

2015 Hopes Optional Composition Requirements Modifications

Composition Requirements for the 2015 Season for the HOPES Division will follow FIG Requirements with the following changes.

Uneven Bars - FIG composition / rule requirements with these alterations:

- 2 releases skills * Each release counts as a requirement to replace # 1 and 2 of 11.3 CR - Bars
- A minimum of one front or L grip element and a back circle element (one being a close bar element) Missing one will mean losing the entire requirement. Replaces # 3 of 11.3 CR - Bars
- 180 degree non flight turn
- Minimum B Dismount - No dismount or A = .00 but give DV

Beam - FIG composition / rule requirements with these alterations:

- Minimum C Dismount - No dismount or A or B = .00 but give DV

Floor - FIG composition / rule requirements with these alterations:

- FIG corner deduction rules - the gymnasts can stand in the corner with both feet (but not more than 1 second).
- Minimum C Dismount - No dismount or A or B = .00 but give DV

General rules

In addition to standing in on bars, HOPES coaches may also remain on the podium and or in the competition area to stand in for Vault landings & Beam dismounts.