

# B.C. SECONDARY SCHOOLS GYMNASTICS ASSOCIATION - GIRLS' ROUTINE RULES

The Girls' routine rules were formatted from the Junior Olympic (JO) Program used by Gymnastics BC for its provincial program, which were altered to suit the beginner to experienced coach as well as the beginner to experienced school gymnast. These rules have the flexibility to suit beginner gymnasts as well as the more advanced.

1. A school coach or a group of school coaches may select only certain "A", "B" or "C" moves to teach their gymnasts for Levels 1, 2, 3, and 4. There is no difficulty cap for Level 5 gymnasts.
2. Music: Music may be obtained from any instrumental arrangement. The coach may ask the gymnast to find their favorite instrumental piece or select options for them to choose from. Music should match the gymnast's ability to portray a character and their style of performance. Cut and edit until the desired length of music is reached. Music ideally should also have variations in tempo (e.g. faster for tumbling, slower for dance passages). No lyrics are permitted, but vocals with the voice as an instrument is allowed. One CD per gymnast, with each gymnast's full name and school attached. CD players will be available. Music playing using USB cord connection with speakers and/or other devices are to the discretion and resources of the host gym.
3. Attire: School team gymnastic body suit (long or short sleeve), gymnastic shoes and grips (optional). Tights may be worn if they are no longer than thigh length and match exactly the body suit in colour and material.  
\*The following will be taken once from the first event score's average:
  - 0.2 deduction - for shorts other than above
  - 0.2 deduction - for jewellery (1 stud earring allowed per ear, deduction only taken after one warning has been given)
  - 0.2 deduction - for exposed undergarments that do not match body suit colour (nude colours also allowed)
4. A vault, bars, beam, or floor routine may be repeated only in case of technical malfunctions that are beyond the control and responsibility of the athlete and coach. It is the decision of the head judge of the particular apparatus to decide, upon request of the gymnast's coach. The gymnast may request to see the score of her first routine before deciding if she is going to repeat. The request must be made immediately after the malfunctions.

## 5. Scoring System:

Vault: Start value is determined by the vault performed. Maximum start value in each level is 10.0. Final score is determined as follows:

Final Score = Start Value – Execution Deductions

Example: Level 1 athlete performs a straddle through vault (no layout position) with spring board.

Start Value = 9.0; Total Execution Deductions from judge (bent legs/arms, steps on landing, etc.) = 1.2

Final Score = 9.0 - 1.2 = 7.8

Bars/Beam/Floor: Maximum Start Value for all levels is 10.0. Start value for a routine is determined by 10.0, minus 0.5 for any missing Special Requirements, minus 0.1 for any missing required supplementary or 'A' value skills or 0.3 for any required 'B' value skills.

Final Score = Start Value – Execution Deductions

Example: Level 1 athlete on Bars performs a routine with only 5 supplementary or 'A' value skills (6 are required) and includes 4 of

the special requirements, but missed the cast feet to bar height. Start value = 10.0 – 0.5 (missing special requirement of cast) – 0.1 (missing one 'A'/Supp. value skill) = 9.4.

Final Score = 9.4 – Execution Deductions

**Note:** Higher value parts can replace lower value parts, but not the reverse, provided the skills performed are within the difficulty restrictions of the level. The replacement is on a 1 to 1 basis, regardless of the point value. There is no restriction on the difficulty of dance elements performed across all levels on balance beam and floor exercise.

e.g. Level 3 FX: 5 A's, 1 B = 6 Value Parts Required. Gymnast performs: 4 A's, 2 B's. 1 "B" replaces missing the "A".

6. All Start Values (SV) will be displayed along with the Final Scores.
7. Any inquiry into the score of a gymnast is as follows: A team representative will approach the apparatus head judge as soon as the rotation has concluded and before the next rotation has started. They may inquire about the Start Value (SV) only. Based on the inquiry, the judge may or may not change the Start Value. In the case that the inquiry is not resolved, the competition head judge will become involved and make the final decision, and the matter will be considered closed.
8. Each line listed in the difficulty tables is considered to be a different skill. A skill will also be considered different if it comes out of, or goes into, a different skill. Repeated skills will only receive credit if they are considered “different”. All skills should have the same values as they do in the JO Code. Any skill not listed here will receive its JO Code Value. In the case of any confusion, the BC JO Code of Points will be considered correct, and any further clarification will be based on the current USAG JO Code of Points.
9. Short Routines: If a routine on Bars has 4, or less, counting skills, or a routine on Floor/Beam is shorter than 30 seconds, a 2.00 deduction is taken from the final score.
10. Any ambiguities that are not listed in the High School Code will be resolved in accordance to the policies & procedures of the JO manual.

### **Warm-Up Procedures:**

**General Warm-Up:** Recommended 20-30 minutes. Athletes may not start the general warm-up on the warm-up or competition floor before the set time. Once the general warm-up starts, athletes may warm up on the WAG floor, mats, and runway only. They may not use the boards and/or the vault table, bars, or beam for any reason during the general warm-up.

**Vault:** Group Warm-Up, Continuous Time – Level 1 & 2: 1 min; Level 3 & 4: 90 sec; Level 5: 2 min - per gymnast

Level 1, 2, and 3 athletes are allowed a maximum of 2 vaults. Level 3s are guaranteed a maximum of 3 vaults if twisting. Level 4 and 5 athletes are guaranteed a minimum of 3 vaults.

**Uneven Bars:** Group Warm-Up, Continuous Time – Level 1 & 2: 1 min; Level 3 & 4: 90 sec; Level 5: 2 min - per gymnast

90 seconds is granted for each different bar preparation (raising, lowering, chalking).

**Balance Beam:** Group Warm-Up, Block Time Per Athlete – Level 1 & 2: 1 min; Level 3 & 4: 90 sec; Level 5: 2 min (may do 1 min 30 + 30 sec) – per gymnast; Max. 5 sec between each athlete

Alternatively, a “bump” warm-up may be used: 2 athletes warm up, 1<sup>st</sup> competes, 3<sup>rd</sup> warms up, etc.

**Floor Exercise:** Group Warm-Up, Continuous Time – Level 1 & 2: 1 min; Level 3 & 4: 90 sec; Level 5: 2 min – per gymnast. Level 1-4, max 5 minutes. Level 5, min 8 minutes, max 10 minutes.

Coaches must determine the most efficient way to warm up prior to the rotation (in relation to equipment specs). They will inform the judge(s) upon arrival at the table. If the coaches cannot agree, the Chief Judge will determine the warm-up process.

The competition order can be modified so the athletes compete in the order that is most efficient; otherwise, the competition order drops down by 1 or 2 athletes per rotation.

On all apparatus, athletes warm up in groups. If a group consists of only one athlete (only athlete competing at a certain height/bar width), they must be given sufficient time to warm up and rest.

It is suggested to split the warm-up if the group has 8+ athletes in a rotation. Judges and coaches should be flexible at the beginning of the season and allow for smaller sub-groups.

**Safety must prevail:** If an athlete is in need of their coach (spotting or otherwise), they have the right to wait for their coach to be present. Additionally, if a gymnast is in need of more warm-up time *in order to safely compete*, the coach may request more time from the judge.

\*The 2018-2019 High School WAG Code will refer to the previous edition of the JO Code of Points.

The 2018-2022 JO Code of Points will be used in reference for changes and revisions to the 2019-2020 High School WAG Code.

# TABLE OF PENALTIES

## Jump to Handstand, Fall to Straight Flat Back Position on Stacked Mats Vault (Level 1 & 2):

<b>General Faults</b>		Failure to maintain a straight body position
	↑ 0.30	• Arch
	↑ 0.30	• Pike
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase up to 0.10	Incorrect head alignment
	↑ 0.30	Deviation from a straight direction
	↑ 0.30	Insufficient dynamics (speed/power)
	VOID	Assistance of coach after gymnast achieves hand support on the mat stack
	VOID	Gymnast never achieves vertical and returns to the board or lands on the mat stack between the board and hand placement. (Considered as “incorrect vault”)
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Assistance of coach from board to mat stack (No deduction for coach standing between board & mat stack)
<b>Flight Phase</b>	No Deduction	Run-approach without executing the vault (Balk)
	VOID	• Touching the springboard or mat stack
<b>Handstand Support Phase</b>		See Vault General Faults
	↑ 0.50	Arms bent
	<u>2.00</u>	Completely bent arms causing head to contact mat
	↑ 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	↑ 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	↑ 1.00	Contacting the mat stack with the hands after vertical
	0.05 – 0.50	• Contact from 1° - 45° past vertical
	0.55 – 1.00	• Contact from 46° - 89° past vertical
<b>Landing Phase</b>	↑ 0.30	Additional hand placements (taking steps/hops on hands)
	<u>3.00</u>	Failure to contact mat with both hands (performs a front layout or touches with only one hand)
	↑ 1.00	Failure to finish in a straight lying position on the back
	<u>1.00</u>	Gymnast lands on her feet, salutes, and steps off the mat.
	<u>0.50</u>	Gymnast lands on her seat with a 90° hip angle, salutes, and steps off the mat.
	<u>0.50</u>	Gymnast lands on her back with an arch and bent legs, salutes, and steps off the mat.
Note: If the gymnast makes any of the above execution errors, then lies back to a straight lying position, <u>no deduction</u> for failure to finish on the mat in a straight lying position is taken; however, execution deductions may be applied for the post-handstand phase. The evaluation finishes when the gymnast arrives in a straight lying position.		

