



National  
Gymnastics  
Judges  
Association

# NGJA 2021 Fall Judges Course Compulsory Certification JDP Level 3-6 & Club Level

**FX, PH, SR, VT, PB, & HB**

# Program Changes



*How many different Competitive Tracks are available to gymnasts & coaches?*

**3**

Club Track  
National Track  
Elite Track

## National Track Level Changes

Compulsory Levels		Optional Levels	
Old Level	New Level	Old Level	New Level
4	<b>3</b>	JD	<b>7</b>
5	<b>4</b>	8	<b>8</b>
6	<b>5</b>	9	<b>9</b>
7	<b>6</b>	10	<b>10</b>

### Club Track Levels

Bronze

Silver

Gold

Platinum

### Elite Track

Future Stars

Optional Levels  
8, 9 & 10

Technical  
Sequences

# 2

## National Track Compulsory General Rules

# Scoring Changes

- **The Base Score for all Compulsory D1 & D2 routines is 9.5**  
(except all Levels of Vault - 9.7 or 9.2)
- **The Maximum Score for all D2 routines (except Level 6 Handspring Vault - 9.5) is 10.0**
- **The Maximum Score for all D1 routines (except all Levels of Vault - 10.0 or 9.5) is 11.5**
- **All Levels of D1 routines now have 3 Specified Bonuses available (except all Levels of Vault)**
- **No Stick Bonus Awarded on Vault**



# Routine Errors & Deductions

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## Execution deductions are:

- **Small - 0.1      Medium - 0.3      Large - 0.5      Fall - 1.0**

## **Extra Swings:**

- **Allowed on SR & HB with only execution deductions taken**  
**On PB, in addition to execution deductions take the following deductions:**  
**Empty (½ swing) - 0.3 & Intermediate (full swing) - 0.5**

## **Extra Circles:**

- **Allowed on PH with only execution deductions taken**

# Routine Errors & Deductions

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**Routine Composition Error: - 0.5**

- **Routine not performed as written (Taken one per routine)**

**Non Recognizable Part: - 0.5**

- **Skill not listed in the table, including Specified Bonus skills performed by Division 2 gymnasts (Take each time performed)**

**Omitted Numbered Part: - 1.0**

- **Numbered Part (Skill or sequence of skills) from routine table not performed at all**

# Routine Errors & Deductions

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- **Momentary Holds: Deduct - 0.3**

If a definite stop in the required position is not shown

- **Added Holds: Deduct - 0.1 for each**

If continuous rhythm is required, pauses > 2 sec

- **Spotting: Assist in the skill - 1.0**

Leave SR, VT or HB during routine - 0.3

Enter the FX to Spot - **NO DEDUCTION**

# FX

## National Track Compulsory

# Routine Changes Summary

## Level 3

- Following #7, added Specified Bonus 2 (straight jump with 1/1 turn)

## Level 4

- ⊗ **No dive roll!**
  - Instead in #1 run, punch, straight jump
  - In #4 allowed to roll out after handstand

## Level 5

- ⊗ **No Swedish prone fall!**
  - Instead in #4 & #5 straight jump ½ turn to stand then back extension roll to prone
  - No hitch kick

## Level 6

- In #6, was Straddle press HS now must be a FIG “B” or higher press (Old Specified Bonus)!!!
  - In #7 was a step down, now it’s a pike down after the press handstand

# FX

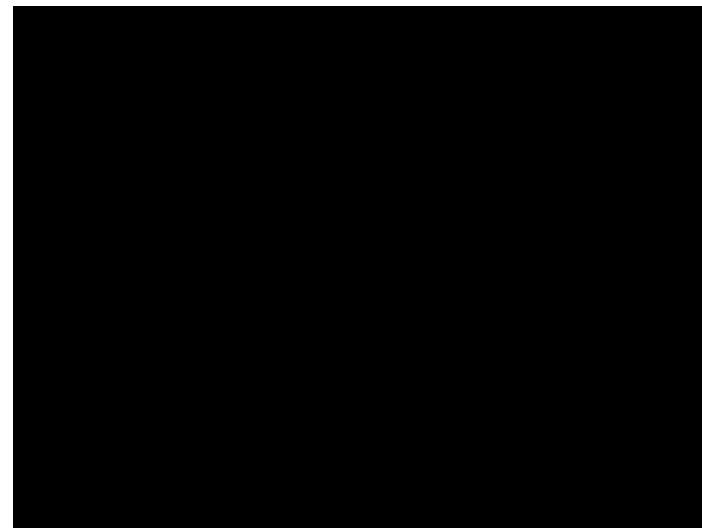
## National Track Compulsory Bonus

# Identified Virtuosity - Level 3

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**Video Example**

Identified Virtuosity	
<b>Virtuosity 1</b> (in skill #2)	<b>2 second hold of handstand</b>
<b>Virtuosity 2</b> (in skill #4)	<b>Tucked backward roll with straight arms</b>
<b>Virtuosity 3</b> (in skill #6 or SB1)	<b>2 sec. hold of headstand (or handstand if SB1 performed)</b>



# Video Example - Level 3



*How many Virtuosity Bonuses would you award?  
What would you have for his Start Value?*



# Bonus Change Alert!

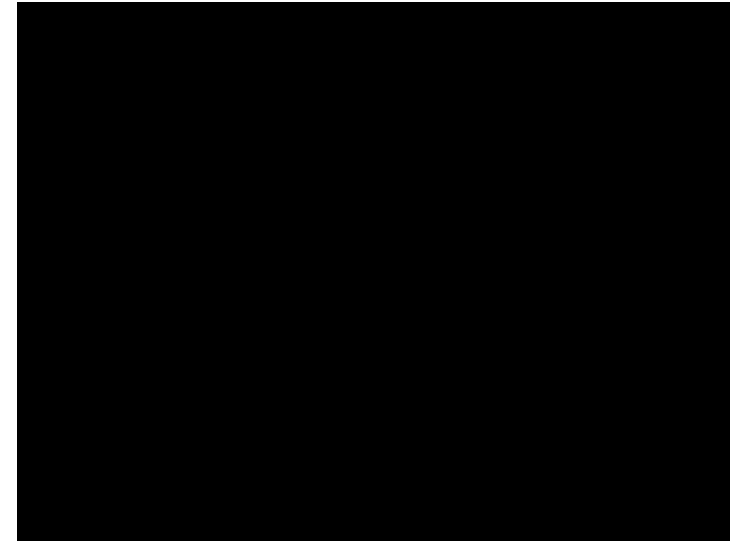
## Specified Bonus - Level 3

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**Change Alert!**  
**New Bonus Added**  
**Straight jump 1/1 turn**

### Video Example

Specified Bonus	
<b>Specified Bonus 1</b> (replace skill #6)	<b>Straddle press to handstand hold</b>
<b>Specified Bonus 2</b> (replace skill #7)	<b>Forward roll, straight jump with 1/1 turn to stand</b>
<b>Specified Bonus 3</b> (replace skill #8)	<b>Run, hurdle, round-off, back handspring, rebound to stand</b>



*Specified Bonus Video: Which bonus was not performed?  
Additional Practice: What execution can you take in his bonuses?*

# Video Example - Level 3



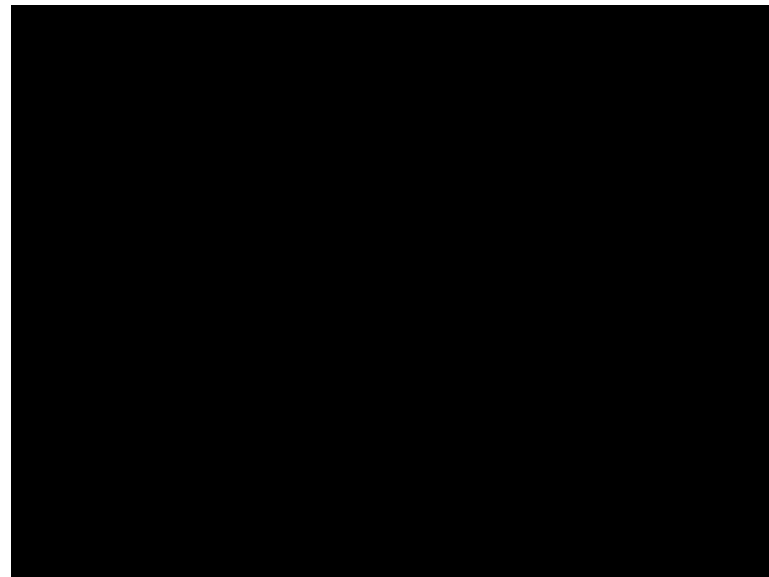
*Would he receive credit for all 3 Specified Bonus skills?  
Would you award credit for all 3 Virtuosity Bonuses or would deductions keep you from awarding Virtuosity? If so, which ones?*

# Identified Virtuosity - Level 4

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## Video Example

Identified Virtuosity	
<b>Virtuosity 1</b> (in skill #2)	<b>Back extension roll with straight arms</b>
<b>Virtuosity 2</b> (in skill #4 or SB1)	<b>2 second hold of handstand</b>
<b>Virtuosity 3</b> (in skill #7)	<b>Sissione with legs split greater than 90°</b>



*Virtuosity Video: Which virtuosity was not earned?*

*Theory Question: If gymnast performs a back extension roll with straight arms and does not achieve handstand (>15° from HS, assuming good body position), does he earn virtuosity?*

# Video Example - Level 4



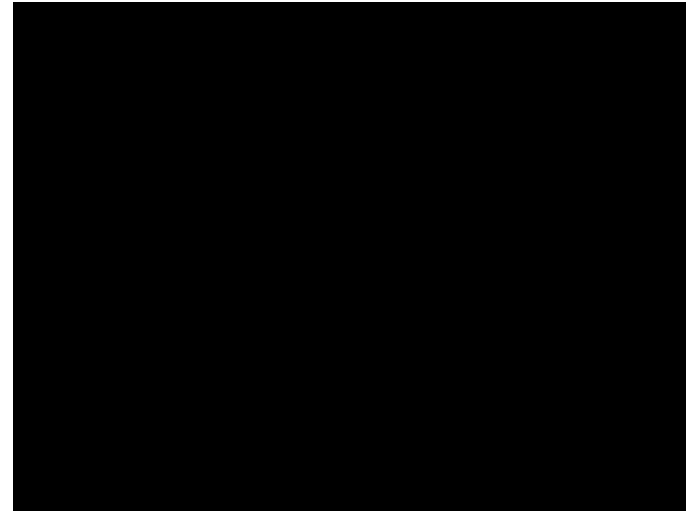
*Does the gymnast receive credit for any Virtuosity Bonuses or Stick Bonus?*

# Routine Change Alert!

## Specified Bonus & Routine Change - Level 4

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Video Example



### Specified Bonus

**Specified Bonus 1**  
(replace skill #4)

Straddled press to handstand (momentary hold), pike down or rollout with straight arms to stand

**Specified Bonus 2**  
(replace skill #6)

Step forward and kick to handstand with 360° full pirouette

**Specified Bonus 3**  
(replace skill #8)

Run, hurdle, round-off, back handspring, back handspring, rebound to stand



*Can an athlete perform an Endo roll to handstand for SB1 credit?*

*What skill was performed that is no longer in the routine?*

**Change Alert! Part #1 is run, hurdle, punch straight jump to stand (no dive roll anymore!)**

# Video Example - Level 4



*Would he receive credit for all 3 Specified Bonus skills?  
Would you award credit for all 3 Virtuosity Bonuses?*

# Routine Change Alert!

## Bonus & Routine Changes - Level 5

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Identified Virtuosity	
<b>Virtuosity 1</b> (in skill #3)	<b>Sissione with legs split greater than 90°</b>
<b>Virtuosity 2</b> (in skill #6 or SB2)	<b>2 second hold of handstand</b>
<b>Virtuosity 3</b> (in skill #8 or SB3)	<b>Show full extension of body prior to landing</b>

Specified Bonus	
<b>Specified Bonus 1</b> (replace skill #1)	<b>Run, punch, salto forward piked</b>
<b>Specified Bonus 2</b> (replace skill #6)	<b>Endo roll to momentary hold of handstand</b>
<b>Specified Bonus 3</b> (replace skill #8)	<b>Run, hurdle, round-off, back handspring, back handspring, salto backward tucked</b>

