



To: Men's Gymnastics Community
From: Dusty Ritter – Junior Olympic Program Coordinator,
Kevin Mazeika – National Team Coordinator,
Dennis McIntyre – Men's Program Director
Date: October 1, 2013

Re: Age Group Competition Program - Update #3

The following update includes JOPC approved Level 8 (11-12 years) Pommel-less horse document to be used for the 2013-2014 competitive season. This document should be placed in the manual with the optional rules tables in Chapter 2. This document also includes (4) replacement pages. They are number (1.4, 2.9, 2.10 and 4.13). All other information provided is reprinted from AGCP Update #2.

Special Notice: *If you have not already done so you should have downloaded Age Group Competition Program Update #1 from the USA Gymnastics website at:*
http://usagym.org/PDFs/Men/AgeGroupUpdate1_2012.pdf

Update #1 contains rule changes and replacement pages not listed in this update. Update #3 will replace any pages previously listed in Update #1 and includes all changes from Update #1 & 2 on those specific pages. In addition, Update # 3 contains replacement pages not previously listed. The current changes are highlighted in this document.

This document will serve as a general description of the clarifications/changes document for the 2013-2016 Junior Olympic Age Group Competition Program. The attached updates and replacement pages are effective immediately. The replacement pages take precedence as the official document of the Age Group Competition Manual. This work is the result of submissions from the community and the review of the Age Group Competition Committee, the Optional Rules Committee, and the Age Group Compulsory Writing Committee. The clarifications listed in this document are in addition to those in Age Group Competition Update #1 and Technical Sequence Update #2 already published.

New Information from Age Group Competition Update #3:

Page 1.4 (Age Determination and Competition Level) Add number 5 - Level 5 exception: A gymnast whose competitive age is 6 on September 1st may compete Level 5. A gymnast whose competitive age is 5 on September 1st but turns 6 during the competitive season may not compete Level 5 during the competitive season.-In this case, the gymnast may compete Level 4 once he has turned six years old.

Page 2.9 (Event Specific Bonus) – Clarifications to note the bonus skills not available to Level 8 Pommel-less horse for 11 – 12 year olds division due to the pommels being removed for competition.

Page 2.10 (Junior Olympic Bonus Table) – Note to address bonus not available to Level 8 Pommel-less horse for 11 – 12 year olds division due to the pommels being removed for competition. Skills are identified by asterisk.

Page 4.13 (JO Exceptions listed at end of Pommel Horse Event Chapter) - Notes to address bonus not available to Level 8 Pommel-less horse for 11 – 12 year olds division due to the pommels being removed for competition. Skills are identified by asterisk in the table.

Additional Section (Page 2.91 for insertion after Page 2.9) – Level 8 Pommel-less horse document including Overview, FIG Code Tables, and Sample Routine Construction for use in the 2013-2014 Junior Olympic Competition season. Both the Junior Elite and Junior Olympic divisions will use these rules.

General Age Group Competition Compulsory Updates:

Page 2.2 (H-1, d) & Page 2.6 (#8-a, iii) “Specified bonus skills may only be attempted once to earn the bonus.” Clarification: “A gymnast may repeat the skill to earn its value, for both compulsory and optional levels. This rule includes dismounts for both compulsory and optional competition.”

These two passages are contradictory. Strike the passage on Page 2.6 (#8-a, iii). The rule on Page 2.2 (H-1, d) takes precedence and applies to both required skills and bonus skills attempted during the performance of the routine. Add Page 2.6 (#8-a, iii) “Specified Bonus skills may be repeated for value.”

Page 2.2 (Add Letter J.) Stick definition: “A stick is defined as a landing in which the feet do not move. All FIG deductions apply.”

Page 2.6 (8-a Specified Bonus #ii) – Clarification on awarding bonus: Text should read – “Where performance criteria is present Specified Bonus can be awarded as long as there is no single large deduction in the performance of the skill. Specified Bonus can be awarded at the judge’s discretion less any small or medium deductions that apply.”

Page 2.6 (Number 11 – Compulsory Judging Guidelines Pommel Horse) Add (d.) - “ If a gymnast executes more than the minimum required number of circles at any point during the routine they will be judged for execution errors only.”

Floor Exercise:

Pages 3.6, 3.8 (Level 4 & 5 Notes) - Clarification of instructions for replacing required skills with Virtuosity (Splits) or Bonus skills (Press or Endo): “The text is provided as instruction as to how to insert the skills. Variations of this sequence that meet the spirit of the criteria should be allowed. Artistic expression and recognition of stylistic performance in the execution of the routine should be encouraged as long as the required elements of criteria are performed or replaced with bonus parts.”

Page 3.11 (Level 7 Part #3) – Strike the Forward roll following the Forward Handspring to Front Salto. Clarification – Since there is no limit to the number of steps allowed in a compulsory floor routine the forward roll is unnecessary. The gymnast may alter his spacing on the floor with his run.

Pommel Horse:

Page 4.5 (Level 4 PH) Clarification: There are two parts in the mushroom routine. Each part is worth 2.5 in value. The gymnast is required to attempt the double leg circle in Part #1. Failure to attempt or omitting the circle will result in a 2.5 deduction or the value of the part.

Page 4.7 (Level 5 Specified Bonus #2 – Bonus Spindle) Clarification: “Specified Bonus #1 must be performed first (5 circles to front support -10 hand placements).” The spindle should begin on the 6th circle. The deduction for starting the spindle early before the 6th circle is (-0.5).

Page 4.7 (Level 5 Part #4 – Dismount) Clarification: “If the gymnast performs Specified Bonus parts #2 or #3 he is required to execute one full double leg circle upon completion of the skill and prior to the ¼ turn to flank dismount.” This is added to the note referencing Specified Bonus #2 and #3.

Page 4.9 (Level 6 Specified Bonus #3 – Russian Wendeswing) Clarification: Should read “Russian Wendeswing with 360 degree turn after #4 and prior to dismount sequence in #5 and #6.”

Page 4.12 (Level 7 Part #6 text – ¼ kehre) Clarification of execution text: “Following ¼ Kehre through rear support and finishing in front support (Back loop position), perform one back loop” (i.e., the turn should be executed on the downhill hand passing through the rear support.)

Page 4.12 (Level 7 Specified Bonus #3 – Russian Wendeswing) Clarification: “A Russian Wendeswing for bonus is required to be a 270 degree or greater turn.”

Still Rings:

Page 5.1 (A. General: #2) First sentence: Change to read - “The inlocate is introduced as a bonus skill in **Level 6 ...**”.

Page 5.3 (H. Level 5 #2 & #3) – Strike #2 & #3. The inlocate has been removed from the routine as a bonus option. Add criteria for inlocate from Level 5 text to Level 6.

Page 5.7 (Level 5 Rings) – Eliminate Specified Bonus #3 (Inlocate) as a bonus option. Specified Bonus #2 (back lever) will now be Specified Bonus #3. Add Specified Bonus #2 (L – 2 second hold with rings turned out) to be performed after Part #2. Criteria: “Lift legs to ‘L’ position, hold 2 seconds with rings turned out and hips between rings.” Change text for Part #3: “Swing legs to backward roll down to piked inverted hang”. Strike Note – (Instructions for inlocate.)

Page 5.9 (Level 6 Rings, Part #8 & #9) – Remove inlocate from Part #8 as a required part. Add Specified Bonus #3 (Inlocate stretched to backward swing). Criteria: “Must show turnover swing and significant rise toward inverted cross position with stretched body throughout.” Part #9: Change to read – Swing forward to salto backward stretched (Eliminate Specified Bonus #3 – Stretched Salto dismount). This will now be the required dismount. Criteria for Salto backward stretched to read – “Salto backward stretched showing turnover at ring level before release.”

Page 5.10 (Level 7 Specified Bonus #3, Bail forward to shoulder stand – ‘baby giant’): Add criteria to read – “Shoulder stand at finish position show support and momentary control”.

Vault:

Page 6.6 (Level 5 Bounder Vault, Awarding ‘stick bonus’): Add Note – “Stick bonus cannot be awarded if the rebound travels backward after first contact on landing (i.e., short landing).”

Parallel Bars:

Page 7.10 (Level 7 Specified Bonus #1, Moy): Add criteria – “If Moy is performed gymnast may swing backward then forward to ‘L’ position.”

Horizontal Bar:

Page 8.6 (Level 5 Specified Bonus #1, Free hip circle): Change criteria to read – “Show hollow body position clear of the bar on free hip to support at 45 degrees below horizontal or higher, undershoot forward.”

Page 8.7 (Level 5 Specified Bonus #3, Dismount): Change to read – “Salto backward tucked, piked or hollow layout”. Change criteria to read – “Show hollow body candlestick position with head neutral on release and stretched body before landing. Must show lift.”

Page 8.8 (Level 6 Specified Bonus #1, Giants): Criterion listed is a typographical error. Strike “Arms straight, body bent on pull. 2 second hold.” This is obviously intended for Rings.

Page 8.9 (Level 6 Specified Bonus #3, Dismount): Change criteria to read – “Show hollow body candlestick position with head neutral on release and stretched body before landing. Minimum height without deduction at bar level.”

Page 8.10 (Level 7 Specified Bonus #2, Endo & Toe on toe off): Change to read – “**After #5**, Add Endo or Toe on toe off piked or straddled.” Clarification: Required giants in Part #5 must be completed before adding the Specified Bonus #2.

Age Group Competition Committee - Optional Rules Updates:

Page 1.2 (Program Chart – Optional Levels): Change to the Level 8 Element Group Requirements – Required Element Groups for Level 8 optional competition will be 4 Element Groups (Any 3 Element Groups fulfilled in addition to Element Group V, dismount). The 4 Element Groups will be (+0.5) each for a maximum of 2.0 that can be earned for the Element Group category.

Page 1.2 (Program Chart – Optional Levels): Execution Bonus for all levels will be (+0.2) for routines with execution deductions of (0.8) or less.

Page 2.8 (Routine Construction Table): Reflect changes to Level 8 Element Group Requirements and Execution Bonus listed above.

Age Group Competition Program - Technical Sequence Updates:

Page 3.5 (Pommel Horse 15-18) – There is no change in the routine. The text has been re-written to clarify the number of circles required in each part. Parts #6, 7, & 8 are re-numbered to clarify there is an additional uphill circle required before the dismount.

Page 4.5 (Still Rings 15-18, composition order option for Parts #7 & 8): Add option to order of skills for Parts #7 & 8 – The dislocate and the backward giant to handstand may be performed in any order. (i.e., after the basic swing to inverted position/ or forward giant in Part #6, the gymnast may execute immediate backward giant to handstand then high dislocate to dismount or he may execute high dislocate first and then backward giant to handstand followed by bail to dismount.) Add Note – “The gymnast may perform Parts #7 & 8 in either order.”

Page 6.2 (Parallel Bars 11-14 Peach basket angle): Clarification – Add criteria “Feet at bar level”

Page 6.3 (Parallel Bars 11-14 Technical Points of Emphasis): Clarification of Peach basket angle requirement – “Deviation of feet at bar level upon regrasp”.

Page 6.4 (Parallel Bars 15-18, dismount option) Add option for dismount: The option of doing a tuck-open back salto or a pike-open front salto dismount has been added to the sequence.

(Part #11): Add additional option – “*Front uprise and backward swing to pike-open front salto dismount.”

* Add Note: The front uprise in part #11 prior to the pike-open front salto dismount will only be subject to execution errors.

Page 6.10 (Parallel Bars Technical Sequence Criteria – Judging Points of Emphasis/Peach basket): Clarification – The angle requirements for the Peach basket at both 11-14 and 15-18 have been added to the requirements for evaluation section.

Page 6.12 (Parallel Bars Skill Description – pike-open front salto dismount): Added section for technical description of pike-open front salto dismount with Coaching and Judging Points.

Page 7.4 (Horizontal Bar 15-18, composition options for Parts #9 & 10 and Technical Emphasis Bonus Elements change for Part #10) Changes to Parts #9 & 10 - The option of doing a layout flyaway or a tuck open double back flyaway or a double layout flyaway has been added to the sequence.

(Part # 9): Change to read - “*1 to 3 backward giants to”

*Note: A Chinese tap is allowed before the tuck open double flyaway and the double layout flyaway

(Part #10): Add additional options – “Tuck open double flyaway” and “Double layout flyaway”

(Technical Emphasis Bonus Element Part #10): Change to read – “Stretch (hang) through bottom and must show distinct lift off bar (criteria applies to all 3 dismounts).

Page 7.5 (Changes to Criteria on dismount) – Evaluation criteria to read “Deviation of center of mass not at bar level on layout, tuck open double or double layout flyaway dismount.”

Page 7.12 (Horizontal Bar 15-18 criteria): Added section for technical description of tuck open double flyaway and double layout flyaway with Coaching and Judging Points.

Age Group Competition Program – Future Star Manual Updates:

Page #17 (Future Star National Championships Entry Fee) – The entry fee has been updated in the manual text to \$100.00 per athlete.

Pages # 53 to 58 (Trampoline Routines) – General guidelines and designated trampoline routines for each Future Star Age Group have been updated. These guidelines, routines and rules will be used in the 2013 Future Star program.

Pages # 59 to 63 (Trampoline Body Positions and Deduction Tables) – These general guidelines have been provided and added to the Future Star Program Manual to update required positions and guidelines for evaluation to the 2013 Future Star program.

This update contains the following replacement pages and includes all the changes from Updates #1 and #2 and #3:

Additional Section Added (2.91) – Level 8 Optional Rules for Pommel-less horse to be used in 11-12 year old age division.

AGCP Compulsory/Optional Rules Manual: 1.2, 1.4, 2.2, 2.6, 2.8, 2.9, 2.10, 3.6, 3.8, 3.11, 4.5, 4.7, 4.9, 4.12, 4.13, 5.1, 5.3, 5.7, 5.9, 5.10, 6.6, 7.10, 8.6, 8.7, 8.8, 8.9, 8.10.

Technical Sequences Manual: 3.5, 4.5, 6.2, 6.3, 6.4, 6.10, 6.12, 7.4, 7.5, 7.12.

Future Stars Program Manual: Pages # 17, 53, 55, 56, 57, 58, 59, 60, 61, 62, 63.



To: Men's Gymnastics Community
From: Dusty Ritter – Junior Olympic Program Coordinator
Kevin Mazeika – National Team Coordinator
Dennis McIntyre – Men's Program Director
Date: September 30, 2013

Re: Age Group Competition Program – Level 8 (11-12 years) Pommel Horse Changes

This document will serve as the clarifications/changes document for the 2013--2016 Junior Olympic Age Group Competition Program for Level 8 Pommel Horse. This document states that Level 8 (11-12 years) age group will compete on the Pommel Horse without the pommels. Level 8 (13 years and Up) age groups will compete on the Pommel Horse with the pommels with current Junior Olympic and FIG rules with JO Modifications in place for the 2013 – 2016 JO Program.

Optional Level 8 Pommel-less Horse Overview and Explanations:

Overview and Explanations:

The concept of entry level boys transitioning from compulsory to optional competition and competing on the pommel horse with the pommels removed was first presented prior to 2012 as part of the Age Group Competition Program in development for the current quadrennium. Since then the experience during the 2012-2013 competition season with Level 7 compulsory competition on the pommel-less horse has proven the viability, practicality and success of the concept as a developmental stage for the pommel horse event. One of the major hurdles for our sport is retention of boys in a meaningful way at the time they leave the compulsory program and begin the more difficult ascension to optional gymnastics. The pommel horse represents in many ways the most difficult event to adapt to and develop for successful competition. To assist in this development a few critical aspects were considered:

1. The mushroom is an outstanding developmental tool and the 3-5 years that a gymnast spends in the compulsory program learning a wide variety of 'core' pommel horse skills is very productive. A 'core' skill can be defined as a basic skill in one of several categories that serves as a building block for more advanced skills. The longer time spent in development of a strong fundamental mastery of these 'core' skills the greater the chance of successful adaptation to more advanced skills. Development includes both the ability to refine and improve circle technique and the ability to acquire an extensive repertoire of skills.
2. The comprehensive program of development in the compulsory years to build this technique and repertoire is difficult to transfer to the pommel horse by the great majority of boys in our competitive program. Boys at age 11 & 12 are generally still small and have not begun their physical growth stage yet – adapting to a large and imposing piece of equipment designed for older gymnasts with the skills they have learned is daunting. The optional repertoire they have learned in their compulsory years is often scrapped for more practical alternatives simply to achieve the short-term needs for competitive survival. This strategy can prove to be counter-productive in the long run. Any successful plan must include a vision for future success.
3. Rather a strategy of continuing to develop the repertoire and technique that has been philosophically adhered to all along while successfully transferring it to the larger piece of equipment makes more sense. The trend on pommel horse over the last 20 years has been to more difficulty. Today that means longer routines and doing more skills. Successfully negotiating long routines requires efficient swing technique that can conserve energy and promote consistent execution. To be successful, an optional gymnast must have available to him a wide variety of skills from different categories. Utilizing the pommel-less horse at this age and stage of development offers the vehicle through which the

athlete can continue to work toward this goal. The gymnast will have more time to master the skills that will actually help him to be successful as he moves forward in his optional development.