# TABLE OF PENALTIES

## Tuck/Straddle Through and Layout Tuck/Straddle Through Vaults (Level 1 & 2):

<b>General Faults</b>	Each phase <u>0.05</u>	Flexed feet
	Each phase ↑ 0.10	Knee/leg separation
	Each phase ↑ 0.20	Body position
	Each phase ↑ 0.30	Bent knees (aside from landing)
	↑ 0.30	Insufficient dynamics
	VOID	Spotting assistance during the vault
	VOID	Failure to land on the soles of the feet first
	No Deduction VOID	Run-approach without executing the vault (Balk) • Touching the springboard or mat stack
<b>First-Flight Phase</b>	No Deduction	Height of hips – <i>tuck/straddle through</i> : At horizontal (90°)
	0.05 – 0.15	Within 45° from horizontal (45° - 89°)
	0.20 – 0.30	More than 45° from horizontal (0° - 44°)
	No Deduction	Height of hips – <i>layout tuck/straddle through</i> : At 45° or more above horizontal
	0.05 – 0.20	Between horizontal and 45° above horizontal (1° - 44°)
	<u>0.30</u>	At horizontal
<b>Support Phase</b>	↑ 0.30	Bent arms (bent 90° or more = max deduction)
	↑ 0.30	Shoulder angle
	<u>0.30</u>	Brush vault without full hand support
	↑ 0.50	Too long in support
	<u>1.00</u>	Touch with only one hand on the table
	VOID	No touch on the table
<b>Post-Flight Phase</b>	<u>0.10</u>	Deviation from a straight direction
	↑ 0.30	Insufficient length
	↑ 0.50	Insufficient height
	↑ 0.30	Insufficient extension of body on landing
<b>Landing</b>	↑ 0.10	Slight hop or adjustment of feet
	<u>0.05</u>	Landing dismount with feet hip-width apart or closer but never joins feet (if stuck)
	<u>0.10</u>	Landing dismount with feet more than hip-width apart (if stuck)
	<u>0.10</u>	Extra steps (per step) – Max 0.40
	<u>0.20</u>	Large steps or hops (more than 1 metre) – Max 0.40
	↑ 0.20	Incorrect body posture on landing
	↑ 0.30	Squat on landing
	<u>0.10</u>	Extra arm swings
	↑ 0.20	Additional trunk movements to maintain balance
	↑ 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against apparatus
	VOID	Landing in a sitting, lying, or standing position on table

# TABLE OF PENALTIES

## General Execution & Amplitude Faults for All Other Vaults<sub>1</sub>

Faults deducted by D & E Panel	↑0.10	↑0.20	↑0.30	MORE
<b>First Flight Phase</b>				
Incorrect foot form (flexed or sickled)	x			
Incorrect LA (long axis) turn	x	x	x	
Poor Technique				
- Hip angle	x	x		
- Arched body	x	x		
Incorrect leg form				
- Legs crossed	x	x		
- Legs separated	x	x		
- Knees bent	x	x		
<b>Support/Repulsion Phase</b>				
Poor technique				
- Staggered/alternate hand placement on all vaults	x			
- Shoulder angle	x	x		
- Arched body	x	x		
- Alternate repulsion from hands	x	x		
Prescribed LA turn begun too early	x	x	x	
Additional hand placements (taking steps/hops on hands)	x	x	x	
Arms bent (bent 90° or more = max deduction) (small bend of lead arm acceptable for gr. 3 vaults)	x	x	x	↑0.50
Touch with only one hand on the table (Taken by D Panel from FS)				<u>1.00</u>
Head contacting table during support phase (includes 0.50 for arm bend)				<u>2.00</u>
No touch on the table				VOID
Angle of Repulsion				
- leaves table by vertical (no deduction)				0.05-0.50
- from 1° - 45°				0.55-1.00
- from 46° to handstand				
Too long in support	x	x	x	↑0.50
<b>Second Flight Phase</b>				
Incorrect foot form (flexed, sickled)	x			
Prescribed LA turn begin too late	x	x	x	↑0.50
Incorrect leg form				
- Legs crossed	x			
- Legs separated	x	x		
- Knees bent	x	x	x	
Insufficient exactness of LA turn	x			
Under-rotation of salto vaults	x			
Insufficient exactness of body position				
- Insufficient tuck or pike	x	x	x	
- Tuck = min 90° bend in hips and knees (allow of more open position in twists in tuck position)				
- Pike = min 90° bend in hips, 91°-135° = insufficient pike				
- Insufficient stretched position (ideal = 180°)				
- Arch	x	x	x	
- Hip angle 136°-179° insufficient stretched position	x	x	x	↑0.50
Insufficient height	x	x	x	↑0.50
Insufficient length	x	x	x	
Insufficient extension (open) of body before landing				
- Insufficient and/or late extension (tuck/pike vaults)	x	↑0.25		
- Total absence of extension (tuck/pike vaults)			<u>0.30</u>	
Failure to maintain stretched body (pike down of stretched vaults)	x	x	x	
Late completion of the twist	x	x	x	
Brush or hit of body/head on table during post flight	x	x		

# TABLE OF PENALTIES

## General Execution & Amplitude Faults for All Other Vaults<sub>2</sub>

Faults deducted by D & E Panel	↑0.10	↑0.20	↑0.30	MORE
<b>Landing</b>				
Slight hop or small adjustment of feet	x			
Landing dismount with feet hip-width apart or closer but never joins feet (if stuck)	<u>0.05</u>			
Landing dismount with feet more than hip-width apart (if stuck)	<u>0.10</u>			
Extra arm swings	x			
Additional trunk movements to maintain balance	x	x		
Incorrect body posture on landing	x	x		
Extra steps (per step)	<u>0.10</u>			Max 0.40
Very large step or jump (approximately 1 metre or more)		<u>0.20</u>		Max 0.40
Squat on landing (hips even with or lower than knees)	x	x	x	
Slight brush/touch of 1 or 2 hands on mat (no support)	x	x	x	
Support on mat with 1 or 2 hands				<u>0.50</u>
Fall on mat to knee(s) or hips				<u>0.50</u>
Fall against apparatus				<u>0.50</u>
Prescribed LA turn incomplete - 1° - 30° missing - 31° - 60° missing - 61° - 89° missing - 90° or more missing	x	x	x	Lower value
Deviation from a straight direction (determined by initial contact with mat)	x	x	x	
Insufficient dynamics	x	x	x	
Support on mat with 1 or 2 hands				<u>0.50</u>
Fall on mat to knee(s) or hips				<u>0.50</u>
Landing in a sitting, lying, or standing position on top of table				VOID
Fall against apparatus				<u>0.50</u>
<b>Other Deductions</b>				
Use of chalk as markers on vault runway (D1, in consultation with CHJ, from FS)		<u>0.20</u>		
Coach standing between board and table (not applied for round-off entry vaults)				<u>0.50</u>
Spotting assistance upon landing				<u>0.50</u>
Vault w/o signal from D1 (taken by D Panel from FS)				<u>0.50</u>
Failure to land on the sole of the feet first				VOID
Spotting assistance during the vault				VOID
Run approach w/o execution of the vault (balk) & touching springboard or table				VOID
Failure to use safety collar mat for round-off entry vaults				VOID

*Note:* All Yamashita vaults share the same start value as their corresponding handspring value.