### Change Alert!

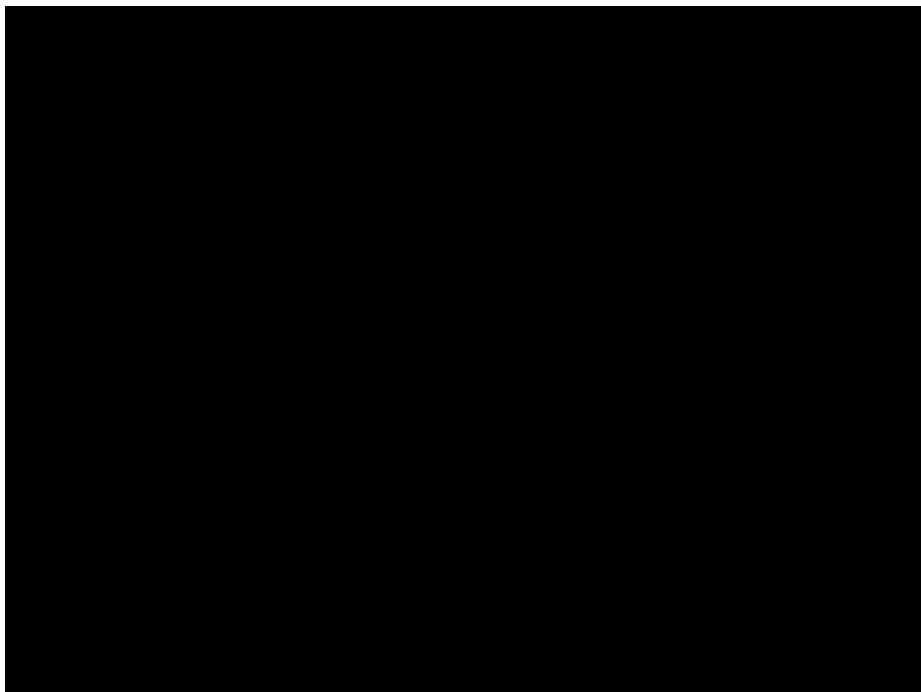
**Part #4: Added Straight jump ½ turn (removed Swedish prone fall)**

**Part #5: Added Straight arm tuck or pike back extension roll through handstand**

# Bonus Example - Level 5

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## Virtuosity & Specified Bonus Video Example



*Video: Which virtuosity was not earned?*

Theory Practice - Missing Skill:  
*What is the appropriate deduction for missing the two new added skills and replacing it with a swedish prone fall?*

*(This routine construction error is most likely to happen in Level 3, but can happen at any compulsory level.)*



# Video Example - Level 5



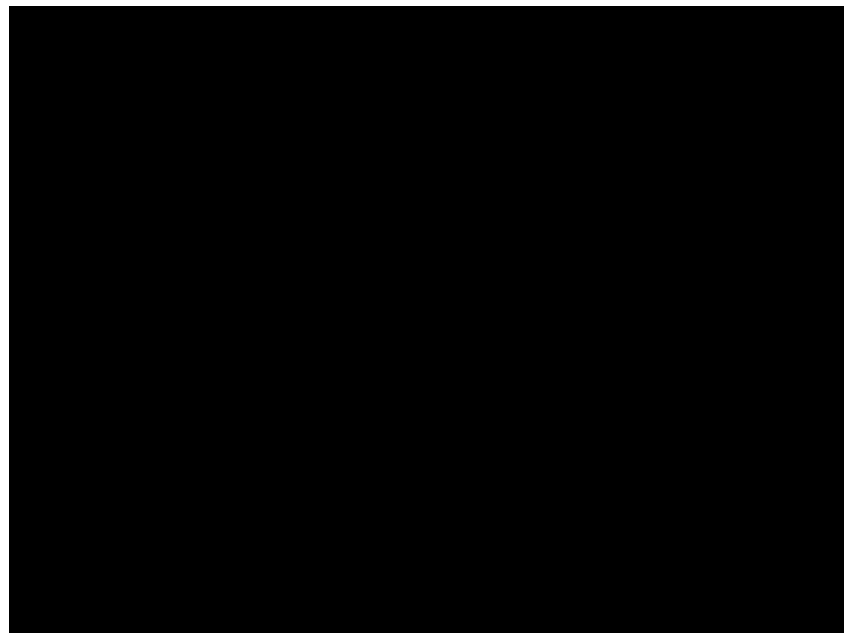
*What is the total amount of bonus awarded on each routine?  
What is each gymnast's Start Value?*

# Identified Virtuosity - Level 6

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Video Example

Identified Virtuosity	
<b>Virtuosity 1</b> (in skill #3)	<b>Sissione with legs split greater than 90°</b>
<b>Virtuosity 2</b> (in skill #5)	<b>Swedish fall with top leg past vertical</b>
<b>Virtuosity 3</b> (in skill #8 or SB3)	<b>Show full extension of body prior to landing</b>



*Video: Which virtuosity may not have been earned?*

# Video Example - Level 6



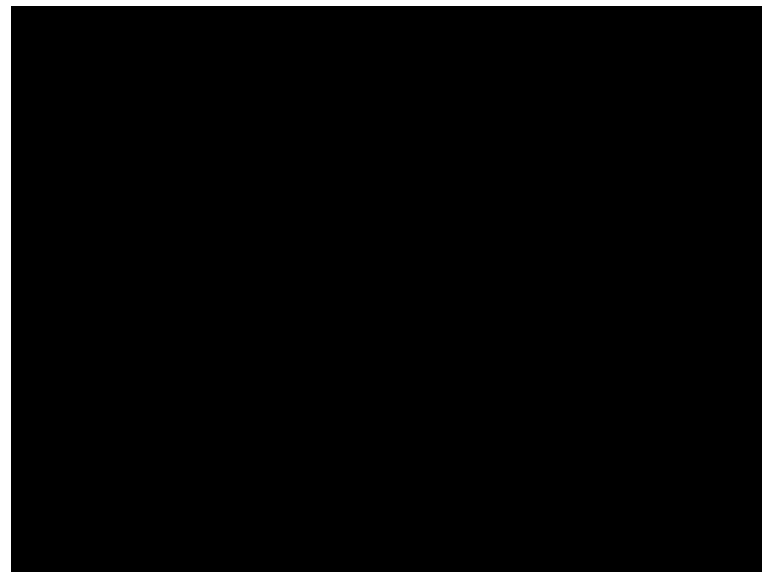
*Would he receive credit for all Virtuosity Bonuses?  
Would he receive Stick Bonus?*

## Bonus Change Alert!

# Specified Bonus - Level 6

Video Example

Specified Bonus	
Specified Bonus 1 (replace skill #1)	Run, hurdle, round-off, back handspring, salto backward stretched with a full twist
Specified Bonus 2 (replace skill #4)	Run, hurdle, forward handspring, salto forward pike or stretched to stand
Specified Bonus 3 (replace skill #8)	Run, hurdle, round-off, back handspring, tempo salto backward, back handspring, salto backward tucked



Video: Does he earn Specified Bonus 4? What deductions can be taken?

Theory Practice: How many times does he incur the -0.1 deduction for  $\geq 2$  sec pause?

**Change Alert! FIG "B" press to Handstand is REQUIRED (it is no longer bonus)**

# Video Example - Level 6



*Does he receive the Maximum Start Value?*

# FX

## Rule Clarifications & Video Examples

# Judging Issues on Level 3-6 FX

SrNAL: Brian Meeker (MN)  
JrNAL: Tom Kutz (CA)

## Rhythm

### **Continuous rhythm is specified in each routine**

Deduction of 0.1 if pause of 2 seconds or more.  
As per FIG, also specified in each routine description

## Whip

### **Whip (tempo salto backward) vs. backward layout**

Was it a low layout or a high whip? Height deductions of 0.1 or 0.3 can apply.

## Press

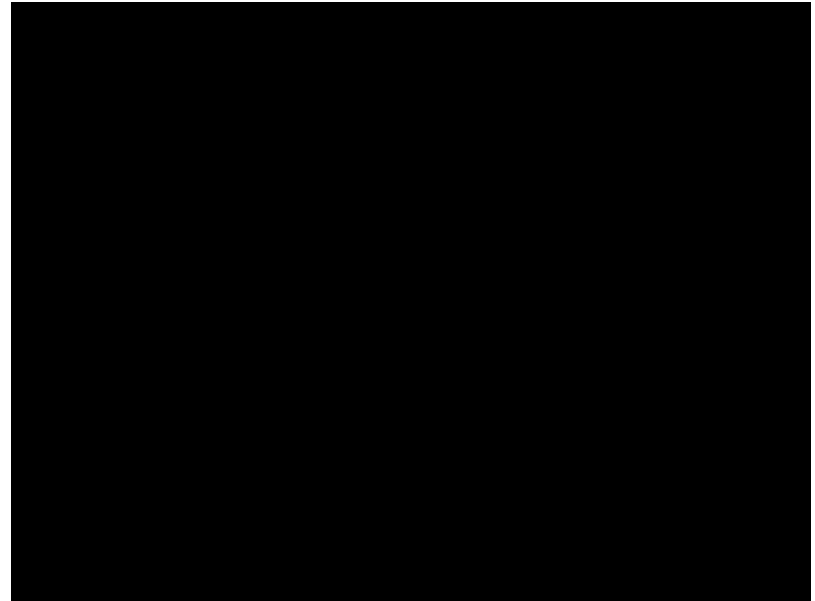
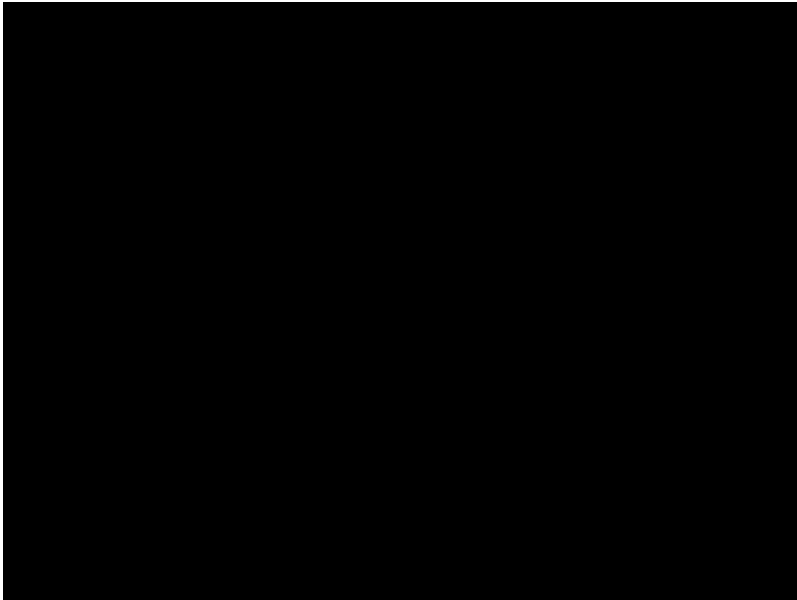
### **Press to Handstand Evaluation**

Review explanations on the following slides to see delineation of how to evaluate Press Handstands at every level

# Videos - Skill Practice

Press? Bonus?  
Division 2 Level 5 Practice

What to do with this? Division  
2 Level 6 Practice





# Video - Evaluating Sissone for Bonus



85° leg split  
- 0.1 for knee bend



Slow Motion Video:  
The two sissones back-to-back



115° leg split  
- 0.0 deduction  
+ 0.1 Virtuosity bonus

# Level 3 - Press Evaluation

The evaluations below consider only the press & hold aspects of the skill and not the standard execution deductions like bent arms & legs, legs apart etc.

## Press

### Basic Requirement

6	Straddled press to momentary hold of headstand
---	--

### Specified Bonus

SB 1	Replace #6 with straddled press to handstand momentary hold
---------	---

### Identified Virtuosity

V3	2 second hold of headstand or handstand
----	---



Press Headstand held for 2 seconds  
*+ 0.1 Virtuosity Bonus*



Press Headstand Momentary hold stop?  
*- 0.3 no hold*



Press Headstand Jumps the press & no momentary hold stop  
*- 0.3 jump / - 0.3 no hold*



Press Handstand Bonus Held for 1+ sec (almost virtuosity)  
*+ 0.5 Specified Bonus*



Press Handstand Bonus No hold stop  
*+ 0.5 Specified Bonus - 0.3 no hold*



Press Handstand Bonus w/ toe push off & no hold stop  
*+ 0.5 Specified Bonus - 0.1 for toe push / - 0.3 no hold*



Jump Handstand (No Bonus) Held for 1 second  
*Full Jump, no press - 0.5 Large Error Attempted & failed bonus, still receives credit for the part*

# Level 4 - Press Evaluation

The evaluations below consider only the press & hold aspects of the skill and not the standard execution deductions like bent arms & legs, legs apart etc.