With the implementation of the new compulsory program, a deliberate attempt was made to change the perception many gymnasts have that pommel horse is hard - to one of fun and excitement. Introduction of the pommel-less horse has added to this success in Level 7 and the goal is to continue that trend of "having FUN" through Level 8.

Successful Use of the Pommel-less Horse Program & Summary:

The program for Level 8 Pommel-less Horse will promote development of routines relevant to optional gymnastics. Coaches must balance the competitive training time with a strategic plan for the future as well. There should be an equal mix of training routines for competition while preparing the athlete for the next level. On pommel horse this will include a couple of key areas to prepare the gymnast for successful competition in Level 9 & 10.

1. Time should be spent on pendulum or single leg swings on the pommels. However, instead of spending time trying to learn skills in the code, the gymnast should continue to develop efficient swing mechanics with a series of single leg drills designed to improve his strength and technique in these positions. This will make it easier to learn skills of value when the time comes. In addition, as a daily routine, this can be an excellent warm-up for the athlete and help to insure better wrist and forearm health as well. Leg swing skills also help develop the lean and weight shift required for good circle technique.
2. The gymnast should devote a portion of training time to swinging circles on two pommels with attention to detail on technical execution, speed and extension. More advanced gymnasts should spend a portion of their training time developing this same circle on one pommel with the goal of increasing the speed and number of circles done in succession. One and two pommels on a mushroom and/or buck can provide an important transition to the regular horse. Again, this is a good preparation for building elbow, wrist, and forearm tolerance and will be invaluable for transferring to more advanced skills at the next level.

As components of a successful plan it is important to balance the gymnast's time by devoting this part of the plan entirely to technical refinement and building of strength in the basic pommel positions. In this stage of development skill acquisition will be advanced on the pommel-less horse in development of his competitive routine. Transfer of the pommel development to pommel skills during this time will be dependent on the individual and his preparation for inclusion at the next level. This plan creates a smooth and logical transition in stage development for success at all optional levels.

In summary, the goals for Level 8 Pommel-less Horse are:

- More skill repertoire in preparation for longer optional routines
- Development of good circle technique on pommels
- Continued wrist strength and flexibility program
- HAVE FUN SWINGING!

Optional Level 8 Pommel-less Horse Rules & Acceptable Skills List:

A. Rules:

FIG - No deduction for not touching all three parts of the horse

JO FIG Exceptions ONLY (JO Manual, pg. 4.13)

1. For all "C" or higher longitudinal travels a global skewing deduction will be applied.
2. Any "B" or higher Flair skill will receive +0.1 in bonus.
3. Any "B" or higher Spindle skill will receive +0.1 in bonus.
4. Any dismount skill that achieves a handstand (as long as the gymnast does not use his feet or legs to push off the horse) will receive full Element Group V credit and a maximum of -0.5 in execution deductions

JO FIG Exceptions ONLY (JO Update 1, pg. 7)

- C. Page 2.12 #2 Pommel Horse: Add (C). Any circle or flair to handstand dismount will receive a minimum of "C" value. (Note: If a "B" value or higher flair to handstand dismount is performed it does not receive an additional (+0.1) under the "B" or higher flair skills (+0.1) Bonus rule - (2.9 #2A).

JO Event Specific Bonus ONLY (JO update 1, pg. 2.9)

- A. Any "B" or higher Flair skill will receive +0.1 in bonus. (This bonus does not apply to the JO excepted dismount as described in Event Specific Exceptions section E-2(c) Page RP 2.12)

- B. Any "B" or higher Spindle skill will receive +0.1 in bonus.

- C. Any "B" or higher flair with a spindle will receive both bonuses for a total of +0.2 in bonus.

No other pommel horse JO event specific rules apply. (i.e.: No 'E' or 'F' cross support travel, no flop bonus since there are no one pommel skills for this event.)

B. Skills List: (The skills in these tables are from the FIG Code of Points and will take precedence for use in Level 8 Pommel-less Horse competition in the 11-12 age group only.)

Element Group 1 - Single Leg Swings & Scissors			
NONE ALLOWED			
Element Group 2 - Circles & Flairs, with &/or without Spindles & Handstands			
Skill Description	FIG Code Box	Modification	Value
Circle in side support	EG2.1		A
Flair in side support	EG2.1	Virtual Box	A
Circle in cross support frontways	EG2.13		A
Flair in cross support frontways	EG2.13	Virtual Box	A
Circle in cross support rearways	EG2.19		A
Flair in cross support rearways	EG2.19	Virtual Box	A
1/4 Spindle from side support	EG2.25		A
1/1 Spindle from side support (2 circles)	EG2.28		D
1/4 Spindle from cross support	EG2.31		A
1/2 Spindle from cross support	EG2.32		B
Magyar - 1/1 spindle from cross support (2 circles)	EG2.34		D
Tippelt - Flair or Circle through H.S. back to circle/flair	EG2.39		C
Element Group 3 - Side & Cross Support Travels			
Skill Description	FIG Code Box	Modification	Value
Travel fwd in side support (1/2)*	EG3.1		A
Travel fwd in side support (3/3)	EG3.2		B
Travel bwd in side support (1/2)*	EG3.13		A
Travel bwd in side support (3/3)	EG3.14		B
Travel with 1/2 spindle from cross support (1/2)*	EG3.27		C
Travel from side support with 2x 1/2 spindles (3/3)	EG3.29		E
Travel from side support with 1/2 spindle (1/2)	EG3.33		C
Travel fwd in cross support (1/2)*	EG3.44		B
Magyar - Travel fwd in cross support (3/3)	EG3.46		D
Travel bwd in cross support (1/2)*	EG3.56		B
Sivado - Travel bwd in cross support (3/3)	EG3.58		D

Element Group 4 - Kehr Swings, Wende Swings, Flops & Combined Elements			
Skill Description	FIG Code Box	Modification	Value
1/4 Turn from cross support frontways (1/2 Kehr)**		Added Skill	A
1/4 Turn frontways from side support (1/2 Kehr)**		Added Skill	A
1/4 Turn from cross support rearways (1/2 Stockli)**		Added Skill	A
1/4 Turn rearways from side support (1/2 Stockli)**		Added Skill	A
Double rear (Kehr)	EG4.1		A
Urzica - kehr + stockli (3/3)	EG4.3		C
Moguilny - kehr + stockli + kehr (3/3)	EG4.4		D
Direct Stockli A	EG4.8		B
Direct Stockli B	EG 4.14		B
Belenki - stockli + kehr + stockli (3/3)	EG4.16		D
Stockli from cross support to cross support (3/3)	EG4.28		D
180 or 270 Russian (3/3)		Added Skill	C
Schwabenflank	EG4.43		A
Czechkehr	EG4.44		B
360 Russian with 1/2 travel*		Added Skill	C
Roth - 360 Russian with 3/3 travel	EG4.46		D
Wu Guonian - 720 Russian with 3/3 travel	EG4.47		E
180 or 270 Russian	EG4.55		A
360 or 540 Russian	EG4.56		B
720 or 900 Russian	EG4.57		C
1080 Russian	EG4.58		D

Element Group 5 - Dismounts			
Skill Description	FIG Code Box	Modification	Value
Flank off		Added Skill	A
Schwabenflank to wende	EG5.1		A
Chaguinian to wende	EG5.2		B
Kolyvanov - circle or flair H.S. + 3/3 travel + 450 turn	EG5.4		D
360 Russian	EG5.8		B
720 Russian	EG5.9		C
1080 Russian	EG5.10		D
180 Russian with 1/2 travel	EG5.14		B
Circle or Flair to H.S.	EG5.20	JO upgrade	C
Clarification: A 180 Russian (from back loop) immediate Schwabenflank dismount = B <i>This is shown in the FIG Code, box #8 (360 Russian). Also, refer to FIG Code pg. 60, 2 (p)</i>			

- *In Element Group 3 & 4 – The horse without pommels is divided into 3 sections. Traveling from one section to the second section is deemed to have traveled over ½ the horse body.
- ** In Element Group 4 – The ¼ turning skills listed as added skills (i.e. ½ kehr, ½ stockli) are turns of 90 degrees to support and therefore ½ of the turn of the same skill as listed in the FIG Code. These skills are added due to the removal of the pommel and to allow the gymnast to count an 'A' value part.

Optional Level 8 Pommel-less Horse Sample Routines:

Beginning Routine <i>(the basic Level 7 routine)</i>							
Level 7 part #	Skill	Value		JO Bonus	Element Groups		Start Score
1	Circle in cross support frontways	A	0.1		2	0.5	
3	1/4 Turn from cross support frontways	A	0.1		4	0.5	
4	Circle in side support	A	0.1		2		
5	1/4 Turn rearways from side support	A	0.1		4		
6	Circle in cross support rearways	A	0.1		2		
7	Flank dismount	A	0.1		5	0.3	
		0.6			1.3		1.9

Intermediate Routine <i>(a Level 7 routine with bonus)</i>							
Level 7 part #	Skill	Value		JO Bonus	Element Groups		Start Score
SB #4	Magyar	D	0.4		3	0.5	
6	Circle in cross support rearways	A	0.1		2	0.5	
SB #2	1/4 Spindle from cross support	A	0.1		2		
SB #2	1/4 Spindle from side support	A	0.1		2		
1	Circle in cross support frontways	A	0.1		2		
3	1/4 Turn from cross support frontways	A	0.1		4	0.5	
5	1/4 Turn rearways from side support	A	0.1		4		
SB #3	360 Russian dismount	B	0.2		5	0.5	
		1.2			2.0		3.2

Advanced Routine							
	Skill	Value		JO Bonus	Element Groups		Start Score
	Wu Guonian	E	0.5		4	0.5	
	Circle in cross support rearways	A	0.1		2	0.5	
	Sivado	D	0.4		3	0.5	
	Magyar	D	0.4		3		
	Flaired 1/2 spindle from cross support	B	0.2	0.2	2		
	720 Russian	C	0.3		4		
	1/4 Turn from cross support frontways	A	0.1		4		
	Flaired Handstand dismount	C	0.3		5	0.5	
		2.3		0.2	2.0		4.5

Gymnasts may compose routines using any of the elements listed in the tables provided from the FIG Code in this document and receive the value, element group and/or bonus listed. These are sample routines only provided as an example for calculating the required parts and start value of the composition.

- b. **Junior Elite Division** – Competitors will perform designated Technical Sequences in addition to performing optional routines utilizing the Score Components listed in the Optional Levels Chart below. Gymnasts in this division are eligible to receive All-Around, Individual Event, and Team awards at the Junior Olympic National Championships. Gymnasts competing in the Junior Elite Division are eligible for National Team Selection and qualification to the U.S. Championships.
- c. **Optional Levels Chart:**

Age Group Competition Program Chart - Optional Levels							
Level	Age Group	Highest Competitive Level	Score Components				
			Number of Skills	Element Groups	Dismount	Stick Bonus	Execution Bonus
Junior Olympic – Optional Routines Only							
8	11-12	NATIONAL	8 (7 + dismount)*	2.0 Req.	B = 0.5 A = 0.3	0.2	(+0.2) Bonus with (0.8) or less in Exec. Deductions
	13-14	REGIONAL					
	15-18						
9	13-14	NATIONAL	8 (7 + dismount)*	2.5	B = 0.5 A = 0.3	0.2	(+0.2) Bonus with (0.8) or less in Exec. Deductions
	15-16	REGIONAL					
	17-18						
10	15-16	NATIONAL	10 (9 + dismount)*	2.5	C = 0.5 B = 0.3 A = 0.0	0.2	(+0.2) Bonus with (0.8) or less in Exec. Deductions
	17-18						
Junior Elite – Optional Routines & Technical Sequences							
8	11-12	NATIONAL	8 (7 + dismount)*	2.0 Req.	B = 0.5 A = 0.3	0.2	(+0.2) Bonus with (0.8) or less in Exec. Deductions
9	13-14	NATIONAL	8 (7 + dismount)*	2.5	B = 0.5 A = 0.3	0.2	(+0.2) Bonus with (0.8) or less in Exec. Deductions
10	15-16	NATIONAL	10 (9 + dismount)*	2.5	C = 0.5 B = 0.3 A = 0.0	0.2	(+0.2) Bonus with (0.8) or less in Exec. Deductions
	17-18						
*Dismount must count for Element Group Requirement							
<ol style="list-style-type: none"> Optional Rules are based on the FIG Code of Points with Junior Olympic modified exceptions listed in the Optional Levels 8 – 10 Judging & Rules Guidelines section and Event Chapters 3-8. Count the highest value part for each required Element Group Credit first. Count the highest value remaining skills for maximum numbered parts. Less than 6 recognized skills results in a 1.0 deduction from the 'E' score for each missing skill. 							

II. General Rules and Regulations

A. Age Determination and Competition Level:

1. The competitive season is defined as September 1st – August 31st. For all aspects of the Men's Junior Olympic Age Group Program, a gymnast's competitive age is determined by his age on September 1st of the competitive season.
2. A gymnast under the age of six will not be permitted to participate in the Men's Junior Olympic Age Group Competition Program under any circumstance. If a gymnast whose competitive age is determined to be five as of September 1st turns six during the course of the competitive season he will be allowed to compete as a six year old once his actual age is six.
3. **Level 8 exception:** A gymnast whose competitive age is 10, younger than the required age of 11 for Level 8, may qualify to compete at Level 8 through participation in the Future Stars Program. In order to qualify, the gymnast must attain a qualifying score through competition at the Future Stars National Championships. This qualifying score will be determined yearly by the Junior National Coaching Staff and published by September 1 of each year.
4. Maximum competitive age for a gymnast to participate in the Men's Junior Olympic Age Group Competition Program is 18. A gymnast whose competitive age is 19 or older and has graduated from high school must participate as a Senior.
5. **Level 5 exception:** A gymnast whose competitive age is 6 on September 1st may compete Level 5. A gymnast whose competitive age is 5 on September 1st but turns 6 during the competitive season may not compete Level 5 during the competitive season. In this case, the gymnast may compete Level 4 once he has turned six years old.

A. Uniforms:

1. For Levels 6-10 on Pommel Horse, Still Rings, Parallel Bars and Horizontal Bar, all gymnasts must wear long solid colored competition pants and footwear (socks and/or gymnastics shoes). In the Junior Olympic Age Group Competition Program, dark colored competition pants are allowed. On Floor Exercise and Vaulting, gymnasts may compete in short pants with or without footwear. A competition top must be worn on all events.
2. For Level 4-5, for all events, gymnasts are only required to wear gymnastics short pants, team T-shirt and footwear (socks and/or gymnastics shoes). On Floor Exercise and Vault the gymnast may perform with or without footwear.
3. For Level 3, for all events, gymnasts must wear T-shirt and shorts. Competitive uniforms are not allowed at this level.
4. All gymnasts are required to wear a shirt or competition top on all events during warm-ups.
5. For safety reasons jewelry of any kind is NOT allowed during competition and is considered a uniform violation.
6. Uniform violations will result in a medium behavioral deduction of 0.3 on each event in which the infraction occurs. The judge will warn the gymnast that the deduction will be taken at each event.

B. Coach's Professional Attire – (*Violators will be asked to leave the field of play*)

The following coach's professional attire is required at all competitive sessions, scheduled warm up sessions and event training sessions.

