

## WORKSHOP QUESTIONS & ANSWERS

### VAULT

#### LEVEL 1

#### LEVEL 2

**Q:** Is there a maximum mat height?

**A:** No

#### LEVEL 3

#### LEVEL 4

**Q:** How do you get shoulders to front of table, while maintaining 180 shoulder angle, and still get toes up fast enough to leave in straight shape?

**A:** The shoulders are allowed to be fully extended or 3/4 extended prior to contacting the table. As far as the "toes up", this is directly related to the board position which creates rotation. Feet in front of hips on board creates faster rotation.

#### LEVEL 5

**Q:** Is the definition of balk the same for optional as well? Example: Yurchenko VT, after roundoff and rebound back into table, but do not touch top of table. Is that a balk or void?

**A:** Balk

**Q:** Why aren't we doing a Yurchenko entry vault in level 5?

**A:** As explained in the beginning of the L4/5 vault session, the committee feels it is very important to develop the strong run, punch and body tension. The handspring vault will develop these basic fundamentals required to progress into the L6/7 vault. If you follow the devo skills, you are able to train these vaults in workouts

## BARS

### LEVEL 1

---

### LEVEL 2

---

### LEVEL 3

---

**Q:** Are they allowed to do a pike on?

**A:** No

---

**Q:** Glide swing to stand mount: How high should the bar be in relation to size of athlete, to finish in a straight stand, behind low bar.

**A:** There is no requirement for the height of the low bar; however, it should be low enough to be a glide and not a long swing.

---

**Q:** If the athlete does not execute a small cast immediately after the front hip circle, and then casts directly into the squat on, do they automatically lose the 0.10 for lack of control from the cast after the front hip circle?

**A:** No, just the 0.20 for not performing the immediate cast.

---

**Q:** If a gymnast finishes her front hip but does not do the cast out of it, stops, then has to pump her legs into the squat on jump off dismount, please clarify why that extra pump of the legs is not an extra swings?

**A:** The decision was made to continue to encourage the gymnast to do the cast for good continuity into the dismount. This was a joint decision voted upon by both the DP and TC committees.

---

**Q:** If they squat on (& get on top of the bar) & jump off backward would that just be the value of the element & not a fall + incomplete deductions.

**A:** 0.50 Fall 0.20 - like L3 BB dismount

---

**Q:** If they did cast push away dismount, would that be double the value?

**A:** 1.2 substituting a major element

---

**Q:** Mount to pull over. To finish pullover w/ an extended position or cast immediate to back hip circle. In relation to middle phase of pullover, when are arms required to straighten before support phase on completion of pull over?

**A:** completion of the pullover

---

**Q:** Do they have to compete on uneven bars, or can they compete on a single bar?

**A:** Must be uneven bars

---

**Q:** After a fall, the athlete crawls on low bar then straight jump off to high bar. Did she omit/change the element by not performing the squat on or she just lost about the half value (0.6)?

**A:** Crawl up = missing middle section of element 0.20 or more depending on how much of the initial squat on was completed.

---

**Q:** Dismount - gymnast fall after getting feet on bar - backwards - can she crawl onto the bar & get into the squat position w/out casting to do the jump to high bar?

**A:** From point of interruption: yes. Depending on how much in support is the ... plus 0.50 for fall

#### LEVEL 4

---

**Q:** 2013 minutes stated "if a gymnast performs a very small cast and returns to bar, then does a 2nd cast that meets a requirement, the 1st cast would be deducted for the appropriate insufficient amp & the 2nd cast would be considered an extra swing for .3 ded. Will this still apply this cycle and if so, could we get it into the book?"

**A:** Yes, it is the same deduction and no, it will not be included in the new book.

---

**Q:** Clarify when the "flare" would occur over low bar? In ascending stage or peak of swing?

**A:** This deduction is applied when the error occurs on the COUNTERSWING.

---

**Q:** Backwards sole circle - technique A. If it starts as a squat on, it states to straighten the legs to circle around for this skill. If a gymnast stays tucked all the way around, do we take a leg bend deduction on the skill. (We see often squat on, falling back, saving it by squat around the bar)

**A:** No deduction.

---

#### LEVEL 5

---

**Q:** At the completion of the sole circle may they tuck on the finish before jump to high bar?

**A:** Yes.

---

**Q:** During the straddle cast in level 5, what is the deductions if they do not complete the cast w/ legs/feet together?

**A:** Depending on the shape, up to 0.20 for leg separation, up to 0.20 for body position & angle

---

**Q:** Is it a deduction if they step together then jump for their kip, or do they have to start feet together only once saluted?