## Press

### Basic Requirement

4	Jump from straddle stand to momentary hold of handstand
---	---

### Specified Bonus

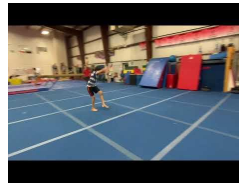
SB 1	Replace #4 with straddled press to handstand with momentary hold
---------	--

### Identified Virtuosity

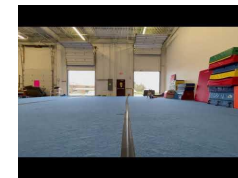
V3	2 second hold or handstand
----	----------------------------



Jump Handstand held for 2 seconds  
*+ 0.1 Virtuosity Bonus*



Jump Handstand Momentary hold



Jump Handstand Short of HS & no momentary hold stop  
*- 0.3 short / - 0.3 no hold*



Press Handstand Bonus Held for 2 seconds  
*+ 0.5 Specified Bonus*  
*+ 0.1 Virtuosity Bonus*



Press Handstand Bonus with toe push  
*+ 0.5 Specified Bonus*  
*- 0.1 for toe push*



Press Handstand Bonus with momentum & push off  
*+ 0.5 Specified Bonus*  
*- 0.3 for momentum & push*



Multiple attempts at a Handstand  
*- 0.5 each time (similar to an extra swing)*  
*+ 0.5 Specified Bonus (for second attempt)*

# PH

## National Track Compulsory

# Routine Changes Summary

## Level 3

- **Changed Specified Bonus 1 & 2 to add one double leg circle (were two DLC's)**
- **Added Specified Bonus 3 (add one double leg circle)**
  - **There will be a 5.0 point deduction from each if either skill #1 or #2 are not attempted**

## Level 4 & 5

- **No changes to routine construction**

## Level 6

★ **Important Note Omitted** ★

**Order of Listed and SB Skills: The gymnast may perform the listed skills and SB skills at any point in the routine (in any order); however, all listed skills (1-7) must be performed and parts 3, 4 & 5 must be completed in direct succession.**

- **In #1, it was 2 front loops, now it is one or more front loops**
- **In #2, it was 2 front loops now it is two flaired front loops (Old Specified Bonus)!!!**
  - **In #2, Virtuosity 2 is to perform flairs with leg separation of 135° or greater (Old V2 was on back loop)**
- **For Specified Bonus 3, now either Magyar OR Sivado. No longer allowed to do both!!**
  - **In #7, the dismount must come from circle in cross support (not side support)**

# What does a good Circle look like



On Pommel Horse



On Mushroom





# Table of Specific Errors & Deductions For Mushroom

**NEW TABLE!!**

*This is a **new table** that will be added to the manual to provide judges the ability to properly evaluate circles on mushroom. FIG deductions are insufficient for mushroom evaluation as a circle demonstrating lack of extension with a medium or large deduction would cause a gymnast to fall on Pommel Horse and is therefore not covered. Likewise turning deductions are not covered in the FIG as an incomplete turn would likely cause a gymnast to miss the pommel and fall. With the errors & deductions now delineated the hope is for more consistent application across the judging community rather than trusting every judge's gymnastics sense to be the same.*

Table of Specific Errors and Deductions for Mushroom			
Error	Small	Medium	Large
<b>Extension Deductions: (Levels 3 – 5)</b>			
Lack of extension of the hips and straight body line	0.1	0.3	0.5
<b>Turning Deductions: (Levels 4 &amp; 5)</b>			
Incomplete turns of 180° in Czechkehre, Direct Stockli A (DSA) & Spindles, incomplete turns of 270° or 360° in Russians	0.1	0.3	N/A

# Mushroom Circle Extension Evaluation

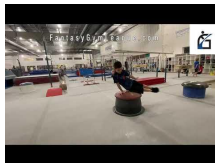
The listed deductions are only for the the "extension of the hips & straight body line" in relation to the mushroom. (All other execution deductions such as hip break and legs bent or apart would still apply)



Small  
-0.1



Medium  
-0.3



Large  
-0.5



# PH

**National Track  
Compulsory Bonus**

# Identified Virtuosity - Level 3 & 4

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## Identified Virtuosity - Level 3

**Virtuosity 1**  
(in skill #1)

**Performed with 0.1 or less in  
execution deduction**



*Both Level 3 & 4 Pommel Horse have the same Identified Virtuosity but there is one difference, what is it?*

## Identified Virtuosity - Level 4

**Virtuosity 1**  
(in skill #1)

**Performed with 0.1 or less in  
execution deduction**

**Virtuosity 2**  
(in skill #2)

**Performed with 0.1 or less in  
execution deduction**

**Virtuosity 3**  
(in skill #3)

**Performed with 0.1 or less in  
execution deduction**

# Identified Virtuosity - Level 3 & 4



Evaluating the 1st circle only  
for virtuosity bonus:  
Small deduction  
- 0.1 for lack of extension  
& award  
+ 0.3 for Virtuosity



Award +0.1 for  
Virtuosity on first  
circle, what about the  
other two circles?

# Video Example - Level 3 & 4



**Level 3**



**Level 4**



*How much would you award in Virtuosity Bonus for the Level 3 routine?  
Would you award all 3 Virtuosity Bonuses for the Level 4 routine?*

# Bonus Change Alert!

## Specified Bonus - Level 3

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What deduction would you take if the gymnast did not attempt Skill #1 or #2?

### Specified Bonus

Specified Bonus 1 (following skill #1)	Add one double leg circle
Specified Bonus 2 (following skill SB1)	Add one double leg circle
Specified Bonus 3 (following skill SB2)	Add one double leg circle



*How much awarded for Specified Bonus?*

*Did he perform the correct number of circles, if not what deduction would you take?*

**Bonus Change Alert! Now 3 Specified Bonuses of one DLC each instead of 2SB's of 2 DLC's each**

**Pommels**

**41**

# Video Example - Level 3



*Would he receive credit for all 3 Specified Bonus skills?  
Would you award credit for the Virtuosity Bonus?*

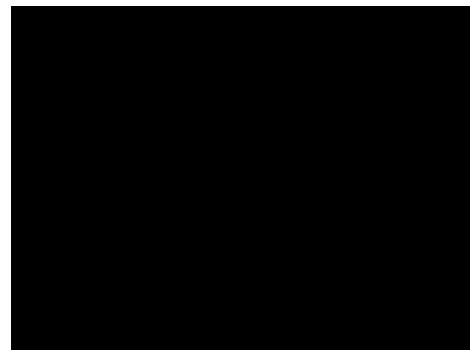


# Specified Bonus - Level 4

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*What is the difference on how each gymnast performs Specified Bonus 2. Would both gymnasts be awarded SB Bonus for the  $\frac{1}{2}$  spindle?*



Specified Bonus	
<b>Specified Bonus 1</b> (following skill #2)	<b>Add two double leg circles</b>
<b>Specified Bonus 2</b> (following skill #2, SB1 or SB3)	<b>Add <math>\frac{1}{2}</math> spindle within one or two double leg circles</b>
<b>Specified Bonus 3</b> (Following skill #2, SB1 or SB2)	<b>Add two flaired double leg circles</b>



# Video Example - Level 4



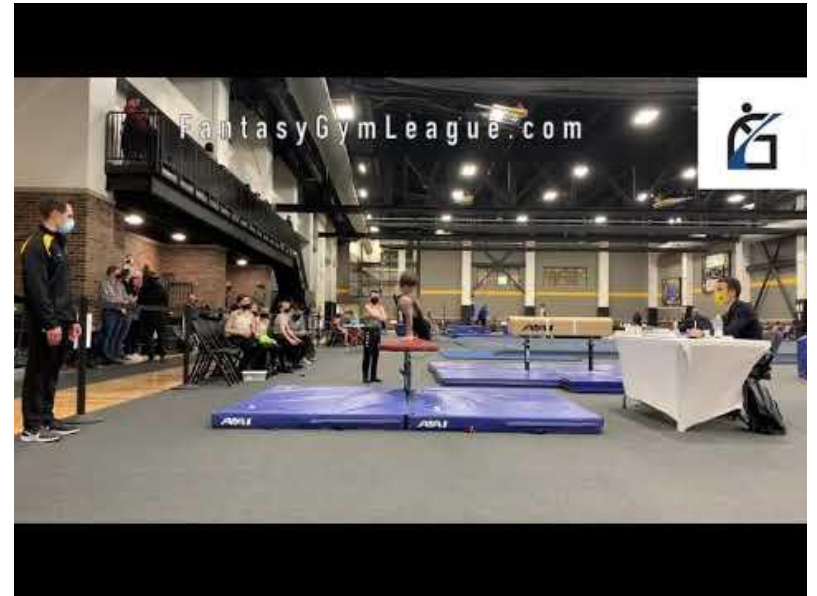
*Would the gymnast have a maximum Start Value of 11.5?*



# Identified Virtuosity - Level 5

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Identified Virtuosity - Level 5	
<b>Virtuosity 1</b> (in skill #1)	Performed with 0.1 or less in execution deduction
<b>Virtuosity 2</b> (in skill #2)	Performed with 0.1 or less in execution deduction
<b>Virtuosity 3</b> (in skill #4 or SB2)	Perform with leg separation of 135° or greater



*Would you give the gymnast Virtuosity Bonus for his Czechkehre?*

# Video Example - Level 5



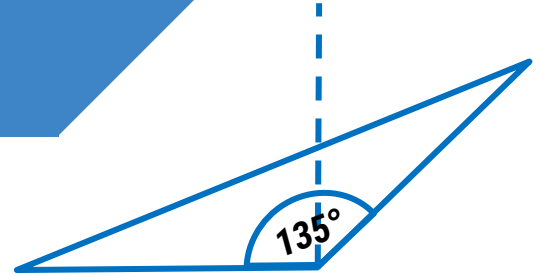
*Would you award Virtuosity Bonus for V1?*

*V1 requires 0.1 or less in execution deductions on two DLC's so if you take 0.1 on each circle you could not award Virtuosity Bonus.*

# Bonus Change Alert!

## Identified Virtuosity - Level 5 & 6

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### Identified Virtuosity - Level 5

<b>Virtuosity 1</b> (in skill #1)	Performed with 0.1 or less in execution deduction
<b>Virtuosity 2</b> (in skill #2)	Performed with 0.1 or less in execution deduction
<b>Virtuosity 3</b> (in skill #4 or SB2)	Perform with leg separation of 135° or greater

### Identified Virtuosity - Level 6

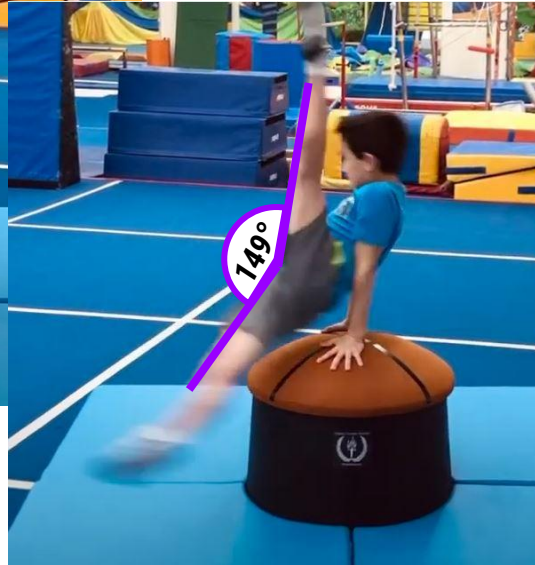
<b>Virtuosity 1</b> (in skill #1)	Performed with 0.1 or less in execution deductions
<b>Virtuosity 2</b> (in skill #2)	Perform with leg separation of 135° or greater
<b>Virtuosity 3</b> (in skill #4)	Performed with 0.1 or less in execution deductions



How many degrees past 90° to get Virtuosity Bonus?

