



2013-2016
Men's Junior Olympic
Age Group Competition Program



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2013 – 2016 Men's Junior Olympic Age Group Competition Program

Foreword

The 2013-2016 Age Group Competition Committee acknowledges and has relied on the valuable work of the previous committees whose outstanding work was comprehensive and made our job much easier. Indeed, the previous committee presided over one of the most dramatic changes in recent history – the advent of the open scoring era. They had the difficult and controversial task of devising a compulsory program that would not only meet the needs of the athlete and coach but also make sense from a scoring standpoint and be educational as well as comprehensible to parents and spectators. By all accounts, they provided a platform that met the goals and has been successful.

Continuing to build on this foundation, we have sought to evolve the program with continued refinement aimed at the needs of the community as well the vision of the future of the sport of gymnastics. Our vision is to promote growth in the number of boys who can be exposed to gymnastics, become successful, and enjoy gymnastics. Providing a program that is both fun and achievable for the recreational participant is central to this goal. The use of tools at our disposal to reinforce, reward and encourage the unique artistic and technical qualities central to our sport is part of this evolution as well.

Evolving the program in a progressive manner to better prepare boys to continue and be successful in the sport as optional gymnasts in an ever more challenging gymnastics world is a responsibility this committee weighed with a great deal of creative thought and practical experience. Once again, we relied on the system the previous committee put in place and expanded on that in ways that we feel would benefit the community of athletes as a whole. The changes that you will see in this program reflect the continued striving for excellence to be the best program in the world from top to bottom. We hope the proposed changes also offer new excitement, variety and challenge to the athletes and coaches in our community.

We have continually reached out to the community for suggestions and critiques while pursuing many drafts of the program. Our intent has been to create a transparent environment in which the community of coaches and judges could participate all the while keeping the “big picture” in perspective and attempting to balance the many needs of the community that this program serves. Our program continues to be a living document as a stable foundation for gymnastics development as well as progressive with an eye to the future growth of the sport.

Sincerely,

*Dusty Ritter
Men's Junior Olympic Program Coordinator*

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Chapter 1 – General Age Group Competition Program Information

I. Age Group Explanation & Competition Program Charts

A. Junior Olympic Compulsory Levels Overview

1. **Level 3** – This is intended as an introductory level with performance to be exhibition only and with no evaluation criteria. Clubs are encouraged to utilize these routines to introduce boys at in-house events to performing competitive routines. The routines for this level are listed in the Event Specific Chapters 3 – 8.
2. **Levels 4-7** – These are competitive levels which follow the Age Group and Scoring breakdowns as indicated in the Compulsory Levels Chart below. The routines for these levels are listed in the Event Specific Chapters 3 - 8.
3. **Compulsory Levels Chart:**

Age Group Competition Program Chart - Compulsory Levels							
Level	Age Group	Highest Competitive Event	Scoring				
			Base Score	Specified Bonus	Virtuosity	Stick Bonus	Maximum Score
3	6	Performance Exhibition Only	No Evaluation Criteria				
	7-8						
	9 & Over*						
4	6	STATE	10.0	1.0	0.5	0.2	11.7
	7-8						
	9-10						
	11 & Over*						
5	7-8	REGIONAL	10.0	1.5	0.5	0.2	12.2
	9-10						
	11 & Over*						
6	7-8	REGIONAL	10.0	1.5	0.5	0.2	12.2
	9-10						
	11 & Over*						
7	9-10	REGIONAL	10.0	2.0	0.5	0.2	12.7
	11-12						
	13 & Over*						
*18 year maximum age			For Vault Scoring refer to Chapter 6 - Vault				

B. Junior Olympic Optional Levels Overview:

1. Optional Levels 8, 9 and 10 – Two Divisions

- a. **Junior Olympic Division** – Competitors will perform optional routines only utilizing the Score Components listed in the Optional Levels Chart below. Gymnasts advance to the Junior Olympic National Championships based upon their optional routines qualification through the Regional Championships. 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 Olympic Division are not eligible for National Team Selection or qualification to the VISA Championships.

- a. **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 VISA Championships.
- b. **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)*	1.5	B = 0.5 A = 0.3	0.2	0.1 bonus if execution deductions are between 0.9 – 1.2 0.2 bonus if execution deductions are less than 0.9
	13-14	REGIONAL					
	15-18						
9	13-14	NATIONAL	8 (7 + dismount)*	2.5	B = 0.5 A = 0.3	0.2	
	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	
	17-18						
Junior Elite – Optional Routines & Technical Sequences							
8	11-12	NATIONAL	8 (7 + dismount)*	1.5	B = 0.5 A = 0.3	0.2	0.1 bonus if execution deductions are between 0.9 – 1.2 0.2 bonus if execution deductions are less than 0.9
9	13-14	NATIONAL	8 (7 + dismount)*	2.5	B = 0.5 A = 0.3	0.2	
10	15-16	NATIONAL	10 (9 + dismount)*	2.5	C = 0.5 B = 0.3 A = 0.0	0.2	
	17-18						
<p style="text-align: center;">*Dismount must count for Element Group Requirement</p> <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 in the Event Specific Chapters 3 – 8. Count the highest value part for each required Element Group Credit first. Count the highest 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 							

2. National Team Qualification and Selection

a. Level 8 & 9 Junior Elite

- i. Must qualify to the Junior Olympic National Championships based on combined scores of Technical Sequences and Optional Routines performed at the Regional Championships. Regional Qualification will be based on the use of the Technical Sequences at the State Championships.
- ii. National Team selection for these levels will be based on combined scores of Technical Sequences and Optional Routines at the Junior Olympic National Championships. For more detailed information concerning the Junior National Team program and selection please refer to the “USA Gymnastics Men’s Junior National Team Program” handbook.

b. Level 10 Junior Elite

- i. Must qualify to the Junior Olympic National Championships based on combined scores of Technical Sequences and Optional Routines performed at the Regional Championships. Regional Qualification will be based on the use of the Technical Sequences at the State Championships.
- ii. Must qualify to the Visa Championships based on combined scores of Technical Sequences and Optional Routines at the Junior Olympic National Championships or at the National Qualifier.
- iii. National Team selection for this level will be based on two days of optional competition at the Visa Championships. For more detailed information concerning the Junior National Team program and selection please refer to the “USA Gymnastics Men’s Junior National Team Program” handbook.

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.

B. 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.

C. 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

D. Coach's Spotting Responsibilities:

1. A spotter is required, for all levels, to be in position to safely spot the entire performance on the Horizontal Bar, Still Rings and Vault.
2. A spotter is allowed at all levels on Parallel Bars.
3. If a spotter appears on the Floor Exercise or Pommel Horse / Mushroom events, the deduction is 0.5 from the routine's final score.
4. A spotter is allowed on all events for Level 3.
5. The gymnast should not be allowed to begin the routine without the presence of the required spotter. If the spotter walks away prior to the completion of the routine, the deduction will be 0.3, with a warning to the coach that a second infraction will result in his remaining gymnasts not being allowed to compete on that event that day.
6. An additional spotter is permitted on Still Rings, Vault, Parallel Bars and Horizontal Bar without deduction.
7. Assistance at any apparatus, whether general or as the required spotter must be provided by a current active USAG Professional Member. Additional assistance may be provided by a coach who is a current active USAG Professional Member on the events permitting an additional spotter.

E. Specialists:

While All-Around competition within the Junior Olympic Age Group Competition Program is encouraged, USA Gymnastics recognizes the significant contributions that can be made by specialists and multi-event participants. Participation by specialists and multi-event athletes is permitted and strongly encouraged in all levels of competition.

III. Equipment and Mat Specifications

A. FIG:

All specifications of equipment and mats are per FIG unless otherwise stated.
Equipment heights listed below are maximums. **FIG height requirements may only be exceeded where allowed by FIG.**

Floor Exercise:	FIG – 12m x 12m (40' x 40')
Pommel Horse:	Maximum FIG height (up to 115 cm from the floor)
Still Rings:	Maximum FIG height (up to 280 cm from the floor)
Vault:	Maximum FIG height (up to 135 cm from the floor)
Parallel Bars:	Maximum FIG height (up to 200 cm from the floor)
Horizontal Bar:	Maximum FIG height (up to 280 cm from the floor)

B. General:

1. A panel mat may be used to mount pommel horse, mushroom or parallel bars.
2. There is no minimum height requirement on the pommel horse, vault or parallel bars.
3. Matting can be adjusted to attain the minimum height requirements indicated in Section III – Paragraph E below for the still rings and the horizontal bar.
4. The spring board may only be used to mount the Parallel Bars and for vaulting.
5. It is the responsibility of the coach to determine if ceiling mounted rings provided are acceptable for his gymnast's use. If a ring tower will not be available for competition, the coach should be notified in the pre-meet information packet so that the coach may choose if he wishes to have his gymnasts participate.

C. Landing Mat Specifications:

Minimum Recommended Landing Mat Specifications For Junior Olympic Competition Program

Event / Level	Level 3	Level 4	Level 5	Levels 6	Level 7	Level 8	Level 9	Level 10
Note: 10 cm is equal to slightly less than 4 inches								
Floor Exercise	40'x40' or 6' x 40' strip Minimum 1 1/4" thick			40'x40' or 6' x 60' strip 1 1/2" foam on 4" spring deck		40'x40' 1 1/2" foam on 4" spring deck		
Pommel Horse	12' x 12' x 4"							
Mushroom	10' x 10' x 1 1/4"				Not Applicable			
Still Rings	8' x 15 1/2' x 8"							
Vault	6' x 12' x 20"			8' x 15 1/2' x 1'		8' x 15 1/2' x 8" Up to 4 additional 8" skill cushions JE Technical Vault Only		
Parallel Bars	14' x 16' x 8"							
Horizontal Bar	8' x 30' x 1'							

D. Additional Matting:

1. **Floor Exercise:** A landing mat of up to 10 cm (4") may be used for landings of "C" value skills or greater. The mat must remain in place throughout the routine.
2. **Still Rings:** The landing surface may be raised to a height of 30 cm (12"). An additional safety cushion of up to 20 cm (8") may be used.
3. **Vault:** An additional safety cushion of up to 20 cm (8") may be used in addition to the required 20 cm (8") landing surface height. In Junior Elite competition up to 32" of additional matting may be used to raise the landing surface for Technical Vaults.
4. **Parallel Bars:** An additional safety cushion of up to 20 cm (8") may be used.
5. **Horizontal Bar:** An additional safety cushion of up to 20 cm (8") may be used. In addition to the required 30 cm (12") landing surface height.

E. Equipment Measurements:

1. **Floor Exercise:** From the outside of both lines
 - a. Level 3 – 5:
Tumbling strip with a minimum width of 6 feet and a length of 40 feet. A side or diagonal section of a 40' x 40' may be used
 - b. Level 6 – 7:
Tumbling strip with a minimum width of 6 feet and a length of 60 feet. A diagonal section of a 40' x 40' may be used.
 - c. Level 8 – 10:
FIG – 12m x 12m (40' x 40')
2. **Pommel Horse:** From the floor to the top of the horse body
 - a. Level 4 – 7:
A standard pommel horse at any height setting.
 - b. Level 8 – 10:
Maximum FIG height (up to 115 cm)
3. **Mushroom:** From the surface of the mat to the top of the mushroom
 - a. Level 3 – 6:
Height range: 16" to 30". Top diameter: 24" minimum (Across dome side to side)
Dome: 3" to 6" (From dome base to apex)
4. **Still Rings:** From the floor to the inside bottom of the rings
 - a. Level 3 – 7:
High enough to swing without touching the landing mat; either by lowering the apparatus or by raising the landing surface.
 - b. Level 8 – 10:
Maximum FIG height (up to 280 cm)
5. **Vault:** From the floor to the top middle of the vault table or from the floor to the top of the highest landing mat for Levels 3 – 5
 - a. Level 3 – 5:
Vault table not used for this level. A panel mat or box blocking surface, not to exceed 12" above the landing surface, may be placed in front of or on up to 32" of landing mats.
 - Level 6 – 7:
Vault table set at any height
 - b. Level 8 – 10:
Maximum FIG height (up to 135 cm)
6. **Parallel Bars:** From the floor to the top of the rail
 - a. Level 3 – 4:
High enough to swing in support position
 - b. Level 5 – 7:
High enough to swing in long hang position with knees bent
 - c. Level 8 – 10:
Maximum FIG height (up to 200 cm)
7. **Horizontal Bar:** From the floor to the top of the bar
 - a. Level 3 – 7:
High enough to swing without touching the landing mat, either by lowering the apparatus or by raising the landing surface.
 - b. Level 8 – 10:
Maximum FIG height (up to 280 cm)

Chapter 2 – Judging Guidelines

I. General Judging Guidelines:

A. Document Precedence:

1. The International Gymnastics Federation (Fédération Internationale de Gymnastique FIG) Code of Points will be used except where superseded by rules found in this USA Gymnastics Men's Junior Olympic Age Group Competition Program Manual and approved updates. Therefore, the order of precedence when determining which rules to use in the event of conflict is:
 - a. The USA Gymnastics Men's Junior Olympic Age Group Competition Program Manual with Rules Updates published by 2013-2016 Age Group Competition Committee (Rules Updates are available online at <http://www.usa-gymnastics.org>).
Note: The written routine descriptions contained in this manual always take precedence over those shown in the video routine presentation.
 - b. The NGJA/USAG Rules Interpretations (available online at: <http://www.ngja.org>)
 - c. The International Gymnastics Federation (Fédération Internationale de Gymnastique FIG) Code of Points with Rules Updates published by the FIG Men's Technical Committee (Rules Updates [aka FIG MTC newsletters] are available online at: <http://www.fig-gymnastics.com>)

B. Judging Duties:

1. The judges in all Men's Junior Olympic Age Group Program competitions will perform the duties of both the "D" (Difficulty) and "E" (Execution) Jury Panels as listed in the FIG *Code of Points*, except in the case of a competition where four or more judges are used in a single panel.
2. On floor exercise and vault the judges will have the additional responsibility of Line Judge.
3. There is no time limit on floor exercise routines in the Men's Junior Olympic Age Group Program so there is no need for a Time Judge to keep time on floor exercise.

C. Minimum Score:

The minimum score for any exercise in the Junior Olympic Program is 1.0.

D. Range of Allowable Scores:

When using two judges, or a 4 or more judge panel, the point difference between both, or the middle scores, may not be greater than:

E' Panel Score	Allowable Deviation
9.60 - 10.00	0.10
9.40 - 9.60	0.20
9.00 - 9.40	0.30
8.50 - 9.00	0.40
8.00 - 8.50	0.50
7.50 - 8.00	0.60
<7.50	0.70

E. Routine Repetition Rule:

1. One attempt at a routine is allowed.
2. Should circumstances occur that are beyond the control of the gymnast which interrupt his attempt at a routine the gymnast may be given the opportunity to repeat his routine, at the discretion of the head judge.
3. Should a handguard (grip) tear during the routine, the gymnast will be allowed to repeat his performance, at the discretion of the head judge.

A. 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 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.

II. Compulsory Levels 4 – 7 Judging Guidelines:

A. Philosophy of Structural Elements of Scoring:

The compulsory routines have been designed with a dual purpose because not all gymnasts should be asked to meet the same advanced development goals at any given competition level. Therefore the scoring framework was created to provide basic routines for everyone and gradually increase the opportunity for bonus as an athlete's development progresses. The first purpose is to provide basic routines that are constructed to encourage participation, promote growth, and provide opportunity for the recreational gymnast to be successful and continue to progress. At the same time, the second purpose is to include in the routines the opportunity for the talented gymnast to challenge his development and mastery at each level with additional benchmarks which are rewarded with bonus. With this dual purpose in mind the scoring format which utilizes a base score and bonus opportunities was developed.

The specifics of each of the scoring components are addressed in detail below but the philosophy behind the system of bonuses is expressed here.

Specified Bonus was added to the basic routines to provide the perfect tool for having basic fundamental compulsory routines suitable and achievable for the recreational athlete, and at the same time, providing developmental goals and challenges for the more talented athlete.

Virtuosity is at the foundation of the very name of our sport - "Artistic Gymnastics". The ultimate goal of every performance is technical excellence, artistic style, and the pursuit of perceived perfection which in turn define virtuosity. Virtuosity is not a fleeting subjective concept rarely applied, impossible to define, and of little use to us. On the contrary, we believe that young gymnasts should be educated to how they can apply this standard of excellence to their performance in compulsory gymnastics. This compulsory program seizes the opportunity to not only expand the latitude for virtuosity but to offer the direction to apply this valuable and essential tool in development of the quality of our sport's performance. At the same time it will offer a great deal of encouragement and motivation to the young athlete to know he has been rewarded for artistic and technical excellence.

The end result of these variable scoring elements is to create a range of scoring that will adequately separate a diverse field of gymnasts and meet the needs of the wide range of ability levels within the program.