1. Closed toe shoes, no sandals
2. Slacks, Warm-up pants or hemmed "dress" shorts (No Denim or "Cargo Style" – Defined as having large flap pockets with a button or snap closure on the front and/or side of the thigh)
3. Collared shirts
4. No hats
5. No backpacks while spotting

F. Spotting Deductions:

1. All spotting must be done by a USA Gymnastics Professional Member.
2. All spotting deductions should be taken from the Final Score.
3. If there is no spotter, when required, the routine may not begin. If the spotter walks away when required, deduct 0.3 and the coach will be warned that another infraction will disqualify all of his athletes on that event for that day.
4. Unless specifically stipulated in a compulsory routine (Level 4-7) as an allowable spot, if the spotter assists in the execution of the skill, deduct 1.0 for the spot and also deduct for any execution errors that occurred in the execution of the skill. The judge has the discretion to not recognize the skill if, in his opinion, the gymnast could not have completed the skill on his own.
5. If, during the exercise, an incidental brush or touch occurs between the spotter and the gymnast, without interrupting or assisting in the skill, there is no deduction.
6. A coach may not spot an athlete from a surface that is higher than the allowable competition surface. The head judge will not allow the athlete to compete if this rule is violated.

G. Videotape Review:

There is no videotape review of routine performance for any score evaluation in the Men's Junior Olympic Age Group Competition Program.

H. General Apparatus and Behavioral Deductions:

1. Falls:

- a. A fall onto or off of the apparatus will be deducted 1.0 in addition to any other execution errors.
 - b. If the gymnast falls off of the apparatus, the judge announces that the gymnast has 30 seconds to remount the apparatus.
 - c. The coach may ask the head judge if the gymnast received credit for the skill on which he fell. The head judge will answer the coach with a 'yes' or 'no' response. There will be no other discussion.
 - d. A gymnast may repeat the skill to earn its value, for both optional and compulsory levels. This rule includes required skills, Specified Bonus skills, and dismounts for both compulsory and optional competition.
2. If a coach speaks to the gymnast during his performance, a medium behavioral deduction of 0.3 should be taken from the gymnast's 'E' score. This deduction will be taken only once during a routine. It is not a deduction for a coach to speak to his gymnast during the 30 second time between a fall and a re-mount of the apparatus for the continuation of his routine.
 3. If a springboard is used inside the uprights to mount the parallel bars, it must be removed as soon as the mount is completed (for the safety of the gymnast), or there will be an apparatus related violation of 0.5.
 4. All apparatus and behavioral deductions should be taken from the Final Score.

I. Landing Deductions:

All landing deductions are as per FIG.

J. Stick Landings: A stick is defined as a landing in which the feet do not move. All FIG deductions apply.

7. Steps:

- a. There is no requirement specifying the number of steps in the run prior to tumbling sequences in floor exercise routines.
- b. If a run is specified then at least one step must be taken prior to the hurdle otherwise a small deduction of 0.1 will be taken.
- c. A gymnast may take as many or as few steps as is necessary to execute the routine within the defined limits of the floor exercise mat.

8. Floor Exercise, Pommel Horse, Still Rings, Parallel Bars & Horizontal Bar Bonus:

All awarded bonus will be added to the start value

a. Specified Bonus:

- i. Award +0.5 per specified bonus skill or sequence for performance as indicated in the compulsory routine text described in the following Chapters 3 - 8.
- ii. Where performance criteria is present, Specified Bonus can be awarded as long as there is no single large deduction in the performance of the skill. Specified Bonus can be awarded at the judge's discretion less any small or medium deductions that apply.
- iii. Specified Bonus skills may be repeated for value.

b. Virtuosity Bonus:

- i. Award a total of +0.5 for virtuous elements with a small (0.1 or less) deduction.
- ii. Individual skills may be awarded virtuosity bonus, to a maximum of +0.1 per skill.
- iii. Each compulsory routine has three identified virtuosity elements.
- iv. An additional +0.2 of virtuosity bonus can be awarded at the discretion of the judge for elements showing extreme amplitude or virtuous performance.

c. Stick Bonus:

- i. Award +0.2 for stuck dismounts on Floor Exercise, Still Rings, Parallel Bars & Horizontal Bar.
- ii. On Pommel Horse, the stick bonus is divided between the two apparatus, +0.1 awarded for sticking the landing off mushroom and +0.1 awarded for sticking the landing off pommel horse for a total of up to +0.2.

9. Vault Bonus:

All awarded bonus will be added to the start value

- a. **Virtuosity Bonus:** Award up to +0.5 for exceptional power and/or efficient blocking action resulting in exceptional rise (height and/or distance) in the vault second (post) flight. Virtuosity may be awarded in increments of small (+0.1), medium (+0.3) or large (+0.5) bonus singly or in combination not to exceed the 0.5 maximum.
- b. **Stick Bonus:**
 - i. Award +0.2 for stuck dismounts on Floor Exercise, Still Rings, Parallel Bars & Horizontal Bar.
 - ii. For Level 5 Vault – Flyspring (Boulder Handspring) the gymnast is allowed a rebound prior to sticking the dismount. Stick bonus cannot be awarded if the rebound travels backward after first contact on landing (i.e., short landing).

10. Salto heights: (Floor Exercise and dismounts) are measured from the center of mass. Center of mass is defined as the point around which the body is rotating in space during the execution of the salto.

11. Pommel Horse:

- a. On all single leg cuts, the top leg (cutting leg) should be at minimum horizontal with the hips fully extended.
- b. On all pendulum swings, false scissors and scissors, the top leg should be at minimum horizontal with the hips fully extended.
- c. Unless otherwise specified, all elements, compulsory or optional, begin and end in front support as per FIG.
- d. If a gymnast executes more than the minimum required number of circles at any point during the routine they will be judged for execution errors only.

12. Still Rings:

Unless otherwise specified all basic swings on Still Rings should show a "turnover" action. See Chapter 5 – Still Rings, Section I – Compulsory Levels 3-7 Overview and Explanations, Paragraph C – Basic Technique: Basic Swing for a full description.

III. Optional Levels 8 – 10 Judging & Rules Guidelines:

A. Routine Construction Table for Levels 8 – 10:

Note that unless otherwise stated, all rules will be as per the FIG Code of Points. Please refer to the document precedence statement in Chapter 2 – Section I - Paragraph A, for further clarification.

Routine Construction Table - Optional Levels								
	Levels & Age Groups							
	8			9			10	
	11-12	13-14	15-18	13-14	15-16	17-18	15-16	17-18
Highest Level of Competition	National	Regional		National	Regional		National	
Presentation Start Value ('E' Score)	10.0			10.0			10.0	
Floor Exercise, Pommel Horse, Still Rings, Parallel Bars & Horizontal Bar								
Execution Bonus	0.2			0.2			0.2	
	Award Execution Bonus for (0.8) deductions or less							
Number of Skills Counted for Difficulty (Part of 'D' Score)	8 (7 + dismount)			8 (7 + dismount)			10 (9 + dismount)	
Maximum Element Group Start Value (Part of 'D' Score)	2.0 (4 EG)			2.5 (5 EG)			2.5 (5 EG)	
	0.5 per element group - must include dismount to receive full credit. There is no limit to the number of skills allowed per element group							
Dismount Skill Value Required for Full Element Group Credit	B			B			C	
	0.2 Stick Bonus can only be awarded for Full Element Group Credit Dismount							
Dismount Skill Value Required for 0.3 Element Group Credit	A			A			B	
Vault								
Number of Vaults Allowed	1			1			2*	
*Refer to the Junior Olympic Bonus Table – Optional Levels for bonus awarded for multiple vaults								

B. General Bonus:

1. Execution Bonus:

- Routines that have execution deductions of less than (0.8) will be awarded +0.2 in bonus.
- Execution bonus will be added to the start value and can only be awarded if all required element groups are fulfilled including full value dismount.

2. Stick bonus:

- Stick bonus of +0.2 will be awarded for stuck dismounts which receive full Element Group V credit.
- Stick bonus will be added to the start value.

C. Event Specific Bonus:

Except where specifically defined, Event Specific Bonus cannot be awarded if there is a single large error (0.5) or fall (1.0) in the execution of the skill.

1. Floor Exercise:

- Multiple salto skills will receive +0.1 in bonus.
- Level 10 gymnasts will receive an additional +0.1 in bonus (for a total of +0.2) for a double salto stretched (with or without twist)
- Any "C" skill + "C" skill acrobatic connection will receive +0.1 in bonus.

C. Event Specific Bonus: (Continued)

2. Pommel Horse:

- a. Any "B" or higher Flair skill will receive +0.1 in bonus. (This bonus does not apply to the JO excepted dismount as described in Event Specific Exceptions section E-2(c) Page RP 2.12)
- b. Any "B" or higher Spindle skill will receive +0.1 in bonus.
- c. Flair with a spindle will receive both bonuses for a total of +0.2 in bonus.
- d. Any full longitudinal cross support travel (Magyar or Sivado) with one extra circle in the saddle (4 hand placements for Magyar, 3 hand placements for Sivado) will receive "E" difficulty credit and Element Group III credit. *This bonus skill, Magyar or Sivado direction, can be performed only one time.* All other FIG rules apply. **(Not applicable to Level 8 (11-12) Pommel-less Horse)**
- e. Any full longitudinal cross support travel (Magyar or Sivado) with two extra circles in the saddle (6 hand placements for Magyar, 5 hand placements for Sivado) will receive "F" difficulty credit and Element Group III credit. *This bonus skill, Magyar or Sivado direction, can be performed only one time.* All other FIG rules apply. **(Not applicable to Level 8 (11-12) Pommel-less Horse)**
- f. An athlete may use both a bonus "F" and "E" travel (Magyar or Sivado) in his routine. (Example: "F" Magyar + "E" Sivado). He cannot use either 2 "F" or 2 "E" travels (Example: "E" Magyar + "E" Sivado) **(Not applicable to Level 8 (11-12) Pommel-less Horse)**
- g. The following sequences on one pommel: Direct Stöckli B (DSB) to Direct Stöckli B (DSB); Direct Stöckli B (DSB) to pommel loop circle; Pommel loop circle to Direct Stöckli B (DSB) will receive "C" value and Element Group IV credit. These sequences count as 'flop sequences' and will follow all FIG rules. *This bonus skill can be performed only one time.* **(Not applicable to Level 8 (11-12) Pommel-less Horse).**

3. Still Rings:

All Element Group III and IV "B" value or higher skills performed with a total of no more than 0.3 in execution deductions will receive +0.1 in bonus.

4. Vault:

Level 10 gymnasts may earn vault bonus for performing a second vault which meets the following criteria:

- a. The gymnast's first vault is scored normally by the judging panel.
- b. If the gymnast elects to perform a second vault for bonus he will do so immediately following the first vault. His coach must inform the judges of his intention as well as the name and start value of the second vault.
- c. Both vaults must be from different FIG vault groups but they may have the same second flight.
- d. Both vaults must have a salto in the second flight.
- e. The judging panel must agree that the second vault, as performed, did not receive a large execution deduction.
- f. The judging panel will determine the sum of the start values for the two vaults and then the amount of bonus to be awarded based on the Vault Bonus Table included in the "Junior Olympic Bonus Table – Optional Levels"
- g. If all criteria are met and bonus is awarded it will be added to the start value of the first vault.
- h. If the gymnast balks on his first attempt, the 1.0 deduction will be taken from his execution score on the first vault and will not affect his eligibility for bonus if all other criteria are met.
- i. Stick bonus of +0.2 will be awarded for sticking the first vault.
- j. Stick bonus of +0.2 may also be awarded for sticking the second vault if the second vault meets the above criteria and is awarded the vault bonus.

5. Parallel Bars:

All Giant swings backward with turns (Giant swing backward with ½ turn, Giant swing backward with Diamidov) will receive a +0.1 bonus.

6. Horizontal Bar:

- a. Any "C" value Element Group II – Flight Element will receive +0.1 in bonus.
- b. Any "D" value Element Group II – Flight Element will receive +0.2 in bonus
- c. A Quintero to El-grip, "E" value skill, will receive +0.2 in bonus.
- d. Any "E" or "F" value Element Group II – Flight Element, except for a Quintero to El-grip, will receive +0.3 in bonus.
- e. Any Kovacs (Double salto backward over the bar) will receive +0.3 in bonus.
- f. Any same skill "C" value or higher EG II – Flight Skill may be repeated once in direct connection. (Examples: (1) Tkatchev straddled + Tkatchev straddled or (2) Tkatchev straddled, giant, Tkatchev straddled + Gienger)
- g. A "C" value Jam to handstand will receive +0.1 in bonus.

Junior Olympic Bonus Table - Optional Levels

	Levels & Age Groups							
	8			9			10	
	11-12	13-14	15-18	13-14	15-16	17-18	15-16	17-18
Applied to All Events								
Execution Bonus - Awarded only if all Element Groups are fulfilled	0.2			0.2			0.2	
	Awarded if execution deductions are 0.8 or less							
Stick Bonus	0.2			0.2			0.2	
	Awarded only for Full Element Group Credit Dismount							
Floor Exercise								
Multiple salto skills	0.1			0.1			0.1	
Any "C" + "C" acrobatic connection	0.1			0.1			0.1	
Double salto stretched (with or w/o twist)	Not Applicable			Not Applicable			Additional 0.1	
Pommel Horse								
Any "B" or higher Flair	0.1			0.1			0.1	
Any "B" or higher Spindle	0.1			0.1			0.1	
Magyar or Sivado - 2 circles in saddle	0.1 or "E" Value*			0.1 or "E" Value			0.1 or "E" Value	
OR	Each skill may only be awarded once per routine							
Magyar or Sivado – 3 circles in saddle	0.2 or "F" Value*			0.2 or "F" Value			0.2 or "F" Value	
DSB+DSB or DSB+loop or loop+DSB	0.1 or "C" Value*			0.1 or "C" Value			0.1 or "C" Value	
*See note for asterisk skills (L8 11-12)	*Not Applicable to Level 8 Pommel-less Horse							
Still Rings								
Element Group III and IV "B" value or higher skills performed with a total of no more than 0.3 in execution deductions	0.1			0.1			0.1	
Vault								
Stick Bonus	0.2			0.2			0.2	
	Awarded for each stuck vault							
Vault Bonus for multiple vaults awarded if performed with no large execution deduction or fall on the second vault	Not Applicable			Not Applicable			See Table below	
	Sum of the Start Values				Bonus Awarded			
	6.4 to 7.1				0.2			
	7.2 to 7.9				0.3			
	8.0 to 8.7				0.4			
	8.8 to 9.5				0.5			
9.6 & up				0.6				
Parallel Bars								
Any Giant swing backward with turns	0.1			0.1			0.1	
Horizontal Bar								
Any "C" value Element Group II flight skill	0.1			0.1			0.1	
Any "D" value Element Group II flight skill	0.2			0.2			0.2	
Quintero to El-grip "E" value skill	0.2			0.2			0.2	
Any "E" or "F" value Element Group II flight skill (except Quintero to El-grip)	0.3			0.3			0.3	
Kovacs	0.3			0.3			0.3	
"C" value Jam to handstand	0.1			0.1			0.1	

LEVEL 4 - FLOOR EXERCISE: (Continued)

Skills	Description	Performance Criteria	Virtuosity
8. Round-off, Rebound	Run, hurdle, round-off, rebound to stand	Rebound should be straight body with elevation, arms vertical, head forward in neutral position.	
Specified Bonus #2: In #8, Run, hurdle, round-off, back handspring, rebound to stand. (+0.5)			
SB#2. Round-off, Back handspring, Rebound	Run, hurdle, round-off, back handspring, rebound to stand.	Show turnover position and rotation to vertical with tight body on rebound. Control landing.	

***Note:** In # 5, the gymnast may receive virtuosity by lifting from the arch support through a straddle and lowering directly to a split or pancake or by rolling directly through the split. There is no hold. The split should 'show position and presentation' only momentarily. The gymnast should then slide forward with his hands, bringing his legs together behind him in an extended position laying on the floor, circle his arms to his chest, push up to an arch front support and continuously lift to a straddle stand to continue the routine. *The gymnast may also choose to perform the press in #6 either to headstand, handstand, or from an Endo roll directly from the split.*

The text is provided as instruction as to how to insert the bonus and virtuosity skills into the routine. Variations of this sequence that meet the spirit of the criteria should be allowed. Artistic expression and recognition of stylistic performance in the execution of the routine should be encouraged as long as the required elements of criteria are performed or replaced with bonus parts.