# VAULT

A spotter must be present for all levels

	LEVEL 1		LEVEL 2		LEVEL 3		LEVEL 4		LEVEL 5	
Value Parts	Max Start Value: 10.0									
	1 or 2 Vaults, Best to Count									
VAULTS ALLOWED	Jump to handstand to back on stacked mats, beat board only	9.0	Jump to handstand to back on stacked mats, beat board only	8.5	Handspring/ Yamashita	9.8	Handspring/ Yamashita	9.5	Handspring	9.0
									Handspring - 1/2	9.1
									Handspring - 1/1	9.5
									Handspring - 1 1/2	9.7
	Tuck/Straddle through, beat board only	9.0	Tuck/Straddle through, beat board only	8.5	Handspring/ Yamashita - ½ twist off	10.0	Handspring/ Yamashita - ½ twist off	9.8	Handspring - 2/1	10.0
									1/4-1/2 on – repulsion (w/ flight to feet) off	9.0
									1/2 on – 1/2 off	9.2
									1/2 on – 1/1 off	9.4
	Tuck/Straddle through, layout position, beat board only	10.0	Tuck/Straddle through, layout position, beat board only	9.0	½ on - repulsion (w/ flight to feet) off	9.8	Handspring/ Yamashita – 1/1 twist off	10.0	1/2 on – 1 1/2 off	9.6
									1/2 on – 2/1 off	10.0
									Yurchenko – repulsion (w/ flight to feet) off	9.0
									Yurchenko – repulsion off	9.1
			Handspring with mini tramp	9.5			½ on - ½ turn off	9.8	Yurchenko – 1/1	9.4
									Yurchenko – 1 1/2	9.6
									Yurchenko – Back tuck	9.8
									Yurchenko – Back pike	10.0
	Handspring with mini tramp only	10.0	Handspring with beat board only	10.0	½ twist on - ½ twist off	10.0	½ twist on – 1/1 twist off	10.0	Tsukahara - Tuck	9.8
									Tsukahara - Pike	10.0
EQUIPMENT	Min. height for all vaults 110cm (Max. height 125 cm)		Min. height for all vaults 110cm (Max. height 125 cm)		Min. height for all vaults 120 cm (Max. height 125 cm)		Height for all vaults - 125 cm		Height for all vaults - 125 cm	
	Mandatory min 10 cm matting for landing. Otherwise, any mat or combination of mats, including 20 cm safety mat is allowed. An approved Yurchenko collar must be used for all round-off entry vaults. A beatboard may be used for the last step before a handspring with mini tramp vault.									

THIS PAGE INTENTIONALLY LEFT BLANK

# TABLE OF PENALTIES

## General Execution & Amplitude Faults: Uneven Bars, Balance Beam, and Floor Exercise<sub>1</sub>

Faults deducted by D & E Panel		↑0.10	↑0.20	↑0.30	MORE
Bent arms in support or legs - 90° bend or greater = 0.30 deduction - Max of 0.30 for arms & 0.30 for legs on any one element	each	x	x	x	
Leg and knee separation	each	x	x		
Flexed, sickled feet on/during Value Part elements	each	<u>0.05</u>			
Legs crossed during Value Part dismounts with twist	each	x			
Insufficient exactness of Body Position - Insufficient tuck position - Insufficient pike position - Insufficient exactness of stretched position - Arch - Hip Angle (136°-179°)	each	x x x x	x x x x		
Failure to maintain stretched body position (pike down)	each	x	x		
Hesitation during jump to HB or swing to handstand (UB)	each	x			
Hesitation during jump, press, or swing to handstand (BB)	each	x			
Poor rhythm in elements/connections (lack of continuous tempo)	each	x	x		
Insufficient extension in kips	each	x			
Intermediate swing/cast (max 0.60 per element)	each			<u>0.30</u>	
Performing a squat/stoop/straddle on without a backward swing of the legs before placing the feet on the bar (merely lifting the hips up)	each	<u>0.05</u>			
Incorrect body posture/alignment during dance Value Parts	each	x			
Insufficient height on leaps, jumps, and hops	each	x	x		
Insufficient split position (dance/non acro flight) – deviation from 180° - 1° - 20° missing = 0.05 – 0.10 - 21° - 45° missing = 0.15 – 0.20 - 46° or more missing = lesser VP	each	x	x		
Legs not parallel to beam/floor in split or straddle pike leaps/jumps	each	x	x		
Insufficient height of saltos, aerials, and acro flight elements with hand support (BB/FX)	each	x	x		
Insufficient height (amplitude) of dismounts (UB/BB)	each	x	x	x	
Dance- Incomplete turn (Gr. 2 & 3 elements with 360° or more rotation) - 1° - 44° missing = 0.05 – 0.10 - 45° - 89° missing = 0.15 – 0.20 - 90° or more missing = lesser VP	each	x	x		
Insufficient extension (open) of body prior to landing - UB/BB dismounts & BB/FX acro	each	x	x	x	
Concentration pause (more than 2 seconds)	each	<u>0.10</u>			
Additional movement(s) to maintain balance	each	x	x	x	
Grasp on apparatus (UB/BB) to avoid a fall	each			<u>0.30</u>	
Lack of sureness (BB) of performance throughout exercise		x	x		
Relaxed/incorrect footwork in non-value parts throughout the exercise		x	x		
Relaxed/incorrect leg position/body posture/insufficient flexibility during non-value parts throughout exercise (BB/FX)		x	x	x	
Poor relationship between movement to music (e.g. not performing in time with music)		x	x		
Missing synchronization of movement and musical beat - Each time 0.05 (max 0.30 throughout exercise) - Exercise not ended with music		<u>0.05</u> <u>0.10</u>			
Insufficient artistry throughout the exercise (max 0.10 for each) - Originality/creativity of choreography in elements and connections - Quality of gymnasts' movements to reflect their personal style - Quality of expression (i.e., projection, emotion, focus)		x x x			
Insufficient dynamics - Energy not maintained throughout the exercise - Gymnast fails to make the difficult look effortless - Insufficient swingful execution throughout (UB)		x	x		

# TABLE OF PENALTIES

## General Execution & Amplitude Faults: Uneven Bars, Balance Beam, and Floor Exercise<sub>2</sub>

Landing Faults		↑0.10	↑0.20	↑0.30	MORE
Landing too close to apparatus on dismount (UB/BB)		<u>0.10</u>			
Slight hop or small adjustment of feet on landing of elements or dismount	each	x			
-Staggered feet on landing of dismount	each	x			
-FX acro elements (with flight): a small step after landing to finish in a <i>controlled</i> lunge is allowed with no deduction					
Lands dismount with feet hip-width apart or closer but never joins feet (if stuck)		<u>0.05</u>			
Extra steps on landing	each	<u>0.10</u>			
Large step or jump on landing (approximately 1 metre or more) – max 0.40	each		<u>0.20</u>		
Squat on landing (hips even with or lower than knees)		x	x	x	
Extra arm swings on landing		x			
Additional movements to maintain balance/control of UB/BB dismounts and FX acros elements (applies to “stuck” landings but uses trunk movements to avoid steps)		x	x		
Deviation from straight direction on landing		x			
Touch/brush on apparatus or mat with foot/feet (also in routine)		x	x		
Touch/brush the landing surface with one or both hands (no support)		x	x	x	
Support on mat with 1 or 2 hands					<u>0.50</u>
Fall on mat to knee(s) or hips / Fall on or against apparatus					<u>0.50</u>
Spotting assistance during an element					No VP or CR; <u>0.50</u>
Spotting assistance upon landing					<u>0.50</u>
Fall/Failure to land on the bottom of the feet first on dismount, aerials, saltos <i>Note: if the gymnast lands on the bottom of feet, hands, and knees simultaneously, award VP &amp; SR as appropriate and deduct for fall only</i>					No VP or CR; <u>0.50</u>
<b>Faults Deducted by D Panel from Final Score</b>					
Overtime		<u>0.10</u>			
Unsportsmanlike conduct of gymnast (after warning)			<u>0.20</u>		
Failure to mark the boundary line on additional matting which covers the boundary line		<u>0.10</u>			
Any body part touching outside of the Floor Exercise border marking (each time)		<u>0.10</u>			
Absence of music not due to technical issues or music with words/speech (FX)					<u>1.00</u>
Failure to remove springboard after a mount (UB/BB)				<u>0.30</u>	
Coach/teammate giving assistance with verbal cues (Applied after one warning has been given) <i>If the coach instructs the gymnast by giving specific information on what to do during the routine (for example – what comes next in the routine or to repeat a missed requirement), the deduction of 0.20 is taken from the average without warning.</i>	one time		<u>0.20</u>		
Incorrect attire as listed on front page (warning must be given)	from 1 <sup>st</sup> event		<u>0.20</u>		
Coach standing next to the beam throughout the entire exercise		<u>0.10</u>			
Failure to present to D panel before and/or after exercise (each time)		<u>0.10</u>			
Failure to begin exercise within 30 sec. after being signaled by Chief Judge			<u>0.20</u>		
Gymnast begins exercise without signal from Chief Judge (must stop & repeat)					<u>0.50</u>
Coach on the floor exercise mat inside the border marking					<u>0.50</u>
Short Exercise: Uneven Bars routine with less than 5 elements					<u>2.00</u>
Short Exercise: Balance Beam/Floor Exercise routine less than 30 seconds					
Exercise without a dismount (from SV)				<u>0.30</u>	
Performance of a restricted element (from SV)	each				<u>0.50</u>