B. Base Score:

1. The 'base score' or 'E' score for execution is 10.0 for all compulsory routines.
2. In a compulsory routine the 'base score' is an arbitrary number from which execution deductions are taken during the performance of the routine. The basic routines are designed so that they are achievable and should not result in falls or excessive deductions for the average recreational participant.
3. The scores will be in a range that is 'comparable in progression' to the score a gymnast will receive when he transitions to the optional levels where the 'E' score is also from a 10.0.

C. Specified Bonus:

1. The use of Specified Bonus has proven to be a very successful addition to the Men's Junior Olympic Age Group Competition Program.
2. At each level of competition we provide a set of basic skills that provides the foundation of fundamental ability and fitness. When the compulsory skills at that level reach an acceptable degree of a mastery the gymnast can matriculate to the next level that offers new challenges.
3. To create growth and challenge within each level we offer options for achieving a specified performance bonus. This bonus rewards athletes for aspiring to a higher standard based upon achieving different benchmarks of skill mastery that are appropriate for that level.
4. These specified bonus skills are also designed to meet a pattern of 'progression-oriented' development that will assist the gymnast with his transition to the next level and to optional gymnastics.

C. Specified Bonus: (Continued)

5. As the gymnast progresses to higher levels of compulsory competition he gains a larger repertoire, background of experience, and a higher level of fitness. Therefore, a greater number of opportunities for specified performance bonus are offered.
6. There are two reasons for offering more specified bonus opportunities as the compulsory levels increase. First, the gymnast's increased level of fitness and skill foundation warrants making greater opportunity accessible. Second, the expanded opportunity for specified performance bonus helps to prepare the gymnast for the transition to the next level and/or eventually optional competition.
7. The routines have been designed in such a way that at least one of the specified bonus skills is a little easier to achieve than the others in order to encourage each athlete's development.
8. The value of the specified bonus skills is (+0.5) each.
9. Specified bonus cannot be awarded if there is a single large error (0.5) or fall (1.0) in the execution of the skill. This rule applies unless specifically written as an exception in the individual event routine description. Specified bonus may be awarded when multiple small (0.1) and medium (0.3) deductions are taken even when they total more than (0.5).
10. There should be a purposeful balance between encouraging a talented athlete's development and clean execution of basics. If a gymnast can successfully perform a specified bonus skill with a "medium" (0.3) or less deduction he would be rewarded slightly for his higher level of achievement. Poor execution will negate the advantage. Officials are encouraged to take appropriate and fair execution deductions for the performance of the skill. Therefore, this program is designed to encourage an athlete's skill development and provide opportunities for specified bonus in each routine while maintaining a standard of 'risk vs. reward' that is equitable within the overall context of the program.
11. The transition to optional competition is a difficult one for most gymnasts. When a gymnast becomes 'age eligible' for optional competition he may lack both the variety of optional skills as well as the level of difficulty that would allow him to be competitive as an optional gymnast. The program is designed to provide more opportunity for the growth and development of the gymnast's skill repertoire as well as provide a core construction that can serve as the basis of an optional routine. The Level 7 compulsories have been designed as a tool to help bridge the gap between compulsory and optional competition and encourage each athlete to make the transition at a time that is appropriate for him. Therefore, this level has been designed with basic routines that serve as the core for a 'modified optional' approach.

D. Virtuosity:

1. This program has been designed to increase the potential for virtuosity to a maximum of 0.5 in each routine.
2. In order to help the coach, athlete, and judge set standards for virtuosity bonus specific benchmarks for performance have been identified in each routine. Virtuosity bonus is generally intended for 'levels of artistic or technical excellence or amplitude' rather than for doing a more difficult skill.
3. There are three identified virtuosity elements in each routine (+0.1) can awarded for each element.
4. The standard is up to (+0.5) available for the routine as a whole. These virtuosity elements have been identified both to encourage the athlete and coach to seek this benchmark as well as to give our judges a clear direction and objective standard to use when awarding this bonus.
5. In designing this program our judges will still have at their discretion, as they have in the past, the ability to reward a gymnast for demonstrating any special impression of artistic excellence that may set him apart from other athletes. An additional, non identified (0.2) are available and may be awarded at any point in the routine.
6. In all cases, virtuosity can be awarded for any qualified execution of a skill with (0.1) 'small' deduction or less in execution.

E. Stick Bonus:

1. All stuck landings to the feet are awarded +0.2 in Stick Bonus.
2. On Level 4 – 6 Pommel Horse the stick bonus is divided between the two apparatus, +0.1 for mushroom and +0.1 for pommel horse can be awarded for stuck landings.

E. Routine Error and Deduction Table:

Table of Routine Errors and Deductions	
Error	Deduction
Missing part	1.0
Non-Recognized part	Element not recognized plus execution errors
Routine Composition Error	0.5 (to be taken once per routine)
Fall (as per FIG)	1.0
Large error (as per FIG)	0.5
Medium error (as per FIG)	0.3
Small error (as per FIG)	0.1
Empty and Intermediate swings (as per FIG)	Empty (½) - 0.3, Intermediate (Full) - 0.5

F. Specific Judging Guidelines:

1. Explanation of "Part" & Routine Composition Error:

- A "part" is defined as a "numbered skill or sequence" in the routine Description for each level in Chapters 3 through 8 of this manual.
- A "part" is a "missing part" if it has been omitted or is performed in such a way as to be unrecognizable.
- If the "part" is partially completed (more than 50%) it should receive credit and the appropriate FIG deductions (small, medium, large or fall).
- Added "parts" such as circles on mushroom or pommel horse and extra giant swings on horizontal bar should be treated as a Routine Composition Error.
- A Routine Composition Error includes any and all added "parts" such as circles on mushroom or pommel horse and extra giant swings on horizontal bar, the exception being added swings, empty and intermediate swings as defined by FIG, which will be deducted as per FIG. The Routine Composition Error also encompasses routine elements performed in the incorrect order. The deduction is a 0.5 global deduction that should only be taken once per routine in addition to any execution deductions.

2. Handstands:

A nominal handstand is shown at plus or minus 15° from vertical. The junior program will use FIG rules concerning swings to or through handstand or to strength holds.

3. Swing and Position Criteria:

All swing and position required criteria are defined as one of the following:

- Horizontal
- 45°
- Vertical

4. Added swings:

Added swings will be treated as per FIG as empty (½) swing (0.3 deduction), or intermediate (full) swing (0.5 deduction), not as an added part or with the Routine Composition Error.

5. Required holds:

- Holds are two seconds, unless noted. Hold deductions are per FIG.
- Momentary holds are defined as holds which show a definite stop and are held up to one second. Momentary holds that do not show a definite stop receive a deduction of 0.5 (not a deduction).

6. Added Holds:

- Added holds are to be deducted as rhythm errors and not as added parts.
- Multiple added holds will be treated as a Routine Composition Error and will be subject to a one-time large error deduction of 0.5.

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- 7. Steps:**
- There is no requirement specifying the number of steps in the run prior to tumbling sequences in floor exercise routines.
 - 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.
 - 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:**
- Specified Bonus:**
 - 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.
 - Bonus will not be awarded for a skill with a single large deduction with the exception of the specified bonus giant swings on horizontal bar. If the giant swings are attempted, specified bonus will be awarded if there is not a fall.
 - Specified bonus skills may only be attempted once to receive the bonus.
 - Virtuosity Bonus:**
 - Award a total of +0.5 for virtuous elements with a small (0.1 or less) deduction.
 - Individual skills may be awarded virtuosity bonus, to a maximum of +0.1 per skill.
 - Each compulsory routine has three identified virtuosity elements.
 - An additional +0.2 of virtuosity bonus can be awarded at the discretion of the judge for elements showing extreme amplitude or virtuous performance.
 - Stick Bonus:**
 - Award +0.2 for stuck dismounts on Floor Exercise, Still Rings, Parallel Bars & Horizontal Bar.
 - 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:**
- 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.
 - Stick Bonus:**
 - Award +0.2 for stuck landings to the feet.
 - For Level 5 Vault – Flyspring (Boulder Handspring) the gymnast is allowed a rebound prior to sticking the dismount.
- 10. Salto Height:**
All **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:**
- On all single leg cuts, the top leg (cutting leg) should be at minimum horizontal with the hips fully extended.
 - On all pendulum swings, false scissors and scissors, the top leg should be at minimum horizontal with the hips fully extended.
 - Unless otherwise specified, all elements, compulsory or optional, begin and end in front support as per FIG.
- 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.

13. Vault:

- a. The junior program will not give a zero score for any vault, with the exception of failure to attempt the vault at all (a scratch).
- b. A balked attempt or incomplete vault, may be repeated once (with safety in mind and at the judge's discretion) with a deduction of 1.00 from the score of the second attempt.
- c. No third attempt of the same vault will be allowed. The minimum score for any attempted vault will be 1.00.
- d. The following specific errors and deductions will be applied to all Compulsory Level 4 – 7 Vaults.

Table of Specific Errors and Deductions for Vault			
Error	Small	Medium	Large
Run Deductions:			
Run slows down before hurdle, insufficient velocity or acceleration	0.1	0.3	N/A
Improper arm swing action complementary to run	0.1	0.3	N/A
Rhythm break during run (stutter-steps) or insufficient stride	0.1	0.3	N/A
Hurdle Deductions:			
Hurdle does not stay on level plane as knees lift, insufficient knee lift	0.1	0.3	N/A
Feet not clearly in front of hips upon impact with the springboard	0.1	0.3	N/A
Arm circle or reach insufficient	0.1	0.3	N/A
First (Pre) Flight Deductions:			
Diving or insufficient rotation to the blocking surface	0.1	0.3	0.5
Body position too arched or piked	0.1	0.3	0.5
All other deductions per FIG	0.1	0.3	0.5
Second (Post) Flight Deductions:			
Repulsion not within 0° - 15° of vertical	0.1	0.3	0.5
Lack of distinct lift or rise from blocking surface	0.1	0.3	0.5
Body position too arched or piked	0.1	0.3	0.5
Landing Deductions:			
All landing deductions per FIG.			

14. Horizontal Bar:

Unless otherwise specified all swings forward on Horizontal Bar should be tap swings. See the Chapter 8 - Horizontal Bar, Section I – Compulsory Levels 3-7 Overview and Explanations, Paragraph D – Basic Technique: Tap 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	
	Awarded if execution deductions are less than 0.9							
	0.1			0.1			0.1	
	Awarded if execution deductions are between 0.9 – 1.2							
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)	1.5			2.5			2.5	
	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 0.9 will be awarded +0.2 in bonus.
- Routines that have execution deductions between 0.9 and 1.2 will be awarded +0.1 in bonus.
- Execution bonus will be added to the start value and can only be awarded if all element groups are fulfilled.

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. Any "B" or higher 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.
- 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.
- 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).
- 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.*

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 "C" value Element Group II – Flight Element + "C" or higher Element Group II – Flight Element will receive +0.1 in connection bonus (same as FIG).
- 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 less than 0.9	
	0.1		0.1			0.1		Awarded if execution deductions are between 0.9 – 1.2	
	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			
Any "B" or higher Flair w/ Spindle	0.2		0.2			0.2			
Magyar or Sivado - 1 extra circle 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 – 2 extra 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			
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	
	Not Applicable		Not Applicable			Not Applicable		See Table below	
Vault Bonus for multiple vaults awarded if performed with no large execution deduction or fall on the second vault	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 or higher	0.3		0.3			0.3			
"C" value EG II skill + "C" or higher EG II	0.1		0.1			0.1			
"C" value Jam to handstand	0.1		0.1			0.1			

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D. General Exceptions to the FIG Code of Points:

1. Dismount Exceptions:

- a. Level 8 and Level 9 will receive full Element Group V credit for a “B” value dismount. An “A” value dismount will receive 0.3 in Element Group V Credit.
- b. Level 10 will receive full Element Group V credit for a “C” value dismount. A “B” value dismount will receive 0.3 in Element Group V Credit while no credit will be given for an “A” value dismount.
- c. Only a skill which has been designated as a dismount in either the JO or FIG rules may receive Element Group V credit.

2. Recognizable Gymnastics Skills:

- a. Any recognizable gymnastics skill which is not listed in the FIG Code of Points, NGJA/USA Gymnastics Interpretations, Men’s Junior Olympic Age Group Competition Program Manual or Men’s Junior Olympic Age Group Competition Program Update will receive an “A” value with no Element Group credit.
- b. Skills that are not listed in the FIG Code of Points, the USAG/NGJA Interpretations or the AGCC Update will always receive an “A” value until that skill has been submitted for evaluation.
- c. New and original skills **must** be submitted (in electronic video form) directly to the Junior Olympic Program Coordinator or through the NGJA web site selecting the ‘New Skill Submission Page’ link. The Junior Olympic Program Coordinator will have the skill evaluated by the NGJA/USAG Technical Committee.

3. Straddling of the legs:

The Men’s Junior Olympic Age Group Competition Program will allow straddling of the legs on skills including a strength press or hold.

4. Short Routine:

The deduction for performing an exercise containing less than six parts (skills or elements) is 1.0 for each skill or element less than six. This deduction is taken from the ‘E’ score. (For example: 5 parts – deduct 1.0, 4 parts – deduct 2.0, etc.)

5. Skill Exceptions:

- a. In the Men’s Junior Olympic Age Group Competition Program, a skill which has a letter value assigned should be evaluated as if it has its own “code box”.
- b. For instance a “B” Stützkehre forward would have a different “virtual code box” for routine construction purposes than a FIG “C” value Stützkehre forward to handstand.
- c. It is, however, not the intention of this interpretation to allow for undue repetition of elements.
- d. The one exception to this repetition rule is on Parallel Bars in all levels for the basket (peach) skills. Both a FIG value basket (peach) to handstand and the excepted “B” value basket (peach) with straight arms to support lower than 45° above horizontal may be used in a routine with each counting for difficulty.
- e. *Example #1:* A gymnast performs both a FIG “C” Stützkehre forward to handstand and the excepted “B” Stützkehre forward to 45° above horizontal in the same routine, only the FIG “C” Stützkehre forward to handstand would be recognized because of its higher value.
- f. *Example #2:* A Level 8 gymnast performs both a FIG “D” basket (peach) to handstand and the excepted “B” basket (peach) with straight arms to support lower than 45° above horizontal in the same routine. Both will be counted for difficulty.

E. Event Specific Exceptions to the FIG Code of Points:

1. Floor Exercise:

- a. One landing mat of up to 10 cm (4”) may be used for “C” value or greater skills for landings only. Using the landing mat to rebound or punch from is an apparatus deduction. The mat must remain in place throughout the routine.

2. Pommel Horse:

- a. For all “C” or higher longitudinal travels in cross support a global skewing deduction will be applied (once per skill) rather than the FIG skewing deduction taken per each section of the pommel horse except where specified in the Junior Elite program.
- b. Any dismount skill that achieves a handstand will receive full Element Group V credit and a maximum of (0.5) in execution deductions. If the athlete uses his feet or legs to push off the horse to the handstand, neither difficulty nor Element Group V credit will be given.

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E. Event Specific Exceptions to the FIG Code of Points: (Continued)

c. Any circle or flair to handstand dismount will receive a minimum of “C” value. (Note: If a “B” or higher value 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).

3. Still Rings:

A forward or backward tucked salto dismount will receive “A” difficulty credit and Element Group V credit.

4. Vault:

Increase the start value of a Handspring forward and salto forward piked with a ½ twist to 4.0. (FIG vault 120 – Group I, #20)

5. Parallel Bars:

- a. Gymnasts at all levels may perform basket (peach) or giant with straight arms to support lower than 45° above horizontal and receive “B” difficulty credit and Element Group IV credit. FIG angle deductions will not apply, only general execution deductions.
- b. Stützkehre forward to 45° above horizontal will receive “B” difficulty credit and Element Group I credit. FIG angle deductions apply.
- c. Giant swing backward to handstand may be performed twice for difficulty credit (FIG COP page 115, #21 – Kenmotsu only).
- d. Basket (peach) to handstand may be performed twice for difficulty credit (FIG COP page 118, #10).
- e. Allow empty (½) swing prior to performing Element Group III and Element Group IV skills. An intermediate (full) extra swing is not allowed. (Example: Glide kip swing to 45° above horizontal, bail to Moy to support, swing backward to horizontal, drop to basket (peach) with straight arms to support)
- f. A forward or backward tucked salto dismount will receive “A” difficulty credit and Element Group V credit.