LEVEL 5 - FLOOR EXERCISE: (Continued)

Skills	Description	Performance Criteria	Virtuosity
6. Dive roll	Run, punch straight body dive roll to stand	Roll smoothly with support on hands to stand. Hollow or tight arch is allowed.	
7. Jump ½ turn, Back extension roll, Arch support	Jump ½ turn to back extension roll with straight arms to prone, lower to arch support with head up, toes pointed and lift tucked or piked to stand	There is no height requirement for back extension roll. Show continuous rhythm.	Back extension roll through handstand with straight arms (+0.1)
8. Cartwheel, Assemblé with a ½ turn	Lift leg rearward with ¼ turn (90°) either direction to cartwheel or ½ turn (180°) to cartwheel, up to 3 steps forward to assemblé with a ½ turn to corner facing (B).	The cartwheel may begin from either a sideward or forward facing position and the sequence should show continuous rhythm with no stop.	
9. Front scale	Lift back leg at 45° minimum below horizontal to front scale, return to stand with good presentation.	2 sec. hold of front scale required.	Scale with back leg at horizontal or greater (+0.1)
10. Round-off, Back handspring, Rebound	Run, hurdle, round-off, back handspring, rebound to stand.	Show turnover position and rotation to vertical with tight body on rebound. Control landing.	
Specified Bonus #3: In #10, Run, hurdle, round-off, back handspring, back handspring, rebound to stand. (+0.5)			
SB#3. Round-off, Back handspring, Back handspring, Rebound	Run, hurdle, round-off, back handspring, back handspring, rebound to stand.	Show turnover position and rotation to vertical with tight body on rebound. Control landing.	

***Note:** In # 3, the gymnast may roll directly from the handstand to a split (center or side) or pancake for virtuosity. There is no hold. The split or pancake should 'show position and presentation' momentarily. The gymnast should then slide forward with his hands, bringing his legs together behind him in an extended position laying on the floor, circle his arms to his chest, push up to an arch front support and continuously lift to a straddle stand to continue the routine. *The gymnast may also choose to perform the press to handstand or from an Endo roll directly from the split.*

The text is provided as instruction as to how to insert the bonus and virtuosity skills into the routine. Variations of this sequence that meet the spirit of the criteria should be allowed. Artistic expression and recognition of stylistic performance in the execution of the routine should be encouraged as long as the required elements of criteria are performed or replaced with bonus parts.

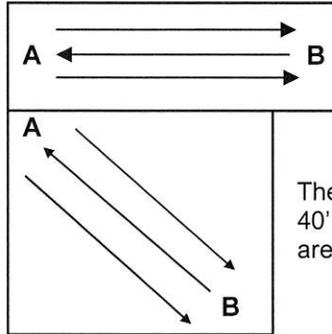
LEVEL 7 - FLOOR EXERCISE:

Base Score	10.0
Specified Bonus	2.0
Virtuosity	0.5
Stick Bonus	0.2
Maximum Score	12.7

Stand at point A facing Point B

Pattern:

- A to B
- B to A
- A to B



A 6' x 60' tumbling strip area is required.

The diagonal section of a 40' x 40' (12 m x 12 m) floor exercise area may be used..

Note:

All arm positions are optional, unless otherwise indicated.

Skills	Description	Performance Criteria	Virtuosity
1. Round-off Back handspring, Salto backward stretched	Run, hurdle, round-off, back handspring, salto backward stretched	Vertical takeoff into salto with head neutral. Control landing	
Specified Bonus #1: In #1, Run, hurdle, round-off, back handspring, somersault backward stretched with a full twist (1/1). (+0.5)			
SB#1. Round-off, Back handspring, Salto backward stretched with a full twist (1/1)	Run, hurdle, round-off, back handspring, salto backward stretched with a full twist (1/1)	Vertical takeoff into salto with head neutral. Show ¼ set position on take-off. Control landing	
2. Roll backward through handstand with ½ turn, Prone support, Sissone, 180° turn	Roll backward through handstand with ½ turn, lower to prone support, arch with toes pointed, head up and lift to tuck position to sissone and 180° turn (½ turn) rearward facing (A)	Roll may be tucked or piked. Straight arm on roll. Show continuous rhythm.	Sissone flexibility 90° or greater (+0.1)
3. Forward handspring, Salto forward	Run, hurdle, forward handspring, salto forward to stand.	Salto may be tucked, piked or layed-out. Control landing of salto.	
Specified Bonus #2: In #3, Run, hurdle, forward handspring, flyspring, salto forward. (+0.5)			
SB#2. Forward handspring, Flyspring, Salto forward	Run, hurdle, forward handspring, flyspring, salto forward	Salto may be tucked, piked or stretched. Control landing.	
4. 180° turn, Swedish fall, Straddle stand	Step forward to kick 180° turn (½ turn) facing to Swedish fall facing (B) to prone support, arch with head up and lift to straddled stand, continuously lift head and arms upward and reach forward to	Swedish fall with top leg at vertical. Continuous rhythm.	Swedish Fall for past 180° vertical (+0.1)

LEVEL 4 – POMMEL HORSE:

This event will be performed and evaluated on two separate apparatus:

1. The mushroom - divided into quadrants (circle routine)
2. The standard pommel horse (pendulum swing routine)

The apparatus may be performed in either order

Scoring Breakdown				
	Mushroom		Pommel Horse	
Base Score:	5.0	+	5.0	= 10.0
Specified Bonus:	1.0	+	0.0	= 1.0
Virtuosity:				= 0.5
Stick Bonus:	0.1	+	0.1	= 0.2
				11.7 Maximum Score

Mushroom:

Note: The routine can be performed in either direction.

Skills	Description	Performance Criteria	Virtuosity
1. Double leg circle	Step to the side and jump to one double leg circle	The body should show a stretched position with legs together and toes pointed	0.1 or less in execution deductions for each circle skill or specified bonus (+0.1)
Specified Bonus #1: Two additional double leg circles prior to the dismount (+0.5)			
SB#1. Two double leg circles	Continue to perform two additional double leg circles	Maintain extension in the straight body position	
Specified Bonus #2: Two more additional circles prior to the dismount. (+0.5) (A total of 5 circles without a fall must be performed to receive this bonus)			
SB#2. Two double leg circles	Continue to perform two additional double leg circles	Maintain extension in the straight body position	
2. ¼ turn flank dismount	¼ turn flank dismount to stand in front of the mushroom	Maintain extension in the straight body position	

Note: If a gymnast does 4 circles instead of 5 in an attempt to achieve Specified Bonus #2, there should be no deduction for an added part, but no bonus should be awarded for Specified Bonus #2. A total of 5 circles must be completed in succession before the dismount in order to receive Specified Bonus #2.

Note: There are two parts in the mushroom routine. Each part is worth 2.5 in value. The gymnast is required to attempt the double leg circle in Part #1. Failure to attempt or omitting the circle will result in a 2.5 deduction or the value of the part.

LEVEL 5 – POMMEL HORSE:

This event will be performed and evaluated on two separate apparatus:

1. The mushroom - divided into quadrants (circle routine)
2. The standard pommel horse (pendulum swing routine)

The apparatus may be performed in either order

<u>Scoring Breakdown</u>				
	Mushroom		Pommel Horse	
Base Score:	5.0	+	5.0	= 10.0
Specified Bonus:	1.5	+	0.0	= 1.5
Virtuosity:				= 0.5
Stick Bonus:	0.1	+	0.1	= 0.2
				<u>12.2 Maximum Score</u>

Mushroom:

Note: The routine can be performed in either direction.

Skills	Description	Performance Criteria	Virtuosity
1. Double leg circle	Step to the side and jump to one double leg circle	The body should show a stretched position with legs together and toes pointed	0.1 or less in execution deductions for each circle skill or specified bonus (+0.1)
2. Double leg circle	One additional double leg circle	Maintain extension in the straight body position	
3. Double leg circle	One additional double leg circle	Maintain extension in the straight body position	
Specified Bonus #1: Two additional double leg circles prior to the dismount (+0.5) A total of five double leg circles must be performed before attempting Specified Bonus #2 or Specified Bonus #3. (See Note below) *			
SB#1. Two double leg circles	Continue to perform two additional double leg circles	Maintain extension in the straight body position	
Specified Bonus #2: Following the two additional double leg circles in Specified Bonus #1, complete ½ spindle in two double leg circles prior to the dismount (See Note below) * (+0.5) Must start on 6th circle.			
SB#2. ½ Spindle	Complete ½ spindle in two double leg circles prior to the dismount	Maintain extension in the straight body position	
Specified Bonus #3: Following the two double leg circles in Specified Bonus #1 or the ½ spindle in Specified Bonus #2, complete two flaired double leg circles prior to the dismount (See Note below) * (+0.5)			
SB#3. Two flaired double leg circles	Continue to perform two additional flaired double leg circles	Flair should be extended throughout, toes pointed and leg separation 90° or greater	
4. ¼ turn flank dismount	¼ turn flank dismount to stand in front of the mushroom	Maintain extension in the straight body position	

***Note:** Specified Bonus #1 must be performed first (5 circles in succession, 10 hand placements to front support). Upon completion of Specified Bonus #1, Specified Bonuses #2 or #3 may be performed in either order. If the gymnast performs Specified Bonus parts #2 or #3 he is required to execute a minimum of one full double leg circle upon completion of the skill and/or prior to the ¼ turn to flank dismount.

LEVEL 6 – POMMEL HORSE:

This event will be performed and evaluated on two separate apparatus:

1. The mushroom - divided into quadrants (circle routine)
2. The standard pommel horse (pendulum swing routine)

The apparatus may be performed in either order

Scoring Breakdown				
	Mushroom		Pommel Horse	
Base Score:	5.0	+	5.0	= 10.0
Specified Bonus:	1.5	+	0.0	= 1.5
Virtuosity:				= 0.5
Stick Bonus:	0.1	+	0.1	= 0.2
				12.2 Maximum Score

Mushroom:

Note: The routine can be performed in either direction.

Skills	Description	Performance Criteria	Virtuosity
1. Two or three double leg circles	Step to side and jump to two or three double leg circles	The body should show a stretched position with legs together and toes pointed	0.1 or less in execution deductions for this sequence (+0.1)
2. Czechkehre (Moore)	Czechkehre (Moore) finishing in front support position,	The body should show a stretched position with legs together and toes pointed	0.1 or less in execution deductions for this skill (+0.1)
3. Two or three double leg circles	Two to three double leg circles	Maintain extension in the straight body position	
Specified Bonus #1: Following #3 complete a Direct Stöckli A (DSA) prior to #4. (+0.5)			
SB#1. Direct Stöckli A (DSA)	Perform a Direct Stöckli A (DSA)	The body should show a stretched position with legs together and toes pointed	
	<i>Note: Up to two double leg circles may be performed between the DSA and prior to #4.</i>		
4. Two or three flaired double leg circles	Two to three flaired double leg circles	Flairs should be extended, toes pointed and leg separation 90° or greater	0.1 or less in execution deductions for this sequence (+0.1)
Specified Bonus #2: In #4, execute a ½ Spindle (180°) during the flaired double leg circles. (+0.5)			
SB#2. ½ Spindle (180°)	Execute a ½ Spindle (180°) while completing the flaired double leg circles in #4	Flairs should be extended, toes pointed and leg separation 90° or greater	
Specified Bonus #3: Russian wendeswing with 360° after #4 and prior to dismount in #5&6. (+0.5)			
SB#3. Russian wendeswing with 360°	Add a Russian wendeswing with 360°	The straight body extended position should be maintained throughout	
	<i>Note: Up to two double leg circles may be performed between the ½ spindle and Russian</i>		
5. One double leg circle	One double leg circle	Maintain extension in the straight body position	
6. ¼ turn flank dismount	¼ turn flank dismount to stand in front of the mushroom.	Maintain extension in the straight body position	

LEVEL 7 – POMMEL HORSE: (Continued)

Skills	Description	Performance Criteria	Virtuosity
6. One back loop,	Following ¼ Kehre through rear support and finishing in front support (Back loop position), perform one back loop	Body should be completely extended through the chest and hips.	
Specified Bonus #2: Two back loops with a ½ spindle (180°) in place of #6 and prior to the flank off dismount. Gymnast may perform forward loop with a ½ forward turn (Schwabenflank) dismount to stand. (flank off) (+0.5) (See Note below)**			
SB#2. ½ Spindle within two back loops, Circle ½ turn forward to flank dismount	½ spindle completed within two back loops (180°) to circle with ½ turn forward to flank off the side dismount to stand (Schwabenflank)	Body should be completely extended through the chest and hips	
Specified Bonus #3: Add any Russian wendeswing with 270° or greater turn at any point in the routine in addition to the listed parts. (+0.5) (See Note below)**			
SB#3. Russian wendeswing 270° or greater	Russian wendeswing with 270° or greater turn	The straight body extended position should be maintained throughout	
Specified Bonus #4: Add a Magyar or a Sivado at any point in the routine in addition to the listed parts. (Gymnast may perform both a Magyar and a Sivado but may not receive more than 2.0 points for Specified Bonus.) (+0.5) (See Note below)**			
SB#4. Magyar or Sivado	Travel forward or backward in cross support to the other end (3/3)	Body should be completely extended through the chest and hips	
7. Flank dismount Or Schwabenflank	Flank off the side dismount to stand. Or Schwabenflank dismount to stand	Body should be completely extended through the chest and hips. No height requirement on dismount	0.1 or less in execution deductions for dismount sequence (+0.1)

****Note:** There is no penalty for added circles in order to execute selected bonus skills as long as all basic skills are executed in the routine. All added skills are subject to execution deductions.

A gymnast may not receive more than 2.0 for Specified Bonus.

III. Optional Levels 8 – 10 Overview and Explanations:

A. General:

1. The same optional rules and Junior Olympic exceptions apply for both the Junior Elite and the Junior Olympic divisions.
2. Execution deductions and criteria requirements listed in this program manual are specific only to optional routine competition. The criteria requirements and execution deductions may be more specific and defined more critically for the Technical Sequences in the Junior Elite program. Refer to the Technical Sequence Manual for specific requirements for the Technical Sequences.
3. The Junior Olympic exceptions listed for this event have been determined by the Optional Rules Committee to promote the development of skill areas that can result in greater compositional variety and increased potential for the gymnast's development on the pommel horse.
4. The global skewing deduction in the Junior Olympic Optional program is intended to assist the gymnast in the learning stages of these more advanced longitudinal skills. It should be noted that the Junior Elite program requires the gymnast to strive toward eliminating skewing in the performance of these skills.

VI. Optional Levels 8 – 10 Junior Olympic Exceptions to the FIG Code of Points:

A. Levels 8, 9 & 10:

1. For all "C" or higher longitudinal travels a global skewing deduction will be applied.
- a. Any "B" or higher Flair skill will receive +0.1 in bonus. (This bonus does not apply to the JO excepted dismount as described in section E-2b Page 2.11)
2. Any "B" or higher Spindle skill will receive +0.1 in bonus.
3. If a Flair with a Spindle is performed you will receive both bonuses for +0.2 in bonus
4. Any full longitudinal cross support travel (Magyar or Sivado) with two circles in the saddle (4 hand placements for Magyar, 3 hand placements for Sivado) will receive "E" difficulty credit and Element Group III credit. *This bonus skill, Magyar or Sivado direction, can be performed only one time.* All other FIG rules apply. **(Not applicable to Level 8 (11-12) Pommel-less Horse)**
5. Any full longitudinal cross support travel (Magyar or Sivado) with three circles in the saddle (6 hand placements for Magyar, 5 hand placements for Sivado) will receive "F" difficulty credit and Element Group III credit. *This bonus skill, Magyar or Sivado direction, can be performed only one time.* All other FIG rules apply. **(Not applicable to Level 8 (11-12) Pommel-less Horse)**
6. An athlete may use both a bonus "E" (Magyar or Sivado) and "F" (Magyar or Sivado) in his routine. (Example: "F" Magyar + "E" Sivado). He cannot use either 2 "E" bonus skills or 2 "F" bonus skills (Example: "E" Magyar + "E" Sivado) **(Not applicable to Level 8 (11-12) Pommel-less Horse)**
7. The following sequences on one pommel:
Direct Stöckli B (DSB) to Direct Stöckli B (DSB);
Direct Stöckli B (DSB) to pommel loop circle;
Pommel loop circle to Direct Stöckli B (DSB).
will receive "C" difficulty credit and Element Group IV credit. These sequences count as 'flop sequences' and will follow all FIG rules. *This bonus skill can be performed only one time.* **(Not applicable to Level 8 (11-12) Pommel-less Horse)**
8. Any circle or flair to handstand will receive a minimum of "C" difficulty credit. (Example: If a "B" value flair to handstand is performed it will receive a "C" difficulty credit. It does not receive the (+0.1) event specific bonus listed on page 2.9 paragraph C.2.a for any "B" or higher flair skill.