**A:** As long as the jump comes from 2 feet, she is fine.

---

**Q:** From a judging perspective on the tap swings: what is the determining factor for the straddle? How to determine if it is meant to be a straddle or just leg separation?

**A:** There would be NO leg separation deduction regardless of how much straddle there is.

## BEAM

### LEVEL 1

**Q:** What is the deduction for no "mark"?

**A:** Under Beam & Floor: Pen-11 - 0.05

### LEVEL 2

### LEVEL 3

**Q:** For the "slow acro" elements - handstand, cartwheels \* side handstand dismount, after pointing the foot on beam, is it acceptable to lift the foot and place farther forward to initiate skill / momentum? (but no kick)

**A:** Yes, it is acceptable. However, the momentum should come from the back leg swing (kick) and the push through the front leg, which creates rotation.

### LEVEL 4

**Q:** When on beam/floor doing the "slow" acro, since the "T" position is no longer a requirement, will they be deducted if they do perform this? Or is the "T"/levering action still present when not using the mountain climber?

**A:** There will be no deduction if the gymnast passes through a T position. The concept of the new deduction... 0.05 - Failure to keep ears covered by arms when moving in and out of slow acro elements (i.e. x~!)

### LEVEL 5

**Q:** Stretch jumps on beam: the cartwheel stretch jump is supposed to be a precursor to learning a dismount. Doesn't having them in lock seem counterproductive?

**A:** Emphasis is on step-in punch with non-preferred leg in front - emphasize they cannot switch which foot is in front

**Q:** For the two stretch jumps on level 5 beam, do you want the feet in lock position or side by side when in the air?

**A:** Either lock or side by side text says, "with legs together".

### ALL

**Q:** What is the deduction for no "mark"?

**A:** Under Beam & Floor: Pen-11 - 0.05

**Q:** What happens if a gymnast does a kick into an acro skill?

**A:** Text error

## FLOOR

### LEVEL 1

### LEVEL 2

**Q:** Is there a reason behind the increase of complexity of musicality from level 2 to level 3.

**A:** Yes, as you move up the levels, we try to increase the requirements of skill strength, flexibility and musicality.

**Q:** Why was the round-off running steps backward removed from the floor routine?

**A:** Old cycle, prancing back was not achieving the desired technique.

### LEVEL 3

### LEVEL 4

**Q:** 1st side chaise is "side chaise 90 degree turn forward" then 2nd side chaise in dance passage is "side chaise". Some are treating these as the same & they are not.

**A:** Please read the text.

**Q:** If there is a step between the cartwheel & back extension roll, is there a specific deduction (other than the .3 for stop in acro series), or is the connection not a point of focus?

**A:** There is no specific deduction. This would be a text error.

**Q:** for the cartwheel back extension roll, is the gymnast allowed to arm circle into the back extension roll as long as the arms are correct into/out of each skill and the rhythm isn't broken?

**A:** No, this would be a deduction (text error).

**Q:** On the final pose; arms, focus and torso are optional. Are the hands allowed to touch the floor?

**A:** Yes, as long as you are not "falling" onto your hand.

**Q:** What happens if a gymnast performs a forward chaise when a sideward chaise is required?

**A:** -0.10 for changing a small part

### LEVEL 5

**Q:** When landing back tuck, are we going to allow athletes to have their feet slightly apart and then pull heel together to promote good body alignment on landings?

**A:** Yes, apply the rules for bars and beam.

**Q:** The .05 deduction mentioned for taking more than 1-step into front tumbling pass is not in the book.

**A:** Yes, it is. Page Pen-11

**Q:** The toe stand drop to knees... any suggestions? Kids can't do it, anatomy of their feet, injuries or fear reasons?

**A:** Use progressions and soft mats while teaching it.

**Q:** Side chaise - do you have to land side, or can you start side & turn in the air? Where should focus be at end of side chaise?

**A:** L.5 Floor-14: Land in demi plie without turning. Please refer to the text.

---

**Q:** Does the general .05 deduction of arms covering ears apply to the front handspring? (Last cycle we had up to .1 for "fail to maintain arms next to ears and focus on hands throughout".)

**A:** No. L5 Floor-10

---

**Q:** Is there any degree of split requirement for the front aerial?

**A:** No.

---

**Q:** What happens if a gymnast performs a forward chasse when a sideward chasse is required?

**A:** -0.10 for changing a small part

---

### **ALL**

---

**Q:** What is the deduction for no "mark"?

**A:** Under Beam & Floor, Pen 11 - 0.05

### **OTHER**

**Q:** Lunge entrance: in the past, lunges were acceptable to have both legs straight - in the new cycle is the front leg required to bend or may a straight leg lunge still be used?

**A:** It will be fine to still use a straight leg entrance. We just didn't include it.