6. Horizontal Bar:

- a. Any “C” or higher Element Group II - Flight Element may be repeated once in direct connection to itself or another “C” or higher Element Group II – Flight Element. If not performed in direct connection, normal repetition rules apply. (Examples: 1. Tkatchev straddled + Tkatchev straddled 2. Tkatchev straddled, giant, Tkatchev straddled + Gienger 3. Tkatchev straddled, giant, Tkatchev straddled – this would be repetition, no credit for second Tkatchev straddled).
- b. A full ‘El-grip’ swing through the hang position that hops to a full undergrip and continues over the bar to an giant swing forward or to hop pirouette and continues into a giant swing backward will receive an “A” difficulty credit and full Element Group IV credit. (Example: 1/1 pirouette to El-grip swing through the bottom and hop to undergrip and continue to giant = “C” difficulty credit for 1/1 pirouette and “A” difficulty credit and Element Group IV credit for the hop)
- c. Upon catching a release skill the gymnast is allowed to perform a swing with a ½ turn and change of grip on the subsequent swing forward to a kip without deduction. This swing ½ turn will receive “A” difficulty credit and no Element Group credit.
- d. A maximum of up to five forward and backward body movements of which the 5th movement must be a skill (Examples: stemme, free hip circle, Stalder, etc.) will be allowed without deduction. Inclusion of a ‘back-uprise’ action, even to partial support, up to or on the 4th movement will be allowed without deduction.
- e. The Junior Program will allow the following values for a Jam in Element Group IV (see chart below). There are no FIG angle deductions for these skills, only general execution deductions.

Horizontal Bar ‘Jam’ Exception Table	
Element Group IV Jam	Difficulty Credit
0° - 15°	“C” + 0.1
16° - 45°	“C”
46° - 90°	“B”
Below horizontal	“A”

- f. A forward or backward tucked, piked or stretched salto dismount will receive “A” difficulty credit and Element Group V credit.

Junior Olympic Exceptions to the FIG Code of Points 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
Floor Exercise								
One landing mat of up to 10 cm (4") may be used for "C" value or greater skills for landings only. Using the landing mat to rebound or punch from is an apparatus deduction. The mat must remain in place throughout the routine.								
Pommel Horse								
Any circle or flair to handstand will receive a minimum of "C" difficulty credit. (Note: If a "B" or higher value flair to handstand is performed it does not receive the additional (+0.1) event specific bonus listed on page 2.9 paragraph C.2.a for any "B" or higher flair skill.								
For all "C" or higher longitudinal travels in cross support a global skewing deduction will be applied (once per skill) rather than the FIG skewing deduction taken per each section of the pommel horse.								
Still Rings								
A forward or backward tucked salto dismount will receive "A" difficulty credit and Element Group V credit.								
Vault								
Increase the value of a Handspring forward and salto forward piked with a ½ twist (FIG vault 120 – Group I, #20)	4.0			4.0			4.0	
Parallel Bars								
Basket (Peach) with straight arms to support lower 45° above horizontal	B + Element Group IV			B + Element Group IV			B + Element Group IV	
Stützkehre forward to 45° above horizontal	B + Element Group I			B + Element Group I			B + Element Group I	
Repetition of giant swing backward to handstand (Kenmotsu)	1 time			1 time			1 time	
Repetition of basket (peach) to handstand	1 time			1 time			1 time	
Allow empty (½) swing prior to performing Element Group III and Element Group IV skills. An intermediate (full) extra swing is not allowed.								
A forward or backward tucked salto dismount will receive "A" difficulty credit and Element Group V credit.								
Horizontal Bar								
"Any "C" or higher Element Group II - Flight Element may be repeated once in direct connection to itself or another "C" or higher Element Group II – Flight Element. If not performed in direct connection, normal repetition rules apply."								
Full El-grip to hop undergrip or hop pirouette continuing over the bar to a giant swing, the hop will receive an "A" value & Element Group IV credit.								
From release skill, a swing with a ½ turn and change of grip on the subsequent swing forward to a kip is allowed. This swing ½ turn will receive "A" difficulty credit and no Element Group credit.								
Maximum of up to 5 movements prior to mount. 5 th movement must be a skill. Partial support up to or on the 4 th movement will be allowed without deduction.								
Jams in Element Group IV will be evaluated using the following chart for difficulty credit. FIG angle deductions will not apply, only general execution deductions.								
Element Group IV Jam				Difficulty Credit				
0°-15°				"C" + 0.1				
16° - 45°				"C"				
46° - 90°				"B"				
Below horizontal				"A"				
A forward or backward tucked, piked or stretched salto dismount will receive "A" difficulty credit and Element Group V credit								

F. Event Specific Restrictions to the FIG Code of Points:

1. Floor Exercise:

- a. Level 8 and Level 9 gymnasts are not allowed to perform "C" value or higher salto skills with head first roll-out.

2. Pommel Horse:

No restrictions on this event

1. **Still Rings:**
 - a. Level 8 – 10 gymnasts are not allowed to perform Guczoghy skills or skills including to or from Li Ning.
 - b. Level 8 and 9 gymnasts are allowed to perform only one Honma skill from Element Group I. An additional Honma skill may be performed from Element Group III.
 - c. Level 10 gymnasts are allowed to perform a maximum of two Honma skills from Element Group I. An additional Honma skill may be performed from Element Group III.

2. **Vault:**
 - a. Level 8 gymnasts are not allowed to perform round-off entry vaults (Groups III, IV & V).
 - b. Level 9 gymnasts are restricted to performing only the following round-off entry vault (Group III), Yurchenko in tucked, piked, or stretched position with only one salto in the second (post) flight and up to one full (1/1) twist in the second (post) flight to include FIG Group III, Code box #'s (7, 8, 9, 13, 15, 19, 20, 21).
 - c. Level 10 gymnasts are allowed to perform round-off entry vaults (Groups III, IV & V) without restrictions.

3. **Parallel Bars:**
No restrictions on this event.

4. **Horizontal Bar:**
No restrictions on this event.

Junior Olympic Restrictions to the FIG Code of Points - Optional Levels								
	Levels & Age Groups							
	8			9			10	
	11-12	13-14	15-18	13-14	15-16	17-18	15-16	17-18
Floor Exercise								
FIG "C" value or higher salto skills with head first roll-out.	None Allowed			None Allowed			1	
Pommel Horse								
No restrictions on this event								
Still Rings								
Limit of Honma skills allowed from Element Group I	1			1			2	
Guczoghy & skills including to or from Li Ning	Not Allowed			Not Allowed			Not Allowed	
Vault								
Round-off entry vaults (Groups III, IV & V)	Not Allowed			Allowed with restrictions*			Allowed	
	*Yurchenko in tucked, piked, or stretched position with only one salto and up to one twist in the second (post) flight – FIG Group III, Code box #'s (7, 8, 9, 13, 15, 19, 20, 21)							
Parallel Bars								
No restrictions on this event								
Horizontal Bar								
No restrictions on this event								

AGC RP 2.14

Chapter 3 – Floor Exercise

I. Compulsory Levels 3 – 7 Overview and Explanations:

A. General:

1. All compulsory floor routines are designed so they can be done on a tumbling strip up to 60 feet in length.
2. This set of routines on Floor Exercise emphasizes the gymnast working rhythmically and continuously throughout the exercise. A “hold” such as a designated handstand or a scale, may be the only allowed stops. There should be no other stops in the routines. The designated hold elements in the routines should be shown for only as long as indicated in the performance criteria or a rhythm deduction will be assessed. The tumbling and corner sequences are designed to encourage rhythm and have been developed to promote a variety of different transitional movements. As a result, these routines should be successfully executed in 45 to 60 seconds and must show continuous rhythm.
3. Unless otherwise specified, all transitional lunges should be executed with the back leg straight, front knee bent, heels down and the toes turned slightly outward. Only a momentary pause is allowed to show the position. Holding the lunge position more than momentarily will result in a deduction for rhythm.
4. The basic exercises are designed to help the recreational level participant successfully execute the routine. Benchmarks for virtuous execution are included to guide the gymnast. Many recreational gymnasts struggle with flexibility skills. Indicated flexibility skills have been selected as benchmarks for virtuous execution only. These added flexibility options are not required in the basic exercise. Gymnasts who excel in this area are encouraged to perform or execute this option. Judges may reward the gymnast accordingly using their discretion for excellent artistic performance.
5. Specified bonus elements tend to be skills that will be included or required in routines at the next level and follow a pattern of consistent progression.
6. Forward handsprings should be slightly over-rotated. A forward rebound is allowed.
7. On forward and backward saltos, the minimum center of mass should be chest high.
8. All hurdles should be executed with a full extension of the arms and shoulders and the forward leg should bend in pli  as the arms reach to contact the floor. The back leg should kick straight over the top as the forward leg thrusts from the floor and the hands push through the wrists and fingertips simultaneously to create maximum force and turnover.

B. Definitions:

1. The term “pli ” is defined as a bending of the knees as the feet contact the floor and is used to cushion the landing and promote control and/or rhythm. All jumps should land in “pli ” to assist control, balance, and rhythm on landings.
2. A “sissone” is defined as a jump from two feet with an extended split of the legs and landing on the forward leg with the back leg extended.
3. An “assembl ” is defined as a kick upward to a jump from one foot to a landing with the legs together on two feet. This is done with a   turn in these routines.
4. A “salto” is defined as a flipping or somersaulting skill performed in the air and can be performed forward, backward or sideward.
5. A “tempo salto backward” also known as a ‘whip’ or ‘whipback’ is defined as a back handspring without hands.
6. A “swedish fall” is defined as a prone fall with the legs split and the top leg extended straight at vertical.
7. A “flysprings” also known as a ‘bounder’ is defined as forward handspring performed with a two foot takeoff.

C. Basic Technique: Forward Handspring

The forward handsprings should show a straight-arm blocking action with full extension of the shoulders and a visible lift or rise from the floor. The forward leg should bend through the lunge position with the arms and shoulders fully extended upon contact with the ground. It should also show turnover past vertical to the rebound with a fully extended position.

D. Basic Technique: Round-off and Back Handspring

1. The round-off and back handspring should turnover past vertical to a hollowed body position with the hips rounded under, knees behind the toes, and the arms extended at horizontal or above in preparation for the take off backward to the handstand blocking position. The takeoff phase of the back handspring should fully extend backward in a linear horizontal direction.
2. The snap down phase of the back handspring, in preparation for a rebound, should be shorter and rotate up quickly to a standing position with the arms next to the ears, the head neutral, and at a blocking angle short of vertical for the rebound.
3. The snap down phase of the back handspring prior to the salto backward tucked should be shorter and rotate up quickly to a standing position with the arms next to the ears, head neutral, and at a blocking angle short of vertical.

E. Level 3:

1. There will be no required performance criteria, specified bonus or virtuosity. The gymnast is rewarded for performing the routine to the best of his ability as a learning tool.
2. At this level gymnasts are given the choice of performing one of two options listed in the routine description. This is intended to make it easier for all gymnasts to participate by performing the routines. The opportunity to perform and participate is the primary focus.
3. The coach may assist or spot the gymnast in executing any element in the routine if he chooses.

F. Level 4:

1. The tucked backward roll extension to prone support is intended as a progression toward a back extension roll to handstand. A back extension roll to handstand may be shown without deduction. There is no height requirement on this skill.
2. The front scale should be done with chest and head up, arms to side with palms down, and the back leg at a 45° minimum angle below horizontal with the foot turned out on the standing leg. The back leg should be straight with the foot pointed and clear of the floor.
3. Cartwheels should show continuous rhythm. The landing leg should bend into plié and move smoothly through the lunge position with arms extended overhead into the next skill.
4. The tuck jump should be done with the hands grasping the legs and pulling into a tight tuck and an extension of the legs before landing.
5. Execution of a split or pancake showing virtuosity in part # 5 can be performed as long as continuous rhythm is shown. There must be no more than a (0.1) small deduction in order to receive the virtuosity bonus. See the note regarding execution of these elements below the Level 4 – Floor Exercise description table. A press to headstand, handstand or from Endo roll directly from the split is allowed.

G. Level 5:

1. The jump to straight arm straddled press to momentary handstand should be done with the minimal amount of jumping action necessary to complete the element. The object is, of course, to eventually be able to press to the handstand.
2. The height of the dive roll should be consistent with the gymnast's center of mass. There is no distance requirement. The body position should be straight (a slight hollow or tight arch is allowed) and care should be taken to ensure that there is proper pressure exerted by the arms and hands upon arrival to the floor to ensure a smooth roll. In a properly executed dive roll, the body will roll through somewhat of a "candlestick" position and continue on through the tuck to the feet without stop, hesitation, or bounce.
3. Execution of a split or pancake showing virtuosity in part # 3 can be performed as long as continuous rhythm is shown. There must be no more than a (0.1) small deduction in order to receive the virtuosity bonus. See the note regarding execution of these elements below the Level 5 – Floor Exercise description table. A press to handstand or from Endo roll directly from the split is allowed.

H. Level 6:

1. The object on the opening pass is to teach the athlete how to over rotate the forward handspring step-out with the landing leg as far behind the body's center of mass as possible in order to accelerate into the lunge for the subsequent handspring.
2. The salto backward tucked takeoff position leaving the floor should be vertical. The hips and knees should lift upward in front while the arms extend upward and the head is neutral.
3. The rotation for the salto backward tucked should be initiated by lifting the lower body upward to the tuck position very quickly. The rotation is sustained by continuing to lift the upper body as the somersault turns over while extending the legs and hips quickly through the vertical position.

I. Level 7:

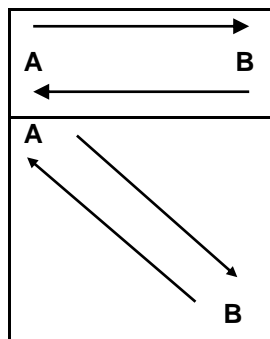
1. The development of the proper round-off and back handspring technique as explained in the Basic Technique section above is of paramount importance. This development should continue to be refined to a higher degree of excellence as the gymnast progresses in his ability to learn more difficult saltos. The salto backward stretched, vertical takeoff, and lifting of the hips forward to initiate rotation with the head remaining neutral is important to master prior to attempting twisting skills. Trampoline drills and training are useful in refining this technique.
2. Refinement of proper forward handspring technique as explained in the Basic Technique section above is essential to continued progress toward more difficult forward tumbling skills and combination tumbling. Special attention should be paid to developing and maintaining good upper back and shoulder flexibility.
3. If the gymnast performs the specified bonus dismount sequence with the tempo salto backward he should take care to execute the body positions with the tempo salto backward (whip) similar to the requirements for a back handspring as described in the Basic Technique section above. Either option is allowed for the specified bonus dismount sequence with the tempo salto backward. Both options must begin with the round-off, back handspring.
4. This routine is designed to prepare the gymnast for a core optional routine at Level 8. With this in mind, the routine is designed to be continuous in movement in order to be able to execute three passes within 60 seconds. There is no deduction for exceeding 60 seconds; however, developing the ability to move rhythmically will become a valuable skill as the gymnast transitions to the optional levels. Unnecessary or extended stops will be assessed a rhythm deduction.

II. Compulsory Levels 3 – 7 Routines:

LEVEL 3 - FLOOR EXERCISE:

The gymnast may receive an award for his participation on this event.

Stand at point A
facing Point B
Pattern:
A to B
B to A



A tumbling strip with a minimum area of 6' x 40' is required.

The side or 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
1. Front scale	Show good presentation and posture while lifting arms upward and take one step forward with either leg to front scale with back leg 45° below horizontal.
2. Handstand or Donkey kick	Bring legs together to a stand, step forward with either leg through the lunge position and kick to handstand or Bring legs together to a stand, kick to legs together support on hands and return to stand (donkey kick)
3. Forward roll, Cartwheel Cartwheel	Forward roll with straight arms to jump hurdle, cartwheel, cartwheel with ¼ turn to stand.
4. Backward roll	Tucked backward roll (coach may assist) to squat and extend to straight body or hollow front support position.
5. Arch support, Straddle stand	Lower to arch support with head up and lift to straddle stand, arms sideward.
6. Press headstand or Forward roll	Straddled press through headstand and forward roll to or Forward roll from straddle stand to
7. Tuck jump	Tuck jump to stand
8. Cartwheel or Round-off	Run, hurdle, cartwheel with ¼ turn to stand or Run, hurdle, round-off, rebound to stand.

LEVEL 4 - FLOOR EXERCISE:

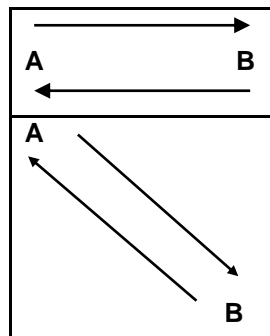
Base Score	10.0
Specified Bonus	1.0
Virtuosity	0.5
Stick Bonus	0.2
Maximum Score	11.7

Stand at point A
facing Point B

Pattern:

A to B

B to A



A 6' x 40' tumbling strip area is required.