Chapter 5 – Still Rings

I. Compulsory Levels 3 – 7 Overview and Explanations:

A. General:

1. The greatest emphasis remains on the proper execution of the basic swing. Two significant changes involve how to best introduce the inlocate and dislocate. The committee's goal is to make sure the average gymnast can execute these skills safely while developing the strength and understanding of proper technique. In addition, unnecessary repetition of these elements can excessively penalize the gymnast. To address these concerns the committee chose to place more emphasis on the basic swing and allow the coach and athlete the opportunity for a more gradual introduction of these skills.
2. The inlocate is introduced as a specified bonus skill in **Level 6** before making it a required skill at Level 7. The inlocate should only be attempted by gymnasts who are able to execute an excellent basic swing at this level. The dislocate is introduced in Level 6 from the inverted pike position. The gymnast can focus on downward pressure and proper body position in the learning stages. The basic swing continues to be emphasized and the stretched dislocate is introduced in Level 7. The gymnast should have some experience with the fundamentals of the basic dislocate before attempting the stretched dislocate. More time spent improving the basic swing before executing the more complex elements of the dislocate and inlocate is the recommended and more moderate progression of development on the still rings.
3. Another change this quadrennium involves the introduction of the press to handstand. The committee felt strongly that neither the press nor the handstand should be required from the recreational gymnast. However, stronger athletes are encouraged to develop this skill as a specified bonus skill. Those gymnasts who are ready to acquire this skill will still have the opportunity to demonstrate good handstand alignment using the straps as a guide.
4. In addition, the shoulder stand bail provides the opportunity to introduce the forward bail in a way that even the recreational gymnast can perform safely. Again, the more gradual introduction of advanced skill techniques and developing the ability to control the support positions on the still rings was a goal of the committee in considering the routine composition options.

B. Definitions:

1. "Turnover" refers to the rotation of the basic ring swing to the inverted position. See a more detailed definition under Basic Technique: Basic Swing below.
2. A "forward baby giant" is defined as a forward bail from shoulder stand support, swing to uprise and directly back to shoulder stand support.

C. Basic Technique: Basic Swing

1. Basic swings in these routines should show a "turnover" action. "Turnover" is defined as follows for forward and backward swings:
 - a. **Forward** – At the completion of the front swing, the body is in a candlestick position - shoulders down and toes up with a hollow body position, tight hips and gluteus muscles, and head forward. Backward and downward pressure on the rings must be applied as the body approaches the completion of the swing. The gymnast may perform this phase of the swing with arms straight or bent but must forcibly apply pressure downward and backward on the rings to keep the center of gravity positioned correctly between the uprights and to maintain the proper body shape

G. Level 4:

1. The primary emphasis in this routine should be to develop the basic swing in the manner described in the overview above. The forward swing can be executed with straight or bent arms. There is no height requirement on the front swing.
2. It is not necessary to rise or lift the body horizontally in the backward swing. Instead, emphasis should be on a tight-arch quick turnover with the shoulders down and the rings spread while keeping pressure forward and downward on the rings.
3. Emphasis on developing strength in the core and upper body with the pull-up and "L" position as well as the lower to German hang elements is balanced in this routine with the emphasis on the basic swing.
4. Elements identified as momentary holds should not be held longer than required. The focus should be on good rhythm in execution and precision in the positions held...Show, stop, and go.

H. Level 5:

1. The muscle up can be done with spotter assistance. The athlete should perform as much of it as possible but there is no deduction for the spot. As the athlete is lifted to position, he should work his hands into a false grip (with wrists bent and on top of the lower curve of the rings). We understand that it is difficult to keep the arms completely straight and keep the wrists up high enough to facilitate the muscle-up. The arms should, however, be as extended and straight as possible before the muscle-up is executed. The muscle-up should be continuous. As the gymnast reaches the support position and the arms extend into full support, the body should be tight and straight once more with the rings turned out and arms free of the straps.
2. The intent of the dismount is to encourage the gymnast to keep pressure on the rings while executing the turnover technique until his body has reached at least ring level. The dismount should also rise and show a full opening and extension prior to landing.

I. Level 6:

1. In the previous levels the emphasis has been on developing the understanding of correct body position and shaping on the ring swings in general while building overall fitness level and strength.
2. If the bonus option to perform the inlocate is attempted it should conform to the Basic Technique for an inlocate as listed above. The skill will be judged by the criteria in order to emphasize the importance of maximizing the basic swing. It is the intent of this routine to continue to refine the basic swing until it can be performed with the correct turnover technique near ring level or higher.
3. The piked dislocate is being introduced at this level and it should conform to the Basic Technique for a dislocate as listed above.
4. The forward bail from the shoulder stand also offers a relatively safe way for the gymnast to learn the forward bail technique and experience keeping the proper body shape and pressure backward on the rings during the downward phase of the bail. As with all swings, pressure backward on the rings should be exerted so that the hips or center of gravity of the body stays between the uprights during this swing to the bottom.
5. The press to handstand has been reserved as a specified bonus skill. Stronger athletes are encouraged to perform this skill with straight arms. While the committee believes that the handstand is one of the most important elements on the rings, we feel that most gymnasts need more time to develop the strength to reach the handstand position. Using the feet to balance on the inside of the straps is allowed to help the gymnast control good body position and alignment in the handstand position. This is a routine that balances good basic development necessary for higher-level gymnastics with the needs of the recreational participant.

LEVEL 5 – STILL RINGS:

Base Score	10.0
Specified Bonus	1.5
Virtuosity	0.5
Stick Bonus	0.2
Maximum Score	12.2

Skills	Description	Performance Criteria	Virtuosity
1. Muscle up	From a hang with false grip with arms extended and as straight as possible, muscle up to support	Spotter assistance is allowed. Cables must remain taut. (no slack) Slight pike in hips permitted	
Specified Bonus #1: From a hang with false grip, muscle up to support with <i>no spotter assistance</i>. (+0.5)			
SB#1. Muscle up - unassisted	From a hang with false grip, muscle up to support with no spotter assistance	Arms extended and as straight as possible. Slight pike in hips permitted	
2. Support	Straight body, straight arm support with the rings turned out	2 second hold Arms free of straps.	
Specified Bonus #2: From support lift legs to “L” hold with rings turned out (+0.5)			
SB#2. ‘L’ 2 sec. hold rings turned out	Lift legs to “L” position and hold for 2 seconds with rings turned out and hips between rings	2 second hold Arms free of straps.	
3. Backward roll, Piked inverted hang	Swing legs to roll backward and down to piked inverted hang	Bent arms allowed during roll. Show continuous rhythm.	
Specified Bonus #3: From piked inverted hang in #3, extend body horizontally to hanging scale rearways (back lever). (+0.5)			
SB#3. Hanging scale rearways (back lever)	From piked body inverted hang in #3, extend body to hanging scale rearways (back lever)	2 second hold	
4. German hang	Lower and extend to German hang position	2 second hold	Show fully extended shoulder flexibility in German hang (+0.1)
5. Piked inverted hang, cast to Swing backward	Pull out to piked inverted hang and immediately cast forward to swing backward	Turnover swing shown. Feet at 45° below horizontal minimum.	
6. Swing forward, Swing backward	Swing forward, swing backward	Turnover swing shown. Feet at ring level	Swing backward turnover greater than horizontal (+0.1)
7. Swing forward, Swing backward	Swing forward, swing backward to immediate	Turnover swing shown. Feet at ring level	Swing backward turnover greater than horizontal (+0.1)
8. Swing forward, Salto backward tucked	Swing forward to salto backward tucked dismount	Turnover swing to ring level at release	Salto at ring level

LEVEL 6 – STILL RINGS: (Continued)

Skills	Description	Performance Criteria	Virtuosity
7. Bail forward, Swing backward,	Bail forward to swing backward	Push rings backward on bail with hollow body position. Turnover swing feet at ring level	
8. Swing forward, Swing backward,	Swing forward, swing backward to	Turnover swing shown at bottom of ring level.	
Specified Bonus #3: Inlocate stretched to backward swing, show turnover swing & significant rise toward ring level (+0.5)			
SB#3: Inlocate stretched	From backward swing, Inlocate stretched to backward swing	Show turnover swing and significant rise toward inverted cross position before turnover with stretched body throughout	Inlocate at ring level or higher with body at vertical. (+0.1)
9. Swing forward, Salto backward stretched	Swing forward to salto backward stretched dismount	Turnover swing shown. Salto backward stretched showing turnover at ring level before release.	

LEVEL 7 – STILL RINGS:

Base Score	10.0
Specified Bonus	2.0
Virtuosity	0.5
Stick Bonus	0.2
Maximum Score	12.7

Skills	Description	Performance Criteria	Virtuosity
1. Straight body inverted hang	Pull to straight body inverted hang	Bent arms allowed on pull	
2. Cast, Uprise backward,	Pike and cast to uprise backward to support,	Straight arms, rings turned out.	
Specified Bonus #1: In place of #2 cast to uprise backward to straddled "L" sit, press to support and continue to #3 (+0.5)			
SB#1. Cast, Uprise backward to straddled "L" sit	Pike and cast to uprise backward to straddled "L" sit	Legs horizontal and 2 second hold in straddled "L" sit	
3. Support swing forward, Support swing backward, "L" sit	Immediate support swing forward and support swing backward to "L" sit.	No height requirement on support swings. Straight arms, rings turned out. "L" sit, 2 second hold	
4. Shoulder stand	Press to shoulder stand.	From "L" sit use pressing action and lower to shoulders. 2 second hold.	
Specified Bonus #2: In #4, press handstand (momentary hold), lower to shoulder stand. Feet are allowed on the inside of the cables in the handstand and on lower down. (+0.5)			
SB#2. Press handstand, Shoulder stand	Press handstand, lower to shoulder stand	Momentary hold of handstand. Feet are allowed on the inside of the cables in the handstand and on lower down. 2 second hold of shoulder stand.	
5. Bail forward, Inlocate stretched	Bail forward to inlocate stretched. Push rings backward on bail with Hollow body position	Show turnover swing and significant rise toward inverted cross position before turnover	Inlocate at ring level with body at vertical. (+0.1)
Specified Bonus #3: In between #4 & #5, bail forward to (baby) giant, return to shoulder stand. (+0.5)			
SB#3. Bail forward, Shoulder stand	Bail forward to (baby) giant, return to shoulder stand.	Shoulder stand at finish position show support and momentary control.	

LEVEL 5 – VAULT: Flyspring (Boulder Handspring)

1. An incomplete vault may be repeated once (with safety in mind and at the judge's discretion) with a deduction of 1.00 from the final score of the second attempt. No third attempts will be allowed. The minimum score for any *attempted* vault will be 1.00.
2. The minimum required matting for landing is 20" (50 cm). the maximum matting for the landing surface is 32" (~81cm).
3. A panel mat or box blocking surface, not to exceed 12" above the landing surface, may be placed on or in front of up to 32" of landing mats.
4. Vault Equipment Recommendations:
 - a. A panel mat stack or spotting box for blocking may be placed in front of the landing surface or on top of the landing surface as long as it does not exceed the allowable equipment specification measurement.
 - b. The landing surface itself may be used for the blocking surface at any height specified within the equipment specification allowance.
 - c. A coach may hold the blocking surface for support without deduction if desired. (See routine video for examples).

Base Score 10.0
Virtuosity 0.5
Stick Bonus 0.2
Maximum Score 10.7

Rebound allowed prior to stick landing: The gymnast should show control of the landing and no foot movement after the rebound. Stick bonus cannot be awarded if the rebound travels backward after first contact on landing (i.e., short landing).

Components	Description	Performance Criteria
1. Run	Run from between 20'-60'.	Run must show an increase in velocity to sprinting speed and maintenance of that velocity through the hurdle. Distinct lift of the front leg and extension of the back leg in the stride. Rhythmical movement with the arms flexed or bent during the run.
2. Hurdle	Hurdle by lifting the knees forward while the body's center of gravity remains level and the feet extend forward to contact the springboard well in front of the body.	Feet must be in well front of hips on contact with springboard. Arm swing must begin from behind the shoulders and circle distinctly forward to an extended position through the hurdle. Arms may be bent or straight during the under arm swing.
3. First flight (pre-flight)	Upon completion of maximum depression of the springboard. The gymnast must rotate forward or turnover very quickly with fully extended body position as he contacts the blocking surface	A straight-arm, quick blocking action should result a distinct repulsion as the gymnast leaves the blocking surface and rises vertically.
4. Second flight (post-flight)	As the gymnast leaves the blocking surface he should maintain a straight body shape and show distinct repulsion as he rises vertically	Must leave the blocking surface within 15° of vertical. Must show a distinct lift or rise from blocking surface. A straight body, vertical repulsion from the blocking surface should promote a tight body position and an extended shoulder angle.
5. Landing	Rotate to a stand on the landing mat	Should not show excessive arch to come to a stand. Demonstrate control on landing.

LEVEL 7 – PARALLEL BARS:

Base Score	10.0
Specified Bonus	2.0
Virtuosity	0.5
Stick Bonus	0.2
Maximum Score	12.7

Skills	Description	Performance Criteria	Virtuosity
1. Jump to glide kip	From stand or short run, jump to glide kip to support	Full extension on glide.	Above horizontal on kip . May be extended or through Manna (+0.1)
2. Swing backward, Layaway, Forward uprise	Swing backward, layaway to forward uprise	Layaway horizontal. Full extension on forward uprise with feet at bar height	
3. Swing backward, Swing forward	Swing backward, swing forward	Swing backward and forward to horizontal	
4. Swing backward, Bail, Moy to upper arm	Swing backward and bail to Moy catching in upper arm support Note: If a gymnast is too tall to swing through the bottom, with parallel bars at FIG maximum, he can substitute a cast to upper arm hang	Swing backward to horizontal. Hand-on-hand spot allowed on bail. Hips at bar height on catch of Moy An open or pike position can be shown	
5. Upper arm swing backward, Backward uprise	Swing backward in upper arm support to backward uprise.	Feet above bar height with arms straight at completion of the backward uprise	
Specified Bonus #1: In place of #4 & #5, perform a Moy, giant swing backward or basket (peach) to any straight arm support. (+0.5)			
SB#1. Moy or giant swing backward or basket	Moy or giant swing backward or basket (peach) to straight arm support	Hand-on-hand spot allowed on bail. If Moy is performed gymnast may swing backward then forward to "L" position.	
6. Swing forward, "L" sit	Swing forward to "L" sit	Hips even with hands, chest open. Momentary hold.	
7. Straddled press to 45°	Straddled press to 45° above horizontal	Arms straight on press.	Press to handstand, momentary hold (+0.1)

LEVEL 5 – HORIZONTAL BAR:

Base Score	10.0
Specified Bonus	1.5
Virtuosity	0.5
Stick Bonus	0.2
Maximum Score	12.2

Note: Unless otherwise indicated, all swings forward are tap swings and are to be a minimum of 45° below horizontal. Failure to show tap swings with proper body positions will result in a deduction per occurrence. Unless otherwise indicated, all swings backward are to be a minimum of 45° below horizontal with a hollowed body *shape at the peak of the swing*.

Skills	Description	Performance Criteria	Virtuosity
1. Pullover	From hang position in overgrip, pullover to support	Momentary stop in support allowed	
2. Cast, Back hip circle, Undershoot	Pike and cast to straight body back hip circle to undershoot forward	Cast to horizontal	Cast to 45° or higher (+0.1)
Specified Bonus #1: In #2, replace back hip circle with free hip circle to support free of bar (+0.5)			
SB#1. Free hip circle	Pike and cast to free hip circle to undershoot forward	Show hollow body position clear of the bar on free hip to support at 45° below horizontal or higher, undershoot forward.	
3. Swing backward, Tap swing forward, ½ turn	Swing backward, tap swing forward to ½ turn to mixed grip	Head neutral, toes leading on turn, hollow body shape.	
4. Tap swing forward, Swing backward, Grip change	Tap swing forward, swing backward, change to overgrip	Rise in shoulders to hollow position on grip change.	
5. Swing forward, Kip	Extended swing forward and kip to support	Swing forward with chest and hips leading through the bottom prior to kip.	
<i>If a coach assists the gymnast in the successful performance of the kip the maximum deduction will be 0.5. If the kip is attempted and missed, the maximum execution deduction for the entire skill including the coach's spot to help the athlete to a support position will NOT exceed 0.5. Exception will be if the gymnast falls off the bar, then an additional 1.0 deduction will be taken.</i>			
Specified Bonus #2: In #5 & #6, kip (without assistance) to immediate cast with continuous rhythm. (+0.5)			
SB#2. Kip, Cast	Extended swing forward and kip to immediate cast to undershoot forward, swing backward	Swing forward with chest and hips leading through the bottom prior to kip. Cast to any height.	
6. Cast, Undershoot, Swing backward	Cast to undershoot forward, swing backward	Cast to horizontal	
7. Tap swing forward, Swing backward	Tap swing forward, swing backward		Swing backward to horizontal or higher (+0.1)

LEVEL 5 – HORIZONTAL BAR: (Continued)

Skills	Description	Performance Criteria	Virtuosity
8. Tap swing forward, Swing backward, Uprise, Dismount	Tap swing forward, swing backward to uprise in hollow position and release bar dismounting to stand	Uprise with shoulders to bar height	Swing forward to horizontal or higher in hollow position
Specified Bonus #3: In # 8, replace dismount to stand with salto backward (flyaway) tucked or piked. For safety reasons the spotter must follow, but not assist, the gymnast during the execution of this skill. (+0.5)			
SB#3. Salto Backward tucked, piked or hollow layout	Tap swing forward, swing backward, swing forward to salto backward tucked or piked or Tap swing forward, swing backward, tap swing forward, swing backward, swing forward to salto backward tucked or piked	Show hollow body candlestick position with head neutral on release and stretched body before landing. Must show lift.	