**Bonus Change Alert!** Virtuosity 2 is to perform the flairs with 135° or greater leg separation

# Flair Leg Separation



# Video Example - Level 6



*Does he receive the V2 Bonus for leg separation of  $135^\circ$  or greater?*

# Specified Bonus - Level 5

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Specified Bonus	
Specified Bonus 1 (following skill #3)	Add a Direct Stockli A (DSA)
Specified Bonus 2 (replace #4)	½ spindle within two or more flaired double leg circles
Specified Bonus 3 (following skill #4 or SB2)	Add Russian wendeswing with 270° or 360°



*How many Specified Bonus Skills does he get credit for?  
If he is missing any, which ones?*





# Video Example - Level 5



*How much would you take in execution deductions on this routine?*

# Routine Change Alert!

## Specified Bonus - Level 6

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How many Specified Bonus skills is he awarded?

 Can a gymnast perform both a Magyar and a Sivado in the same routine?

Specified Bonus	
Specified Bonus 1 (replace skill #6)	Cross support rearways $\frac{1}{2}$ spindle within maximum two circles
Specified Bonus 2 (in any order)	Add a Russian wendeswing with $270^\circ$ or more
Specified Bonus 3A (in any order)	Add travel forward in cross support to other end (also in flairs) (3/3) (Magyar) OR ...
Specified Bonus 3B (in any order)	Add travel backward in cross support to other end (also in flairs) (3/3) (Sivado)



**Change Alert!**  
**In #1: Changed from 2 to 1 or more front loops**  
**In #2: Changed from front loops to flaired front loops**



# Video Example - Level 6

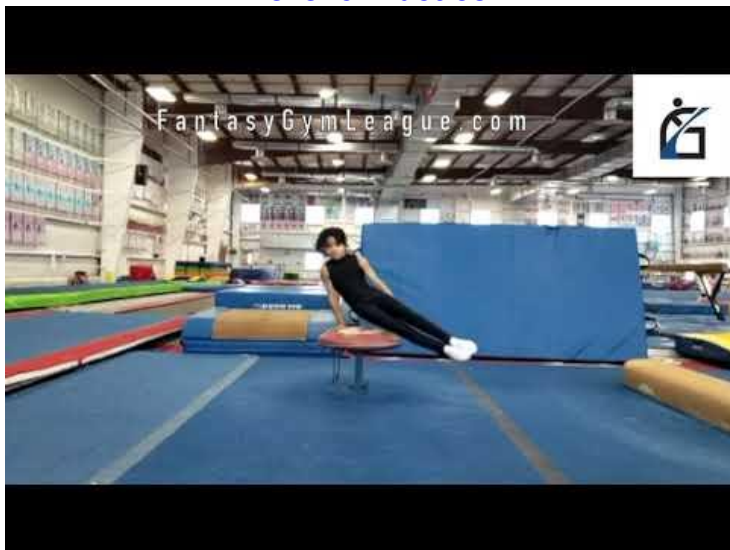


*Which Specified Bonus 3 does he choose to perform?  
What would you do if he did both Specified Bonus 3A & 3B?*

# Videos - Skill Practice

What is his Start Value and how much would you take for leg separation throughout the routine?

Level 5 Practice



What is his Start Value and how much would you take for hip breaks throughout the routine?

Level 7 Practice



# PH

## Rule Clarifications & Video Examples

# Judging Issues on Level 3-6 PH

SrNAL: Jon Corbitt (NJ)  
JrNAL: Tim Michaels (VA)

## Virtuosity

### Level 3 Virtuosity

The + 0.3 bonus awarded for Virtuosity on a single circle is all or nothing, you cannot give a partial virtuosity of +0.1 for this skill

## Flairs

### Level 4 & 5 Flairs

Evaluation of the Flairs needs to be consistent, including straddle and extension deductions

## Czechkehre vs Stockli

### Level 5 Turning Skills

Confusion on Czechkehre vs Stockli - some reverse them, some do the same skill twice - pay attention to rotation and hand placement

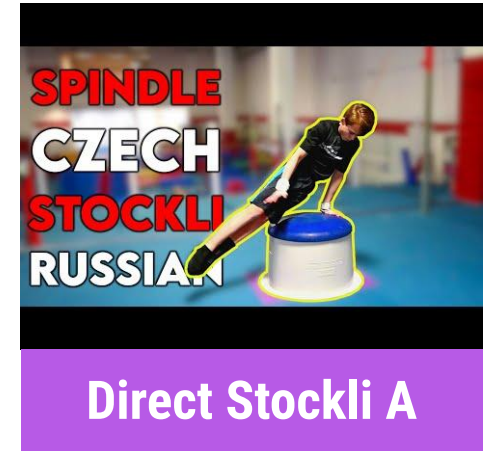
## Side Circles


### Level 6 Side Circles

Circles in Side Support need to be counted correctly

# Level 5 - Turning Skills

## Czechkehre vs Stockli



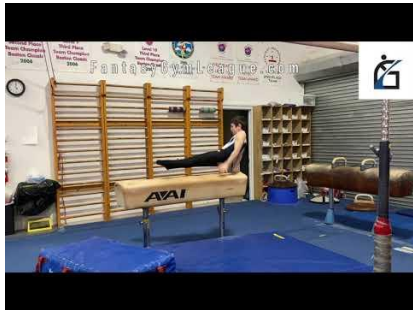
 Was the sequence of #2 Czechkehre, #3 One or more DLC's & SB1 add a Direct Stockli A (DSA) performed correctly? How would it affect your awarding bonus and taking deductions?

# Level 6 - Side Circles



*In the following routines do the gymnasts perform skills #3, #4 & #5 in the correct sequence?  
Do they complete the correct number of side circles?  
Do any of them perform non listed skills in addition to skills #3, #4 & #5?  
If so, what type of deduction would you take?*

## Side Circles



Yes / No / No



Yes / Yes / Yes  
- 1.0 omitted numbered part  
Extra circles are allowed and deducted for execution only



Yes / No / No



Yes / No / No

# 5

## Still Rings (SR) Club & National Compulsory Tracks

# Club Track - SR Routines



**Silver Level**



**Gold Level**



*What would the Start Values be for each of the above routines?*



# SR

**National Track  
Compulsory**

# Routine Changes Summary

## Level 3

- **Added Specified Bonus 3** (pull out of German hang to piked inverted hang to lower through German hang)

## Level 4

- ⊗ **No additional straight arm support hold after SB2**
  - Instead transition from “L” to roll backward to piked body inverted hang
  - In #8 (Dismount), Performance Criteria changed to “Show slight rise in salto” with a -0.3 deduction for “No rise”

## Level 5

- In #1, straight arms now required and back lever removed and changed to SB1
- **SB1 Changed to: Following #1, Add back lever with a 2 second hold.** (Previously the back lever with a momentary hold was part of #1 and SB1 was to hold it for 2 seconds)

# Routine Changes Summary (Cont.)

## Level 5 (Continued)

- In #2, removed piked body intermediate position, now go directly to straight body inverted hang from German hang
- SB3 **Added** specific deduction for “Failure to show any rise (-0.3)”
  - In #10, salto backward now can be either tucked or stretched position

## Level 6

- In #1, changed to Straight arm piked body pull
- In #3, **added** press to tucked planche lower to “L” support hold both 2 sec holds (Planche was old Specified Bonus)!!!
  - In #5, added new -0.3 deduction criteria for “Failure to show any rise”
- New deduction criteria added for SB3, -0.3 max execution + landing deduction, except for a fall then deduct -1.0 and do not award bonus

# SR

## National Track Compulsory Bonus

# Identified Virtuosity - Level 3

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Identified Virtuosity	
<b>Virtuosity 1</b> (in skill #4)	<b>Swing backward with turnover greater than horizontal</b>
<b>Virtuosity 2</b> (in skill #5)	<b>Swing backward with turnover greater than horizontal</b>
<b>Virtuosity 3</b> (in skill #7)	<b>Fully extended shoulder flexibility</b>

To the Right:  
Shoulders up, Straight body  
Trying to turn rings out, but hanging  
(not downward) pressure on rings



**No Virtuosity Awarded**

## Turnover Examples



Above:  
Shoulders down,  
Reverse candlestick,  
Some pressure down on  
the rings  
**Virtuosity Awarded (+0.1)**

# Video Example - Level 3



*Would he receive credit for all 3 Specified Bonus skills?  
Would you award credit for all 3 Virtuosity Bonuses?*

## Bonus Change Alert!

# Specified Bonus - Level 3

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Video Example

Specified Bonus	
<b>Specified Bonus 1</b> (replace skill #2)	Lower to straight arm hang, lift legs to hanging "L" hold
<b>Specified Bonus 2</b> (following skill #6)	<u>Add</u> extend body to momentary hold of hanging scale rearways (back lever)
<b>Specified Bonus 3</b> (following skill #7)	Pull out of German hang to momentary hold of piked body inverted hang, lower through German hang



Video: Which specified bonus was not performed?  
Video: Did he show a momentary hold of SB #2?

**Change Alert!**  
**New Bonus Added**  
**German hang pull out**

Rings

67

# Video Example - Level 3



*Would he receive credit for all 3 Specified Bonus skills?  
Would you award credit for all 3 Virtuosity Bonuses?*

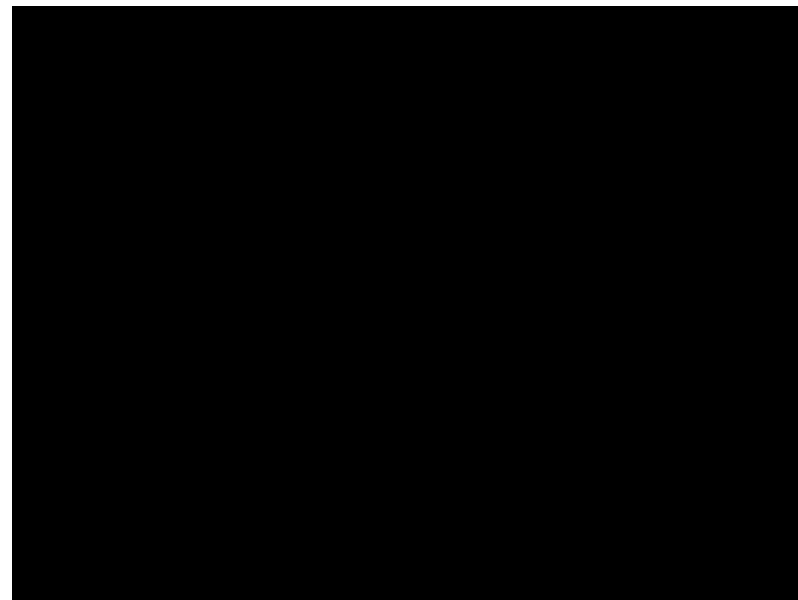


# Identified Virtuosity - Level 4

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**Video Example**

Identified Virtuosity	
<b>Virtuosity 1</b> (in skill #4)	<b>Fully extended shoulder flexibility</b>
<b>Virtuosity 2</b> (in skill #6)	<b>Swing backward with turnover greater than horizontal</b>
<b>Virtuosity 3</b> (in skill #7)	<b>Swing backward with turnover greater than horizontal</b>



*Video: Does the athlete show turnover greater than horizontal?*

# Video Example - Level 4



*Would he receive credit for all 3 Specified Bonus skills?  
Would you award credit for all 3 Virtuosity Bonuses?*

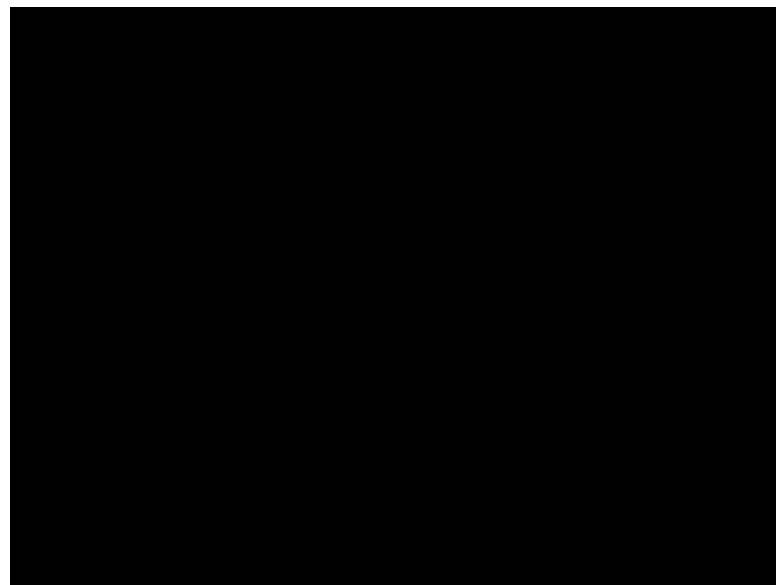
# Routine Change Alert!