# UNEVEN BARS

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
<b>Value Parts</b>	<b>6 Supp. or A's</b> <b>Start Value: 10.0</b> <b>Supp. &amp; A Elements Only</b>	<b>6 Supp. or A's</b> <b>Start Value: 10.0</b> <b>Supp. &amp; A Elements Only</b>	<b>6 A's</b> <b>Start Value: 10.0</b> <b>A &amp; B Elements Only</b>	<b>6 A's, 1 B</b> <b>Start Value: 10.0</b> <b>Allowable C</b> <b>Elements Permitted</b>	<b>4 A's, 4 B's</b> <b>Start Value: 10.0</b> <b>A, B, &amp; C+ Elements</b>
<b>Restricted Skills Deduction: -0.5</b>	No B+ No Salto Restricted elements = no Value Part credit and 0.50 deduction from SV	No B+ No Salto Restricted elements = no Value Part credit and 0.50 deduction from SV	No C+ Restricted elements = no Value Part credit and 0.50 deduction from SV	Allowable C's credited as B C elements not "allowable" - considered restricted elements Restricted elements = no Value Part credit and 0.50 deduction from SV	C+ elements credited as B No restrictions on difficulty
<b>Special Requirements (0.5 each)</b>	<ul style="list-style-type: none"> <li>Pullover (feet together or apart)</li> <li>Swing element</li> <li>One cast to feet at bar height</li> <li>Minimum of one bar change</li> <li>Dismount</li> </ul>	<ul style="list-style-type: none"> <li>Low bar pullover (feet together or apart) or kip</li> <li>One cast to feet at bar height</li> <li>Squat on (tuck/pike/straddle) to catch high bar</li> <li>Long hang swing element</li> <li>Dismount Minimum of 'A'</li> </ul>	<ul style="list-style-type: none"> <li>One cast to a minimum of horizontal</li> <li>Minimum of one bar change LB to HB</li> <li>Two different circling elements from Group 3, 6, or 7 (If missing 1, credit 0.25)</li> <li>Dismount Minimum of 'A'</li> </ul>	<ul style="list-style-type: none"> <li>One cast to a minimum of 45° from vertical</li> <li>One clear circling element, minimum of 'B'</li> <li>Salto Dismount Minimum of 'A'</li> </ul>	<ul style="list-style-type: none"> <li>Minimum of one bar change</li> <li>Two "B" elements: (If missing 1, credit 0.25) <ul style="list-style-type: none"> <li>i. Two different 360° clear circling "B" elements or</li> <li>ii. One 360° clear circling "B" element from and one "B" element with either flight or a minimum of 180° long axis turn (excluding dismount)</li> </ul> </li> <li>Salto Dismount Minimum of 'A'</li> </ul>
<b>EQUIPMENT</b>	<p><b>BAR HEIGHT:</b> Low Bar – 170 cm from floor (150 cm from top of mat). High Bar – 250 cm from floor (230 cm from top of mat).</p> <p><b>NOTE:</b> A beat board may be used for any mount – to be removed as soon as mount is completed. Otherwise, a 0.3 deduction will be applied.</p> <p>Mandatory 10 cm matting for landing of dismount.</p> <p>Otherwise, any mat or combination of mats, including a 20 cm safety mat, is allowed for dismount.</p> <p>Presence of coach on mats is allowed.</p>				

THIS PAGE INTENTIONALLY LEFT BLANK

# UNEVEN BARS ELEMENTS AND VALUES

Each capitalized line is considered to be a different skill.

A skill will also be considered different if it comes out of, or goes into, a different skill.

Repeated skills will only receive credit if they are considered “different”.

All skills should have the same values as they do in the JO Code. Any skill not listed here will receive its JO Code Value.

<b>SUPPLEMENTARY – Value 0.1</b>	<b>“A” ELEMENTS – Value 0.1</b>
<p><b><u>Mounts</u></b></p> <p>Glide swing to immediate 2-foot pullover LB <sub>1</sub> (Level 1 only)</p> <p>Jump to squat onto LB</p> <p>Jump to front support on LB</p> <p>1 or 2 foot pullover to front support on LB</p> <p><b><u>Elements</u></b></p> <p>Beat swing (Level 1 only)</p> <p>Glide swing (Level 1 only)</p> <p>Tap swing (hips min. 45° below horizontal) (Level 1 only)</p> <p>Counterswing (hips min. 45° below horizontal) (Level 1 only)</p> <p>Cast feet to bar height</p> <p>Russian turn</p> <p>½ turn in stride support to catch high bar</p> <p>Single leg cut (fwd or bwd)</p> <p>Stride circle</p> <p>Basket swing</p> <p>Climb to stand on LB, catch HB <sub>2</sub></p> <p>Pullover to HB (feet starting on LB)</p> <p><b><u>Dismounts</u></b></p> <p>Any simple dismount with flight (Level 1 only)</p> <p>Counterswing with 1/2 turn to stand (Level 1 only)</p> <p>Underswing (or from toe-on) off LB to stand (Level 1 only)</p> <p>Tap swing w/ ½ turn to stand <sub>3</sub> (Level 1 only)</p>	<p><b><u>Mounts</u></b></p> <p>Glide kip (straddle or pike)</p> <p>Jump ½ turn, kip to support LB</p> <p>Jump to front or back hip circle LB</p> <p>Jump ½ or full turn to hang on HB</p> <p>Jump to brief hang on HB, kip to support</p> <p><b><u>Elements</u></b></p> <p>Cast to horizontal to below 20° of vertical (Level 1-4)</p> <p>Front hip circle</p> <p>Back hip circle</p> <p>Clear/free hip circle below horizontal</p> <p>Cast to squat on LB (tuck/pike/straddle), jump to catch HB</p> <p>Stride circle catch HB</p> <p>Sole circle fwd/bwd (tucked or piked) to stand</p> <p>Tap swing (hips min. 30° below horizontal) (Level 1 &amp; 2 only)</p> <p>Counterswing (hips min. 30° below horizontal) (Level 1 &amp; 2 only)</p> <p>Counterswing to brief stand on LB (Level 1 &amp; 2 only)</p> <p>Long hang kip on HB</p> <p>Long swing pullover</p> <p>Cast away to long swing pullover to front support from HB (Baby Giant)</p> <p>Underswing/long swing on HB w/ ½ turn at/above HB height to hang</p> <p><b><u>Dismounts</u></b></p> <p>Tap swing w/ 1/1 turn to stand <sub>3</sub></p> <p>Counterswing with 1/1 turn to stand</p> <p>Underswing from clear front support on HB to stand, or with 1/2 turn, or with 1/1 turn</p> <p>Toe-on pike or straddle underswing off to stand, or with 1/2 turn</p> <p>Flyaway salto (tuck/pike/layout)</p>

<sub>1</sub> May satisfy both the i) Swing element & ii) Pullover requirements but is counted as one single skill.

<sub>2</sub> Climb from LB (Low Bar) to HB (High Bar) will be a 0.3 deduction for Levels 3/4/5 as an uncharacteristic element.

<sub>3</sub> The gymnast may re-contact the bar with the free hand as the initial ½ turn is completed.

All casts within a routine must reach the amplitude required for the respective level to receive no amplitude deduction. (Refer to pg. 23 for evaluation criteria of cast amplitude requirements.) No deduction for insufficient amplitude of cast will apply prior to a squat/stoop/straddle to LB (with or without a sole circle), jump to grasp HB. However, there must be a backward swing of the legs before placing the feet on the bar (merely lifting the hips up in a squat on will incur a deduction of 0.05 each time).

(Level 1) “Swing” elements include: beat swing, glide swing, tap swing, and counterswing.

(Level 2) Long hang swing elements include: tap swing, counterswing, long hang kip, and long swing pullover.

(Level 3) Jump to front/back hip circle on LB mounts do not fulfill the circling element requirement.

Group 3, 6, 7 skills include: Clear Hip Circles, Stalder Circles, Circle Swings, respectively. Some examples include: back hip circle, front hip circle, sole circle fwd/bwd (also to toe off), free/clear hip circle to any height.

# UNEVEN BARS ELEMENTS AND VALUES

Each capitalized line is considered to be a different skill.

A skill will also be considered different if it comes out of, or goes into, a different skill.

Repeated skills will only receive credit if they are considered “different”.

All skills should have the same values as they do in the JO Code. Any skill not listed here will receive its JO Code Value.