The side or 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. Scale	Show good presentation and posture while lifting arms upward and take one step forward with either leg to scale with back leg 45° below horizontal.	2 second hold of scale required	Scale with back leg at horizontal or greater (+0.1)
2. Handstand	Bring legs together to stand and step forward with either leg through lunge position and kick to handstand.	Momentary hold in handstand to show position. Up to 2 second hold is allowed	
3. Forward Roll, Cartwheel Cartwheel	Forward roll with straight arms to jump hurdle forward to cartwheel, cartwheel with ¼ turn to stand facing (A).	Hurdle should show full extension and reach straight forward through the lunge position.	
4. Backward roll	Tucked backward roll extension to straight body or hollow front support and immediately	No height requirement on back extension. No hold of front support is allowed.	Back roll extension with straight arms (+0.1)
5. Arch support, Straddle stand	Lower to arch support with toes pointed, head up and lift to straddle stand, continuously lift head and arms upward and reach forward to	Show continuous rhythm with no stops.	Lower to a split or pancake and return to straddle stand (See Note below) * (+0.1)
6. Press headstand	Straddled press to headstand	2 second hold of headstand required	
Specified Bonus #1: In #6, Straddled press to handstand with straight arms (no hold required). Endo roll to press handstand is also allowed. (See Note below) * (+0.5)			
SB#1. Press handstand	Straddle press handstand with straight arms. Endo roll press to handstand with straight arms allowed. (See Note below) *	No hold of handstand required	
7. Forward roll, Tuck jump	Roll forward from headstand to tuck jump to stand	Reach up with arms on jump and bring knees up to chest in a tight tuck	

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.*

LEVEL 5 - FLOOR EXERCISE:

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

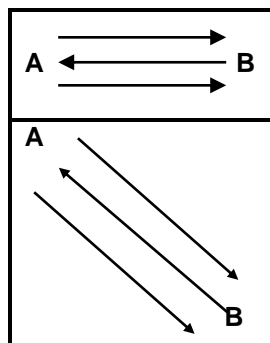
Stand at point A facing Point B

Pattern:

A to B

B to A

A to B



A 6' x 40' tumbling strip area is required.

The side or 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. Forward handspring	Show good presentation and posture while lifting arms upward. Run, hurdle, forward handspring to stand	Rebound allowed. Hurdle should show full extension reaching through the lunge position.	
2. Handstand	With either leg, step forward through lunge and kick to momentary handstand	Continuous rhythm must be shown throughout. Up to 2 second hold is allowed.	
Specified Bonus #1: In #2, Full Pirouette (360°) in handstand (+0.5)			
SB#1. Pirouette	With either leg, step forward through lunge and kick to handstand full pirouette	Continuous rhythm, 4 hand placements or less. Momentary hold is allowed,	
3. Forward roll, Straddle stand	Roll from handstand with straight arms to straddle stand, continuously lift head and arms upward and reach forward to		Roll from handstand to any split or pancake and return to straddle stand. (See Note below) * (+0.1)
4. Jump to press handstand	Jump to straight arm straddle press to momentary handstand.	Up to 2 second hold is allowed.	
Specified Bonus #2: In #4, Straddle press handstand with straight arms (2 second hold required). Endo roll press to handstand with straight arms is also allowed. (See Note below) (+0.5)			
SB#2. Press handstand	Straddle press handstand with straight arms. Endo roll press to handstand with straight arms allowed. (See Note below)*	2 second hold of handstand required	
5. Forward roll, Sissone, 180° turn	Roll from handstand with straight arms to sissone, land on forward leg and step forward to 180° turn (1/2 turn) rearward facing (A).	Legs must split 45° or greater on sissone	

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.	

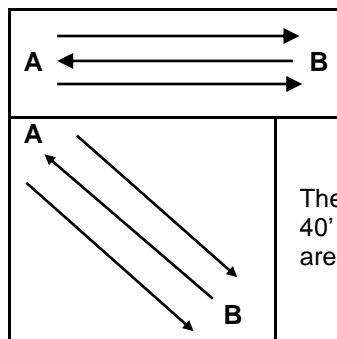
***Note:** In # 3, the gymnast may roll directly from the handstand to a split (center or side) or pancake for virtuosity. There is no hold. The split or pancake should 'show position and presentation' momentarily. The gymnast should then slide forward with his hands, bringing his legs together behind 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.*

LEVEL 6 - FLOOR EXERCISE:

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

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. Forward handspring step-out, Forward handspring	Run, hurdle, forward handspring step-out, forward handspring.	Rebound allowed on forward handspring	
2. Handstand, Full pirouette	With either leg step forward through lunge and kick to handstand, full pirouette (360°)	Continuous rhythm, 4 hand placements or less. Momentary hold is allowed.	
3. Forward Roll, sissone, 180° turn	Roll from handstand to sissone, land on forward leg and step forward to 180° turn (1/2 turn) rearward facing (A).	Legs must split 45° or greater on sissone	Sissone flexibility 90° or greater (+0.1)
4. Salto forward tucked	Run to punch, salto forward tucked to stand.	Lift arms upward through vertical.	
Specified Bonus #1: In #4, Run to punch, salto forward piked to stand. (+0.5)			
SB#1. Salto forward piked	Run to punch, salto forward piked to stand.	Lift arms upward through vertical.	
5. Forward roll, Pike up handstand, ½ pirouette, Back extension roll	Forward roll through hollow (candlestick) position, pike up through handstand, ½ pirouette (180°) pike or tuck down to back extension roll through handstand	No hold on handstands. Continuous rhythm throughout	
6. Prone support, Straddle stand	Lower to prone support, arch with toes pointed, head up and lift to straddle stand, continuously lift head and arms upward and reach forward to	Show continuous rhythm.	Lower to any split from handstand and return to straddle stand. (See Note below) * (+0.1)
7. Press handstand	Straddle press handstand with straight arms.	2 second hold of handstand required.	
Specified Bonus #2: In #7, Endo roll press to handstand with straight arms. (See Note below)* (+0.5)			
SB#2. Endo roll press handstand	Endo roll press to handstand with straight arms. (See Note below) *	2 second hold of handstand required.	

LEVEL 6 - FLOOR EXERCISE: (Continued)

Skills	Description	Performance Criteria	Virtuosity
8. 180° turn, Assemblé with a ½ turn	Step down on one leg and 180° turn (1/2 turn) facing (A), up to 3 steps to assemblé with a ½ turn to corner facing (B).	Show continuous rhythm	
9. Round-off, Back handspring, Salto backward tucked	Run, hurdle, round-off, back handspring, salto backward tucked	Turnover past vertical on round-off and back handspring. Vertical takeoff into salto with head neutral.	Full extension of legs and hips to straight body position above horizontal prior to landing. (+0.1)
Specified Bonus #3: In #9, Run, hurdle, round-off, back handspring, back handspring, salto backward tucked. (+0.5)			

***Note:** In # 6, the gymnast should lower directly from the handstand to a split (center or side) 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 then press to handstand from the straddle stand as required or perform the Endo roll press to handstand from the straddle stand for bonus.*

LEVEL 7 - FLOOR EXERCISE:

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

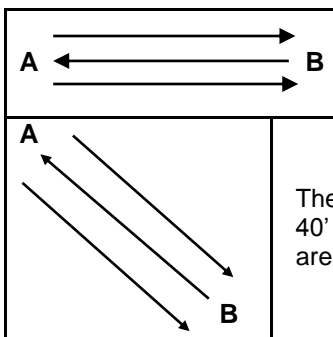
Stand at point A facing Point B

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, Forward roll,	Run, hurdle, forward handspring, salto forward to stand. Forward roll through candlestick 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 7 - FLOOR EXERCISE: (Continued)

Skills	Description	Performance Criteria	Virtuosity
5. Press handstand, Assemblé with a ½ turn	Straight-arm, straddled press to handstand hold. Step down from handstand and 180° turn (1/2 turn) facing (A), up to three steps to assemblé with a ½ turn to corner facing (B)	2 second hold of handstand.	
Specified Bonus #3: In #5, Endo roll press to handstand with straight arms. (+0.5)			
SB#3. Endo roll press handstand	Endo roll press to handstand with straight arms	2 second hold of handstand required.	
8. Round-off, Back handspring, Back handspring, Salto backward	Run, hurdle, round-off, back handspring, back handspring, salto backward.	Turnover past vertical on round-off and back handspring. Vertical takeoff into salto with head neutral. Salto may be tucked, piked or stretched.	Full extension of legs and hips to straight body position above horizontal prior to landing. (+0.1)
Specified Bonus #4: In #8, Run, hurdle, round-off, back handspring, tempo salto backward, back handspring, salto backward or Run, hurdle, round-off, back handspring, tempo salto backward, salto backward (+0.5)			
SB#4. Round-off, Back handspring, Tempo salto backward, Back handspring (optional), Salto backward	Run, hurdle, round-off, back handspring, tempo salto backward, back handspring, salto backward. or Run, hurdle, round-off, back handspring, tempo salto backward, salto backward.	Turnover past vertical on round-off, back handspring and tempo salto backward. Vertical takeoff into salto with head neutral. Salto may be tucked, piked or stretched.	

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. Execution deductions and criteria requirements listed in this program manual are specific only to optional routine competition.
2. 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 floor exercise.

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

A. General:

1. One landing mat of up to 10 cm (4") may be used for "C" value or greater skills for landings only. Using the landing mat to rebound or punch from is an apparatus deduction. The mat must remain in place throughout the routine.
2. Any skill which includes a double salto will receive a (+0.1) bonus if no large error or fall is noted in the execution of the skill.
3. All connections between saltos that include a "C" to "C" value combination will receive a (+0.1) bonus if no large error or fall is noted in the execution of the skills.

B. Level 8 & 9:

All "C" value or higher salto skills with head first roll-out (i.e. 3/2 salto forward) are prohibited at this level.

C. Level 10:

1. Any skill which includes a double salto stretched (with or without a twist) will receive an additional (+0.1) bonus (for a total of +0.2) if no large error or fall is noted in the execution of the skill.
2. Use F.I.G. rules for head first roll-out skills

Chapter 4 – Pommel Horse

I. Compulsory Levels 3 – 7 Overview and Explanations:

A. General:

1. Single leg swings for Level 4 – 6 on the pommel horse will continue to emphasize rhythm and pendulum swing mechanics. An effort has been made to limit unnecessary repetition that can result in excessive execution deductions. It is understood that the apparatus is generally too large for the young gymnast to swing on effectively. With this in mind, in Levels 4 and 5 only the last two full pendulum swings will be judged for execution. There are no specified bonus skills on this portion of the exercise but there is an opportunity to recognize virtuosity.
2. The single leg swing component has been deliberately left out of Level 7 as there are no pommels on the horse. More importantly, we believe that focusing on circle skills will give the average gymnast more time to develop the level of skill mastery necessary to be competitive as an optional gymnast.
3. The basic format of the mushroom exercises is intended to keep the routines geared to the average recreational participant. The emphasis is on good circle technique which is reflected in the virtuosity bonus. Levels 4 through 6 are used to progressively introduce each of the different categories of circle skills through the use of specified bonus elements.
4. Over the past quadrennium, analysis has shown that the great majority of athletes experience a rapid degradation of circle technique when transitioning from the mushroom to the pommel horse. A new approach is to provide a more gradual transition to the pommel horse from the mushroom. For this reason, at Level 7 the gymnast performs the same skill set he has *already* mastered but on a new apparatus, a pommel-less horse. The benefits of this approach include the ability to continue circle technique refinement and the opportunity to build a more relevant repertoire of skills that can serve as a foundation on the horse for optional gymnastics. The basic format of pommel-less horse routine is designed for the average gymnast while the specified bonus elements offer opportunities for the diverse ability levels of the every gymnast.

B. Definitions:

1. A “front support position” is defined as one hand on either pommel with the pommel horse in front of the body. Arms straight, body straight and legs may be straddled.
2. A “rear support position” is defined as one hand on either pommel with the pommel horse behind the body. Arms straight, body straight and legs may be straddled.
3. A “full pendulum swing” is defined as one complete swing on each side of the pommel horse.
4. A “double leg circle” should start and finish in a front support position.
5. A “front loop” is defined as a circle in cross support frontways on the end and should start and finish in a front support position
6. A “back loop” is defined as a circle in cross support rearways on the end and should start and finish in a front support position.
7. Circles in an “uphill direction” are defined as double leg circles in the clockwise direction with the left hand on the pommel and the right hand on the end of the horse. Double leg circles in the counter clockwise direction would be with the right hand on the pommel and the left hand on the end of the horse.

C. Basic Technique: Pendulum Swing

1. The pendulum swing performed on the pommel horse is intended to teach the gymnast to develop a rhythmical shifting of the body weight to the support arm on each side with as much lean as possible while initiating the swing from the shoulders.
2. The legs should remain apart in a straddle position throughout the pendulum swings and leg cuts to promote a single body unit while swinging. It is important for the gymnast to develop the idea of initiating the pendulum swing from the shoulders while feeling the whole body moving as a single unit
3. The straddled position of the legs on each side is *in addition* to the swinging action of the torso from side to side. While the gymnast can be rewarded for greater flexibility, the amplitude of the swing by achieving a greater lean with the shoulders and extending the hips to a higher position on each side is the main goal in this development. Releasing the hand from the pommel on each side also encourages the athlete to shift his weight effectively although it is not required for evaluation of the skill.

D. Basic Technique: Mushroom Circle

1. The proper technique for the basic mushroom circle should show a complete extension of the hips with an open chest at the $\frac{1}{4}$ and $\frac{3}{4}$ circle positions. Squeezing the hips and gluteus muscles tight will enable him to maintain a straight body position throughout the circle.
2. There should be a slight counter rotation and opening of the hips and chest at the $\frac{1}{4}$ circle position to prevent 'rolling the hips over' as the circle travels around the front of the mushroom. This 'rolling the hips over' will cause the gymnast to pike or over-hollow in an effort to square up his hips to the mushroom at the completion of the full circle. Properly executed, the counter-rotation on the first $\frac{1}{4}$ circle will allow the hips to square up as the gymnast reaches the $\frac{1}{2}$ circle in the rear support position.
3. Reaching the $\frac{1}{2}$ circle in the rear support position with his hips squared or slightly counter turned will enable him to 'lead' with his heels into the $\frac{3}{4}$ circle position as he transfers his weight to his second arm. The greater the shoulder lean, the greater the circle speed and extension the gymnast will be able to achieve. The gymnast may use this lean and 'heel drive' action to accelerate his circle through the $\frac{3}{4}$ circle position throughout the second half of the circle.
4. The gymnast should keep his shoulders erect as he completes the full circle so that his body remains straight and extended and he can effectively initiate the counter rotation into the next circle as he transfers his weight back to the first arm.
5. The goal is to educate the gymnast to correct circle technique. Training devices such as the floor mushroom can be used effectively to break down the various positions to achieve a proper circle technique.

E. Basic Technique: Flairs

1. The proper technique for the flair should conform to the same basic elements required of a basic circle. The gymnast should ideally show full body extension throughout the circle. There should be a slight counter rotation of the hips and chest at the $\frac{1}{4}$ circle position and this should be maintained through the $\frac{3}{4}$ circle position to insure full extension.
2. The break for the flair should occur at the $\frac{3}{4}$ circle position. The top leg should lift to the side and upward to initiate the straddle position as high as possible with the bottom leg driving rearward from the counter rotated position. The body should be fully extended on the break.
3. The flair should remain in an extended position around the back of the circle as much as possible enabling the gymnast to initiate an early counter rotation and extension of the hips and chest at the $\frac{1}{4}$ circle position. The acceleration of the bottom leg through the $\frac{3}{4}$ circle position is important in creating speed and elevation throughout the flair.
4. The legs should maintain as wide a straddle as possible (135°) throughout the entire flair.
5. Execution of the factors stated above will eventually enable the gymnast to develop a flair that can easily swing to and from the handstand position, which is the ultimate goal of this skill.

F. Level 3:

2. There will be no required performance criteria, specified bonus or virtuosity. The gymnast is rewarded for performing the routine to the best of his ability as a learning tool.
3. At this level gymnasts are given the choice of performing one of two options listed in the routine description. This is intended to make it easier for all gymnasts to participate by performing the routines. The opportunity to perform and participate is the primary focus.
4. Gymnasts may do only the mushroom if available at this level. This event is not required for participation. Many facilities may not have a pommel horse or mushroom, however, it is included here for those who would like to start for fun and to learn the event.

G. Level 4:

1. Education of the circle technique and pendulum swing technique with an understanding of good body position is the goal at this level. The basic routine is designed to be achievable for the recreational gymnast while allowing him time to develop the strength to perform multiple circles.
2. The first pendulum swing will not be judged in order to allow the gymnast the opportunity to reach a full amplitude swing without penalty.
3. Gymnasts who can progress more rapidly without compromising their proper circle technique are rewarded with specified bonus for performing multiple circles.

H. Level 5 – Introduction of flair and spindle elements:

1. The pendulum swing described in the Basics Technique section above, including the weight-shifting rhythm and swinging from the shoulders with extended hips will transfer to the double leg circles on mushroom and facilitate their success.
2. The first pendulum swing will not be judged in order to allow the gymnast the opportunity to reach a full amplitude swing without penalty.
3. On the mushroom, the gymnast should continue to refine his circle as described in the Basic Technique section above. As this technique develops, the circle should become higher in elevation from support, faster in speed, and the lean should become stronger or more acute on each side. Developing the quality of this circle will be an important component in being able to transfer double leg circle from the mushroom to the pommel horse.
4. As the gymnast performs the flair or spindle actions he should maintain full extension with his body position throughout the skill. Developing the quality of the double leg circle with chest and hip extension, speed, weight shift and shoulder lean will facilitate the ability to perform the spindle and flair elements without deduction.

