

Q & A from National Compulsory Workshops

Updated 7/2/13

Updated 7/17/13

Updated 9/25/13

Updated 10/4/13

Vault

Q1: On Vault, is there a minimum height for the Table at Levels 4 and 5?

A: Yes, 100 cm.

Q2: On Vault, what level(s) can a “trampoline-type” board be used?

A: Level 1 only in the Level 1-10 system.

Q3: On the Level 2 Vault, what is the deduction if the gymnast runs up onto the board instead of doing a hurdle and punch and then kicks up to the handstand to fall on the back?

A: The vault is a Void.

Q4: On the Level 4 and 5 Vault, is the deduction listed in the General Faults for Arch (Up to 0.30) and Pike (Up to 0.50) used for each phase of the vault or just the pre-flight?

A: The deduction is for Each phase and will be corrected in the compulsory book.

Uneven Bars

Q1: In Level 3, if the gymnast attempts a kip, falls, and then does a glide swing pullover, how is it evaluated?

A: Depending on how much of the kip was completed, the judge would deduct up to the value that was completed (up to 0.60) plus 0.50 for the fall. The gymnast should not bother with the glide and return and simply mount the bars.

Q2: In Level 2 and 3, what is the deduction if the gymnast's arms bend while changing their grip from over-grip to under-grip or vice versa during the single leg skills?

A: There is no deduction. The arm bend deduction is only applied when the gymnast has weight on their hands.

Q3: In Level 3, is the deduction of 0.30 taken for an extra swing if the gymnast does Front hip circle- stop- CAST, return to support-cast single leg squat through?

A: No, there is no deduction for an extra swing in this example.

Q4: In Level 3, is the deduction of 0.10 taken for a stop if the gymnast does Front hip circle-stop-cast single leg squat through?

A: No, there is no deduction taken for a stop in this example.

Balance Beam

Q1: Beam and Floor: What is the deduction for not marking the end of the turns?

A: 0.05

Q2: Beam and Floor: What is the deduction for using a different turn preparation that is NOT listed in the glossary?

A: This would be considered a text error.

Q3: In the Cross handstand in Level 3-5, at what point would the gymnast lose the element for not reaching the vertical?

A: The maximum angle deduction of up to 0.30 would be applied if the gymnast is between 45° and vertical. If the gymnast is lower than 46°, the gymnast would lose credit for the element (0.60), but the judge would NOT deduct an additional 0.30 for failure to attain vertical.

Q4: On a scale in the beam routines, it looks like a high arabesque. Doesn't the chest lean forward on a scale to differentiate from an arabesque?

A: The text does state "Continue lifting the turned out leg backward-upward as the upper body tilts slightly forward..."

So, it is acceptable to lean forward, but SLIGHTLY. The emphasis is this cycle is posture and alignment. That is the reason the leg height requirement was lowered.

Floor Exercise

Q1: Are there grounds for a coach to request to repeat the exercise if the wrong version of the floor music plays? (i.e. coach/music personnel inadvertently plays Flute version instead of Piano version.)

A: No.

Q2: In the Level 2 Floor routine, what is the deduction if the gymnast performs the backward roll with straight arms instead of bent arms?

A: There is NO deduction.

Q3: For the floor pattern, will there be a designated place to start for each gymnast? For example, will the Meet Director or judge label the sides so that the judges will have the same view of each gymnast?

A: No, the choice of where to start is up to the coach/gymnast and the numbers labeling the floor mat as in the past is not something that is required.

Q4: When the forced arch "pops" happen before the front salto in the Level 5 floor routine, the arms say forward middle. Does it matter if the palms are in, up, or down?

A: When the text does not give a specific way to put the hands (palms), it is optional.

Q5: In the front salto in Level 5 floor, is it allowed to grab the legs in the tuck position?

A: Yes, but not required. The arm position is optional.

Q6: In the text when the arm position states "low", is it a deduction or text error if the arms are curved in front of the body ("bras bas" in ballet) creating a "V" position with the hands in front of the thighs as opposed to the hands at the sides of the body?

A: No, both stylizations stated above of the low position are acceptable. It is not a text error and there is no deduction.

Q7: In the ending poses in the Level 4 floor routine, can the buttocks come off the floor in transition between pose 1 and pose 2?

A: Both poses require a sitting position. It would be acceptable if the gymnast can transition through and still do the poses on the music.

Q8: In the Level 4 and 5 floor routines, does the sissonne have a "value"? What would be the deduction if omitted?

A: No, the sissonne has no value. If omitted, the deduction would be 0.10 for omitting a small part.

Q9: In the Level 1 floor routine, is there a deduction for closing the feet together in the handstand?

A: No

- Q10: Please clarify when in the floor routine a deduction would be applied for having an error in the line of direction of an entire section?
- A: For example, if the gymnast performed the entire leap passage along the side instead of the diagonal.
- Q11: Does the Level 4 routine have to follow the pattern or can this routine be done in a straight line in the diagonal.
- A: The routine must follow the floor pattern.
- Q12: Can the gymnast use any of the different choices of floor music for Level 5?
- A: Yes, she can and this is also true for Levels 3 and 4.
- Q13: What is the deduction if the gymnast does a hitch kick instead of stepping to prepare for the turns in the floor routines?
- A: The deduction is 0.30 for adding an element.
- Q14: What are the deductions for falling out of turns on both beam and floor?
- A: In addition to the 0.05 for not marking the position, apply general posture and balance errors.
- Q15: In Level 1 floor, what is the deduction if the gymnast executes a full handstand with the legs closed at 3/4?
- A: No deduction for closing the legs and the text states a “minimum of 3/4”.
- Q16: In Level 4 and 5 floor, what deductions can be used for the sissonne since it is not a major element?
- A: General execution (i.e. bent legs) deductions including posture and alignment. **There can be no deduction taken for insufficient height or split.**
- Q17: In Level 4 floor, must both cheeks be on the floor or can it be a sitting pose on one hip?
- A: One or two is acceptable.
- Q18: When doing weight transfer turns on floor and beam, what is the deduction for a forced arch foot position in a lunge preparation?
- A: This would be considered a text error.
- Q19: In the Level 4 and 5 floor routine, are you allowed to lower the arm from forward-diagonally-high before running into the last tumbling run?
- A: Yes.
- Q20: In the Level 5 floor routine, what is the deduction if the ending pose ends in a standing position?
- A: This would be considered a text error.
- Q21: In the floor routines, if the text states low arm position, is it acceptable to put them in the backward-diagonally-low position?
- A: No, this would be considered a text error.