<p><b>“B” ELEMENTS – Value 0.3</b></p> <p><b><u>Mounts</u></b>          Jump full turn, kip to support on LB          Jump pike/straddle to handstand on LB          Jump ½ turn, kip to support on HB          Free tuck/straddle jump over LB to HB          Hecht jump (legs together) w/ hand repulsion over LB to HB</p> <p><b><u>Elements</u></b>          Clear/free hip to horizontal or higher          Cast to handstand within 20° of vertical (legs together or straddled)          Front support on LB, free (no hand support) squat/stoop/straddle over to hang on HB          Stalder circle bwd to clear support          Underswing ½ turn to clear support on HB          Uprise backward to clear support on HB          Underswing (toe-on) w/ ½ turn w/ flight over LB to hang on LB          Counterswing backward, straddle/pike back w/ flight over LB to hang on LB          Back giant to handstand on HB          Stand on LB, jump w/ 1/1 turn to catch HB          Pike sole circle bwd (toe on &amp; off) to clear support</p> <p><b><u>Dismounts</u></b>          Underswing from clear front support on HB, 1½ twist          Flyaway salto w/ ½ or full twist (tuck/pike/layout)</p>	<p><b>“C” ELEMENTS – Value 0.5</b></p> <p><b><u>Mounts</u></b>          Jump pike/straddle to handstand on LB w/ ½ turn in handstand phase          Jump full turn, kip to support on HB          Jump to brief clear support on HB, clear hip circle to handstand</p> <p><b><u>Elements</u></b>          Front giant in reverse grip, or w/ ½ turn, to handstand          Back giant to handstand on HB w/ ½ turn          Cast to handstand to ½ turn in handstand          Pike sole circle bwd to handstand, or w/ 1/2 turn          Clear/free hip circle to handstand, or w/ 1/2 turn          Stalder circle bwd to handstand, or w/ 1/2 turn          From handstand on HB, underswing (toe-on) w/ ½ turn &amp; flight over LB to hang          Counterswing backward, straddle/pike back w/ flight to handstand on LB          Underswing (pike sole circle) on LB, release &amp; counter mvt fwd in flight to hang on HB</p> <p><b><u>Dismounts</u></b>          Flyaway 1½ or double twist          Double back salto (tuck/pike)          Toe-on/clear underswing to front salto (tuck or pike)</p>
---	---

(Level 4) Allowable “C” elements:

- 1) Cast to handstand w/ 1/2 turn
- 2) Clear hip circle to handstand, also w/ 1/2 turn
- 3) Back stalder circle to handstand, also w/ 1/2 turn
- 4) Sole circle backward to handstand, also w/ 1/2 turn

Level 4/5: Front and Back hip circles do not fulfill the “clear circling element” requirements.

## BALANCE BEAM

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
<b>Value Parts</b>	<b>6 Supp. or A's</b> <b>Start Value: 10.0</b>	<b>6 Supp. or A's</b> <b>Start Value: 10.0</b>	<b>5 A's, 1 B</b> <b>Start Value: 10.0</b>	<b>5 A's, 2 B's</b> <b>Start Value: 10.0</b>	<b>4 A's, 4 B's</b> <b>Start Value: 10.0</b>
<b>Restricted Skills Deduction: -0.5</b>	No B+ Acros Dance B's or C's credited as A No handsprings, saltos, or aerials (including dismounts) Restricted elements = no Value Part credit and 0.50 deduction from SV	No B+ Acros Dance B's or C's credited as A No saltos or aerials (including dismounts) Restricted elements = no Value Part credit and 0.50 deduction from SV	No C+ Acros Dance C's credited as B Restricted elements = no Value Part credit and 0.50 deduction from SV	Dance C's credited as B Restricted elements = no Value Part credit and 0.50 deduction from SV	C+ elements credited as B No restrictions on difficulty
<b>Special Requirements (0.5 each)</b>	<ul style="list-style-type: none"> <li>• ½ turn on one foot</li> <li>• Balance/scale hold (2 sec)</li> <li>• Dance series (2 different elements directly connected)</li> <li>• An acro element</li> <li>• Dismount</li> </ul>	<ul style="list-style-type: none"> <li>• Minimum ½ turn on one foot</li> <li>• Dance series (2 different elements directly connected, one with min. 90° split - cross or side)</li> <li>• Jump ½ half turn</li> <li>• An acro element</li> <li>• An 'A' dismount</li> </ul>	<ul style="list-style-type: none"> <li>• One leap or jump with min. 120° split - cross or side</li> <li>• One 'A' acro element</li> <li>• Minimum of a 360° turn on one foot</li> <li>• Minimum 'A' Dismount</li> </ul>	<ul style="list-style-type: none"> <li>• One leap or jump with min. 135° split (cross or side)</li> <li>• <i>i.</i> Acro series (2 elements with or without flight; excluding mount &amp; dismount) <i>and</i></li> <li>• <i>ii.</i> An acro flight element if not included in the series (if missing 1, credit 0.25)</li> <li>• Minimum of a 360° turn on one foot</li> <li>• Minimum 'A' Dismount (Aerial or Salto)</li> </ul>	<ul style="list-style-type: none"> <li>• One leap or jump with min. 135° split (cross or side)</li> <li>• Acro series (2 elements, excluding mount &amp; dismount), with minimum one of the two being flight</li> <li>• Minimum of a 360° turn on one foot</li> <li>• Minimum 'A' Dismount (Aerial or Salto)</li> </ul>
<b>EQUIPMENT</b>	<p><b>BEAM HEIGHT:</b> 125 cm. <b>TIME:</b> Levels 1 &amp; 2 - Minimum 30 seconds, 1:15 max; Levels 3, 4, &amp; 5 – Minimum 30 seconds, 1:30 max.</p> <p>Time begins when the gymnast's feet leave the ground to mount and ends when the gymnast touches the mat upon completion of the exercise.</p> <p>A warning signal will be given 10 seconds before the maximum time limit of the respective exercise.</p> <p><b>NOTE:</b> A beat board may be used for any mount – to be removed as soon as mount is completed. Otherwise, a 0.3 deduction will be applied.</p> <p>Mandatory 10 cm matting for landing of dismount.</p> <p>Otherwise, any mat or combination of mats, including a 20 cm safety mat, is allowed for dismount.</p>				

THIS PAGE INTENTIONALLY LEFT BLANK

# BALANCE BEAM ELEMENTS AND VALUES

Each capitalized line is considered to be a different skill.

A skill will also be considered different if it comes out of, or goes into, a different skill.

Repeated skills will only receive credit if they are considered “different”.

All skills should have the same values as they do in the JO Code. Any skill not listed here will receive its JO Code Value.

SUPPLEMENTARY – Value 0.1	“A” ELEMENTS – Value 0.1
<p><b><u>Mounts</u></b>            Jump to front support, ¼ turn to straddle sit            Leg swing with ½ turn to straddle sit</p> <p><b><u>Dance Elements</u></b>            ½ turn on one leg            Splits w/ hand support (cross or side)            Knee scale (free leg &gt; horizontal; 2s)            V-sit w/ or w/o hand support (2s)            Forward scale (free leg &gt; horizontal; 2s)            Arabesque &gt; 45° (2s)</p> <p><b><u>Acro Elements</u></b>            Backward shoulder roll (Level 1 only)            Forward roll to straddle sit (Level 1 only)            Forward shoulder roll to feet w/ hand support            Forward roll to feet w/ hand support            Backward roll to feet w/ hand support            Kick to momentary handstand within 45° of vertical (Level 1 only)</p> <p><b><u>Dismounts</u></b>            Straight/tuck jump, or w/ ½ turn, with amplitude (Level 1 only)            Straight/tuck jump w/ 1/1 turn, with amplitude            Straddle jump with amplitude            Cartwheel off the side            Cartwheel to side handstand            Cartwheel to side handstand w/ ¼ turn</p>	<p><b><u>Mounts</u></b>            Pullover            Chest or head stand            Free leap/jump to stand, take-off from one or both legs at middle/end/diagonal to beam            Scissors leap to cross sit on L or R thigh            Scissors leg swing w/ ½ turn to straddle sit            Flank over fwd to rear support            Handstand at the side or end of beam, finishing position optional            Cartwheel to side handstand, finishing position optional            Jump to side straddle stand/split sit (w/ or w/o support)            Jump to forward roll            Jump w/ hand support to tuck/pike stand            Jump w/ hand support to squat/stoop through to rear support            Jump w/ hand support to clear straddle support</p> <p><b><u>Dance Elements</u></b>            Needle scale w/ hand support (2s)            Y scale (2s)            1/1 turn on one leg            Cat leap            Scissor leap            Wolf jump or hop            Tuck jump or hop            Sissonne (front leg at min 45°)            Stag leap or jump            Split leap (min 90° split) (Level 1 and 2 only)            Split leap (min 120° split) (Level 1, 2, and 3 only)            Split jump (min 90° split to &lt;135°) (Level 1 and 2 only)            Split jump (min 120° split to &lt;135°) (Level 1, 2, and 3 only)            Straight jump, or w/ ½ turn            Straight jump w/ leg change (beat jump/changement)</p> <p><b><u>Acro Elements</u></b>            Handstand to within 20° of vertical (Level 1 and 2 only)            Handstand to vertical (2s hold)            Cartwheel or cartwheel to side handstand            Back walkover            Tic-toc (walkover forward, backward)</p> <p><b><u>Dismounts</u></b>            Cartwheel to w/ ¼ or ¾ twist after hand support at end of beam            Roundoff            Front handspring            Front aerial, or w/ ½ twist            Free roundoff, or w/ ½ twist            Front salto – tuck/pike, or w/ ½ twist            Back salto – tuck/pike/layout            Gainer salto to side of beam – tuck/pike/layout</p>

Each capitalized line is considered to be a different skill.