LEVEL 6 – HORIZONTAL BAR:

Base Score	10.0
Specified Bonus	1.5
Virtuosity	0.5
Stick Bonus	0.2
Maximum Score	12.2

Note: Unless otherwise indicated, all swings forward are tap swings and are to be a minimum of horizontal. Failure to show tap swings with proper body positions will result in a deduction per occurrence. Unless otherwise indicated, all swings backward are to be a minimum of horizontal with a hollowed body *shape at the peak of the swing*.

Skills	Description	Performance Criteria	Virtuosity
1. Pullover	From hang position in undergrip, pullover to support.	Continuous rhythm on pullover. Momentary stop in support allowed	
2. Cast, $\frac{3}{4}$ giant swing forward	Cast forward to $\frac{3}{4}$ giant swing forward	Full extension of body at or above horizontal on downswing	Cast 45° or higher (+0.1)
Specified Bonus #1: In #2, cast forward to one or two giant swings forward and $\frac{3}{4}$ giant swing forward to hop in #3. (+0.5)			
SB#1. One or two giant swings forward	Cast forward to one or two giant swings forward and $\frac{3}{4}$ giant swing forward to hop		
	<i>If the giant swings forward are attempted but the athlete falls from the bar, an execution deduction of 1.0 will be taken from the routine score. To encourage the development of giant swings the specified bonus will be awarded for the successful completion of the giant swings forward with a maximum of 0.5 for execution errors. All attempts are subject to a 1.0 deduction for a fall from the bar.</i>		
3. Hop, Grip change	Hop to double overgrip	Shoulders should be above the bar upon release with hollowed body shape	
4. Tap swing forward, $\frac{1}{2}$ turn. Tap swing forward	Tap swing forward with $\frac{1}{2}$ turn to mixed grip, tap swing forward in mixed grip	Head neutral, toes leading on turn, hollow body shape.	
5. Swing backward, Grip change	Swing backward in mixed grip, changing to double overgrip at the top of the swing	Rise in shoulders to hollow position on grip change. No height requirement on Swing backward	
6. Swing forward, Kip	Extended swing forward and kip to support	Swing forward with chest and hips leading through the bottom prior to kip. Momentary stop allowed in support	Kip to immediate cast with continuous rhythm (+0.1)

LEVEL 6 – HORIZONTAL BAR: (Continued)

Skills	Description	Performance Criteria	Virtuosity
7. Cast, ¾ giant swing backward	Cast to ¾ giant swing backward to (baby giant)	Cast to horizontal. Shift wrists prior to support.	
Specified Bonus #2: In #7, cast to two giant swings backward and ¾ giant swing backward to undershoot in #8. (+0.5)			
SB#2. Two giant swings backward, ¾ giant swing backward	Cast to two giant swings backward and ¾ giant swing backward (baby giant) to		
	<i>If the giant swings backward are attempted but the athlete falls from the bar, an execution deduction of 1.0 will be taken from the routine score. To encourage the development of giant swings the specified bonus will be awarded for the successful completion of the giant swings backward with a maximum of 0.5 for execution errors. All attempts are subject to a 1.0 deduction for a fall from the bar.</i>		
8. Undershoot, Swing backward	Undershoot to swing backward	Swing backward to horizontal	
9. Tap swing forward, Swing backward	Tap swing forward, swing backward	Swing forward and backward to horizontal	
10. Tap swing forward, Salto backward tucked or piked	Tap swing forward to salto backward (flyaway) tucked or piked dismount	Show hollow body candlestick position with head neutral on release and stretched body before landing. Must show lift.	Salto backward above bar height (+0.1)
Specified Bonus #3: In #10, salto backward (flyaway) stretched at bar height or higher (+0.5)			
SB#3. Salto backward stretched	Tap swing forward to salto backward (flyaway) stretched dismount	Show hollow body candlestick position with head neutral on release and stretched body before landing. Minimum height without deduction at bar level.	

LEVEL 7 – HORIZONTAL BAR:

Base Score	10.0
Specified Bonus	2.0
Virtuosity	0.5
Stick Bonus	0.2
Maximum Score	12.7

Note: Unless otherwise indicated, all swings forward are tap swings and are to be a minimum of horizontal. Failure to show tap swings with proper body positions will result in a deduction per occurrence. Unless otherwise indicated, all swings backward are to be a minimum of horizontal with a hollowed body *shape at the peak of the swing*.

Skills	Description	Performance Criteria	Virtuosity
1. Cast forward, Swing backward	From hang or small preliminary swing in overgrip, cast forward (stemme) to swing backward (See Note below) <i>A maximum of up to 5 forward and backward body movements (of which the 5th must be a skill (i.e. stemme, free hip circle, etc.) will be allowed without deduction. Inclusion of a 'back-uprise' action, even to partial support, on up to the 4th movement will be allowed without deduction.</i>	Swing backward finishes at horizontal	Swing backward finishes at 45° or higher (+0.1)
Specified Bonus #1: In #1, prior to ½ turn in #2 execute a free hip circle through handstand (+0.5)			
SB#1. Free hip circle through handstand	From hang or small preliminary swing in overgrip, cast forward (stemme) to swing backward to free hip circle through handstand	Shift wrists early to support and finish in handstand with straight body position.	
2. Tap swing forward, ½ turn	Tap swing forward with ½ turn (blind turn) <u>or</u> hop ½ turn to overgrip (hands may change one at a time or simultaneously)	Head neutral, toes leading on turn, hollow body shape. Minimum height at horizontal.	
3. Tap swing forward, ¾ giant swing backward	Tap swing forward to ¾ giant swing backward and undershoot.	Shift hands prior to support, hips clear of bar. Undershoot with hollow body position.	
4. Swing backward, swing forward, Kip, Grip change	Swing backward, extended swing forward, kip to support, change both hands to undergrip	Swing forward with chest and hips leading through the bottom prior to kip. Momentary stop and grip change allowed in support	
5. Cast, two to three giant swings forward	Cast forward to two to three giant swings forward	Hollow or straight body throughout with no tapping action. Shift hands in support prior to vertical.	
Specified Bonus #2: After #5, add Endo or 'Toe on - Toe off' piked or straddled. (See Note below) * (+0.5)			
SB#2. Endo or 'Toe on-Toe off'	Endo piked or straddled or 'Toe on - Toe off' piked or straddled	Endo or 'toe on' entry may be early or from handstand. Shift wrists early to support and extend in shoulders on entry. Finish in handstand support position.	

Pommel Horse 15-18 year old

Description	Technical Reference Item
1. From stand, jump to (3) circles in side support on the pommels to break to flair at the end of the 3 rd circle at the ¾ position.	<ul style="list-style-type: none"> • Side support circle on pommels
2. (3) flaired circles on two pommels (Finish 3 rd flair in front support).	<ul style="list-style-type: none"> • Flaired side support circle
3. One circle on two pommels to circle with Czechkehr (finish in front support)	<ul style="list-style-type: none"> • Side support circle • Czechkehr
4. Immediate Direct Stockli 'A' (finish in front support)	<ul style="list-style-type: none"> • Direct Stockli 'A'
5. One circle on two pommels to circle with Direct Stockli 'B' (finish in front support)	<ul style="list-style-type: none"> • Direct Stockli 'B'
6. One circle on the end of the horse in the downhill position with Schwabenflank (circle with ½ turn forward – finish in front support) to	<ul style="list-style-type: none"> • Downhill side support circle • Schwabenflank
7. One additional uphill circle to	<ul style="list-style-type: none"> • Uphill side support circle
8. One uphill circle with straddled handstand dismount (no pirouette)	<ul style="list-style-type: none"> • Straddled handstand dismount

Note: There is no change to the routine from the flairs in Part #2 to the dismount. Text only has changed to describe the number of circles accurately.

Note: Terminology in parts # 6 & 8 has been changed to **(with)** to match terminology in parts # 3 & 5 in order to clarify the number of circles required in these parts. Part # 7 has been added to clarify that one additional uphill circle is required before executing Part # 8 (handstand dismount).

Still Rings 15-18 year old

Description	Technical Reference Item
1. Pull to Inverted hang*	*Arms and body straight on pull to inverted hang
2. Cast back uprise to straddle L (3 sec.)	• Back uprise to straddled 'L' support
3. Press to momentary Planche (1 sec.)	• Planche
4. Lower to L (3 sec.)	• 'L' support
5. Straight arm straddled press to handstand	• Straight arm straddled press to handstand
6. Bail forward to basic swing to inverted position (Swing to handstand is allowed. Hold is allowed, but not required)	• Bail forward to inverted position
7. *Back giant to HS (3 sec.)	• Back giant to handstand
8. *High dislocate	• High dislocate
9. Open tuck double, open to landing	• Open tuck double back dismount

***Note: The gymnast may perform Parts # 7 and 8 in either order.**

Technical Emphasis Bonus Elements (+0.1 each):

In part #3. Rings turned past parallel, "locked" arms, No pike in hips, horizontal body, with greater than a 1 second hold. Feet come together before beginning to lower to 'L'

In part #6. Reverse Candlestick position with feet between cables and shoulders above bottom of rings (Inverted Cross position)

In part #8. Locked Arms Throughout Giant and HS with desired body shape and alignment

Note for part #6: The gymnast may also receive bonus for a forward giant swing to handstand subject to the stated requirements for the technical execution of the basic swing.

Clarification added for excessive swinging of the cables: There will be no deduction for 'excessive swinging of the cables' throughout the technical sequence.

Parallel Bars 11 14 year old

Description	Technical Reference Item
1. Glide kip, support swing backward to handstand	<ul style="list-style-type: none"> • Glide swing forward • Glide Kip • Support swing backward
2. Support swing forward and backward to 45° above horizontal	<ul style="list-style-type: none"> • Support swing forward • Support swing backward
3. Layaway to upper-arm support	<ul style="list-style-type: none"> • Layaway to upper-arm support
4. Front uprise to support	<ul style="list-style-type: none"> • Front uprise to support
5. Swing backward to 45° above horizontal	<ul style="list-style-type: none"> • Support swing backward
6. *Giant swing to handstand	<ul style="list-style-type: none"> • Giant swing to handstand
7. Support swing forward and backward	<ul style="list-style-type: none"> • Support swing forward • Support swing backward
8. Peach basket to support (feet at bar level)	<ul style="list-style-type: none"> • Peach basket to support
9. Support swing forward and backward	<ul style="list-style-type: none"> • Support swing forward • Support swing backward
10. Support swing forward and backward	<ul style="list-style-type: none"> • Support swing forward • Support swing backward
11. Early pirouette to handstand	<ul style="list-style-type: none"> • Early pirouette to handstand
12. Back tuck-open salto dismount	<ul style="list-style-type: none"> • Back tuck-open salto dismount

Technical Emphasis Bonus Elements (+0.1 each):

In part #4. During front uprise arms extend and lock quickly, hips above elbow height at completion

In part #6. Giant performed with straight arms and distinct vertical flight before re-grasp in the handstand with the hands releasing and re-grasping in the same place on the bars

In part #10. Chest and hips open during downward swing with head in the neutral position. Finish forward swing with hips above shoulder height

*A "Hand on Hand" spot will be allowed for the giant swing to handstand.

11-14 year old Sequence - Technical points of emphasis:

Note: Standard of judging evaluations are based on S, M, or L (0.1, 0.2, 0.3 scale) error in evaluation for each identified bullet point unless given a specific criterion deduction

Attribute Identified to Effect Change	Change Desired	Standard of Measurement
Extended shoulders and hips during glide. Deep compression on kip basket position.	Shoulders, hips and head in alignment with rounded lower back and full extension forward and upward. Finish above horizontal extended position.	<ul style="list-style-type: none"> • Insufficient extension in glide • Deviation from required finish position
Extended shoulders with hips open and hollow shape on layaway to front uprise. Shoulder extension in upper arm support swing. Avoid early kick through bottom.	Strengthen upper arm support position and create more powerful uprise kick. Increased potential for advanced skill progressions.	<ul style="list-style-type: none"> • Shoulders in front of elbows on layaway • Deviation from full horizontal extension on front uprise
Refine body position on bail for Giant swing. Fully extended hang with head neutral at vertical. Strong round position on upward swing over hand support.	Shoulders completely extended during bail with toes leading, head in neutral position between arms. Fully extended hang position in shoulders. No hand movement.	<ul style="list-style-type: none"> • Deviation from body position on bail • Deviation from hang position • Travel from hand support
Peach to support Hollow and rounded lower back to initiate early drop of peach with shoulders behind hands. Rotation around hand support with round position.	Early drop action begins before feet or hips pass below bar level. Head in neutral position with chin tuck at basket position at vertical. Arms straight and hands remain in contact with rails throughout the skill	<ul style="list-style-type: none"> • Deviation from early drop • Deviation from body shape, alignment and travel on upward swing to support • Deviation from feet at bar level upon regasp
Early pirouette to handstand	Shoulders completely extended, hollow chest, rounded lower back, early weight shift during pirouette. Complete turn at or before vertical on the upward swing.	<ul style="list-style-type: none"> • Pirouette initiated too late • Poor rhythm or stop during swing • Deviation from straight body position
Above horizontal on forward swing prior to initiating salto action on dismount. Stretch to full extension prior to horizontal in preparation for landing	Full extension of forward swing. No forward or backward travel. Show distinct rise or lift. Show quick, clear opening of knees and hips.	<ul style="list-style-type: none"> • Deviation of salto initiated before reaching full extension of hips at shoulder level • Deviation of full extension before horizontal in preparation for landing • Deviation from hand release position on landing

Parallel Bars 15-18 year old

Description	Technical Reference Item
1. Jump to upper-arm support and swing to Upper arm support 'cast' position	<ul style="list-style-type: none"> • Upper arm support 'cast'
2. Back uprise to handstand	<ul style="list-style-type: none"> • Upper-arm support swing backward • Back uprise to handstand
3. Support swing forward and backward	<ul style="list-style-type: none"> • Support swing forward • Support swing backward
4. Giant swing to handstand	<ul style="list-style-type: none"> • Giant swing to handstand
5. Support swing forward and backward	<ul style="list-style-type: none"> • Support swing forward • Support swing backward
6. Peach basket to support (finish at horizontal)	<ul style="list-style-type: none"> • Peach basket to support
7. Support swing forward and backward	<ul style="list-style-type: none"> • Support swing forward • Support swing backward
8. Layaway to upper-arm support	<ul style="list-style-type: none"> • Layaway to upper-arm support
9. Front uprise	<ul style="list-style-type: none"> • Upper-arm support swing forward • Front uprise to support
10. Support swing backward and hop to handstand	<ul style="list-style-type: none"> • Support swing backward • Hop to handstand
11. Tuck-open back salto dismount or	<ul style="list-style-type: none"> • Tuck-open back salto dismount
11. *Front uprise and backward swing to pike-open front salto dismount	<ul style="list-style-type: none"> • Pike-open front salto dismount

Technical Emphasis Bonus Elements (+0.1 each):

In part #4. Giant performed with straight arms and distinct vertical flight before re-grasp in the handstand with the hands releasing and re-grasping in the same place on the bars

In part #6. Peach basket initiated with early drop. Chest (shoulders) and lower back rounded. Finish support above 45 degree, straight arms throughout

In part #9. During front uprise arms extend and lock quickly, hips finish at shoulder height at completion

