



2020 HOPES RULES

Vault

1. 2 Spring board configurations allowed. A 5 (2-1-2) and 6 (3-1-2) configuration.
2. Yurchenko LO 1/1 = 4.6 Yurchenko LO 1 ½ =5.0 Yurchenko LO 2/1 =5.5 Yurchenko LO 2 ½ = 5.9
3. +0.10 for stick bonus if Start value is 4.6 or higher

Bars

1. Boards - May remove springs to adjust to the Hopes athlete. Must return springs as soon as athlete finished on event.
2. Hopes athletes may use skill cushion (maximum thickness of 8") in addition to the 20 cm(-2 cm tolerance) landing mat for release elements on bars. Matting must be removed after release move.
3. May place a manufactured sting or 10 cm mat under the bars during competition in addition to the 20 cm base. This matting cannot be moved or on top of the 10 cm landing mat.

Composition modifications from FIG:

1. Flight from HB to LB and same flight bar flight will become:
 - 1 release skill of C or higher/ Value of 0.50
 - 1 release skill of B or higher/ Value of 0.50
2. One different grip element per FIG / Value of 0.25
3. One close bar complete circle element (from groups 2, 4 and 5)/ Value 0.25
4. 180 degree non-flight turn/ Value 0.25
5. Minimum B dismount/ Value 0.25
6. +0.10 for sticking dismounts D or higher Value part.
7. FIG deduction for empty swing following a Schaposhnikova will not be in effect.
8. May run or take steps under the low bar to mount after presenting with no deduction.
9. Gymnasts will be permitted to squat, pike or straddle on and jump from LB to HB ONE time without incurring the 0.50 deduction. No casting deductions apply to the cast prior to the squat, pike or straddle on.

Beam

1. Designated dismount area - cannot be changed
2. In addition to the 20cm of matting in the dismount area an additional 10 cm of matting must be used and NOT moved
3. Boards - May remove springs to adjust to the Hopes athlete. Must return springs as soon as athlete finished on event.



4. Composition modifications from FIG:
 - Turn from group 3 as per FIG/Value 0.25
 - Minimum of C dismount Value /0.25
 - No dismount or A or B= 0.00 Award DV
 - +0.10 for sticking dismount D or higher Value part.

Floor

1. Up to 2 of either manufactured sting mats or 10 cm mats are allowed to be placed separately on the FX area
2. Additional mats on the floor must be clearly marked with tape or chalk to indicate boundary line if the mats cover the lines.
3. Additional matting must be placed prior to the routine starting. A mat can't be added once routine has started. Mats may be removed or left in place.
4. Composition modifications from FIG:
 - Dance passage as per FIG/ Value 0.25
 - Minimum C Dismount Value /0.25
 - No dismount or A or B= 0.00 Award DV
 - +0.10 for sticking D or higher acro skill or a tumbling pass with an E or higher acro skill directly connected to a lower value acro skill after the E or higher as long as the final element sticks.

Miscellaneous

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