## Specified Bonus - Level 4

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Video Example

Specified Bonus	
Specified Bonus 1 (replace skill #1)	From straight arm hang (false grip allowed) muscle up to support <b>WITHOUT</b> spotter assistance and with as straight a body as possible
Specified Bonus 2 (following skill #2)	<u>Add</u> Lift legs to “L” hold 2 sec.
Specified Bonus 3 (following skill #3)	<u>Add</u> extend body horizontally to hanging scale rearways (back lever) hold 2 sec.



 *If an athlete adds SB #2, does he have to return to straight body, straight arm support with a 2 sec. hold before proceeding to part #3?*

**Change Alert! Removed a 2nd straight body support 2 sec hold is no longer required if SB2 is performed**

# Video Example - Level 4



*Would he receive credit for all 3 Specified Bonus skills?  
Would you award credit for all 3 Virtuosity Bonuses?*

## ***Routine Change Alert!***

# Identified Virtuosity - Level 5

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Identified Virtuosity	
Virtuosity 1 (in skill #2)	Fully extended shoulder flexibility
Virtuosity 2 (in skill #4)	Swing backward with turnover greater than horizontal
Virtuosity 3 (in skill #5)	Uprise backward with straight arms

### ***Change Alert!***

***In #1: Straight arm changed from bent arm pull and no back lever required (Back lever now SB1)***

***In #2: Go straight to straight body inverted hang from the German hang, no longer required to show the piked body inverted hang position***

***In #10: Added a tucked position to the salto backward dismount (Now Tucked or Stretched)***

# Video Example - Level 5



*In this routine would you award credit for all 3 Identified Virtuosity Bonuses?*

# Bonus Change Alert!

## Specified Bonus - Level 5

Page 32 - Junior Competition Manual

**Change Alert!**  
**SB1 is now to add a back lever instead of just hold the required back lever longer**

\* Turn to page 32 in the Manual to discuss details.

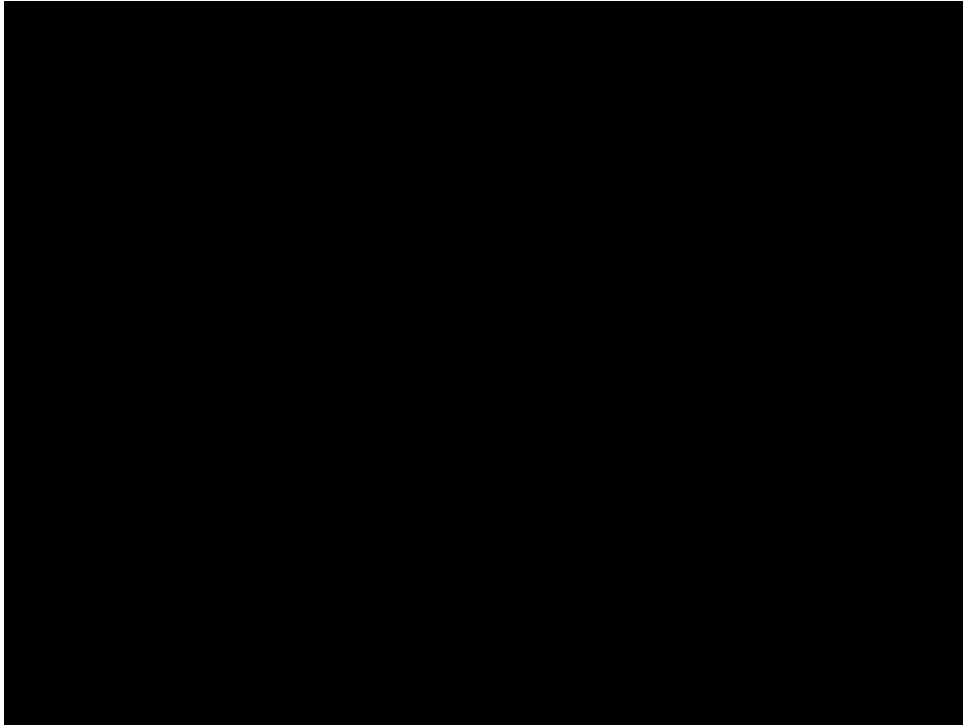
SB2 -- feet may be inside of cables in the HS and during lower down (no bonus awarded if legs or feet wrap around or touch outside of cables).

*Maximum execution deduction of -0.5 (additional deductions if gymnast falls or does not hold the 2 skills)*

Specified Bonus	
<b>Specified Bonus 1</b> (following skill #1)	<b><u>Add</u> extend body horizontally to hanging scale rearways (back lever) hold 2 seconds</b>
<b>Specified Bonus 2*</b> (replace skill #7)	<b>Bent or straight arm, bent body press to (momentary hold) handstand, lower to shoulder stand (2 second hold)</b>
<b>Specified Bonus 3</b> (following skill #9)	<b><u>Add</u> inlocate stretched, swing backward</b>

# Bonus Example - Level 5

## Virtuosity & Specified Bonus Video Example



*Virtuosity:*

*Which virtuosity was not achieved?*

*Specified Bonus:*

*What deductions are in SB2?*

*Specified Bonus:*

*What is the SB3 rise deduction?*

*Does he still receive SB credit?*



# Video Examples - Level 5



*Would he be awarded all 3 Specified Bonuses in this routine?*

# Routine Change Alert!

## Bonuses - Level 6

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**Change Alert!**  
**In #1: Straight arm changed from bent arm pull**  
**In #3: Added tucked Planche & "L" hold both 2 seconds (Old SB1 skill)**

Identified Virtuosity	
Virtuosity 1 (in skill #1)	Perform with straight arms and straight body
Virtuosity 2 (in skill #5)	Shoulders at ring level with body vertical
Virtuosity 3 (in skill #9)	Shoulders at ring level

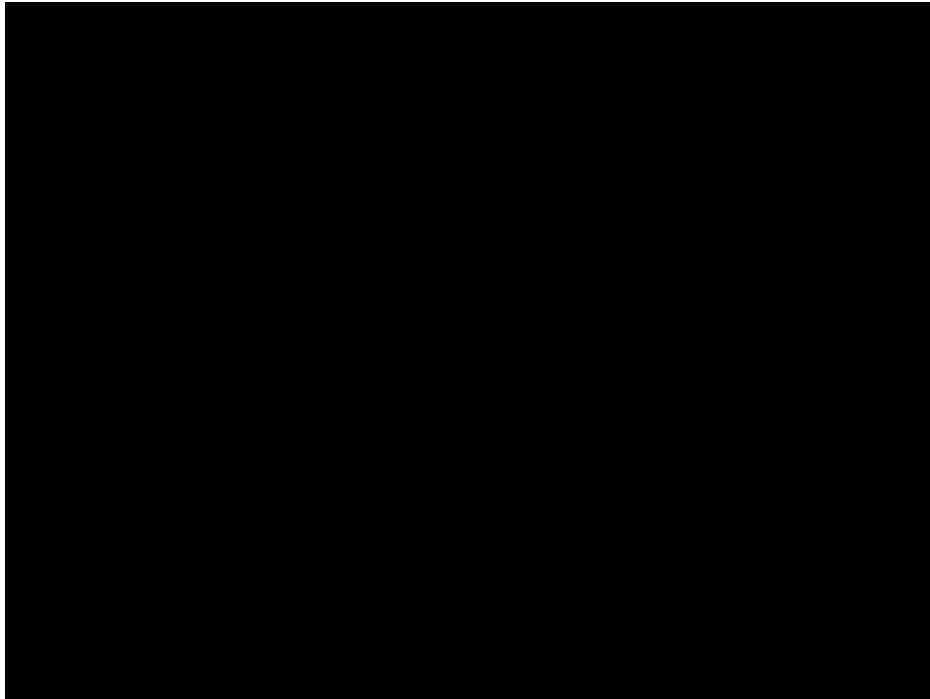
Specified Bonus	
Specified Bonus 1* (replace skill #4)	Bent or straight arm, bent body press to (momentary) handstand, lower to shoulder stand (2 sec hold) and bail forward
Specified Bonus 2 (following skill #4)	<u>Add</u> swing backward to momentary hold of shoulder stand (baby giant) and bail forward
Specified Bonus 3* (replace skill #10)	Swing forward to double salto backward tucked dismount

\* Turn to page 33 in Manual to discuss details.  
SB1 -- Same explanation as in Level 5

**Change Alert! SB3 -- Maximum deduction for execution & landing -0.3, except fall then -1.0 & no bonus**

# Bonus Examples - Level 6

## Specified Bonus Video Example



*Specified Bonus:*

What specified bonus does he earn?

*Virtuosity:*

Why does he not earn any virtuosity?

*Back Uprise:*

Are straight arms required in L6?

Did he perform this without deduction?

# Video Example - Level 6



*What Start Value would you have for each of these routines?*

# SR

## Rule Clarifications & Video Examples

# Judging Issues on Level 3-6 SR

SrNAL: Mike Juszczuk (GA)  
JrNAL: Andy Brown (MI)

## Rhythm

### **Excessive pauses in inverted (or piked inverted hangs)**

Deduction of 0.1 if pause of 2 seconds or more.

## Angles

### **Swing angles and hold position angles**

Are the athletes achieving the front AND back swing angles? Deduct per FIG Holds Angles -- "L", tucks, straight body support, shoulder stands

## Rise

### **Inlocates and Dislocates**

Level 5 Inlocate bonus -- award bonus even if deduction for no rise  
Level 6 inlocates & dislocates -- must show rise, otherwise deductions

## Dismount

### **Dismount height -- Level 5 and 6**

Hips must be at ring height, otherwise deduct appropriately

# Level 5 - Rise on Inlocate

Rise



No Rise



Barely Visible Rise



Slight Rise



Significant Rise

# Level 5 - Rise on Inlocate

## Rise

A majority of the routines reviewed showed little or no rise on the inlocate. These examples show the minor variations between deductions taken when awarding the Specified Bonus



No Rise & Large Error  
*No Specified Bonus*  
*- 0.5 for piked body*  
*- 0.3 for lack of rise*



No Rise  
*+ 0.5 Specified Bonus*  
*- 0.3 failure to show any rise*



Slight Rise  
*+ 0.5 Specified Bonus*  
*- 0.1 for lack of rise*



Significant Rise  
*+ 0.5 Specified Bonus*



**VT**

# National Track Compulsory

# Routine Changes Summary

## Level 3 - 6

✗ **NO Stick Bonus awarded on Vault**

## Level 3 - 5

➤ **Base Score of 9.7, Virtuosity of 0.3, Maximum Start Score of 10.0**

## Level 6

➤ **Only two vault options for Level 6:**

**Handspring**

**Base Score of 9.2, Virtuosity of 0.3, Maximum Start Score of 9.5**

**Yamashita**

**Base Score of 9.7, Virtuosity of 0.3, Maximum Start Score of 10.0**

**VT**

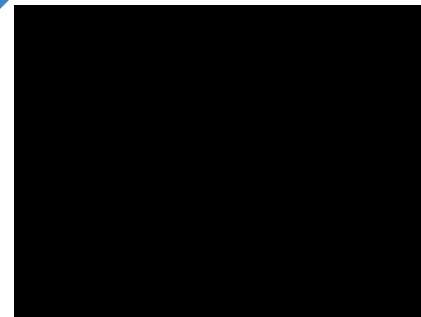
**Identified Virtuosity**

# Identified Virtuosity - Level 3 & 4

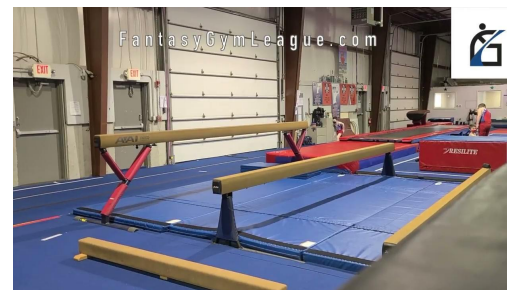
Page 35 & 36 - Junior Competition Manual