A skill will also be considered different if it comes out of, or goes into, a different skill.

Repeated skills will only receive credit if they are considered “different”.

All skills should have the same values as they do in the JO Code. Any skill not listed here will receive its JO Code Value.

<b>“B” ELEMENTS – Value 0.3</b>	<b>“C” ELEMENTS – Value 0.5</b>
<b><u>Mounts</u></b> Free jump w/ ½ turn to straight or tuck stand Straddle jump onto end of beam Squat/stoop through to clear pike support (2s) Jump w/ bent hips to side planche (2s) Press handstand Jump w/ extended hips to cartwheel/roundoff to stand Handspring/aerial walkover fwd to rear support	<b><u>Mounts</u></b> Switch leap fwd to land at end of beam Free jump to cross split sit Press handstand 1/1 turn Jump w/ stretched hips to planche (2s) Front tuck to sit
<b><u>Dance Elements</u></b> Forward scale in relevé (free leg > horiz; 2s), support leg extended or bent Y scale (free leg > 140°; 2s) in relevé Cat leap ½ turn Split leap fwd w/ ¼ turn Split jump; also w/ ¼ turn (>135° split) Stag leap/jump ½ turn Straight jump ¾ turn Tuck hop or jump ½ turn Wolf hop or jump ½ turn Pike or straddle jump 1½ turn on one leg 1/1 turn w/ free leg in attitude 1/1 L-turn w/ free leg (bent/straight) free leg min. 45° to <horizontal 1/1 wolf turn (tuck stand on one leg)	<b><u>Dance Elements</u></b> Straight jump 1/1 turn Tuck or wolf jump ¾ turn Split leap or jump ½ turn Split jump in side position Straddle jump or side split jump in side position Switch leg split leap Ring or stag-ring leap or jump 1/1 L-turn w/ free leg at/above horizontal 1½ wolf turn (tuck stand on one leg)
<b><u>Acro Elements</u></b> Forward roll w/o hand support (free) Handstand forward roll (w/ or w/o support) Back extension roll to handstand Roundoff Front walkover Front handspring step-out Back handspring step-out Back handspring to two feet Gainer back handspring Back handspring swing down (Korbut)	<b><u>Acro Elements</u></b> Free shoulder roll w/ straightening to stand Free backward shoulder roll Front handspring step-out w/ support on one arm Back handspring w/ ¼ twist to handstand (no hold required) Back handspring step-out w/ support on one arm Gainer back handspring w/ support on one arm Back tuck or pike
<b><u>Dismounts</u></b> Cartwheel to w/ 1¼ or 1¾ twist after hand support at end of beam Front salto layout; or w/ ½ twist Back salto – tuck/pike/layout w/ ½ or 1/1 twist Arabian salto – tuck/pike (jump bwd, ½ twist, salto fwd)	<b><u>Dismounts</u></b> Handspring fwd w/ 1½ twist Front aerial w/ 1½ twist Front salto – tuck/layout 1/1 twist Back salto – tuck/pike/layout w/ 1½ or 2/1 twist

(Level 1) “Jump” dismounts must take off 2 feet, from standing, or will otherwise not be credited.

(Level 1) Forward roll skills may start from either knees or feet. (Must start from feet if performed in Level 2).

Note: Balance/scale holds include: any dance element requiring a 2-second hold.

## FLOOR EXERCISE

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
Value Parts	6 Supp. or A's Start Value 10.0 Supp. & A Elements Only	6 A's Start Value 10.0 A Elements Only	5 A's, 1 B Start Value 10.0 A & B Elements Only	5 A's, 2 B's Start Value 10.0 A & B Elements Only	4 A's, 4 B's Start Value 10.0 A, B, & C+ Elements
Restricted Skills Deduction: -0.5	No B+ acros Dance B's or C's credited as A No handsprings/saltos/aerials Restricted elements = no Value Part credit and 0.50 deduction from SV	No B+ acros Dance B's or C's credited as A No saltos or aerials Restricted elements = no Value Part credit and 0.50 deduction from SV	No C+ acros Dance C's credited as B Restricted elements = no Value Part credit and 0.50 deduction from SV	Dance C's credited as B Restricted elements = no Value Part credit and 0.50 deduction from SV	C+ elements credited as B No restrictions on difficulty
Special Requirements (0.5 each)	<ul style="list-style-type: none"> <li>Acro series with 2 elements directly connected</li> <li>Momentary handstand within 10° of vertical (return position optional)</li> <li>360° turn on one foot</li> <li>Dance series/passage with a minimum of 2 different elements, directly or indirectly connected</li> <li>Mixed series of an acro element directly connected to a non-hold dance element (or vice versa)</li> </ul>	<ul style="list-style-type: none"> <li>Acro series with 3 elements directly connected (one of which includes flight) or 2 directly connected flight elements</li> <li>Handstand (marked position) to forward roll with straight arms or Straight arm backward roll to front support</li> <li>360° turn on one foot</li> <li>Dance series/passage with a minimum of 2 different elements, directly or indirectly connected - one of which is an element with a 120° cross or side split</li> <li>Mixed series of an acro element directly connected to a non-hold dance element (or vice versa)</li> </ul>	<ul style="list-style-type: none"> <li>Acro series with 3 directly connected acro flight elements, with or without hand support</li> <li>One salto or aerial acro element (forward, backward, or sideward) separate from the acro series</li> <li>Minimum of a 360° turn on one foot</li> <li>Dance passage with a minimum of 2 different elements, directly or indirectly connected - one of which is a leap with a 135° cross or side split</li> </ul>	<ul style="list-style-type: none"> <li>An acro series with 3 directly connected flight elements, one of which is a back layout salto<sup>†</sup></li> <li>An acro series with 2 or more directly connected forward acro elements with flight, one being a salto or aerial</li> <li>Minimum of a 360° turn on one foot</li> <li>Dance passage with a minimum of 2 different elements, directly or indirectly connected - one of which is a leap requiring a 135° cross or side split</li> </ul>	<ul style="list-style-type: none"> <li>An acro series with 2 saltos or 2 directly connected saltos (same or different)</li> <li>Three different saltos (not aerials) within the exercise</li> <li>Dance passage with a minimum of 2 different elements, directly or indirectly connected - one of which is a leap with 135° cross or side split</li> <li>Dismount Minimum 'A' salto</li> </ul>
Equipment	Up to 10 cm of additional matting allowed for acro lines with salto. The additional mat may be left in place, moved, or removed. <b>TIME:</b> Levels 1 & 2 - Minimum 30 seconds, 1:15 max; Levels 3, 4, & 5 – Minimum 30 seconds, 1:30 max. Timing begins with the first movement of the gymnast.				

THIS PAGE INTENTIONALLY LEFT BLANK

# FLOOR EXERCISE ELEMENTS AND VALUES

Each capitalized line is considered to be a different skill.

A skill will also be considered different if it comes out of, or goes into, a different skill.

Repeated skills will only receive credit if they are considered “different”.

All skills should have the same values as they do in the JO Code. Any skill not listed here will receive its JO Code Value.

