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.