



2025 Hopes Modifications – Updated 12/12/24

Hopes 13-14 follows USA Junior FIG Rules

Vault – 11-12

1. Allow two vaults, same or different. The highest score of the two counts as the official score.
2. Allow the vault table to be set at 120 cm or 125 cm.
3. Allow three jumps over the table for touch warm-up for Hopes athletes regardless of the number of vaults performed.

Bars – 11-12 modifications

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

Bars Composition 11-12 modifications from FIG:

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

Beam 11-12 Modifications

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



Beam Composition 11-12 modifications from FIG:

1. A turn/roll from Group 3 OR Group 4, as per FIG / Value 0.25
2. Minimum of C dismount / Value 0.25
3. No dismount or A or B = 0.00 / Award DV Only

Floor 11-12 Modifications

1. Up to 2 of either manufactured sting mats or 10 cm mats are allowed to be placed separately on the FX area.
2. Additional mats on the floor must be clearly marked with tape or chalk to indicate boundary line if the mats cover the lines.
3. Additional matting must be placed prior to the routine starting. A mat can't be added once routine has started. Mats may be removed or left in place.

Floor Composition 11-12 modifications from FIG:

1. Dance passage as per FIG / Value 0.25
2. Minimum C Dismount / Value 0.25
3. No dismount or A or B = 0.00 / Award DV Only