SUPPLEMENTARY – Value 0.1	“A” ELEMENTS – Value 0.1
<p><b><u>Dance Elements</u></b>  Candlestick/Candlestand (2s)  Knee scale (2s)  V-sit (2s)  Arabesque (45° - 2s)  Needle scale (2s)  Y scale (2s)  Forward or middle splits on floor  Straight jump  Hop (from 1 foot, free leg above horizontal)</p> <p><b><u>Acro Elements</u></b>  Back bend to bridge  Bridge kick-over  Bridge  Handstand to bridge  Log roll  Forward shoulder roll  Backward shoulder roll  Headstand  Handstand to within 20° of vertical</p>	<p><b><u>Dance Elements</u></b>  Cat leap; also w/ ½ turn  Scissors leap fwd or bwd  Tuck hop or jump; also w/ ½ turn  Hop ½ turn (free leg above horizontal)  Wolf hop or jump  Straight jump ½ or 1/1 turn  Sissone (front leg at min 45°)  Stag leap or jump  Split leap or jump (min 90° Level 1, min 120° Level 2)  Split leap or jump (&gt;135° Level 3, 4, and 5)  1/1 turn on one leg</p> <p><b><u>Acro Elements</u></b>  Forward roll (tuck/pike/straddle)  Dive (hecht) roll  Handstand to vertical to forward roll  Backward roll (tuck/pike/straddle)  Backward roll to front support  Backward roll to handstand (back extension)  Handstand ½ or 1/1 pirouette  Cartwheel (w/ or w/o flight phase) or side aerial cartwheel  Roundoff or free (aerial) roundoff  Round-off, jump 1/2 turn step-out  Front walkover  Back walkover  Front aerial walkover  Front handspring or flyspring to land on one foot  Back handspring step-out or to two-feet  Front tuck salto  Back salto (tuck/pike/layout)  Whip salto backward</p>

(Level 1, 2, 3) – Athletes may show an immediate rebound to land, with control, out of their last skill in the acro series, provided that the last skill is an allowable flight skill with hand support. General execution errors may be taken from the rebound position if applicable.

(Level 2) - If the handstand is not marked in vertical before the forward roll, the requirement will not be credited. Bent arms in either the handstand forward roll or backward roll to front support will be deducted accordingly 0.1/0.2/0.3.

An additional ¼ turn in a leap or jump will be awarded the same value part as the root leap or jump unless listed otherwise.

Dance series/passages may only include hop, leap, or jump elements.

**Direct Connections:** elements performed without a stop/pause, loss of balance, or extra step in between.

**Indirect Connections:** dance elements performed with running steps, small leaps, hops, chassé, chaîné turns in between.

FX acro elements (with flight): a small step after landing to finish in a *controlled* lunge is allowed with no deduction

# FLOOR EXERCISE ELEMENTS AND VALUES

Each capitalized line is considered to be a different skill.

A skill will also be considered different if it comes out of, or goes into, a different skill.

Repeated skills will only receive credit if they are considered “different”.

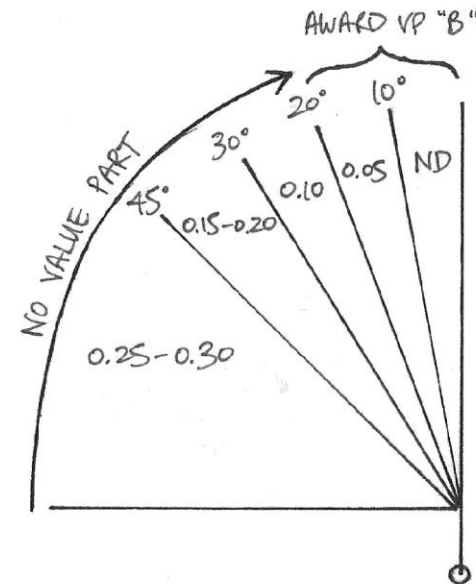
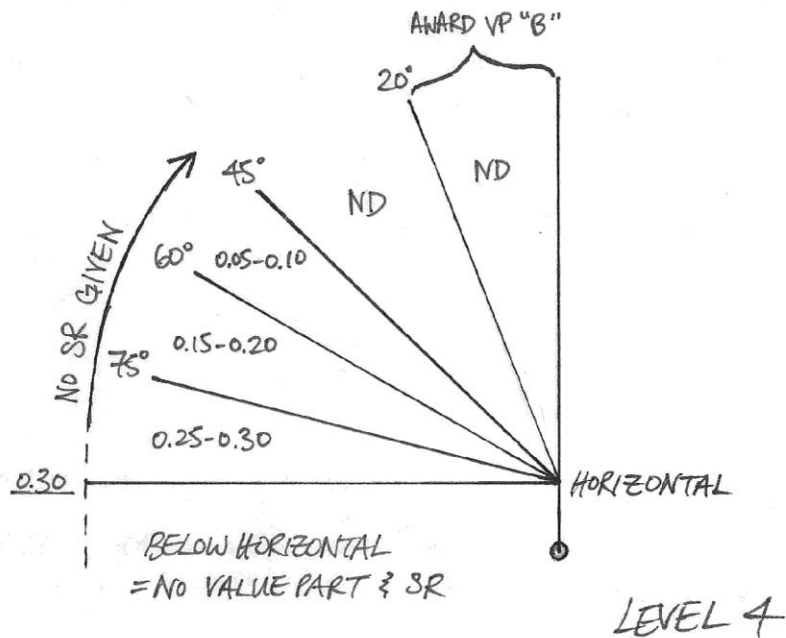
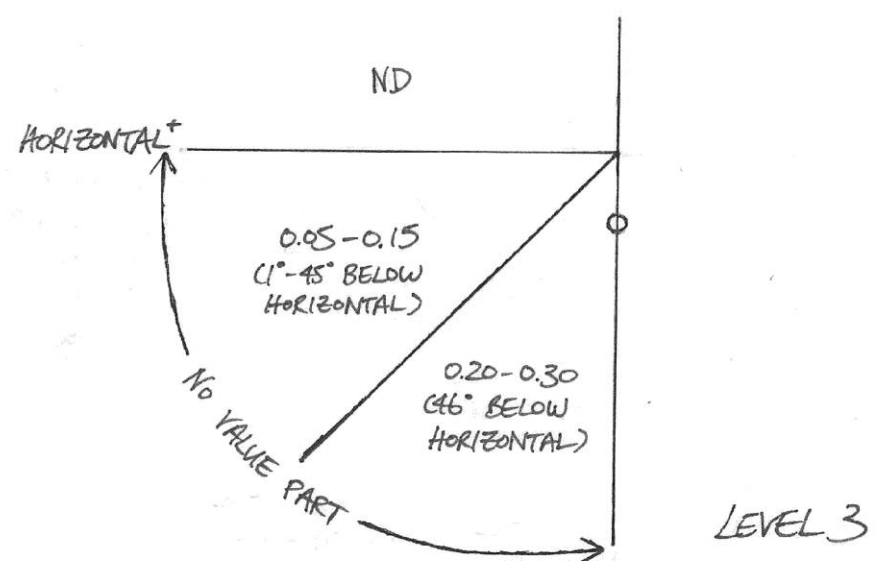
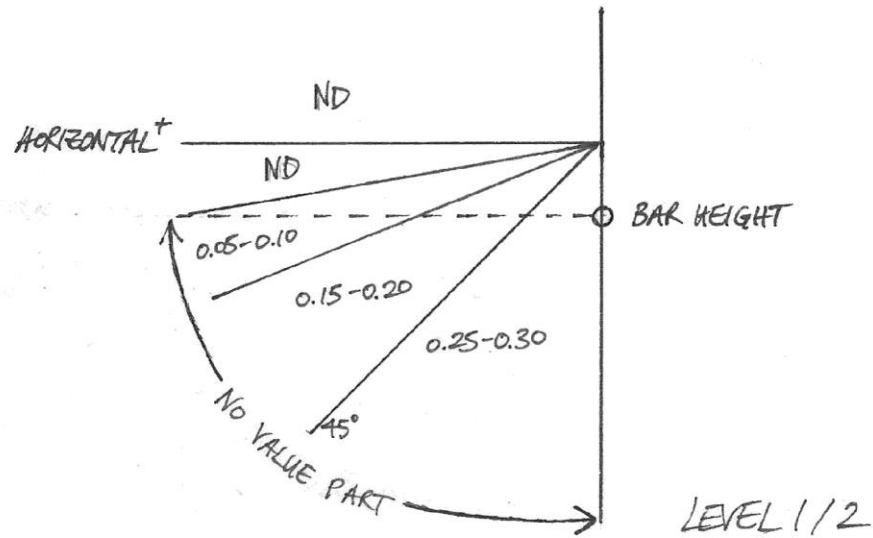
All skills should have the same values as they do in the JO Code. Any skill not listed here will receive its JO Code Value.