*The front uprise in part #11 prior to the pike-open front salto dismount will only be subject to execution errors

Coaching Points (To be emphasized in Teaching / learning)	Judging Points (S, M, or L error in evaluation)
<ul style="list-style-type: none"> Shoulders behind elbows in upper arm support Hold hollow position through bottom of swing before releasing to tight arch Arms straighten from upper arm support to uprise Uprise executed without use of strength or interruption of rhythm in the swing 	<ul style="list-style-type: none"> Deviation from upper arm shape and turnover position Interruption of rhythm on uprise Excessive use of strength
Back to 11-14 Parallel Bars : Back to 15-18 Parallel Bars	

Peach basket to support	
<p>Note: There are many variations of the early drop position for a peach; from a free-hip to a deep compression inside Stalder technique of a hybrid thereof. Also, there are many factors to consider when choosing which drop technique to utilize for your athlete; age, size physical development and strength to name a few. Ultimately, the goal is a straight arm peach to HS; how your athlete achieves this end result is your prerogative. The description below is for an inside Stalder of deep compression technique.</p>	
<p>The peach can be performed from a small back swing in support. As the body begins to swing forward the arms remain straight and the shoulders rotate backward behind the support point of the hands on the bars. The object of the early drop is to create as much distance between the hands and the hips as possible. This places the center of mass of the body as far away from the radius of rotation of the peach basket as possible. This will give the greatest mechanical advantage to whatever potential energy has been stored with the center of mass of the body prior to the drop. A good rule of thumb is to keep the hips directly under, or even behind, the shoulders as the shoulders push back behind the hands. The beginning of the drop should feel almost as if pushing back with the arms and sitting into a chair with the chest and hips rounded into a deep hollow position. As the swing progresses, the body should draw into a tightly piked, compressed basket swing and continue through the bottom attempting to bend the bars as much as possible with the force of the drop and the velocity of the turnover. As the body rotates at the bottom vertical position, the emphasis should be kept on the velocity of the circling action around the placement of the hands. The body will begin to extend at both the hips and the shoulders as the shoulders and hips continue to circle around the support position. The head should remain neutral or in the round position to prevent creating a shoulder angle and directing the momentum away from the support. The initial objective of the peach basket to support is to simply rotate upward and around the support without extending the hips toward the straight body position. It is important to down-play the extension of the shoulders and the height of completion until the early drop is well-refined and the velocity of the circling action of the shoulders is maximized. Similar to the giant swing, the hands can and ideally should remain in contact with the bars throughout the skill. Improving the efficiency of the circle during the basket swing is the primary goal of this sequence. As the peach continues to strengthen and become more refined, the athlete will be able to open the shoulders earlier and more forcefully at the completion of the shoulder circle, eventually developing into the peach basket to handstand.</p>	
Coaching Points (To be emphasized in Teaching / learning)	Judging Points (S, M, or L error in evaluation)
<ul style="list-style-type: none"> Body hollowed and tensioned with hips well behind hands at initiation of early drop Deep compression with neutral head position shown at bottom vertical position Body extends to hollowed candlestick shape as shoulders rotate upward 	<ul style="list-style-type: none"> Deviation from early drop Deviation from alignment and travel on upward swing to support Deviation from feet at bar height (11-14) Deviation from horizontal finish (15-18) Bonus: (15-18 only) Peach basket initiated with early drop. Chest (shoulders) and lower back rounded. Finish support above 45 degree, straight arms throughout (+0.1)
Back to 11-14 Parallel Bars : Back to 15-18 Parallel Bars	

Coaching Points (To be emphasized in Teaching / learning)	Judging Points (S, M, or L error in evaluation)
<ul style="list-style-type: none"> • Good posture at the bottom of the swing • Don't kick too early • Execute the fully extended forward swing prior to tucking the legs to accelerate the rotation • Fully extend body at horizontal prior to landing 	<ul style="list-style-type: none"> • Deviation of salto initiated before reaching full extension of hips at shoulder level • Deviation of full extension before horizontal in preparation for landing • Deviation from hand release position on landing
Back to 11-14 Parallel Bars : Back to 15-18 Parallel Bars	

Pike-open front salto dismount

In this case, the swing begins in the handstand and swings forward then backward to the release. The bars are loaded by the force of the downswing. The front pike open dismount is a result of the force created on the swing identical to the hop handstand action earlier in the sequence. The release of the bars should be triggered by the response of the bars. Optimally, this will coincide with the heels driving upward and the shoulders reaching maximum extension providing for a distinct lift or rise from the bars upon release. A tight pike with the shoulders and torso compressing upward toward the feet quickly will follow the release. A sharp opening to a straight position will stop the forceful rotation and allow the gymnast to prepare for the controlled landing on the descent phase.

Coaching Points (To be emphasized in Teaching / learning)	Judging Points (S, M, or L error in evaluation)
<ul style="list-style-type: none"> • Fully extended front swing above horizontal • Drive heels upward from bottom, fully extend in shoulders • Compress to tight pike position at peak of salto • Show significant lift and rise from bars • Fully extend body to stop rotation at horizontal prior to landing 	<ul style="list-style-type: none"> • Deviation of salto initiated before reaching full extension of hips at shoulder level • Deviation from 45° or less pike position • Deviation of full extension before horizontal in preparation for landing • Deviation from parallel of hand release position on landing
Back to 11-14 Parallel Bars : Back to 15-18 Parallel Bars	

Horizontal Bar 15-18 year old

Description	Technical Reference Item
1. In overgrip, stemme to hecht-tap back uprise to immediate pirouette to nominal handstand	<ul style="list-style-type: none"> • Hecht-tap back uprise and pirouette
2. One backward giant to free-hip to nominal handstand	<ul style="list-style-type: none"> • Backward giant • Free-hip to nominal handstand
3. Swing hop ½ turn to nominal handstand	<ul style="list-style-type: none"> • Swing hop ½ turn to nominal handstand
4. One backward giant, Giant with Blind change, one forward giant	<ul style="list-style-type: none"> • Backward giant • Blind change • Forward giant
5. Forward giant to immediate early pirouette to double undergrip (reverse direction)	<ul style="list-style-type: none"> • Forward giant • Early pirouette to double undergrip (reverse direction)
6. Forward giant to immediate Endo	<ul style="list-style-type: none"> • Forward giant • Endo
7. Forward giant with early pirouette to one backward giant	<ul style="list-style-type: none"> • Forward giant • Early pirouette • Backward giant
8. Backward giant with toe-on, toe-off (piked or straddled)	<ul style="list-style-type: none"> • Backward giant • Early toe-on, toe-off
9. *1 to 3 backward giants to	
10. Layout flyaway or	<ul style="list-style-type: none"> • Layout flyaway
10. Tuck open double back flyaway dismount or	<ul style="list-style-type: none"> • Tuck open double back flyaway
10. Double layout flyaway	<ul style="list-style-type: none"> • Double layout flyaway

Technical Emphasis Bonus Elements (+0.1 each):

In part #3. Must show efficient turnover, flight, hollow body throughout, must finish 5 degrees from HS

In part #5. Early pirouette to double undergrip with open shoulder angle, straight body position, must finish with 5 degrees of HS

In part #10. Stretch (hang) through bottom and must show distinct lift off bar (criteria applies to all 3 dismounts)

*A Chinese tap is allowed before the tuck open double flyaway and double layout flyaway

15-18 year old Sequence - Technical points of emphasis:

Note: Standard of judging evaluations are based on S, M, or L (0.1, 0.2, 0.3 scale) error in evaluation for each identified bullet point unless given a specific criterion deduction

Attribute Identified to Effect Change	Change Desired	Standard of Measurement
Proper hecht tap to early pirouette	Create a hecht tap using the upper back and shoulder extension arch, then hollow thru bottom and finally a powerful heel kick to HS pirouette	<ul style="list-style-type: none"> Improper timing of tap Deviation of Hecht tap uprise not completed to at least 45° above horizontal
Showing control coming in to and out of bar	Control the free-hip and understand how to shift weight from support on shoulders, generate turnover and finish in HS	<ul style="list-style-type: none"> Deviation from straight HS
Turnover and body position on hop ½, swing ½ turn and blind change	Understand the hang position and how to create turnover using hip extension thru bottom, toes up to candlestick position and direction of kick to hop ½, swing ½ turn or blind change	<ul style="list-style-type: none"> Deviation from straight HS Deviation from simultaneous regrasp on hop ½ turn
Identifying the top of the bar and correct "hang" position on backward giants	Understand how to maintain pressure on the bar during support and descent phases. Identify how to "hang" through the bottom efficiently and where the turnover occurs and how. Identify where the top of the bar is and how to achieve a straight HS position	<ul style="list-style-type: none"> Deviation from straight HS Deviation from body position in hang through bottom
Identifying the top of the bar and correct body position on forward giants	Understand how to maintain pressure on the bar during support and descent phases. Identify how to "hang" through the bottom efficiently and create an extended lifting up action to the HS position. Identify where the top of the bar is and how to achieve a straight HS position.	<ul style="list-style-type: none"> Deviation from straight HS Closed hip and/or shoulder angle on ascending phase
Weight shift and blocking of bar on pirouette	Understand how to shift weight and wrist to block the bar and square up the pirouette early and finish in the HS	<ul style="list-style-type: none"> Deviation from straight HS
Proper Endo technique	Understand how to maintain an open shoulder angle for first phase of Endo, as well as compression	<ul style="list-style-type: none"> Legs touching the bar Use of strength (pressing out) Deviation from straight HS
Create Chinese tap technique w/ toe-on/off	The early toe-on, toe-off technique can facilitate the understanding of the Chinese tap for higher level dismounts. Exit with hollow position.	<ul style="list-style-type: none"> Deviation from finished at a minimum of 45° above horizontal
Correct dismount tap	Understand the pressure on the descent into the tap. The "hang" and "drag" through the bottom, then an aggressive kick upwards for an efficient tap.	<ul style="list-style-type: none"> Deviation of center of mass not at bar level on layout, tuck open double or double layout flyaway dismount

Note: The required angle for ALL handstand positions on High Bar is plus or minus 5 degrees from vertical.

Endo

The Endo is the other in-bar skill in our 15-18 sequence. It also begins from the handstand, this time in under-grip. As the body begins to rotate forward from the handstand the shoulders and hips should remain as extended as possible for several degrees of rotation. The further the center of mass of the body is kept from the radius of rotation (the hands on the bar) the better. Optimally, the body will pike at the hips and the shoulders will remain extended as much as possible during the first 90° of rotation. At 90°, the more distance the center of mass is from the hands, the more the mechanical advantage and the more appropriately distributed momentum the skill will have at this point. As the body circles down toward the bottom vertical position, the shoulder angle must increase to allow the body to compress in to a straddled pancake position. Optimally, the body will reach maximum compression just past the bottom vertical position. The arms will be fully extended and the upper back and hips as rounded as possible into a hollow. As the skill continues to circle upward, care must be taken to allow the compression to subside slowly as the shoulder circling action continues backward and upward toward support. As in the forward giant, the chest remains hollowed and there is a deliberate lifting of the upper-back and shoulders toward support. The shoulders open first, the wrist shift on top of the bar and the legs pancake widely to extend and close in the nominal handstand. The well-performed Endo is a by-product of a strong well-controlled drop into a basket-style compression at the bottom. When performed with proper aggression, like the free-hip, it will bend the bar quite a bit. As the bar responds it will return energy to the body and help to propel the center of mass toward the handstand.

Coaching Points (To be emphasized in Teaching / learning)	Judging Points (Each time a S, M, or L error in evaluation)
<ul style="list-style-type: none"> • Keep hips far from bar on drop • Attempt to bend bar through the bottom • Early wrist shift upward with strong drawing of shoulders upward and over the bar • Roll smoothly up to handstand with wide 'pancake' action of legs • Finish in nominal handstand 	<ul style="list-style-type: none"> • Deviation from finishing in a straight handstand with head neutral • Endo performed with strength instead of swing

[Back to 11-14 Horizontal Bar](#) : [Back to 15-18 Horizontal Bar](#)

Tuck Open Double and Double Layout Flyaway

The Tuck Open Double Flyaway is a continuation of the evolving tapping and lifting action described in the layout flyaway section while adding the initiation of the rotation to a double salto. The giant swings leading to the dismount should encourage an increasingly powerful tapping action to bend the bar downward significantly in the hang phase. A sharp kicking action through the vertical release point on the upward swing as the bar rebounds upward will follow. With correct timing of these actions, an accelerated rotation and vertical lift allows the gymnast to open quickly to a straight position at the peak of the double flyaway. The gymnast may perform the tuck with hands on or off the knees. The opening to straight position will stop the rotation of the flip and allow the gymnast to prepare for a controlled landing from the descent. The double layout flyaway utilizes the same lead-ups described above. On release, the body shape is hollow and the shoulders stay down with head neutral. As the body rotates the first ¼ - ½ rotation, the athlete has the option to maintain a hollow position or stretch to a tight arch for the remaining rotations to completion and preparation for landing.

Coaching Points (To be emphasized in Teaching / learning)	Judging Points (Each time a S, M, or L error in evaluation)
<ul style="list-style-type: none"> • Pull across bar to hollow pike position leading to tap • Create 'hang' through bottom vertical position by relaxing and stretching shoulders downward and not forward • Turnover with toes and knees leading toward vertical into a candlestick body shape • Release the bar while maintaining hollow body shape • Extend body completely and beyond into slight tight arch • Extend body with arms overhead in preparation for landing 	<ul style="list-style-type: none"> • Deviation from center of mass above bar height • Deviation from body position and alignment • Bonus: (15-18) Stretch (hang) through bottom, distinct vertical lift off bar, kick through hollow to tuck, open to straight at peak of flyaway (+0.1)

[Back to 11-14 Horizontal Bar](#) : [Back to 15-18 Horizontal Bar](#)

1. Reporting of the results to the USA Gymnastics Men's Program Manager within 48 hours of the conclusion of the Regional Evaluation.
 2. Submission of a digital photo of each six member age 8 and age 9 Regional Team respectively and sent to USA Gymnastics for inclusion in the USA Gymnastics Magazine.
- A. The Junior National Staff Member (or designee) must direct the event with responsibilities to include the following:
1. Conduct a brief orientation meeting for coaches and evaluators.
 2. Make event assignments for evaluators.
 3. Approval of facilities, format, and officials.
- B. Evaluation to be a one-day event with a maximum entry fee of \$50.00.
- D. Athletes from the 10, 11, 12 and 13 year old divisions must obtain a minimum all around qualifying score (for nine events) to advance to the National Evaluation. This qualifying score will be set by the Junior National Coaching Staff and published by September 1 of each year. Note: The Junior National Coaching Staff Member directing the Regional Evaluation and the Regional Chairmen, with unanimous agreement, may recommend that an athlete attend the Future Stars National Championships even if that athlete has not obtained the qualifying score.

IV. Future Stars National Championships

The following guidelines will be followed in the conduct of the Future Stars National Championships.

The USA Gymnastics Men's Junior Olympic Program Coordinator will have the following responsibilities:

- Set the date, site and format for the Future Stars Championships with Men's Program Director review and approval.
- Secure a USA Gymnastics Sanction for the event and secure all officials.
- Insure that all pertinent details of the event are well publicized to the gymnastics community.
- Act as the Future Stars Championships Meet Director and perform all administrative duties with regard to entries, scoring, results and awards.
- Communicate the results of the Future Stars Championships to the gymnastics community.

The Future Stars National Championships are to be a one-day event with a maximum entry fee of \$100.00.

V. Awards

- Regional Evaluation - Participation awards will be given to all participants in the Regional Evaluation. Special Recognition Awards will be presented to athletes who qualify for the Future Stars Nationals. Awards will be in the form of a Commemorative Certificate and should be presented in an awards ceremony to be conducted immediately following competition.

Section IX: Future Stars Trampoline Routines

I. Start Value Choices and Evaluation criteria

Athletes in the 8 and 9 year old divisions will only perform trampoline routine (A).

Athletes in the 10 year old division will only perform trampoline routine (B).

Athletes in the 11 year old division will only perform trampoline routine (C).

Athletes in the 12 year old division will only perform trampoline routine (D).

Athletes should verify the age division routine to the head judge before starting.

Each routine has a specified start value and all are eligible for up to 0.3 in virtuosity bonus.