I. Level 6 – Introduction of Direct Stöckli A, Russian, and Flair spindle elements:

1. On the pommel horse, the pendulum swing technique should be executed as described in the Basic Technique section above. The False scissor execution should conform to the same performance criteria for both the basic routine and for virtuosity.
2. The $\frac{1}{4}$ turn in the $\frac{1}{2}$ double leg circle dismount from the pommel horse routine should show an open chest and hips fully extended with counter-turn action as the body passes over the horse.
3. On the mushroom, special attention should be paid to execution of the proper circle technique as described in the Basic Technique section above. Each circle skill starts and finishes in front support. The full extension of the body with a slight counter rotation at the $\frac{1}{4}$ circle position will enable the gymnast to maintain the open position throughout each one of the skills performed.
4. The Direct Stöckli A may be initiated with an early hand placement and turn. The turn begins with a $\frac{1}{4}$ kehre action to an extended rear support. The gymnast should then complete the circle through the $\frac{3}{4}$ circle position fully extended and leading with the heels before initiating the last $\frac{1}{4}$ turn and completing the circle in front support.
5. A fully extended body position should be shown throughout the flairs along with a 90° or greater leg separation.
6. The straight body extended position should be maintained throughout the Russian wendeswing element. The Russian wendeswing should start and finish squarely in front support. Excessive pike or arch in the shoulders, chest and hips will result in execution deductions.

J. Level 7:

1. The basic routine allows the gymnast to transition from the mushroom to the traditional pommel horse (without pommels) while focusing on the proper circle technique. The move from the mushroom to the pommel-less horse requires a substantial adjustment for the athlete, therefore, the difficulty level and number of circles has been deliberately limited for the basic routine.
2. Since the gymnast has already been introduced to various skills at Level 5 & 6 on the mushroom, he may choose to insert those skills into his Level 7 routine as his strength, circle technique, and ability adapts to the new apparatus. The more experience and endurance the gymnast gains with the performance of these skills the better prepared he will be to transition to optional routines.
3. A considerable amount of latitude is allowed for the order in which the gymnast elects to perform the specified bonus elements. There is no deduction for the order in which the listed and specified bonus skills appear as long as all listed skills in the basic routine are performed. This freedom is intended to encourage the gymnast to perform quality skills rather than the force on them the rigidity of compulsory routine construction.

II. Compulsory Levels 3 – 7 Routines:

LEVEL 3 - MUSHROOM:

Mushroom, floor mushroom or buck apparatus:

Note: The routine can be performed in either direction. The gymnast may receive an award for his participation in this event. Participation in this event is not required.

Skills	Description
1. $\frac{1}{2}$ Double leg circle, $\frac{1}{2}$ Double leg circle with $\frac{1}{4}$ flank turn dismount or $\frac{1}{4}$ Double leg circle (floor mushroom)	Step to side and jump to one half ($\frac{1}{2}$) double leg circle, from front support to extended rear support, stand, turn and jump to $\frac{1}{2}$ circle with $\frac{1}{4}$ flank turn forward to dismount stand. or Step to side and extend to the $\frac{1}{4}$ straight body position to side on a floor mushroom.

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 before the dismount in order to receive Specified Bonus #2.

LEVEL 4 – POMMEL HORSE: (Continued)

Pommel Horse:

Note: The routine may be reversed in its entirety

Skills	Description	Performance Criteria	Virtuosity
1. Jump to front support	Jump to front support on the pommels	Arms straight, body straight, legs may be straddled	
2. Three full pendulum swings	Initiate three or more full pendulum swings with the legs straddled.	Shoulders and weight must shift from side to side. Top leg must be at or above horizontal on the 2 nd and 3 rd pendulum swing.	90° or greater leg separation on one full pendulum swing (+0.1)
3. Leg cut forward	Leg cut forward through stride support	Straddled position should be maintained with top leg at or above horizontal and the hips extended.	
4. Leg cut forward, Dismount	Leg cut forward and dismount to stand in front of the pommel horse	Straddled position should be maintained with top leg at or above horizontal and the hips extended.	

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

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. 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)			
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 before attempting Specified Bonus #2 or #3, upon completion of Specified Bonus #1, Specified Bonuses #2 or #3 may be performed in either order. Up to two double leg circles may be performed after Specified Bonus #2 and #3 in preparation for the next element or dismount.

LEVEL 5 – POMMEL HORSE: (Continued)

Pommel Horse:

Skills	Description	Performance Criteria	Virtuosity
1. Jump to front support	Jump to front support on the pommels	Arms straight, body straight, legs may be straddled	
2. Three full pendulum swings	Initiate three full pendulum swings with the <u>legs straddled</u>	Shoulders and weight must shift from side to side. Top leg must be at or above horizontal on the 2 nd and 3 rd pendulum swing.	90° or greater leg separation on one full pendulum swing (+0.1)
3. Leg cut forward, Leg cut forward	Left leg cut forward, right leg cut forward	Straddled position should be maintained with top leg at or above horizontal and the hips extended.	
4. One full pendulum swing in rear support	One full pendulum swing in rear support position	Straddled position should be maintained with top leg at or above horizontal and the hips extended.	
5. Leg cut backward, Leg cut backward	Left leg cut backward, right leg cut backward	Straddled position should be maintained with top leg at or above horizontal and the hips extended	90° or greater leg separation throughout leg cut sequence (+0.1)
6. Leg cut forward, Leg cut forward, Dismount	Left leg cut forward, right leg cut forward and dismount to stand in front of the pommel horse	Straddled position should be maintained with top leg at or above horizontal and the hips extended.	

*Note: This routine may be reversed in its entirety.

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 #5 and prior to dismount in #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 6 – POMMEL HORSE: (Continued)

Pommel Horse:

Note: The routine may be reversed in its entirety

Skills	Description	Performance Criteria	Virtuosity
1. Jump to leg cut forward	Facing the horse with the left hand on the end and the right hand on the left pommel. Jump while cutting left leg forward to,	Continuous rhythm should be shown from the jump.	
2. Single leg pendulum travel	Single leg pendulum travel to front support on pommels,	Continuous rhythm during travel	
3. One to two full pendulum swings	One to two full pendulum swings in front support	Shoulders and weight must shift from side to side. Top leg must be at or above horizontal with hips extended. Legs straddled.	
4. Leg cut forward, False scissor	Cut left leg forward to stride support, continue stride support swing to left leg undercut returning to straddled front support swing (false scissor)	The top leg should be at least horizontal with the hips extended.	90° or greater leg separation during false scissor. (+0.1)
5. One full pendulum swing	One full pendulum swing in front support	Shoulders and weight must shift from side to side. Top leg must be at or above horizontal with hips extended. Legs straddled.	
6. Leg cut forward, False scissor	Cut right leg forward to stride support, continue stride support swing to right leg undercut returning to straddled front support swing (false scissor)	The top leg should be at least horizontal with the hips extended.	90° or greater leg separation during false scissor. (+0.1)
7. One full pendulum swing, Feint	One full pendulum swing in front support to feint with left leg	Shoulders and weight must shift from side to side. Top leg must be at or above horizontal with hips extended. Legs straddled.	
8. ½ double leg circle with 90° turn dismount	½ double leg circle with 90° inward (counter) turn to the left to dismount to stand and finish parallel to the longitudinal axis of the pommel horse.	Right Hand may remain in contact with pommel upon landing Body should remain extended during the ½ double leg circle.	

LEVEL 7 – POMMEL HORSE:

This routine is performed on the Pommel Horse with no pommels. This routine can be performed in either direction. Each Skill should start and finish in a front support position. Extra circles between bonus parts may be performed.

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

Note: This routine can be constructed in a number of ways utilizing listed skills and specified bonus skills but all listed basic skills must be performed and Skills #3, #4 & #5 must be performed in succession. The gymnast may perform the specified bonus skills at any point in the routine. There is a maximum of 2.0 points available for performing specified bonus skills. A gymnast may count a Magyar and a Sivado for bonus in fulfilling the 2.0 maximum.

Skills	Description	Performance Criteria	Virtuosity
1. Two front loops	From a stand facing the longitudinal axis of the pommel horse, jump to two front loops on the end	Body should be completely extended through the chest and hips.	0.1 or less in execution deductions for this sequence (+0.1)
2. Two front loops	Two additional front loops on the end of the pommel horse	Body should be completely extended through the chest and hips.	
Specified Bonus #1: Add two flaired front loops in place of the two front loops in #2 or in addition to the two front loops in #2. (+0.5) (See Note below)*			
SB#1. Two flaired front loops	Two flaired front loops on the end of the pommel horse	Flairs should be extended, toes pointed and leg separation 90° or greater.	
3. ¼ turn forward to side support (¼ Czechkehre)	From front loop on the end of the pommel horse, circle with ¼ turn forward to circle in side support finishing in front support.	Body should be completely extended through the chest and hips.	
4. Two double leg circles	Two double leg circles in side support in the uphill direction	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)
5. ¼ turn forward to cross support (¼ Kehre)	From double leg circle in side support, ¼ turn forward to cross support and finishing in front support (Back loop position). (¼ Kehre through rear support)	Body should be completely extended through the chest and hips.	

LEVEL 7 – POMMEL HORSE: (Continued)

Skills	Description	Performance Criteria	Virtuosity
6. One back loop,	From ¼ Kehre to front support (Back loop position), One back loop to	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 more 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 more	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. Any "B" or higher Flair with Spindle will receive both bonuses for +0.2 in bonus
4. 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
5. 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.
6. An athlete may use both a bonus "E" (Magyar or Sivado) and "F" travel (Magyar or Sivado) in his routine. (Example: "F" Magyar + "E" Sivado). He cannot use either 2 "E" or 2 "F" travels (Example: "E" Magyar + "E" Sivado).
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.*
8. Any circle or flair to handstand will receive a minimum of "C" difficulty credit. (Note: If a "B" or higher value flair to handstand is performed 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 5 before making it a required skill at Level 6. 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.

C. Basic Technique: Basic Swing (Continued)

- b. Backward** – During the execution of the back swing, the body is in a tight arch with shoulders down, rings spread as the body is approaching vertical (reverse candlestick position). Arms may be wide to facilitate keeping the shoulders down and maintaining downward pressure on the rings. Forward and downward pressure on the rings can be applied as the body approaches the completion of the swing.
2. It takes many years to develop an effective ring swing. Patience and deliberate focus during the early years on the properly executed turnover swing is one of the key components to further development.
3. Care should be taken to stress proper body shape and rotation in the swing first - rather than the height of the swing.
4. The fully developed ring swing can be executed to handstand in either direction with the proper body shape and technique. As an athlete increases his turnover angle and quickness, downward pressure can be applied to the rings to facilitate the lifting of the shoulders from their position between the rings and toward the handstand in each direction. This pressure should only be applied at the very completion of the turnover as the body is approaching the vertical in each direction.
5. It is a common mistake for an athlete to apply this pressure prematurely during the swings. This inhibits the rotation of the body to vertical. This mistake will retard the development of a good ring swing.

D. Basic Technique: Inlocate

1. The inlocate should be an extension of a well-executed turnover swing. The body will transition from the tight arch (reverse candlestick) in the back swing through straight body as the body passes vertical and then to a hollowed position with pressure downward and backward on the rings during the downswing. The minimum amplitude for a properly executed inlocate should be with shoulders at ring level and directly between the uprights with the body at the vertical position during the swing.
2. On inlocates, "ring level" is defined as the bottom of the rings or the hands.

E. Basic Technique: Dislocate

1. To perform the piked dislocate the gymnast should first learn to keep pressure downward on the rings while keeping his body in a tight hollow position with the head neutral as he opens backwards at or above horizontal to the dislocate.
2. From the tight hollow position the gymnast should push the rings forward while leading with his chest through the bottom of the swing. This forward pressure on the rings will result in the gymnast ability to keep his center of gravity (hips) between or even with the uprights. Pushing the chest through the bottom while maintaining the tight arch promotes a late kick with the legs and hips to accelerate the rotation of the gymnast's turnover to the hollow candlestick position in the front swing.
3. It is important to learn this technique before the gymnast attempts the larger stretched dislocate or giant swing.
4. Spotting or holding the gymnast in the correct body positions while learning the skill can help the gymnast to understand how to apply pressure to the rings and keep his body position strong throughout the skill. It is best to perform this skill at horizontal for proper execution.

F. Level 3:

1. There will be no required performance criteria, specified bonus or virtuosity. The gymnast is rewarded for performing the routine to the best of his ability as a learning tool.
2. The coach may assist or spot the gymnast in executing any element in the routine if he chooses. In fact spotting the gymnast on the 'chin-up' is encouraged. Allow the gymnast to try holding the position on his own.
3. The gymnast may lift his legs in the tuck position and extend through the "L" position to initiate the swings in part #2.

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. 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 strictly by these standards 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 at ring level or higher.
3. Deductions on the inlocate can be taken for piking, amplitude lower than ring level, insufficient pressure on the rings, lack of turnover, and other obvious technical errors.
4. 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. The piked dislocate is being introduced at this level and it should conform to the Basic Technique for a dislocate as listed above.
3. 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.
4. 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.

J. Level 7:

1. This committee recognizes that it is very common for an athlete's first double-rotating skill to be a tucked double back on rings. The inclusion of this skill as a specified bonus dismount option will also help prepare the gymnast for advancement to the optional levels.
2. The support swing has been an area that has been neglected in the past. It is included in this routine because it is an important area of strength development for the optional gymnast. There is no height or amplitude requirement for the swings in order to emphasize safety in the initial development of this skill.
3. The stretched dislocate is introduced at this level. The gymnast should have gained enough experience with the proper dislocate technique in Level 6 to perform this skill correctly. Attention should be paid to the body shaping and head position through the bottom and the upward phase of the forward swing prior to turnover as delineated in the Basic Technique: Dislocate section above.
4. The forward "baby" giant is used to introduce the giant concept. Although the gymnast should emphasize good basic swing technique, he can also learn to swing above the rings to a static support position. Of special importance on this element is learning to keep pressure backward on the rings with the hollow body shape during the bail so that the center of gravity is positioned between the uprights and the gymnast hits bottom at the correct point of the swing.
5. The specified bonus skills are of varying degrees of difficulty and designed to allow all gymnasts to augment their routine as their strength and skill level improves. Executing good basic swings and proper body positions is always preferable to sacrificing technique for the sake of inserting the specified bonus skills.

