning is given when warm-up time is exceeded.  
**NOTE:** preparing for an element, allow gymnast to complete the element.
  - c. CJ deducts 0.20 from the average score if gymnast continues to warm-up after a warning is issued for exceeding the warm-up time.
    - In team competitions, deduct from the team event score.
2. Immediately prior to performing the exercise:
  - a. May run and jump onto the board and briefly touch the bars without penalty.
  - b. CJ deducts 0.20 from the average score for performing or practicing an element (exceeding the warm-up time).



SECTION 3 – UNEVEN BARS – COMPOSITIONAL CATEGORIES – CHAPTER 2

**LEVEL 8 UNEVEN BARS SPECIAL REQUIREMENTS & DIFFICULTY RESTRICTIONS  
(continued)**

2/3. Two "B" elements, same or different (continued):

**b. One "B" 360° clear circling element from Groups 3 / 6 / 7, excluding dismount.**

Group 3 – Clear hip circle	Group 6 – Stalder circles	Group 7 – Circle swings
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- 1) "B" 360° Circling element finishing in a HS or clear support.  
NOTE: Circle finishes within 11° – 20° of vertical - deduction for insufficient amplitude of "C" circles is NOT applied at Level 8.
- 2) Requirement may be performed on LB or HB.
- 3) Clear hip circle severely lacks amplitude and finishes with hips on bar (never passing through clear support),
  - a) Deduct 0.50 for missing SR– Circling element was NOT "clear".
  - b) Award "A" VP credit (for #7.101 hip circle backward).

**EXAMPLES:**

- 1) Clear hip circle to 45° + cast HS with ½ turn:
  - SR # 2 and #3 fulfilled.
- 2) Clear hip circle HS + clear hip circle backward with ½ turn to mixed grip in HS:
  - SR # 2 and #3 fulfilled.
- 3) Clear hip circle + clear hip circle:
  - Deduct 0.50 for missing one SR (2a. missing "B" flight or turn).
- 4) Giant circle backward + counterswing straddle back over LB:
  - Deduct 0.50 for missing one SR (3b. missing 360° clear circle from Groups 3 / 6 / 7).
- 5) #3.203 Underswing (toe-on) on HB with ½ turn and flight over LB to hang on LB + cast handstand ½ turn in HS:
  - Deduct 0.50 for missing one SR (3b. missing 360° clear circle from Groups 3 / 6 / 7).
- 6) Clear hip circle backward to HS with ½ turn to regular grip:
  - Deduct 0.50 for missing SR for 2<sup>nd</sup> "B" element.

4. SR #4: Salto Dismount, minimum of "A" – Refer to the dismount regulations section.

5. Difficulty: Allowable and Restricted – Level 8

a. Only "A" and "B" elements and any number of the following selected "C" elements are allowed:

- 1) #2.301 ("C") - Cast to HS backward with ½ (180°) turn
- 2) #3.304 ("C") - Clear hip circle backward to HS
- 3) #3.305 ("C") - Clear hip circle backward to HS with ½ (180°) turn to regular grip
- 4) #6.304 ("C") - Stalder circle backward to HS
- 5) #6.304 ("C") - Stalder circle backward to HS with ½ (180°) turn to regular grip
- 6) #7.309 ("C") – Pike Sole circle backward to HS
- 7) #7.309 ("C") – Pike Sole circle backward to HS with ½ (180°) turn to regular grip

NOTE: Level 8 allowed to perform:

- #4.204 ("B") - Underswing with ½ turn over LB to hang,
  - If preceded by HS on HB, becomes a restricted "C" (#4.304).
- #2.205 ("B") - Counterswing, straddle back over LB to hang,
  - If the straddle back goes to HS on LB, becomes a restricted "C" (#2.305).

b. Level 8 allowed to perform a maximum of one restricted "C" element from any Group.

c. Allowable "C" elements:

- 1) "B" VP credit awarded.
- 2) SRs awarded (if applicable).

d. Restricted "C" elements considered in chronological order.

**Only the first restricted "C" element in the exercise may be:**

- 1) Awarded "B" VP credit.
- 2) Awarded SR credit, if applicable.
- 3) A restricted element may be repeated if the element receives "0" VP credit the first time.

SECTION 3 – UNEVEN BARS – COMPOSITIONAL CATEGORIES – CHAPTER 2

**LEVEL 8 UNEVEN BARS SPECIAL REQUIREMENTS & DIFFICULTY RESTRICTIONS  
(continued)**

**5. Difficulty: allowable and restricted – Level 8 (continued)**

- e. Any other restricted "C" or any "D/E" element **that meets the requirement to receive a VP:**
  - 1) Deduct 0.50 from SV for restricted element.
  - 2) No VP credit; no SR credit awarded.

**EXAMPLE:**

- Group 3/6/7 circles backward to HS with  $\frac{1}{2}$  (180°) turn to reverse, L, or mixed-L grip ("D")
- f. All appropriate execution and amplitude deductions applied to all elements performed, whether VP credit is awarded or NOT.