

HOPES RULES 2017

Composition Requirements and special rules for the 2017 Season for the HOPES Division will follow FIG Requirements with the following changes.

Uneven Bars - Composition

1. Flight from HB to LB and same bar flight will become:
 - 1 release skill of C or higher / Value of 0.5
 - 1 release skill of B or higher / Value of 0.5
2. One different grip element per FIG / Value 0.25
3. One close bar complete circle element (from group 2, 4 & 5) / Value 0.25
4. 180 degree non flight turn / Value 0.25
5. Minimum B dismount / Value 0.25

FIG deduction for empty swing following a Schaposchnikova will not be in effect. HOPES athletes can mount between the bars.

Beam - FIG composition / rule requirements with these alterations:

1. Turn from group 3 as per FIG / Value 0.25
2. Minimum C dismount / Value 0.25

Floor - FIG composition / rule requirements with these alterations:

1. Dance passage as per FIG / Value 0.25
2. Minimum C dismount / Value 0.25

FIG corner deduction rules - the gymnasts can stand in the corner with both feet (but not more than 1 second).

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.