*Are there Specified Bonus skills on Vault?*

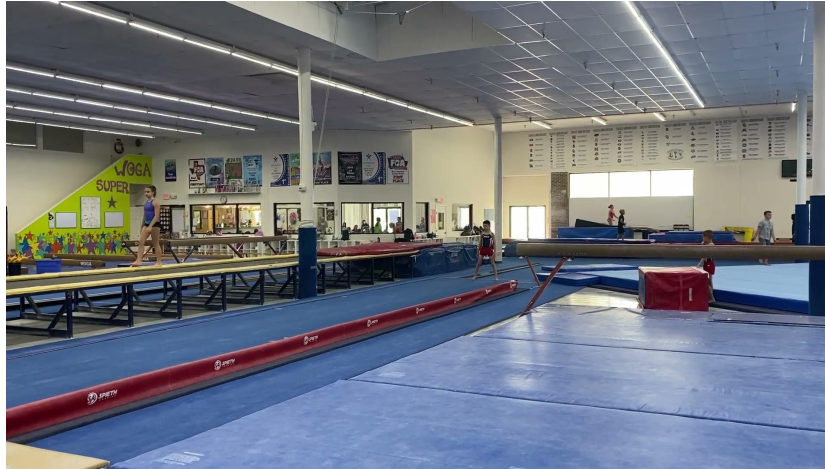


Identified Virtuosity - Level 3 & 4	
<b>Virtuosity 1</b> (in skill #1)	<b>Show acceleration during the run to the hurdle</b>
<b>Virtuosity 2</b> (in skill #2)	<b>Complete hurdle with feet in front of hips upon contact with the springboard</b>
<b>Virtuosity 3</b> (in skill #3)	<b>Show distinct vertical rise from the springboard</b>



*Are acceleration and speed the same thing?  
Would both gymnasts be awarded Virtuosity 1?*

# Video Example - Level 3



*Would you award this gymnast with any Virtuosity Bonuses?*

# Identified Virtuosity - Level 4

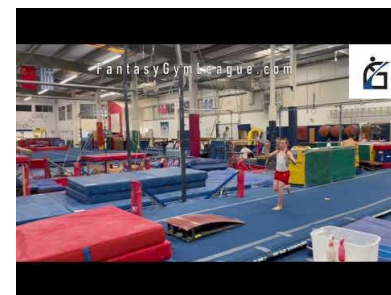
Page 36 - Junior Competition Manual




*Which is the most difficult Virtuosity Bonus for a Level 4 gymnast to achieve?*

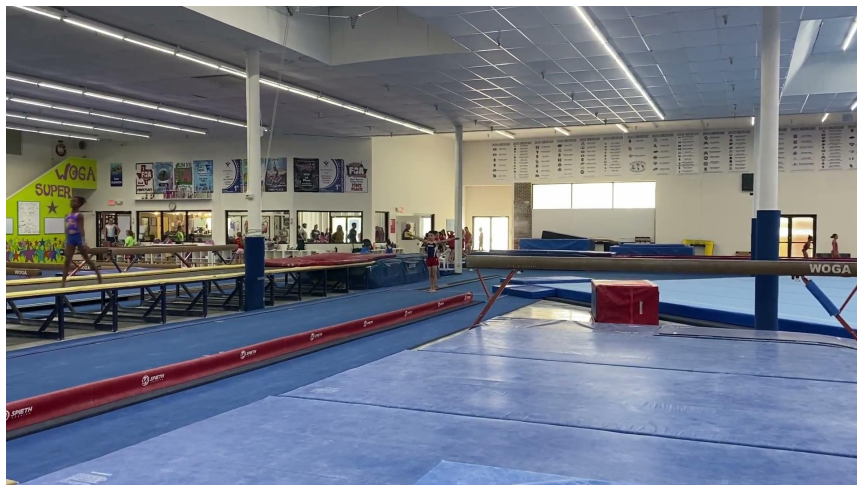
Identified Virtuosity - Level 4	
<b>Virtuosity 1</b> (in skill #1)	<b>Show acceleration during the run to the hurdle</b>
<b>Virtuosity 2</b> (in skill #2)	<b>Complete hurdle with feet in front of hips upon contact with the springboard</b>
<b>Virtuosity 3</b> (in skill #3)	<b>Show distinct vertical rise from the springboard</b>

# Identified Virtuosity - Level 4



 Do you see the difference in which gymnast would receive Virtuosity Bonus 2 and which would receive a deduction for body being past vertical upon contact?

# Video Example - Level 4



*How much bonus awarded to each gymnast?*



# Identified Virtuosity - Level 5 & 6

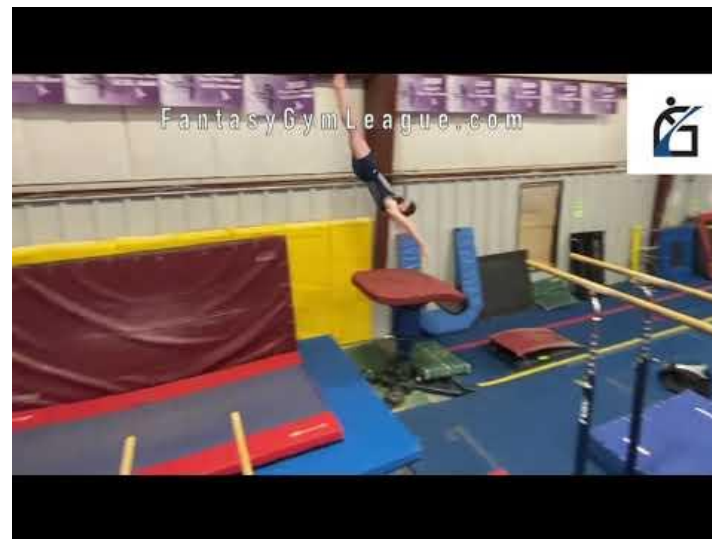
Page 37 & 38 - Junior Competition Manual



*If the gymnast shows distinct vertical rise but leaves the table at 30° past vertical would he still receive Virtuosity 3 Bonus?*

Identified Virtuosity - Level 5 & 6	
<b>Virtuosity 1</b> (in skill #1)	<b>Show acceleration during the run to the hurdle</b>
<b>Virtuosity 2</b> (in skill #2)	<b>Complete hurdle with feet in front of hips upon contact with the springboard</b>
<b>Virtuosity 3</b> (in skill #3)	<b>Show distinct vertical rise off the vault table</b>

# Identified Virtuosity - Level 5 & 6



*Would these gymnasts receive the Virtuosity 3 - Distinct Rise Bonus?*

# Video Example - Level 5



*Would you give this gymnast any Virtuosity Bonus?*

# Video Example - Level 6



*What landing deductions would you take?*

**VT**

# Rule Clarifications & Video Examples

# Judging Issues on Level 3 - 6 VT

SrNAL: Tom McNamee (UT)  
JrNAL: Reid Holbrook (UT)

## Repulsion

### Level 5 & 6 - Repulsion

Based on the Vault Errors & Deductions Table you can take small, medium or large deductions for “Repulsion not within 0° - 15° of vertical” this is important to separate the gymnasts

## Landings

### All Levels - Landings

Deductions per FIG, see details on slide

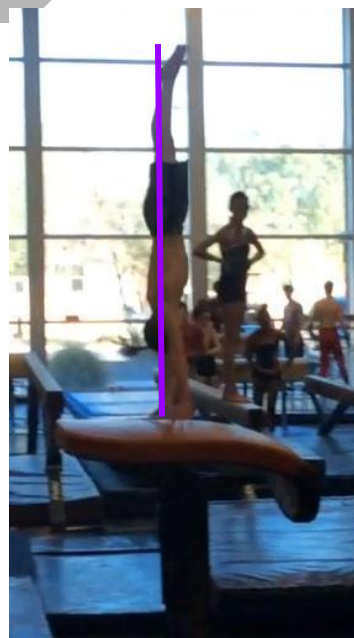
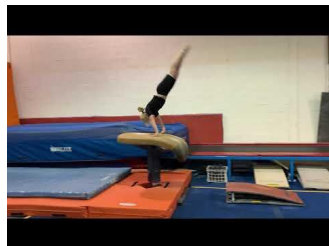
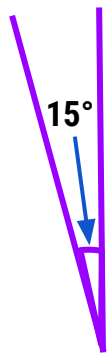
## Yamashita

### Level 6 - Yamashita

Often the piking of the vault is initiated on the table rather than after leaving the table. Reward the gymnasts that do the vault correctly.

# Level 5 & 6 - Repulsion

## Repulsion



Based on the table below what deductions would you take for repulsion on the post flight for each gymnast?



### Second (Post) Flight Deductions: (Levels 5 & 6)

Repulsion not within 0° - 15° of vertical

0.1

0.3

0.5

# All Levels - Landings

## Landings

### All Landing Deductions per FIG:

- *Lack of extension in preparation for landing (Small or Medium)*
- *Loss of balance during landing with no fall or hand support - (Small - slight imbalance, small step or hop or Medium - Large step or hop or touching the mat with 1 or 2 hands)*  
**Maximum: - 1.0 total for steps and hops**
- *Unsteadiness, minor adjustments of feet, or excessive arm swings on landing (Small)*
- *Legs apart on landing (Small -  $\leq$  shoulder width or Medium -  $>$  shoulder width)*
- *Fall or support with 1 or 2 hands during any landing (1.0)*



# Level 6 - Yamashita

## Yamashita



*Which is the most correct for the "Body position in the momentary support on the table" for the Yamashita Vault?  
(See Videos on next slide)*



# Level 6 - Yamashita

Yamashita



Haruhiro Yamashita



# PB

## National Track Compulsory

# Routine Changes Summary

## Level 3

- **Added Specified Bonus 1 (Replace #1 with tucked Planche 2 second hold)**
  - **Virtuosity 1 is undetermined at this time if the above bonus is performed**

## Level 4

- **No changes to routine construction**

## Level 5

- **No changes to routine construction**

# Routine Changes Summary (Cont.)

## Level 6

- In #2, Virtuosity 2 is now forward uprise to horizontal (now required by FIG)
- Specified Bonus 1, replace #4 & #5 with one of 3 long hang options: 1A - Moy to support (bent or straight legs); 1B - Giant swing backward to support; 1C - basket (peach) to support (Only one may received bonus credit)
- Specified Bonus 2, following #6, add press to handstand (2 second hold) & replace #7 with swing forward and backward to horizontal (No upper arm swings required if bonus is performed)
- ⊗ In #7, no longer required to press to 45° simply extend forward and swing backward
- In #8, Virtuosity 3 is now a 2 second hold of the handstand, a momentary hold of the handstand in skill #8 is now required
- Specified Bonus 3, following #8, add swing forward, swing backward to ½ pirouette (forward or backward) to handstand (A swing or still pirouette allowed)
- ⊗ ½ twist on dismount and Stützkehr are no longer specified bonus options

# PB

## National Track Compulsory Bonus

# Identified Virtuosity - Level 3

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*Play the video and see how many of the Virtuosity Bonuses you would award?*

Identified Virtuosity	
<b>Virtuosity 1</b> (in skill #1 & SB1)	<b>Perform swing backward to horizontal</b>
<b>Virtuosity 2</b> (in skill #6)	<b>Perform swing backward to 45° above horizontal</b>
<b>Virtuosity 3</b> (in skill #7)	<b>Perform swing forward to horizontal</b>



# Identified Virtuosity - Level 3



*Now looking at the still photos do you agree with your previous assessment?*





# Video Example - Level 3



*Would he receive credit for all 3 Virtuosity Bonus skills?*

# Bonus Change Alert!

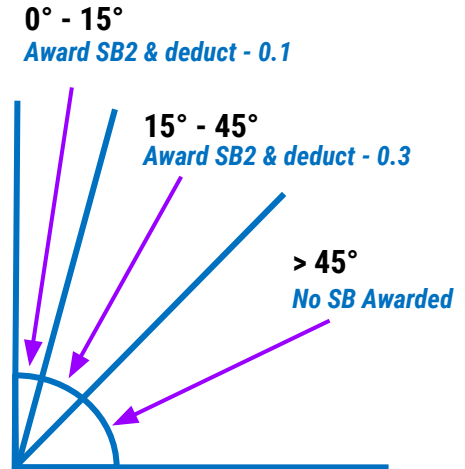
## Specified Bonus - Level 3

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 Do you award Specified Bonus 2 if his "V" is 50° from vertical?