II. Compulsory Levels 3 – 7 Routines:

LEVEL 3 – STILL RINGS:

Note: The routine can be performed in either direction. The gymnast may receive an award for his participation in this event. Participation in this event is not required

Skills	Description
1. Pull up	From straight-arm hang, pull-up to flexed arm hang (head between rings) – momentary hold.
2. "L" position	Lower to straight arm hang, lift legs to "L" position
3. Swing backward, Swing forward	Shoot legs out, swing backward, swing forward
4. Swing backward, Swing forward	Swing backward. Swing forward
5. Swing backward, Swing forward, Inverted hang	Swing backward, swing forward to inverted hang
6. Piked inverted hang	Lower legs to piked body inverted hang
7. German hang	Lower to German hang (skin-the-cat) position
8. Dismount	Drop for dismount to stand

LEVEL 4 – STILL RINGS:

Base Score	10.0
Specified Bonus	1.0
Virtuosity	0.5
<u>Stick Bonus</u>	<u>0.2</u>
Maximum Score	11.7

Skills	Description	Performance Criteria	Virtuosity
1. Pull up	From straight-arm hang, pull-up to flexed arm hang (head between rings)	Momentary hold	
2. Hanging "L" sit	Lower to straight arm hang, lift legs to hanging "L" sit	Momentary hold	
Specified Bonus # 1: Hold hanging "L" sit for 2 seconds in #2. (+0.5)			
SB#1. Hold hanging "L" sit	Hold the hanging "L" sit	2 second hold	
3. Swing backward, Swing forward	Shoot legs out, swing backward, swing forward	Swing backward to 45° below horizontal. Show turnover.	
4. Swing backward, Swing forward,	Swing backward, swing forward	Swing backward to 45° below horizontal. Show turnover	Swing backward turnover greater than horizontal (+0.1)
5. Swing backward, Swing forward, Inverted hang	Swing backward, swing forward to inverted hang	Momentary hold	Swing backward turnover greater than horizontal (+0.1)
6. Piked inverted hang	Lower legs to piked body inverted hang	Momentary hold	
Specified Bonus #2: From piked body inverted hang in #6, extend body to hanging scale rearways (back lever) (momentary hold) and slowly lower to German hang in #7. (+0.5)			
SB#2. Hanging scale rearways (back lever)	From piked body inverted hang in #6, extend body to hanging scale rearways (back lever) and slowly lower to German hang in #7	Momentary hold	
7. German hang	Lower to German hang (skin-the-cat) position	2 second hold	Show fully extended shoulder flexibility in German hang (+0.1)
8. Dismount	Drop for dismount to stand	Presentation on landing	

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.	
3. Backward roll, Piked inverted hang	Lift legs toward "L" position and roll backward and down to piked inverted hang	Bent arms allowed during roll. Show continuous rhythm.	
Specified Bonus #2: From piked inverted hang in #3, extend body horizontally to hanging scale rearways (back lever). (+0.5)			
SB#2. 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, 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)
Specified Bonus #3: Inlocate stretched to swing backward. (+0.5) (See Clarification Note Below)*			
SB#3. Inlocate stretched, Swing backward	Inlocate stretched to swing backward	Shoulders at ring level with body at vertical position between uprights	
8. Swing forward, Salto backward tucked	Swing forward to salto backward tucked dismount		Salto at ring level

Note: The intent of the committee is to discourage athletes from performing the inlocate at this competitive level until he can perform a basic swing to the vertical angle at ring level. A gymnast may, however, perform the skill and receive credit for bonus minus execution deductions. (For example: A gymnast may still receive bonus credit regardless of the number of small or medium execution errors assessed even if they total more than (-0.5). Any single large FIG execution error - i.e. an inlocate with no rise - will result in no bonus awarded)

LEVEL 6 – 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. Hanging scale rearways (back lever)	From hang, pull through piked inverted hang and extend to hanging scale rearways (back lever).	Arms straight, body bent on pull. Momentary hold	
Specified Bonus #1: Perform 2 second hold of hanging scale rearways (back lever) (+0.5)			
SB#1. Hanging scale rearways (back lever)	From hang, pull through piked inverted hang and extend to hanging scale rearways (back lever)	Arms straight, body bent on pull. 2 second hold	
2. German hang, Straight body inverted hang	Lower slowly to German hang. Pull out through pike and extend to straight body inverted hang.	Momentary hold	Show fully extended shoulder flexibility in German hang (+0.1)
3. Dislocate backward piked	Immediately compress to tight pike and shoot to dislocate backward piked	Head neutral with straight body and pressure downward and forward on rings	
4. Swing forward, Swing backward	Swing forward, swing backward	Turnover swing shown. Arms may bend on swing forward Feet at ring level	Swing backward turnover greater than horizontal (+0.1)
5. Swing forward, Swing backward to Uprise to "L" sit	Swing forward, swing backward to uprise backward to "L" sit hold	Show turnover on swing. 2 second hold with straight arms and rings turned out on "L"	
6. Shoulder stand	Press to shoulder stand	Straight body position, rings parallel. Arms free of straps. 2 second hold.	
Specified Bonus #2: Any FIG press to handstand in #6. (+0.5)			
SB#2. Press to handstand	Any FIG press to handstand.	Feet may be on the inside of the cables in the handstand (legs may not wrap around the outside of the cables) rings must be turned out. Feet may be on the inside of cables for lower down to shoulder stand from handstand. FIG deductions apply on press and handstand.	

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, Inlocate stretched	Swing forward, swing backward to inlocate stretched	Turnover swing shown to Inlocate stretched at bottom of ring level.	Inlocate at ring level or higher with body at vertical. (+0.1)
9. Swing backward, Swing forward, Salto backward tucked	Swing backward, swing forward to salto backward tucked dismount	Turnover swing shown. Feet at ring level. Salto at ring level.	
Specified Bonus #3: Salto backward stretched at ring level before release. (+0.5)			
SB#3. Salto Backward stretched	Salto backward stretched at ring level before release.	Bonus cannot be awarded if salto backward stretched is below ring level.	

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. Hollow body position	Inlocate above 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.	Bail with hollow body, head neutral, pressure back on rings. Show turnover swing and uprise to support with body straight.	

LEVEL 7 – STILL RINGS: (Continued)

Skills	Description	Performance Criteria	Virtuosity
6. Uprise backward,	Uprise backward to support and continue immediately to	Straight arms, rings turned out.	Uprise backward with straight arms (+0.1)
7. Backward roll, Piked inverted hang	Backward roll to piked inverted hang	Arms may bend on backward roll	
8. Dislocate backward piked	From piked inverted hang, dislocate backward piked	Straight body and pressure downward on rings	
9. One or two dislocates backward stretched	One or two dislocates backward stretched	Straight body, head neutral, chest leading through bottom swing, forward pressure on the rings.	Dislocates at ring level or higher (+0.1)
10. Swing forward, Salto backward stretched	Swing forward to salto backward stretched dismount.	Salto at ring height before release.	
Specified Bonus #4: In #10, swing forward to double salto backward tucked dismount (+0.5)			
SB#4. Swing forward, Double salto backward tucked	Swing forward to double salto backward tucked dismount	Double salto at ring level or higher.	

III. Optional Level 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 still rings.
4. Junior Olympic restrictions apply and are designed to moderate and accommodate the developmental growth rates appropriate for each age group to insure the health and safety of the learning process in accordance with the athlete's physical maturation rate.

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

A. Levels 8 & 9:

1. Maximum of one Honma skill from Element Group I. An additional Honma skill from Element Group III is allowed.
2. Gucozogy skills are not allowed.
3. Element Group III and Element Group IV "B" value skills performed with -0.3 or less in execution deductions will receive +0.1 in bonus.
4. A forward or backward tucked salto dismount will receive "A" difficulty credit and Element Group V credit.

B. Level 10:

1. Maximum of two Honma skills from Element Group I. An additional Honma skill from Element Group III is allowed.
2. Gucozogy skills are not allowed.
3. 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. A forward or backward tucked salto dismount will receive "A" difficulty credit and Element Group V credit.

Chapter 6 – Vault

I. Compulsory Levels 3 – 7 Overview and Explanations:

A. General:

1. This committee recognizes that opinions regarding the development of vaulting skills vary greatly. The reasoning behind the selection of our entry level vaults is to focus on the very important skills of the run, the hurdle, and proper board technique and developing a meaningful progression to the handspring blocking technique on the vault table.
2. There has, for many quadrennia, been a built in advantage to the vaulting score. The change to a lower maximum score continued emphasis on correct approach and board technique and the introduction of a Level 7 Vault Modified Table of vault choices-helps to create more score equality between the events.
3. Although there is no Specified Bonus available on vault, the +0.5 for Virtuosity and the +0.2 for Stick Bonus are available.
4. For 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 singly or in combination in increments of small (+0.1), medium (+0.3) or large (+0.5) bonus. The total virtuosity bonus cannot exceed the +0.5 maximum.

B. Definitions:

1. "First flight" (pre-flight) is defined as from the moment that the gymnast's feet touch the springboard up to the support with one or two hands on the vaulting table.
2. "Second flight" (post-flight) is defined as including the pushing off from the table up to the landing in a standing position.

C. Basic Technique: Run

1. A good run technique will be comprised of the following components:
 - a. Run should accelerate in velocity to sprinting speed and that velocity should be maintained through the hurdle.
 - b. Arms should be bent at the elbow and swing forward and backward rhythmically in a parallel and complementary movement to the run.
 - c. The legs should show a distinct lifting of the front knee and a full extension of the back leg in long quick strides as the gymnast leans forward into the run.

D. Basic Technique: Hurdle

1. The arms should circle or move from back to front in preparation for the takeoff from the springboard. The arms may be bent or straight.
2. The knees should lift up and forward and the gymnast bend slightly at the hips while the body's center of gravity remains level during the hurdle. The legs and feet then extend forward to contact and fully depress the springboard well in front of the body. At this point of contact the arms should be at shoulder level or above and almost fully extended in preparation for the contact with the blocking surface.
3. From a full depression of the springboard with the feet well in front of the hips and the arms extended forward, the gymnast must rotate quickly with a straight body, shoulders extended, tight body position as he rebounds and leaves the springboard surface. This rotation increases the velocity into the blocking surface.

E. Basic Technique: Block

1. Blocking mechanics demand that the gymnast should rotate and extend fully to a tight hollow or straight body position into the blocking surface.
2. The gymnast can then block with an extended shoulder angle pushing down through the fingers and leaving the surface at vertical with a rise of the center of gravity. A straight-arm, quick blocking action should result in a distinct and powerful repulsion as the gymnast leaves the blocking surface and rises vertically with his body fully extended.

F. Level 3:

1. There will be no required performance criteria, specified bonus or virtuosity. The gymnast is rewarded for performing the routine to the best of his ability as a learning tool.
2. The coach may assist or spot the gymnast in executing the vault if he chooses.
3. The Straight Jump is performed at this level to focus on the proper run, hurdle, and rebound technique.
4. The gymnast's forward momentum should be converted to upward direction as the legs extend and depress the springboard fully to create the maximum rebound effect from the board.

G. Level 4:

1. The Handspring to Back at this level gives the gymnast the opportunity to execute the pre-flight turnover from the springboard to the blocking surface.
2. The proper blocking technique should result in a distinct repulsion as the gymnast leaves the blocking surface, rises vertically and falls to his back with a tight, straight body shape.

H. Level 5:

1. The Flyspring (Boulder Handspring) over the panel mat surface is being used to both lead up to the Forward Handspring and promote and complement the blocking technique that is used in the forward handspring in basic tumbling.
2. The technique to accomplish this execution would be to set the springboard back from the blocking surface far enough to allow the gymnast to rotate and extend directly to a tight hollow or straight body position into the blocking surface.
3. The gymnast should prepare with the basic hurdle technique as he approaches the springboard so that the completion of the arm circle results in a full extension of the arms and shoulders as he contacts the springboard.
4. The gymnast can then block with an extended shoulder angle pushing down through the fingers and leaving the surface at vertical with a rise of the center of gravity. When the run, hurdle, and block are executed properly the gymnast will create sufficient power to continue to rotate to a stand on the landing mat.
5. If performed efficiently the post-flight should not result in or require an excessive arch or pike in order for the gymnast to rotate to the landing position. A straight body, vertical repulsion from the panel-mat blocking surface should promote a tight body position as well as an extended shoulder angle as the gymnast leaves the blocking surface. A tight arch or tight hollow position is allowed without deduction during the post flight.

I. Level 6:

1. Level 6 introduces the Forward Handspring over the vault table. As the gymnast is now vaulting over a higher surface the run, hurdle and blocking mechanics become extremely important.
2. The most important concept to learn at this level is to become efficient with the proper run, hurdle and blocking technique in order to create the power and velocity which will convert to height and rotation from the vault table.
3. Using the Basic Hurdle Technique described above the gymnast should promote maximum depression of the springboard. From the springboard the gymnast must rotate forward or turnover very quickly to a fully extended body position as he contacts the vault table.
4. A common flaw is to hit the springboard standing too straight up. This makes it difficult to create rotational velocity. 'Diving' onto the horse provides insufficient time to block and leave the vault table before passing vertical and starting to rise. This inefficient approach can result in a much less powerful post-flight.
5. Efficient execution of these essential techniques will allow the gymnast to progress toward somersault and twisting vaults.

J. Level 7:

1. The Level 7 Vault Modified Table allows gymnasts to gain some experience with a variety of vaults that could be developed into optional vaults. The values in the table are based upon the maximum score available in comparison to the other events with some allowance for comparative difficulty.
2. By providing various vaults the coach has the option, depending on the athlete, to go in different directions with the competitive selection.
3. Vaults with ¼ turn in the pre-flight are being introduced to allow the gymnast to prepare for the flipping vaults from this category that are used at the optional level. The emphasis on these vaults, as in the previous handspring progressions, should be primarily on the components of approach and blocking mechanics to create an efficient post-flight.
4. Although the Yamashita approach should be identical to the Forward Handspring, it requires exceptional refinement of the run, hurdle, and blocking technique to produce the post-flight direction and power necessary to perform this vault. Mastery of the Yamashita can contribute to developing potential for multiple flipping and twisting high value forward vaults.

K. Specific Errors and Deductions:

Table of Specific Errors and Deductions for Vault			
Error	Small	Medium	Large
Run Deductions:			
Run slows down before hurdle, insufficient velocity or acceleration	0.1	0.3	N/A
Improper arm swing action complementary to run	0.1	0.3	N/A
Rhythm break during run (stutter-steps) or insufficient stride	0.1	0.3	N/A
Hurdle Deductions:			
Hurdle does not stay on level plane as knees lift, insufficient knee lift	0.1	0.3	N/A
Feet not clearly in front of hips upon impact with the springboard	0.1	0.3	N/A
Arm circle or reach insufficient	0.1	0.3	N/A
First (Pre) Flight Deductions:			
Diving or insufficient rotation to the blocking surface	0.1	0.3	0.5
Body position too arched or piked	0.1	0.3	0.5
All other deductions per FIG	0.1	0.3	0.5
Second (Post) Flight Deductions:			
Repulsion not within 0° - 15° of vertical	0.1	0.3	0.5
Lack of distinct lift or rise from blocking surface	0.1	0.3	0.5
Body position too arched or piked	0.1	0.3	0.5
Landing Deductions:			
All landing deductions per FIG.			

II. Compulsory Levels 3 – 7 Vaults:

LEVEL 3 – VAULT: Straight Jump

Note: The gymnast may receive an award for his participation in this event. Participation in this event is not required.

Components	Description
1. Run	Run from between 20'-60'
2. Hurdle	Circle arms from back to front and lift knees in preparation for the takeoff from the springboard. Feet should contact the springboard in front of the body
3. Straight Jump	Rebound to straight jump lifting arms upward, extending legs straight
4. Landing	Finish with a controlled presentation upon landing

LEVEL 4 – VAULT: Forward Handspring to Back

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).

<p style="text-align: center;">Base Score 10.0 Virtuosity 0.5 Maximum Score 10.5</p>

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. Maintain a straight body position throughout post-flight
5. Landing	The gymnast should fall to his back with a tight, straight body shape.	Demonstrate controlled landing by maintaining a tight, extended, straight body shape while landing on back

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).

* Rebound allowed prior to stick landing: The gymnast should show control of the landing and no foot movement after the rebound.

Base Score 10.0
Virtuosity 0.5
Stick Bonus 0.2
Maximum Score 10.7

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.

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LEVEL 6 – VAULT: Forward 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 12" (30 cm).

Base Score 10.0
Virtuosity 0.5
<u>Stick Bonus 0.2</u>
Maximum Score 10.7

Components	Description	Performance Criteria
1. Run	Run from less than 82' (25m).	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)	Body transitions from hollowed to straight or tightly arched to fully extended before vertical	From the spring board the gymnast must rotate forward or turnover very quickly with fully extended body position as he contacts the vaulting table.
4. Second flight (post-flight)	Body should show significant rise in post-flight. Nominal straight body position is maintained during post-flight	Straight arms and fully extended body should be shown at the completion of blocking action. Body should show rise and leave the vault table upon reaching vertical. Maintain nominal straight body position throughout second flight. Body should show significant rise during second flight.
5. Landing	Maintain straight body position until landing.	Demonstrate control by showing extension in preparation of landing

LEVEL 7 – VAULT: Level 7 Vault Modified Table

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 12" (30 cm).

Level 7 Vault Modified Table & Scoring Breakdown			
Vault Value	Virtosity	Stick Bonus	Max. Score
Any Handspring Sideward with ¼ Twist 12.0	0.5	0.2	12.7
Forward Handspring 12.0	0.5	0.2	12.7
Forward Handspring with 1/1 Twist 12.5	0.5	0.2	13.2
Yamashita 12.5	0.5	0.2	13.2
Yamashita with ½ Twist 13.0	0.5	0.2	13.7

Components	Description	Performance Criteria
1. Run	Run from less than 82' (25m).	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)	Body transitions from hollowed to straight or tightly arched during pre-flight and if doing Handspring sideward twist must be completed before contacting the vault table	From the spring board the gymnast must rotate forward or turnover very quickly with fully extended body position as he contacts the vaulting table. If performing a Handspring sideward legs must be together during first flight
4. Second flight (post-flight)	Body should show significant rise in second flight. Nominal straight body position is maintained during second flight with the exception of the Yamashita where body transitions quickly from stretched to piked and then to stretched again.	Straight arms and fully extended body should be shown at the completion of blocking action. Body should show rise and leave the vault table upon reaching vertical. Body should show significant rise during second flight. Maintain nominal straight body position throughout second flight or for Yamashita the body transitions from stretched to piked and back to stretched. All twisting is completed in second flight prior to landing.
5. Landing	Maintain straight body position until landing.	Demonstrate control by showing extension in preparation of landing

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III. Optional Level 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 vault.