<b>“B” ELEMENTS – Value 0.3</b>	<b>“C” ELEMENTS – Value 0.5</b>
<p><b><u>Dance Elements</u></b></p> <p>Cat leap 1/1 turn  Tuck hop/ or jump 1/1 turn  Wolf hop or jump ½ turn  Split leap ¼ turn  Split leap ½ turn (tour jete)  Switch leg split leg  Split jump ½ turn  Jeté en tournant (¼ - ½ turn w/ take-off from one leg to split leap)  Straight jump 1½ turn  Ring or stag ring leap/jump  Switch leg stag ring leap  Pike jump  Straddle or side split jump; also w/ ½ turn  Sheep jump  Double stag leap/jump 1/1 turn  1½ turn on one leg  1/1 L-turn w/ free leg at or above horizontal  1/1 illusion turn (w/o hand support on floor)  1/1 wolf turn (tuck stand on one leg)  1/1 Y-turn with leg held up close to/at 180° split</p> <p><b><u>Acro Elements</u></b></p> <p>Handstand 1½+ pirouette  Straight jump ½ twist to dive roll  Back extension roll 1/1 turn in handstand  Arabian handspring (1/2 twist to front)  Flyspring fwd to land on two feet  Back handspring 1/1 twist before hand support  Front tuck ½ twist  Front pike/layout; also w/ ½ twist  Arabian salto (tuck/pike/layout)  Back salto (tuck/pike/layout) ½ or 1/1 twist</p>	<p><b><u>Dance Elements</u></b></p> <p>Cat leap 1½ turn  Tuck jump 1½ turn  Wolf hop/jump 1/1 turn  Split jump 1/1 turn  Switch leap ½ turn  Split leap 1/1 (tour jeté ½) - landing on one or both legs  Tour jeté to ring leap  Pike jump 1/1 turn  Straddle or side split jump 1/1 (full) turn  Switch leap ¼ turn to side split  Straight jump 2/1 turn  Schuschunova (jump w/ 1/1 turn to side split, landing to front lying support)  Ring jump or stag-ring jump w/ 1/1 turn  Switch leg ring leap  2/1 turn on one leg  1½ L-turn/wolf turn/Y-turn</p> <p><b><u>Acro Elements</u></b></p> <p>Front handspring w/ 1/1 twist  Front salto (tuck/pike/layout) 1/1 twist  Back salto tuck/layout 1½ or 2/1 twist  Double back salto tuck/pike</p>

(Level 4) – For the acrobatic series with 3 directly connected flight elements, one of which is a “back layout salto+”, a back layout step-out, back layout 1/2 twist, or back layout 1/1 twist may also satisfy this requirement. For the forward acrobatic series, a dive roll or arabian dive roll may not be used to fulfill the special requirement

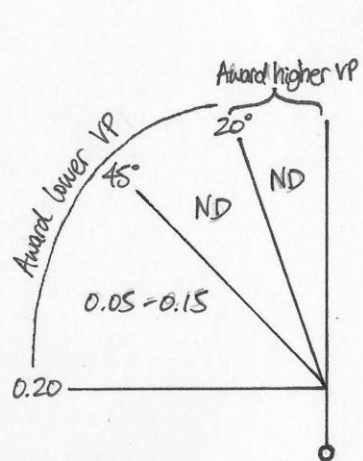
# EVALUATION OF AMPLITUDE OF CASTS

ND = No Deduction VP = Value Part

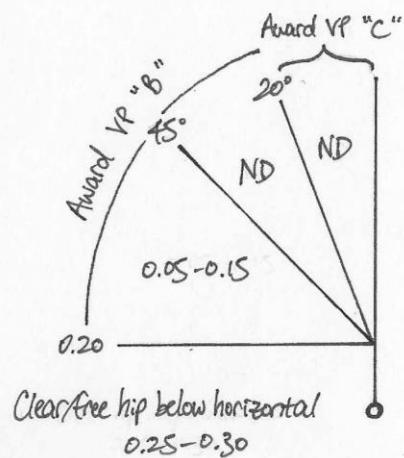


LEVEL 5

## AMPLITUDE OF CIRCLING ELEMENTS (LEVEL 4)

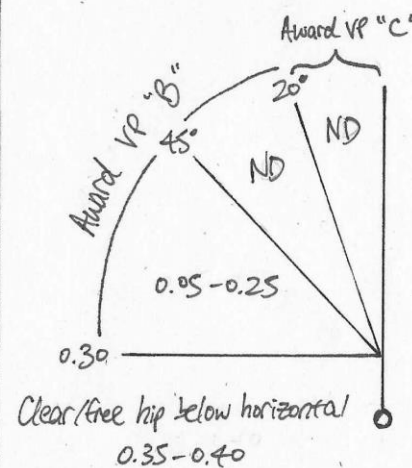
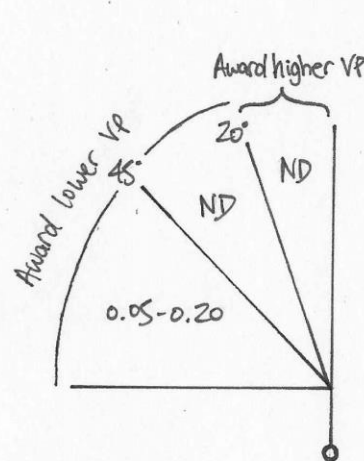


All other circling elements



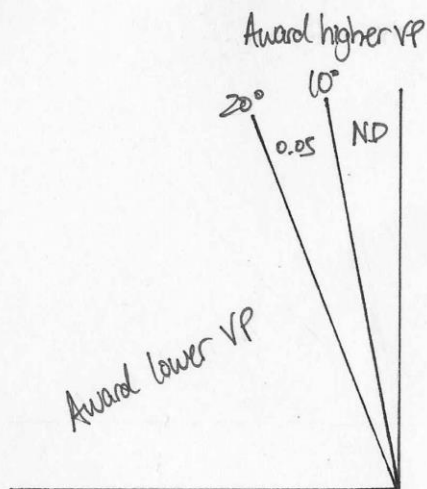
Clear/free hip only

## AMPLITUDE OF CIRCLING ELEMENTS (LEVEL 5)

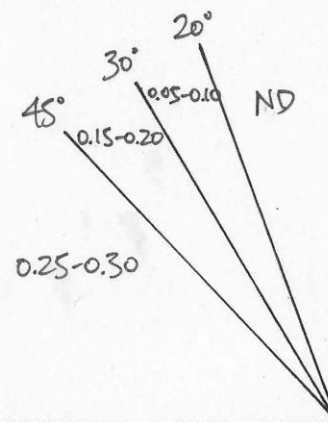


Clear/free hip below horizontal  
0.35-0.40

## AMPLITUDE OF FLIGHTS TO HANDSTAND ON LOW BAR



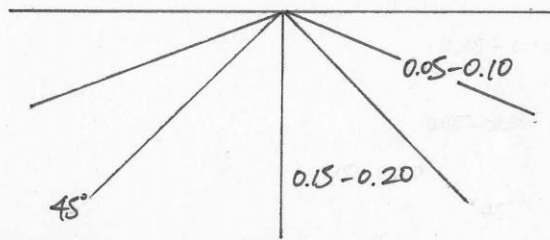
## AMPLITUDE OF BODY AT TURN COMPLETION



For TURNS IN HANDSTAND

- 180° pirouettes - all techniques
- 360° or more pirouettes - turning on both arms in handstand phase

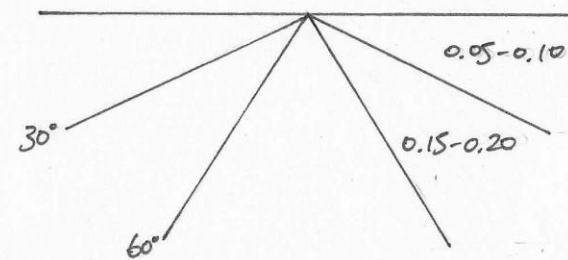
### INSUFFICIENT SPLIT (LEVEL 1 1/2 BB, LEVEL 1 FX)



1° - 45° missing  
46° - 90° missing  
91° or more missing

deduct 0.05-0.10  
deduct 0.15-0.20  
award lesser Value Part or recognize  
as different element

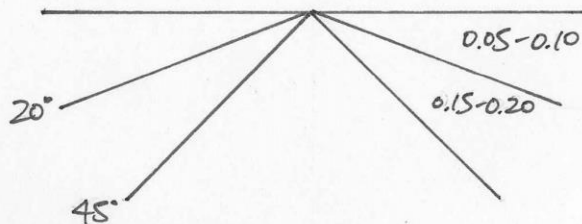
### INSUFFICIENT SPLIT (LEVEL 3 BB, LEVEL 2 FX)



1° - 30° missing  
31° - 60° missing  
61° or more missing

deduct 0.05-0.10  
deduct 0.15-0.20  
award lesser Value Part or recognize  
as different element

### INSUFFICIENT SPLIT (LEVEL 4 1/5 BB, LEVEL 3+ FX)



1° - 20° missing  
21° - 45° missing  
46° or more missing

deduct 0.05-0.10  
deduct 0.15-0.20  
award lesser Value Part or recognize  
as different element

### INCOMPLETE TURNS