Specified Bonus	
Specified Bonus 1 (replace skill #1)	From stand, jump to support and press to tucked Planche hold, extend legs backward
Specified Bonus 2 (replace skill #3)	Lift legs into a forward straddled "V" hold
Specified Bonus 3 (replace skill #8)	Swing backward to momentary hold of handstand and dismount between the bars/mats or over either bar to stand

**Change Alert! SB1 Added, replace #1 with a tucked Planche 2 second hold**

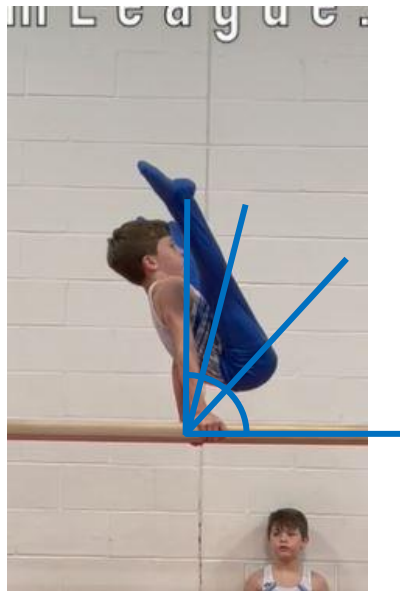


# Specified Bonus - Level 3

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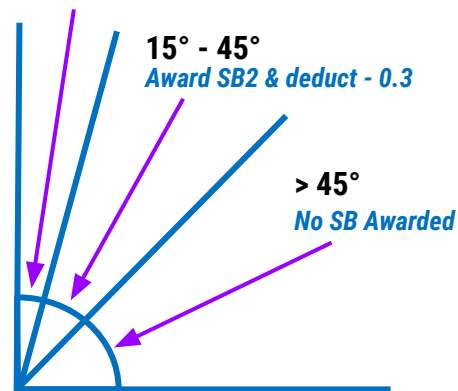
What Bonus and deductions would you take on the gymnasts below?



**0° - 15°**  
Award SB2 & deduct - 0.1

**15° - 45°**  
Award SB2 & deduct - 0.3

**> 45°**  
No SB Awarded



# Video Example - Level 3



*What start value would you have for this routine?  
Why can he not achieve the maximum start value?*

# Identified Virtuosity - Level 4 & 5

Page 40 & 41 - Junior Competition Manual



*What do all the Identified Virtuosity Bonus skills in Level 4 & 5 have in common?*

## Identified Virtuosity - Level 4

<b>Virtuosity 1</b> (in skill #3)	<b>Perform long hang swing backward with hips at bar height</b>
<b>Virtuosity 2</b> (in skill #4)	<b>Perform upper arm swing backward with hips at bar height</b>
<b>Virtuosity 3</b> (in skill #9)	<b>Perform swing backward to momentary hold of handstand</b>

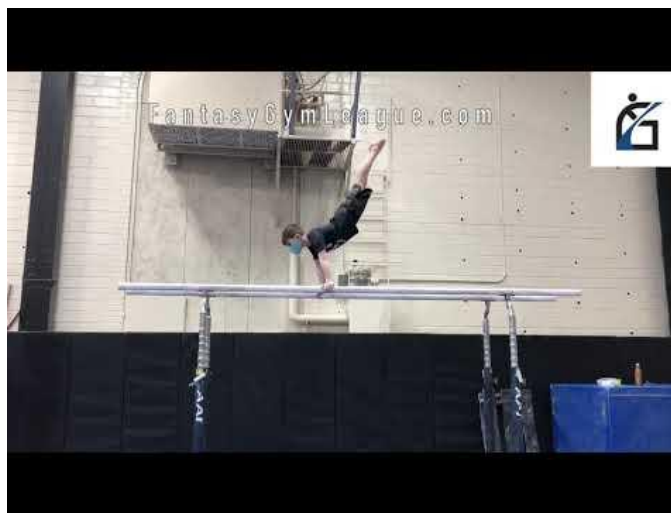
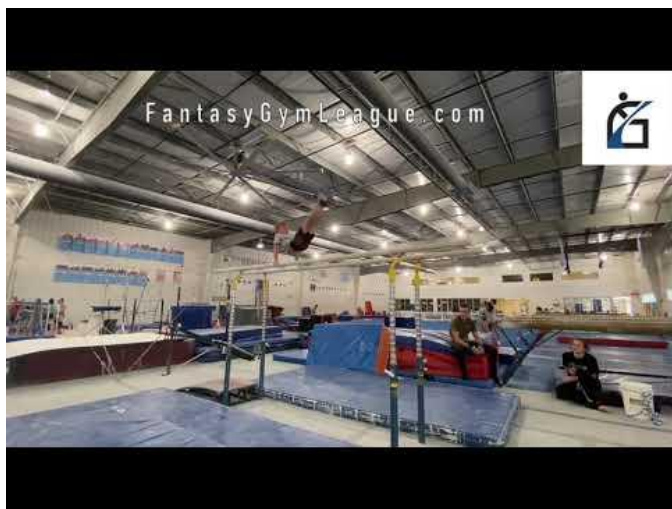
## Identified Virtuosity - Level 5

<b>Virtuosity 1</b> (in skill #2)	<b>Perform swing backward to 45° above horizontal</b>
<b>Virtuosity 2</b> (in skill #3)	<b>Perform swing backward to 45° above horizontal</b>
<b>Virtuosity 3</b> (in skill #8)	<b>Perform swing backward to momentary handstand hold</b>

# Identified Virtuosity - Level 4 & 5



*Would you give the Identified Virtuosity Bonus 3 to both gymnasts?*





# Video Example - Level 4 & 5



Level 4



Level 5



*How many of the swinging Identified Virtuosity Bonuses would you award in both routines?*

# Specified Bonus - Level 4

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*Many gymnasts will complete Specified Bonus 1, remember the performance criteria is to "Finish with straight body and straight arms", "Feet at bar height". As long as there is not a large deduction than award the bonus and deduct for the other errors?*

Specified Bonus	
<b>Specified Bonus 1</b> (replace skill #5)	<b>Upper arm swing forward to forward uprise to support</b>
<b>Specified Bonus 2</b> (replace skill #7)	<b>Swing forward to "V" or Manna hold</b>
<b>Specified Bonus 3</b> (replace skill #10)	<b>Swing forward, swing backward to handstand hold and push off either side to stand</b>





# Specified Bonus - Level 4 & 5



*Are the gymnasts awarded SB1 or SB2 for the forward uprise?  
What are the deductions based on the Performance Criteria?*

## Level 4



**No**

Straight body - 0.3 or - 0.5  
Straight arms - 0.3 or - 0.5  
Feet @ bar height - 0.5

## Level 4



**Yes**

Straight body - 0.1 or - 0.3  
Straight arms - 0.1 or - 0.3  
Feet @ bar height - 0.0

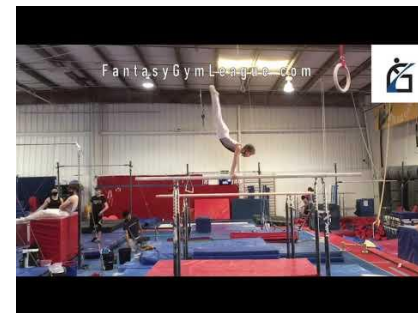
## Level 5



**Yes**

Straight body - 0.0  
Straight arms - 0.0 or - 0.1  
Feet @ bar height - 0.0

## Level 6



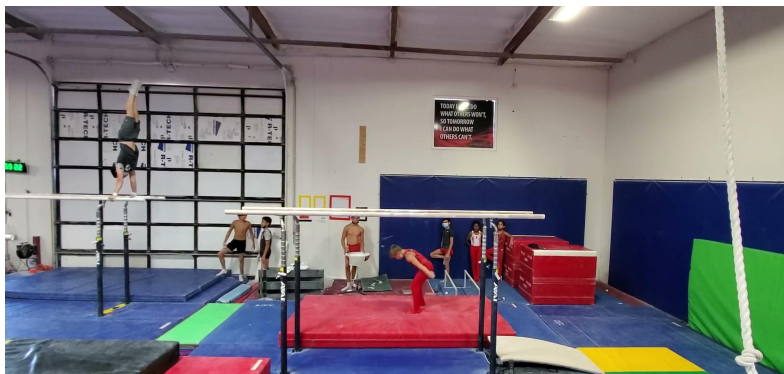
**Not an SB skill in Lv 6**

Swing back to horizontal - 0.1  
Straight body - 0.3 or - 0.5  
Straight arms - 0.3  
Feet @ bar height - 0.1 or - 0.3

# Video Example - Level 4 & 5



*Do both Level 4 gymnasts receive all 3 Specified Bonus skills and all 3 Virtuosity Bonuses?*



*Does the Level 5 gymnast receive SB2?  
What deductions would you take for the forward uprise?*



# Specified Bonus - Level 5

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Specified Bonus	
<b>Specified Bonus 1A</b> (replace skill #3)	<b>Swing backward and bail to Moy to support, swing backward and layaway to upper arm support, upper arm swing forward OR ...</b>
<b>Specified Bonus 1B</b> (replace skill #3)	<b>Swing backward and bail to giant swing backward to support, swing forward, swing backward, layaway to upper arm support, upper arm swing forward</b>
<b>Specified Bonus 2</b> (replace skill #5)	<b>Upper arm swing forward to forward uprise to support</b>
<b>Specified Bonus 3</b> (replace skill #7)	<b>Swing forward, swing backward to straddle "L" press to handstand hold</b>

# Video Example - Level 5



*Are the sequences and bonuses in these routines performed correctly?*

# Bonus Change Alert!

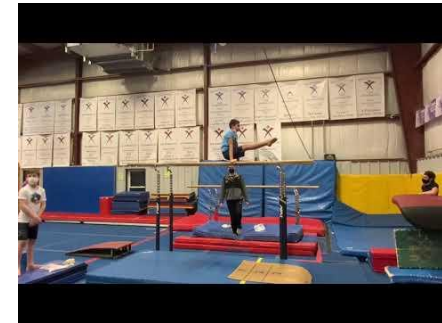
## Identified Virtuosity - Level 6

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Would you award Virtuosity Bonus for any of the following Glide Kips?

Identified Virtuosity	
<b>Virtuosity 1</b> (in skill #1)	<b>Perform glide kip with hips at horizontal</b>
<b>Virtuosity 2</b> (in skill #2)	<b>Perform forward uprise to horizontal</b>
<b>Virtuosity 3</b> (in skill #8)	<b>Swing backward and perform a 2 second hold of handstand</b>



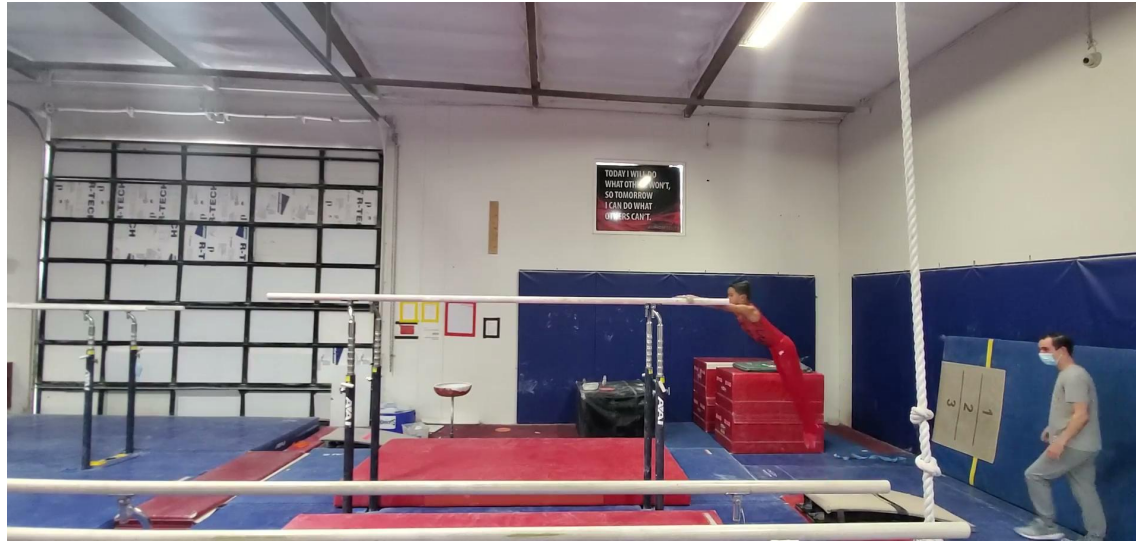
### Change Alert!