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

A. Level 8:

1. Only one vault allowed.
2. Yurchenko vaults are not allowed.
3. Increase the value of a Handspring forward and salto forward piked with a $\frac{1}{2}$ twist to 4.0. (FIG vault 120 - Group I, #20)

B. Level 9:

1. Only one vault allowed.
2. Yurchenko vaults are only allowed in tucked, piked, or stretched position with only one salto in the second (post) flight and a maximum of one full (1/1) twist in the second (post) flight to include Group III FIG Code box #'s (7, 8, 9, 13, 15, 19, 20, 21).
3. Increase the value of a Handspring forward and salto forward piked with a $\frac{1}{2}$ twist to 4.0. (FIG vault 120 – Group I, #20)

C. Level 10:

1. Increase the value of a Handspring forward and salto forward piked with a $\frac{1}{2}$ twist to 4.0. (FIG vault 120 – Group I, #20)
2. Two vaults allowed as follows:
 - a. The second vault must be from a different FIG vault group than the first vault performed but may have the same post flight. (For example, First vault – Tsukahara stretched with 1/1 twist, Second vault – Yurchenko stretched with 1/1 twist would be eligible for vault bonus)
 - b. Both the first and second vaults must be salto vaults. In other words all vaults must have a salto in the post flight. (For example, First vault – handspring forward and salto forward tucked, Second vault – Kasamatsu tucked)
 - c. The judging panel must agree that the second vault, as performed, received no single large deduction or fall (See Vault Bonus Table below)

Vault Bonus Table	
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

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Chapter 7 – Parallel Bars

I. Compulsory Levels 3 – 7 Overview and Explanations:

A. General:

1. A priority on this event was to design beginning level routines that could be done on stacked mats or spotting blocks in order to promote the growth of boys programs in facilities that may not have a set of parallel bars.
2. There is emphasis on basic swing mechanics at all levels.
3. The committee felt there should be a stronger emphasis on the forward (front) uprise. To that end, a progression-oriented pattern to develop this skill is part of the routine format.
4. Obviously, the support swing to handstand is one of the most important elements on parallel bars. The program emphasizes the basic swing technique and avoids encouraging gymnasts to get to the handstand with excessive use of strength. This philosophy will also make the routines more achievable for the recreational participant.
5. Although the giant swing is an important skill to develop some gymnasts move away from this skill at the optional levels so it is included in the routines as a specified bonus option.
6. An effort has been made to construct the routines in a way that would eliminate the potential for a fall unless the risk vs. reward is chosen by the athlete to perform a bonus element. Level 7 offers a number of specified bonus elements that are intended to give the gymnast the opportunity to perform skills he would use in an optional routine. In addition, since most gymnasts will use a flipping dismount at the optional level we have included this as a basic skill.
7. A “hand-on-hand” spot is allowed without deduction on any compulsory skill that originates from support and bails into a long hang swing. There should be no evidence of facilitation of the element other than to ensure a secure grip-

B. Definition:

The “proper grip” of the hands on the bar in a long hang is with wrists fully extended so that the fingers are the only part of the hand on the top of the bar. Care should be taken to rotate the hands inward to this grip as the shoulders extend from the beginning of the bail swing.

C. Basic Technique: Support Swing

1. The development of a good support swing on parallel bars is essential to learning more advanced skills so ample time should be devoted to develop the correct technique.
2. The ability of a young athlete to relax in the shoulders and lead with the chest through the forward downswing should be approached in small increments at first. When this position becomes stronger and more stable the gymnast can exert more force and achieve higher amplitude with the swing.
3. The shoulders should stay over the hands in support for both the forward and backward swing.
4. Fluid movement and flexibility in the shoulders will allow for greater freedom and a smoother swing action. At the bottom of the swing, in both directions the bars will flex downward. The gymnast should feel a downward push on the bars both to further depress the bars and to maintain pressure against the bars to promote control of the swing. As the flex of the bars returns in the upward direction, after the bottom of the swing, the gymnast will continue to push and extend to the straight body or tight hollow position at the peak of both the forward and backward swing.

D. Basic Technique: Long Hang Swing

1. The long hang swing should be executed as a tap swing showing the following components: The body should have a distinct straight knee hollow shape at the peak of the back swing, relax to a fully extended hang at the lower vertical position and kick once again to a tight hollow in the front swing.
2. Bent knees are allowed through the lower vertical position and on the front swing but legs must be straight at the peak of the back swing.
3. The gymnast should fully extend in the shoulders on the downswing with the head neutral through the bottom of the swing.

E. Basic Technique: Upper Arm Support

1. In the correct upper arm support, the shoulders will be even with or behind the elbows (if the body is viewed from the side).
2. This position is conducive to the development of the necessary strength for any upper arm swing or skill acquisition. Although this strength takes time to develop, the gymnast should take care not to compromise the proper position of the arms in support during this swing.
3. Supplementing training with holds or upper arm dips in the correct position will help to build this strength.

F. Level 3:

1. There will be no required performance criteria, specified bonus or virtuosity. The gymnast is rewarded for performing the routine to the best of his ability as a learning tool.
2. This routine may be performed either on parallel bars, spotting blocks or stacked panel mats.
3. The coach may assist or spot the gymnast in executing any element in the routine if he chooses.

G. Level 4:

1. The intent of the routine is to develop continuous rhythm while showing momentary positions that will begin to develop the strength for holds. The gymnast should first emphasize good body position. As the gymnast becomes stronger greater amplitude can be achieved in the swing.
2. The Straddled "L" support may be done by resting the arms against the legs as the gymnast leans backward in support. The legs should be horizontal at a minimum. There is no deduction for the legs being above horizontal.
3. On the dismount, shifting of the opposite hand to the dismount rail is allowed. If the routine is done on spotting blocks or stacked panel mats the dismount may be performed by dropping in between the spotting blocks or stacked panel mats or onto a padded landing surface.

H. Level 5:

1. An additional long hang tap swing has been added before the backward uprise to upper arm support to allow the athlete to show a correct stretched hollow position on the back swing. The goal in adding this swing is to require the athlete to show a well developed tap swing that has a distinct straight knee hollow shape at the peak of the back swing.
2. The following front swing should exhibit the same tap as a front swing on horizontal bar with the exception of perhaps a bending of the knees (if it is necessary). The gymnast should learn to fully extend in the shoulders on the downswing with the head neutral through the bottom of the swing.
3. The concept for developing the forward uprise in both the Level 5 & Level 6 routines involves providing a longer progressive learning period for the development of this strength. To facilitate this we have included in the basic routine the use of the legs pressing down on the bars to both assist the arms pushing up to a straight arm support position more quickly and to help extend the hips forward to the straight body position at the completion of the movement. When done correctly the legs should remain extended as this action is completed. As the gymnast builds more strength and quickness into this movement he will be able to “bounce” his legs off the bars as he extends to the forward uprise position. When he is ready he can use a forward uprise as a specified bonus skill.

I. Level 6:

1. This routine is constructed so that an athlete who is unable to press to a handstand will be able to perform the routine without significant execution errors. The goal is to press to the handstand which is why it is provided as a specified bonus skill.
2. The pressing action should begin with a visible lifting of the hips to a compressed pike position as high as possible before opening the hips to an extended body position. Lifting to a standing position on the bars with the legs straight is a good training device for this skill.
3. Regarding the dismount, the committee felt that introducing a Stützkehre forward movement of posting on the arm with support pressure and control was a valuable step to take at this level. Most gymnasts, especially recreational gymnasts, who comprise the majority of participants, can benefit from the introduction of this turning movement.

J. Level 7:

1. This routine has a great deal of variety for a gymnast's development. Performed without specified bonus it is just slightly more difficult than the Level 6 routine. By adding in the specified bonus skills it becomes a routine that will prepare gymnasts for the optional levels.
2. This routine was constructed so that the recreational participant would be able to continue to progress. The specified bonus skills that can be added would be useful as a core optional routine making for an easier transition to Level 8.
3. A new element in this routine is the inclusion of a salto dismount. The committee felt it would assist in the transition to the optional levels if this skill was added to the basic routine. To meet the needs of all gymnasts, they have the choice of performing either a forward salto or a backward salto off the side of the bars.

II. Compulsory Levels 3 – 7 Routines:

LEVEL 3 – PARALLEL BARS:

Note: The gymnast may be awarded for his participation in this event. Participation in this event is not required.

Note: This routine may be performed on spotting blocks or stacked panel mats.

Skills	Description
1. Jump to support, Swing forward, Swing backward	From stand, jump to support and swing forward, swing backward with straight body
2. Swing forward, Straddle support	Swing forward to straddled support on bars
3. Forward straddled "L" sit	Pike, lean back slightly and lift legs into forward straddled "L" sit
4. Move through "L" sit, Cast	Bring legs together through "L" sit and extend forward to straight body
5. Swing backward, Swing forward	Swing backward, swing forward
6. Swing backward, Swing forward	Swing backward. swing forward
7. Swing backward, Dismount over rail or Dismount between mats	Swing backward to dismount over either rail or Swing backward to dismount between the mats if spotting blocks or stacked panel mats are being used

LEVEL 4 – PARALLEL BARS:

Base Score	10.0
Specified Bonus	1.0
Virtuosity	0.5
Stick Bonus	0.2
Maximum Score	11.7

Note: This routine may be performed on spotting blocks, stacked panel mats or Parallel Bars. Meet directors should advise participants in advance what equipment will be provided. Both stations are not required.

Skills	Description	Performance Criteria	Virtuosity
1. Jump to support, Swing forward, Swing backward	From stand, jump to support and swing forward, swing backward with straight body	Swing forward and backward to 45° below horizontal	Swing backward to horizontal (+0.1)
2. Swing forward, Straddle support	Swing forward to straddled support on bars	Extended rear support	
3. Forward straddled "L" sit	Pike, lean back slightly and lift legs into forward straddled "L" sit	Legs may rest against arms. Hips should be in line with or forward of hands. Momentary hold.	Straddled "V" with legs raised to 45° or greater. Momentary hold. (+0.1)
Specified Bonus # 1: Hold forward straddled "L" or "V" sit for 2 seconds in #3. (+0.5)			
SB#1. Hold forward straddled "L" or "V" sit	Hold forward straddled "L" or "V" sit	2 second hold	
4. Move through "L" sit, Cast	Bring legs together through "L" sit and extend forward to straight body	Cast forward into swing	
5. Swing backward, Swing forward	Swing backward, swing forward	Swing forward and backward to 45° below horizontal	
6. Swing backward, Swing forward	Swing backward. swing forward	Swing backward to horizontal. Swing forward so feet are at bar height at peak of swing.	Swing backward to 45° above horizontal or greater (+0.1)
7. Swing backward, Dismount over bar or Dismount between bars or mats	Swing backward to dismount over either bar or Swing backward to dismount between the bars or the mats	Swing backward to horizontal at peak of swing. Shifting of the opposite hand to the dismount bar is allowed	
Specified Bonus #2: In #7, swing backward to nominal handstand prior to dismount (no hold required) (+0.5)			
SB#2. Swing backward, Dismount over bar or between bars or mats	Swing backward to nominal handstand to dismount over either bar or Swing backward to nominal handstand to dismount between the bars or mats	Swing backward to nominal handstand at peak of swing. Shifting of the opposite hand to the dismount bar during the dismount is allowed. No hold required.	

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LEVEL 5 – PARALLEL BARS:

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. Jump to long hang swing forward	From stand or short run, jump to long hang swing forward (tap swing, not glide swing)	Long hang swing forward to 45° below horizontal (bent knees allowed)	
2. Long hang swing backward, Long hang swing forward	Long hang swing backward. Long hang swing forward	Tap swing, not glide swing. Straight legs required at peak of swing backward. Long hang swing forward to 45° below horizontal (Bent knees allowed)	
3. Long hang swing backward, Upper arm hang	Long hang swing backward to upper arm hang	Long hang swing backward to 45° below horizontal. Straight legs at top of back swing.	Long hang swing backward to horizontal or higher (+0.1)
4. Upper arm swing forward, Upper arm swing backward	Upper arm swing forward, upper arm swing backward	Shoulders even with elbows in upper arm support.	Upper arm swing backward above bar height (+0.1)
5. Upper arm swing forward, Straddled support	Upper arm swing forward to straddled support on bars	Legs should be straight as arms push up to the straight arm support with hips extended.	
Specified Bonus #1: In #5, upper arm swing forward to forward uprise to support. (+0.5)			
SB#1. Upper arm swing forward, Forward uprise to support	Upper arm swing forward to forward uprise to support	Full extension of body and straight arms on forward uprise with feet at bar height.	
6. Push off bars, Swing backward	Push off bars to swing backward	Legs straight with continuous rhythm. Swing backward to feet at bar height	
7. Swing forward, "L" sit	Swing forward to "L" sit	2 second hold. Chest up and hips even with hands.	
Specified Bonus #2: In #7, swing forward to "V" sit or Manna. (+0.5)			
SB#2. Swing forward, "V" sit or Manna	Swing forward to "V" sit or Manna.	"V" sit below 45° will receive no bonus. 0°-15° below vertical, (-0.1), 15°- 45° below vertical, (-0.3). 2 second hold	

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LEVEL 5 – PARALLEL BARS: (Continued)

Skills	Description	Performance Criteria	Virtuosity
8. Cast forward, Swing backward	Extend forward and swing backward	Swing backward to feet at bar height	
9. Swing forward, Swing backward	Swing forward, swing backward	Swing forward and backward to horizontal	Swing backward to nominal handstand (+0.1)
10. Swing forward, Swing backward to handstand, Dismount to side	Swing forward, swing backward to nominal handstand and push off either side to dismount landing.	Swing forward to horizontal. Shifting of the opposite hand to the dismount bar is allowed	
Specified Bonus # 3: In # 10, swing backward to hold handstand prior to dismount. (+0.5)			
SB#3. Hold handstand	Swing forward, swing backward to hold handstand and push off either side to dismount landing.	2 second hold	

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LEVEL 6 – PARALLEL BARS:

Base Score 10.0 Specified Bonus 1.5 Virtuosity 0.5 Stick Bonus 0.2 Maximum Score 12.2
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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.	
2. Swing backward, Swing forward	Swing backward, swing forward	Swing backward and forward to horizontal.	
3. Swing backward, Bail, Moy to upper arm	Swing backward and bail to Moy catching in upper arm support.	Swing backward to horizontal. Hand-on-hand spot allowed on bail. Hips at bar height at catch of the Moy An open or pike position can be shown at the catch of the Moy	Swing backward to bail above horizontal (+0.1)
Specified Bonus #1: In #3, Moy or giant swing backward to any straight arm support. Gymnast may perform layaway to upper arm support to continue to #4.			
SB#1. Moy or giant swing backward	Swing backward and bail to Moy or giant swing backward to any support. Layaway to upper arm to #4	Hand-on-hand spot allowed on bail	
4. Upper arm swing backward, Upper arm swing forward	Upper arm swing backward, upper arm swing forward to	Shoulders even with elbows in upper arm support. Upper arm swing backward to bar height.	
5. Straddled Support, Push off bars	Straddle legs over bars and push up to straight arm support with arms, push off and extend forward with legs together in front.	Continuous rhythm. Legs straight.	
Specified Bonus #2: In #5, forward uprise to support. (+0.5)			
SB#2. Forward uprise to support	Forward uprise to support	Full extension on forward uprise with feet at bar height.	
6. Swing backward, Swing forward, Swing backward, Straddled "L" sit	Swing backward, swing forward, swing backward to straddled "L" sit	Swings to horizontal. May use pressing action on swing backward to straddled "L" sit, 2 second hold.	Swing backward to nominal handstand prior to straddled "L" sit. (+0.1)

LEVEL 6 – PARALLEL BARS: (Continued)

Skills	Description	Performance Criteria	Virtuosity
7. Press	Press with straight arms to horizontal or higher	Body extended at horizontal	
Specified Bonus #3: In #7, press to handstand (2 second hold). (+0.5)			
SB#3. Press to handstand	Press to handstand	2 second hold	
8. Swing forward, Swing backward	Swing forward, swing backward.	Swing forward and backward to horizontal.	
9. Swing forward, Swing backward	Swing forward, swing backward.	Swing forward to horizontal. Swing backward to 45° above horizontal.	Swing backward to nominal handstand (+0.1)
10. Swing forward, ½ turn dismount to Side (Stützkehre forward movement)	Swing forward to ½ turn and post on one arm over single bar and dismount to side (Stützkehre forward movement)	Swing forward to horizontal. Land parallel to hand placement on bars.	

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	
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 7 – PARALLEL BARS: (Continued)

Skills	Description	Performance Criteria	Virtuosity
8. Swing forward, Swing backward	Swing forward, swing backward	Swing forward to horizontal. Swing backward at or above horizontal.	Swing backward to nominal handstand (+0.1)
9. Swing forward, Swing backward to handstand	Swing forward, swing backward to nominal handstand,	Hold allowed.	
Specified Bonus #2: In #8 or #9, Stützkehre forward (horizontal or higher). (+0.5) (See Note below)*			
SB#2. Stützkehre forward	Swing forward to Stützkehre forward	Stützkehre forward to horizontal or higher	
Specified Bonus #3: In #8 or #9, any ½ pirouette in handstand. (forward or backward) (+0.5). (See Note below)*			
SB#3. ½ pirouette In handstand	Any ½ pirouette in handstand. (forward or backward)	Continuous rhythm.	
10. Swing forward, Salto backward (tucked, piked or stretched) or Swing forward, Swing backward, Salto forward (tucked, piked or stretched)	Swing forward to salto backward (tucked, piked or stretched) dismount or Swing forward, swing backward to salto forward (tucked, piked or stretched) dismount	One full extra swing allowed prior to salto backward tucked Tucked, piked or stretched position allowed on salto. Salto must show lift from the bars.	
Specified Bonus #4: In #10, salto backward stretched with ½ twist or salto forward piked with ½ twist. (+0.5) (See Note below)*			
SB#4. Salto backward stretched with ½ twist or Salto forward piked with ½ twist	Swing forward to salto backward stretched with ½ twist dismount or Swing forward, swing backward to salto forward piked with ½ twist dismount	One full extra swing allowed prior to salto backward stretched with ½ twist dismount Salto must show lift from the bars.	