A spotter is required at each corner of the trampoline for all routines. (4 spotters)

Trampoline Routine Table:

Age Division	Routine Selection Criteria	Regional Start Value	National Start Value
Age 8	Must perform trampoline routine A	A = 10.0	A = 9.7
Age 9	Must perform trampoline routine A	A = 10.0	A = 9.7
Age 10	Must perform trampoline routine B	B = 10.0	B = 9.7
Age 11	Must perform trampoline routine C	C = 10.0	C = 9.7
Age 12	Must perform trampoline routine D	D = 10.0	D = 9.7
Age 13	Must perform trampoline routine D	D = 10.0	D = 9.7

General evaluation requirements:

The following evaluation criteria will apply to all routines for deviations from required body positions, direction and angle requirements while performing the trampoline sequences for all age categories:

- Ability to remain in the center of the trampoline
- Maintaining required arms, head and body position on 'take off' from trampoline
- Ability to perform required 'kick out' angles and straight body position
- Alignment on twisting or turning skills
- Deviations from required composition (skill order and/or extra bounces)

Trampoline Sequence (A): 8-9 Year old divisions

Start Value = 9.7

From a stand in the center of the trampoline, the gymnast should take up to 7 bounces and begin the routine.

Description		Special Performance Criteria
1.	Back tuck	Body should show extension at a minimum of 45° above horizontal
2.	Tuck jump	Complete extension at apex, arms straight at sides at apex
3.	Full turn	Full turn through vertical with arms straight and vertical on take-off, bring arms down to sides on turn
4.	Seat drop	Hands at sides in contact with bed, body line should show 90° body angle
5.	1/2 turn to feet	Push off through vertical with arms straight and vertical at apex
6.	1/2 turn to seat drop	½ turn through vertical with arms straight and vertical at apex Hands at sides in contact with bed, body line should show 90° body angle
7.	Return to feet	
8.	Straddle jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
9.	Pike jump	Complete extension at apex, legs at horizontal hands touching toes
10.	Front pike	Body should show extension above horizontal Must show controlled landing – When absorbing the bounce on landing the feet should remain in contact with the trampoline bed.

Trampoline Sequence (B): 10 Year old division

Start Value = 9.7

From a stand in the center of the trampoline, the gymnast should take up to 7 bounces and begin the routine.

Description		Special Performance Criteria
1.	Back pike	90° or less, body should show extension at a minimum of 45° above horizontal
2.	Tuck jump	Complete extension at apex, legs at horizontal with hands touching knees
3.	Back tuck	Body should show extension at a minimum of 45° above horizontal
4.	Full turn	Full turn through vertical with arms straight and vertical on take-off, bring arms down to sides on turn
5.	Straddle jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
6.	½ turn to stomach drop	½ turn through vertical with arms straight at sides at apex, Front drop – Elbows and knees should be at 90° when stomach contacts the trampoline
7.	Back drop	Push from stomach through hollow position to back Back drop – Legs should be at vertical when the back contacts the trampoline Arms should be extended over head
8.	Return to feet	
9.	Pike jump	Complete extension at apex, legs at horizontal hands touching toes
10.	Barani pike	90° or less on pike, ½ turn completed at 45° above horizontal, body extension above horizontal Must show controlled landing – When absorbing the bounce on landing the feet should remain in contact with the trampoline bed.

Trampoline Sequence (C): 11 Year old division

Start Value = 9.7

From a stand in the center of the trampoline, the gymnast should take up to 7 bounces and begin the routine.

Description		Special Performance Criteria
1.	3/4 Back tuck	Body should show extension at a minimum of 45° above horizontal Elbows and knees should be at 90° when stomach contacts the trampoline
2.	Straight body 1/2 turn to Front drop (cruise)	½ turn through vertical with arms straight at sides at apex Elbows and knees should be at 90° when stomach contacts the trampoline
3.	Return to feet	
4.	Pike jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
5.	Back tuck	Body line straight with arms at sides through vertical
6.	Barani tuck	½ turn completed at a minimum of 45° above horizontal, body extension above horizontal
7.	Tuck jump	Complete extension at apex, arms straight at sides at apex
8.	Back pike	90° or less in pike, hands should touch toes, body should show extension at a minimum of 45° above horizontal
9.	Straddle jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
10.	Barani straight	½ turn completed at a minimum of 45° above horizontal, Body line straight with arms at sides through vertical

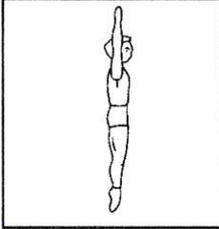
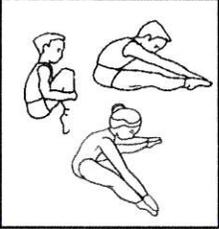
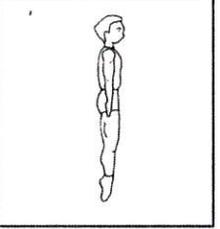
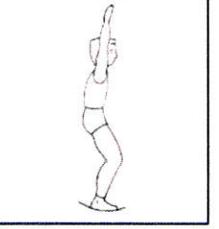
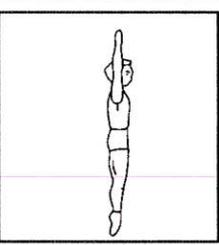
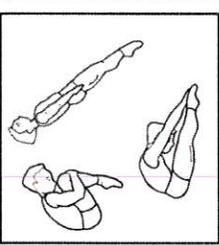
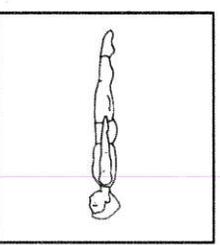
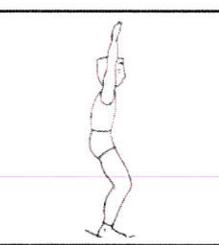
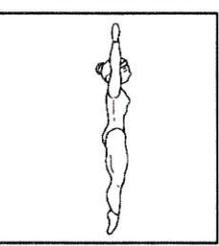
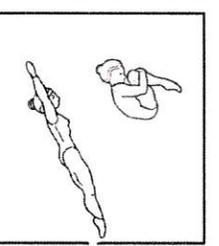
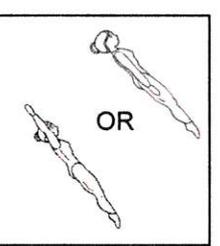
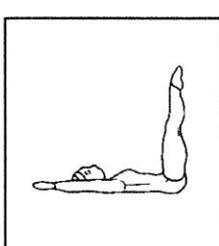
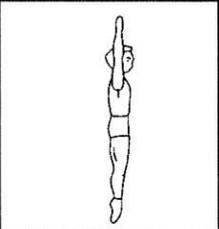
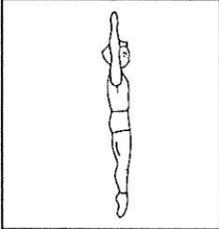
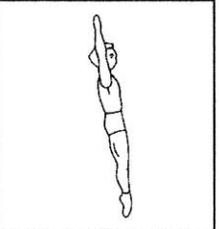
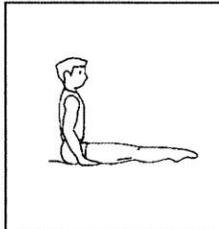
Trampoline Sequence (D): 12-13 Year old division

Start Value = 9.7

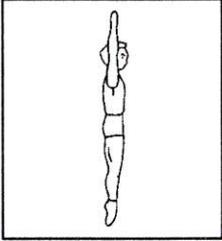
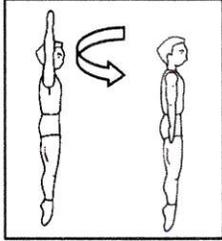
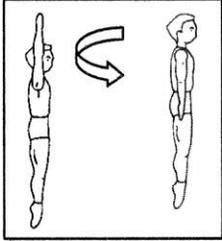
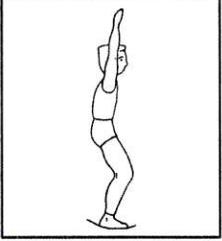
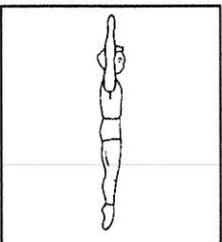
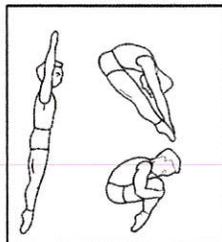
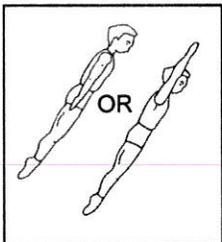
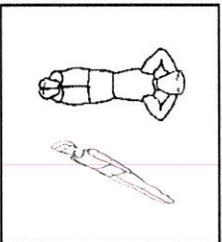
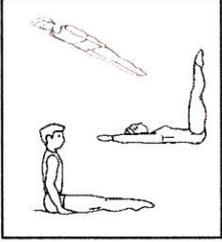
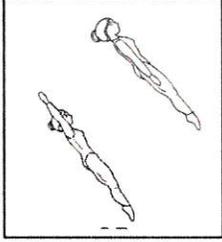
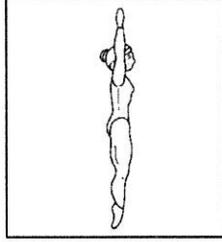
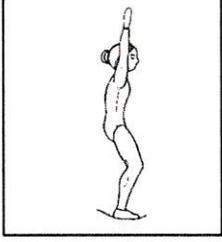
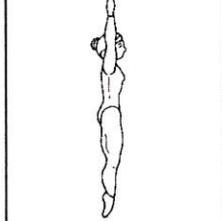
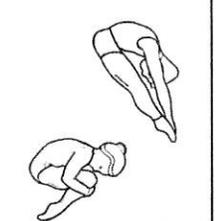
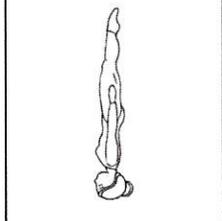
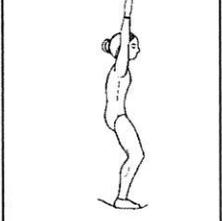
From a stand in the center of the trampoline, the gymnast should take up to 7 bounces and begin the routine.

Description		Special Performance Criteria
1.	3/4 Back pike	90° or less on pike, hands should touch toes, body should show extension at a minimum of 45° above horizontal Front drop – Elbows and knees should be at 90° when stomach contacts the trampoline
2.	Cody tuck	Front drop – Elbows and knees should be at 90° when stomach contacts the trampoline Cody - body should show extension at a minimum of 45° above horizontal
3.	Pike jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
4.	Back Pike	90° or less on pike, hands should touch toes, body should show extension at a minimum of 45° above horizontal
5.	Barani pike	90° or less on pike, ½ turn completed at a minimum of 45° above horizontal, body extension above horizontal
6.	Back straight	Bodyline straight with arms at sides through vertical
7.	Barani straight	½ turn completed at a minimum of 45° above horizontal, Bodyline straight with arms at sides through vertical
8.	Straddle Jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
9.	3/4 Front straight	Back drop – Legs should be at vertical when the back contacts the trampoline Arms should be extended over head
10.	Barani Ball out tuck to Straight body exit bounce to absorb and stand	Back drop – Legs should be at vertical when the back contacts the trampoline ½ turn completed at a minimum of 45° above horizontal, body extension above horizontal Must show controlled landing – When absorbing the bounce on landing the feet should remain in contact with the trampoline bed.

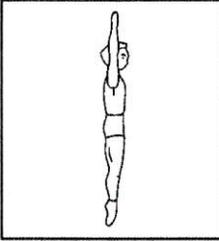
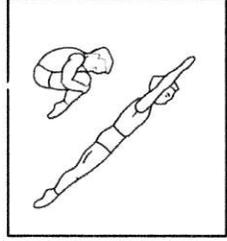
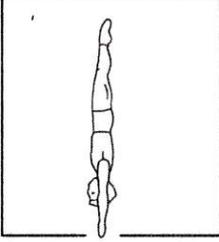
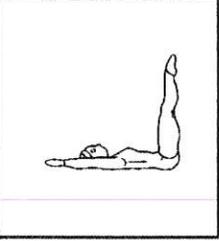
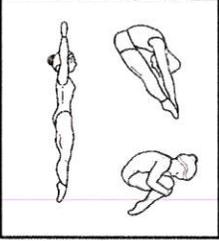
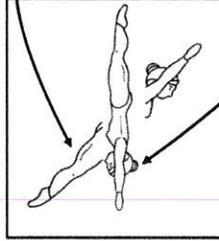
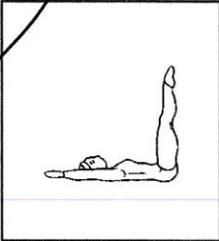
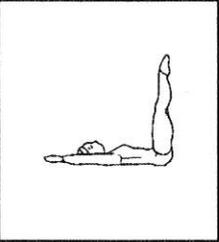
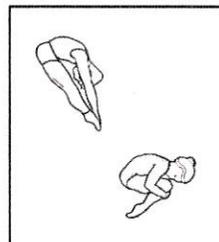
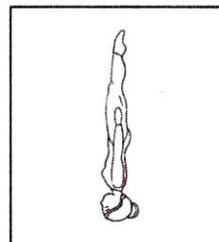
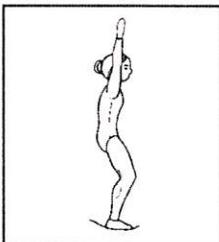
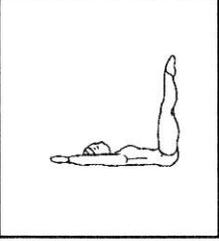
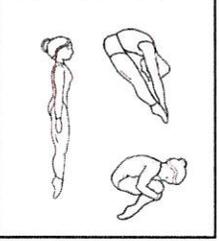
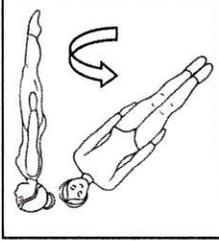
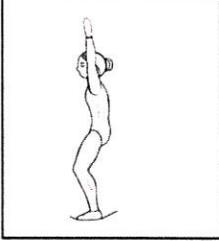
REQUIRED TRAMPOLINE BODY POSITIONS

1. Take-off	2. Position	3. Extension/ Press-out	4. Bed Contact
Tuck, Pike & Straddle Jumps			
			
Back Somersault (Tuck, Pike & Straight)			
			
Back Drop			
			
Seat drop			
			

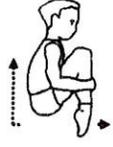
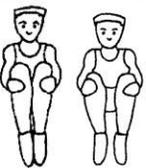
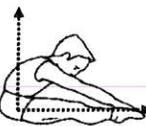
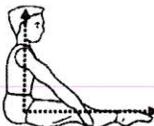
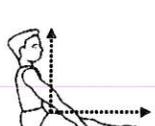
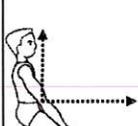
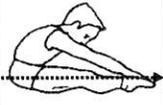
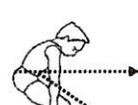
REQUIRED TRAMPOLINE BODY POSITIONS

<p>Half & Full Twist</p> 			
<p>Front Drop</p> 			
<p>Return to Feet from Front, Back or Seat</p>			
			
<p>Front somersault (Tuck & Pike)</p>			
			

REQUIRED TRAMPOLINE BODY POSITIONS

1. Take-off	2. Position	3. Extension/ Press-out	4. Bed Contact
<p>¾ Front Somersault (Tuck & Straight)</p> 	<p>(Tuck & Straight)</p> 		
<p>Porpoise (Tuck Pike & Straight)</p> 	<p>(Tuck Pike & Straight)</p> 	<p>Background figure: moment of extension</p> 	<p>Top figure: angle extension held until</p> 
<p>Ballout (Tuck & Pike)</p> 	<p>(Tuck & Pike)</p> 		
<p>Barani (Tuck, Pike & Straight)</p> 	<p>(Tuck, Pike & Straight)</p> 		

Position of the head						
Take-off						
Return to bed Early bending of the knees /feet						
Loss of height Take off from feet						
Take off from front, back or seat						
Insecurity on the bed						
Position of the limbs						
DEDUCTIONS	0.0	0.1	0.2	0.3	0.4	0.5

Angle of upper body to thigh						
Knees apart						
Position of the hands						
Pike position (jumps)						
Angle of upper body to thighs						
Position of legs with respect to horizontal						
Position of the hands						
Straddle jump Opening of the legs	 > 90°	 < 90°				
Straight Position						
Straight jumps, twists and 1/2 to front drop						

0.0	0.1	0.2	0.3	0.4	0.5
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