Note: The gymnast may perform one intermediate swing between Specified Bonus skills #2, #3, or #4. Specified Bonus skills #2 and #3 may be performed in any order after Part #8. There is no height requirement for the allowed intermediate swing prior to or after these specified bonus skills. All other execution deductions apply to all swings.

III. Optional Level 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 Optional Exceptions to the FIG Rules are intended to promote the development of critical basic skills on Parallel Bars as well those skill areas that have been identified as having great value for the future potential development and continued improvement of all athletes.
4. Since advanced skills require a long term developmental process, rewarding the incremental development of skills that create the solid foundation for more complex skills is of value. Skills such as the basket (peach), giant swing, Stützkehre forward, and Diamidov are skills that lead to high FIG value complex skills.

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

A. Level 8 - 10:

1. Basket (peach) or giant with straight arms to support lower than 45° above horizontal will receive "B" difficulty credit and Element Group IV credit. FIG angle deductions will not apply, only general execution deductions.
2. Stützkehre forward to 45° above horizontal will receive "B" difficulty credit and Element Group I credit. FIG angle deductions apply. (FIG COP page 30, #12)
3. Giant swing backward may be performed twice for difficulty credit (FIG COP page 115, #21 – Kenmotsu only).
4. Basket (peach) to handstand may be performed twice for difficulty credit (FIG COP page 118, #10).
5. Allow empty (½) swing prior to performing Element Group III or Element Group IV skills. An intermediate (full) extra swing is not allowed. (Example: Glide kip swing to 45° above horizontal, bail to Moy to support, swing backward to horizontal, drop to basket (peach) with straight arms to support)
6. All Giant swings backward with turns (Giant swing backward with ½ turn, Giant swing backward with Diamidov) will receive a +0.1 bonus.
7. A forward or backward tucked salto dismount will receive "A" difficulty credit and Element Group V credit.

Chapter 8 – Horizontal Bar

I. Compulsory Levels 3 – 7 Overview and Explanations:

A. General:

1. The most important focus on the horizontal bar is the continued development of the basic giant swing technique. The more effective the body position is in the downward and upward phases of the swing the easier it is to perform the skills required on this event. Close attention should be paid to precise execution in this area in order to insure the safety of the gymnast as he progresses through each level.
2. Critical release elements built into these routines such as a hop regrasp and salto backward dismounts (flyaway) require mastery of the hang position, the 'tap swing' action, control of proper body position and timing of the lift.
3. In addition, turning skills such as the 'blind turn' and the pirouette cannot be executed without mastery of proper swing technique, body position, timing of the wrist shift, and control of the proper body position.
4. Of particular importance in executing the 'in-bar' skills that are included in the specified bonus options is the understanding of the importance of an early wrist shift to control the support position. The gymnast's future development on this event is in large part dependent upon the ability to control the handstand position. Shifting the wrists early and freely in both the forward and backward direction to gain early support as well as an efficient hang position are the most important skills a young gymnast can develop.

B. Definitions:

1. The 'hollow' position is defined as body position with a hollow or rounded position in the chest and hips. This position is the start position in the back and finish position in the front of the basic tap swing.
2. The "tap swing" is defined as basic swing which starts and finishes in a hollow position passing through a tight arch position at the bottom.
3. The "giant swing backward" is defined as a giant swing in overgrip where the body passes backward over the bar.
4. The "giant swing forward" is defined as a giant swing in undergrip where the body passes forward over the bar.

C. Basic Technique: Uprise

1. An 'uprise' should be performed by pulling down on the bar as the gymnast rises toward the peak of the backward swing in the hollow tight body position so that he has control over the direction of the hop.
2. The head, shoulders and upper back should lead into the hop during the uprise. Ideally the release and regrasp should be performed with the center of gravity moving above the bar, not away from the bar.
3. The body should be in a hollow position as the bar is released. This will insure a controlled release and regrasp.

D. Basic Technique: Tap Swing

1. The execution of the basic tap swing should start in the back and finish in the front in the 'hollow' position as defined above.
2. The gymnast should relax fully, pushing his chest and hips down through the bottom past vertical in the 'tight arch position' while letting his feet drag behind before initiating the piking action or kick to the hollow position on the upward phase of the forward swing.
3. It is critical that this swing be refined so that the timing of the tap produces a powerful lift and acceleration in the vertical direction. The hang position in the backward giant is a critical element to develop for future control of release skills and dismounts.

E. Basic Technique: Giant Swing

1. The most important facets to develop in the giant swing are control of the handstand position and a full, relaxed extension through the bottom of the swing.
2. In simple terms, the body should be completely straight at the hanging position (bottom) and the handstand position (top) with the head neutral and shoulders, hips and feet in alignment.
3. To facilitate these positions on a basic giant swing there should be either a very natural, subtle or no tapping action through the bottom and the wrists should shift to a full support for downward pressure on the bar prior to vertical on the upswing toward the handstand.

F. Level 3:

1. In order to accommodate facilities with limited equipment this routine may be performed on the low uneven bar rail, parallel bars with one rail removed, and/or on a low horizontal bar or one with mats stacked.
2. The intention is to allow introductory athletes and programs to perform the routine in a bent knee hang position rather than the long hang position should that be the only equipment available.
3. The coach may assist the gymnast throughout the routine in any manner that insures his safety. The objective is to allow the gymnast the opportunity to become familiar with and learn basic movements on the horizontal bar.

G. Level 4:

1. This routine should be performed in the long hang position, although facilities with limited equipment may still use any bar available to them. In a meet situation coaches should be made aware of the type of bar that will be used.
2. The primary emphasis on this routine is to create an understanding of the basic tapping action and required body positions on both sides of the swing.
3. The uprise to hop in overgrip should be performed with the technical mechanics and safety of the gymnast in mind. Refer to the Basic Technique: Uprise section above for a detailed breakdown of this skill.
4. The specified bonus for the backward hip circle is intended as progression for an eventual free hip circle action. Therefore, the straight or hollow body position should be emphasized.

H. Level 5:

1. The committee wants athletes to attempt the kip. Every effort has been made to write the text to encourage athletes and coaches to 'go for it'. The goal is to make it worth the attempt and to be somewhat forgiving of execution during this skill acquisition process.
2. To encourage those gymnasts that are being successful with the kip, specified bonus will be given to a kip to an immediate cast to any height.
3. The development of the swing $\frac{1}{2}$ turn is extremely important and should be a priority. The criteria for proper execution of a 'blind' turn are consistent through the routines and emphasize proper body position rather than extreme amplitude.
4. The option for a salto backward tucked or piked (flyaway) is included as a specified bonus skill. However, as with all specified bonus skills, the technical execution of the tap swing and the salto backward (flyaway) must be correct in order for the gymnast to gain the advantage of the points. Improper execution may actually result in a loss of points even though this skill is 'fun to do'. *Note: The spotter is required to 'follow the gymnast' through this skill for safety without deduction. If the gymnast is actually assisted in the skill rather than simply followed the judge will take appropriate execution deductions and no specified bonus points will be awarded.*

I. Level 6:

1. The acquisition of giant swings in a young athlete's repertoire is a landmark event. Giant swings performed in addition to either the $\frac{3}{4}$ giant swing forward (undergrip) or the $\frac{3}{4}$ giant swing backward (overgrip) later in the routine will receive specified bonus if the giant swings are attempted successfully without a fall even if there is a large execution error in the performance of the giant swings. The objective is to encourage the development of giant swings by awarding the specified bonus for the successful completion of the giant swings forward or 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.
2. The salto backward (flyaway) in this routine is performed from an underswing in order to continue to emphasize the proper development of the tap swing.
3. The hop from $\frac{3}{4}$ giant swing forward to overgrip in the backward swing is an element that many gymnasts at this level have difficulty controlling. A 'safe' hop technique involves the same Basic Technique: Uprise listed above. The gymnast should avoid leading with the heels while keeping the shoulders down on the backward swing prior to the hop. Ideally the release and regrip should be performed with the center of gravity moving above the bar, not away from the bar.

J. Level 7:

1. The four specified bonus skills in this routine are designed to give the gymnast the opportunity to develop optional skills that will be viable at the next level. The gymnast will still be required to execute the basic technique correctly with regard to the giant and handstand positions on these elements.
2. The mount and the dismount in this routine are designed to allow the recreational gymnast the opportunity to execute the routine successfully at the basic level. The gymnast can add specified bonus skills to the basic routine as he is able to acquire them.
3. In order to successfully execute the salto backward stretched (flyaway) a good mastery of the basic tap swing is required. The salto can be done from either a giant swing backward or an underswing. Improper execution of the swing in either case will result in deductions that may negate the advantage of the specified bonus points.

II. Compulsory Levels 3 – 7 Routines:

LEVEL 3 – HORIZONTAL BAR:

Note: The gymnast may receive an award for his participation in this event. Participation in this event is not required.

Skills	Description
1. Pullover	From stand or hang in overgrip, pullover to support (coach may assist).
2. Cast, Undershoot	Cast to Undershoot
3. Swing backward, Tap swing forward	Swing backward, tap swing forward
4. Swing backward, Uprise, Hop	Swing backward and uprise to hop (simultaneous release then regrasp) with both hands.
5. Tap swing forward, Swing backward	Tap swing forward, swing backward
6. Dismount	Lift shoulders to bar level and release, dismounting to stand.

Note: *In order to accommodate facilities with limited equipment this routine may be performed on the low uneven bar rail, parallel bars with one rail removed, and/or on a low horizontal bar or one with mats stacked.*

LEVEL 4 – HORIZONTAL BAR:

Base Score	10.0
Specified Bonus	1.0
Virtuosity	0.5
Stick Bonus	0.2
Maximum Score	11.7

Note: Unless otherwise indicated, all swings forward are to be a minimum of 45° below horizontal with toes or knees leading at peak of swing. Swings backward are also to be a minimum of 45° below horizontal with hollowed body shape at the peak of the swing.

Skills	Description	Performance Criteria	Virtuosity
1. Pullover	From stand or hang in overgrip, pullover to support (coach may assist).	Momentary stop in support allowed	
Specified Bonus #1: In #1, pullover unassisted to support (+0.5)			
SB#1. Pullover (unassisted)	From stand or hang in overgrip, pullover to support	Continuous rhythm in pullover	
2. Cast, Undershoot	Cast to undershoot forward	Hollow body position during undershoot. Arms straight.	Cast to horizontal or higher (+0.1)
Specified Bonus #2: In #2, add back hip circle with straight body (+0.5)			
SB#2. Cast, Back hip circle, Undershoot	Cast to back hip circle to undershoot forward	Back hip circle with straight body. Hollow body position during undershoot. Arms straight.	
3. Swing backward, Tap swing forward	Swing backward, tap swing forward	Knees may be tucked (See Note below)*	
4. Swing backward, Tap swing forward	Swing backward, tap swing forward	Knees may be tucked (See Note below)*	
5. Swing backward, Uprise, Hop	Swing backward and uprise to hop (simultaneous release then regrasp) with both hands.	Pull down with straight arms and lift upper back on hop. Hollow or tucked position.	
6. Tap swing forward, Swing backward	Tap swing forward, swing backward	Knees may be tucked (See Note below)*	
7. Tap swing forward, Swing backward	Tap swing forward, swing backward	Knees may be tucked (See Note below)*	
8. Uprise, Dismount	Uprise, lift shoulders to bar height and release, dismounting to stand	Extend legs on rise to release in hollow position.	

Note: *The gymnast is required to swing with straight legs if the competition bar provided is high enough for the gymnast to swing with a fully extended body position. This routine should be performed in the long hang position, although facilities with limited equipment may still use any bar available to them such as the low uneven bar rail, parallel bars with one rail removed, and/or on a low horizontal bar or one with mats stacked.*

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	Straight or hollow body position on free hip circle. Hips clear of the bar throughout the free hip circle, support and undershoot.	
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)

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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 or piked	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	Must show hollow and distinct vertical lift on release and stretched body opening before landing. A salto backward stretched is not permitted.	

LEVEL 6 – HORIZONTAL BAR:

Base Score	10.0
Specified Bonus	1.5
Virtuosity	0.5
<u>Stick Bonus</u>	<u>0.2</u>
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, ¾ giant swing forward	Cast forward to ¾ 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 ¾ 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 ¾ giant swing forward to hop	Arms straight, body bent on pull. 2 second hold	
	<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, ½ turn. Tap swing forward	Tap swing forward with ½ 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	Must show hollow and distinct vertical lift on release and stretched body opening before landing.	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	Must show hollow position and distinct vertical lift on release. Bonus cannot be awarded if salto backward stretched is below bar height	

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) or 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: In #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.	

LEVEL 7 – HORIZONTAL BAR: (Continued)

Skills	Description	Performance Criteria	Virtuosity
6. Giant swing forward with ½ turn	Giant swing forward with ½ turn (Pirouette)	½ turn to be completed within 15° of handstand	Early ½ turn to handstand (+0.1)
7. Two to three giant swings backward, ¾ giant swing backward, Undershoot, Swing backward	Two to three giant swings backward to ¾ giant swing backward to undershoot to swing backward	Shift hands prior to support, hips clear of bar. Undershoot with hollow body position.	
Specified Bonus #3: In #7, add Stalder or 'Toe on - Toe off' piked or straddled. (See Note below) * (+0.5)			
SB#3. Stalder or 'Toe on-Toe off'	Stalder piked or straddled or 'Toe on – Toe off' piked or straddled	Stalder or 'toe on' entry may be early or from handstand. Shift wrists early to support and extend in shoulders on entry. Finish at 45 degrees above horizontal.	
	<i>The gymnast may perform either an early pike entry or a 'late drop' entry from the handstand into SB # 2 and/or #3. The giant is counted (as though it were performed to the handstand) prior to the entry in either case.</i>		
8. Tap swing forward, Salto backward tucked, piked or stretched	Tap swing forward to salto backward (flyaway) tucked, piked or stretched dismount.	Must show distinct vertical lift on release, hollow position with a stretched body opening Minimum height required without deduction is center of gravity at bar level.	Open from salto above bar height (+0.1)
Specified Bonus #4: In #8, salto backward (flyaway) tucked, piked or stretched directly from giant swings backward (no undershoot) (+0.5)			
SB#4. Salto backward tucked, piked or stretched from giant swings backward	Complete salto backward (flyaway) tucked, piked or stretched directly from giant swings backward in #7.	Must show distinct vertical lift on release, hollow position with a stretched body opening Minimum height required without deduction is center of gravity at bar level	

***Note:** Up to two additional giant swings forward or backward may be performed after Specified Bonus #2 and #3 in preparation for the next element or dismount.

III. Optional Level 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 optional development.

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

A. Levels 8 - 10:

1. Any "C" Jam to handstand will receive +0.1 bonus
2. Release bonus will be applied to Element Group II skills (with no large error or fall) as follows:
 - 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 Element Group II – Flight Skill may be repeated once in direct connection to itself or another skill. (Examples: (1) Tkatchev straddled + Tkatchev straddled or (2) Tkatchev straddled, giant, Tkatchev straddled + Gienger)
3. A full 'El-grip' swing through the hang position that hops to a full undergrip and continues over the bar to an giant swing forward or to hop pirouette and continues into a giant swing backward will receive an "A" value and full Element Group IV credit. (Example: 1/1 pirouette to El-grip swing through the bottom and hop to undergrip and continue to giant = "C" difficulty credit for 1/1 pirouette and "A" difficulty credit and Element Group IV credit for the hop)
4. Upon catching a release skill the gymnast is allowed to perform a swing with a ½ turn and change of grip on the subsequent swing forward to a kip without deduction. This swing ½ turn is given "A" difficulty credit and no Element Group credit.
5. A maximum of up to five forward and backward body movements where the 5th movement must be a skill (Examples: stemme, free hip circle, Stalder) will be allowed without deduction. Inclusion of a 'back-uprise' action, even to partial support up to or on the 4th movement will be allowed without deduction.
6. Jams in Element Group IV will be evaluated using the following chart for difficulty credit. FIG angle deductions will not apply, only general execution deductions.

Horizontal Bar 'Jam' Exception Table	
Element Group IV Jam	Difficulty Credit
0°-15°	"C" + 0.1
16°- 45°	"C"
46°- 90°	"B"
Below horizontal	"A"

1. A salto forward or backward tucked, piked or stretched will receive "A" difficulty credit and Element Group V credit.