In #2, V2 is now forward uprise to horizontal (now required by FIG)

In #8, V3 is now a 2 second hold of the HS as the previous momentary hold is now required in #8



# Video Example - Level 6



*Would he receive credit for all 3 Specified Bonus skills?  
Would you award credit for all 3 Virtuosity Bonuses?*

# Bonus Change Alert!

## Specified Bonus - Level 6

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Specified Bonus	
Specified Bonus 1A (replace skills #4 & #5)	Swing backward and bail to Moy to support, swing backward <b>OR ...</b>
Specified Bonus 1B (replace skills #4 & #5)	Swing backward and bail to giant swing backward to support <b>OR ...</b>
Specified Bonus 1C (replace skills #4 & #5)	Swing backward and bail to basket (peach) to support
Specified Bonus 2 (following #6 & replace #7)	<u>Add</u> press to handstand hold and replace #7 with swing forward and backward to horizontal
Specified Bonus 3 (following skill #8)	<u>Add</u> swing forward, swing backward to ½ pirouette to handstand (forward or backward)

**Change Alert!** There is no longer SB credit for dismounting with a ½ twist

### Change Alert!

There are now three long hang (EG III) options for SB1: The basket to support 1C has been added to the Moy to support 1A and the giant to support 1B

Following #6, the press HS that was Virtuosity is now SB2 with a 2 second hold, additionally replace #7 with an intermediate swing (the press to 45° after the "L" hold in #6 has been replaced with extend forward and swing backward)

Following #8, the only option for SB3 is the ½ pirouette the Stützkehr is no longer an SB option

# Specified Bonus - Level 6



*What two Specified Bonus skills does the gymnast perform?  
Is he still allowed to perform both of these skills in his routine?  
What deduction would you take if you saw this routine?*





# Video Example - Level 6



*Which Specified Bonus 1 skill does he choose to perform?  
What would you do if he performed two of the SB1 bonus skills?*

# PB

## Rule Clarifications & Video Examples

# Judging Issues on Level 3 - 6 PB

SrNAL: Dean Schott (CO)  
JrNAL: Aaron Fortunato (MN)

## Swing Extension

### All Levels - Swing Extension

Typical deductions that need to be applied are lack of extension on the front swing (hip break or pike) and bent legs on the back swing. Also issues on long hang swings especially gymnasts who choose to swing with bent knees (examples on next slide)

## Straddle "L"

### Level 5 - Straddle "L"

When gymnasts perform the SB3 of a swing to straddle "L" press to handstand often the straddle "L" can garner the greatest deductions. Remember the "L" needs to be in the proper position (legs parallel not drooping or resting on the arms), arms straight, held 2 seconds

## Sequence

### Levels 5 & 6 - Routine Sequence

In the past the additions of the Specified Bonus skills, especially when there were multiple options for a single bonus there has been some confusion regarding the correct sequences, read carefully and follow the routine descriptions to the letter

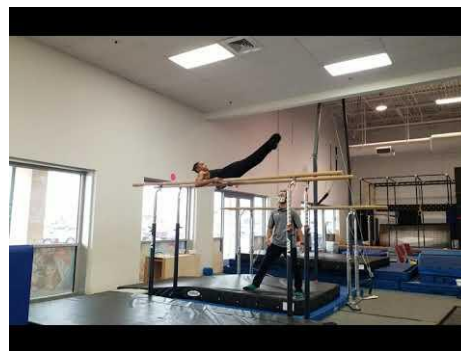
## Spotting

### Levels 5 & 6 - "Hand-on-hand" Spot

This spot was added to these skills as a safety spot so encourage coaches to use it, there is no deduction.

# All Levels - Swing Extension

## Long Hang Swings



**Long Hang Swings**  
Gymnasts that choose to swing with bent knees face the challenge of maintaining correct body form through their hips while their legs are bent. In the videos, the first gymnast does a better job of straightening his hips and legs in the back swing while the second gymnast keeps his hips straight through the bottom and in the front swing

## Swing Extension

## Support Swings



**Support Swings**  
Compare the support swings in the videos, pay particular attention to the body position on the front swing and bent legs on the back swing

# All Levels - Support Swing Extension

## Swing Extension



### **Support Swings**

*Discuss the deductions you would take on the above support swings.*

# Level 5 & 6 - “Hand-on-Hand” Spot



Spotting

*What is the most significant difference between how the two coaches utilize the “Hand-on-hand” spot for the same skill?  
How would you respond?*



# HB

## National Track Compulsory

# Routine Changes Summary

## Level 3

- In #3 or SB3, Virtuosity 2 is undershoot to horizontal with hips at bar height
- ⊗ **Cast to horizontal is no longer virtuosity it is added as specified bonus 2**
  - **Added Specified Bonus 2 (in #3, cast to horizontal) (This was virtuosity before)**

## Level 4

- **No changes to routine construction**

## Level 5

- **Options added to #8: Either choose undershoot, swing backward, dismount **OR**  
Undershoot, swing backward, swing forward, swing backward, dismount**

## Level 6

- In #1, Virtuosity 1 is perform free hip circle to handstand (Old specified bonus)
- ⊗ **Free hip circle to handstand is no longer specified bonus (It is now V1)**
- In #1, the height of the free hip circle was changed to 45° above horizontal (before it was horizontal)



# HB

## National Track Compulsory Bonus

# Bonus Change Alert!

## Identified Virtuosity - Level 3

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**Change Alert!**  
**In #3 or SB3, Virtuosity 2 is now undershoot to horizontal with hips at bar height (the old Cast to horizontal V2 is now SB2)**

Identified Virtuosity	
<b>Virtuosity 1</b> (in skill #1)	Maintain a hollow body throughout the ½ turn
<b>Virtuosity 2</b> (in skill #3 or SB3)	<b>Undershoot to horizontal with hips at bar height</b>
<b>Virtuosity 3</b> (in skill #5)	Swing backward to horizontal (this is the 2nd backward swing after the undershoot!)



Video: Does he earn Virtuosity 1?  
Why or Why not?

Video Example (not the best angle)



# Video Example - Level 3



*Would you award credit for all 3 Virtuosity Bonuses?*

# Bonus Change Alert!

## Specified Bonus - Level 3

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Video Example

### Specified Bonus

**Specified Bonus 1**  
(replace skill #2)

**Pullover to support WITHOUT  
spotter assistance**

**Specified Bonus 2**  
(in skill #3)

**Cast to horizontal (straight  
body position)**

**Specified Bonus 3**  
(in skill #3)

**Add back hip circle prior to  
undershoot forward**



*Video: Does he earn SB2?*

*If so, what deductions can be taken?*

**Change Alert! In #3, added Specified Bonus 2 perform cast to horizontal (this was the old virtuosity 2 bonus)**

High Bar

136

# Video Example - Level 3



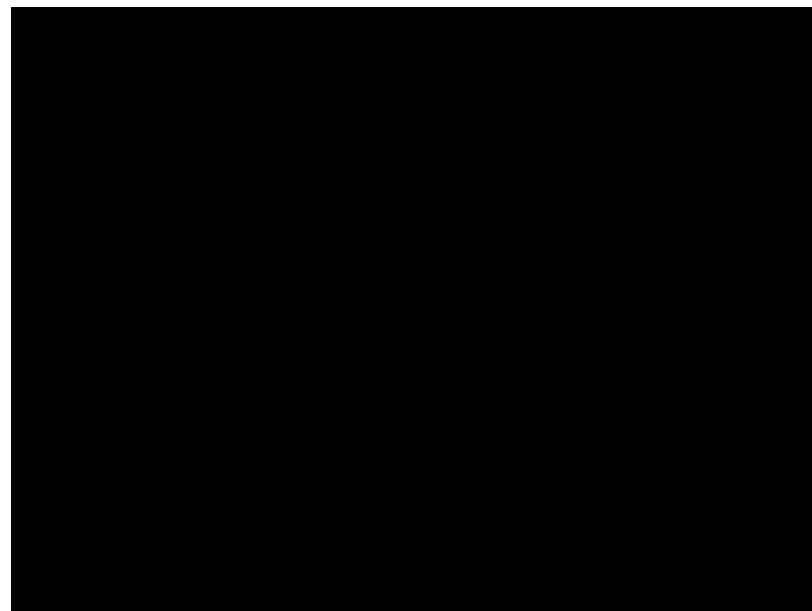
*Would he receive credit for all 3 Specified Bonus skills?*

# Identified Virtuosity - Level 4

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**Video Example**

Identified Virtuosity	
<b>Virtuosity 1</b> (in skill #2 or SB1)	<b>Cast to 45° above horizontal</b>
<b>Virtuosity 2</b> (in skill #7)	<b>Swing forward OR backward to horizontal</b>
<b>Virtuosity 3</b> (in skill #8)	<b>Swing forward OR backward to horizontal</b>



*Video: What virtuosity bonuses does he earn?  
Any deductions in these virtuous skills?*

**High Bar**

**138**

# Video Example - Level 4



*Which Virtuosity Bonus would you not award?*

*What deduction would you take for the coach walking away?*

# Specified Bonus - Level 4

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Specified Bonus	
Specified Bonus 1 (replace skill #2)	Cast to free hip circle to undershoot forward
Specified Bonus 2 (following skill #6)	Add swing backward, tap swing forward to swinging pullover ( $\frac{3}{4}$ giant swing backward) to undershoot forward
Specified Bonus 3 (replace skill #9)	Swing backward, tap swing forward to salto backward (flyaway) tucked, piked, or stretched dismount

Video Example  
on Next Slide

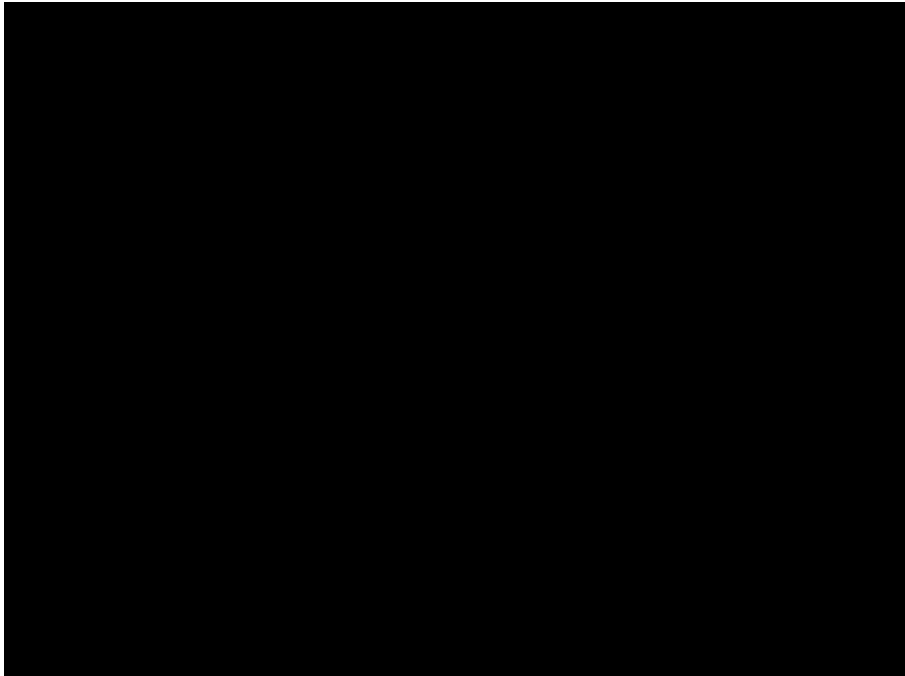


*Refresher: What is the maximum deduction for execution and spotting of the swing forward and kip to support?*



# Specified Bonus - Level 4

## Video Example



*Specified Bonus #3:*

*What is the deduction for no spotter present during this bonus?*

*Virtuosity:*

*He has horizontal front swings, why does he not achieve Virtuosity #2 or #3?*

# Video Example - Level 4



*What Start Value would you give this routine?*

# Routine Change Alert!

## Bonuses - Level 5

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**Change Alert!**  
**In #8 Added Options**  
**Undershoot to swing bwd**  
**OR Undershoot, full swing,**  
**swing bwd prior to the**  
**dismount**

Identified Virtuosity	
Virtuosity 1 (in skill #2 or SB1)	Cast to 45° above horizontal
Virtuosity 2 (in skill #4)	Blind turn at horizontal
Virtuosity 3 (in skill #10)	Salto backward with hips above bar height

Specified Bonus	
Specified Bonus 1 (replace skill #2)	Cast forward to one or more giant swings forward to $\frac{3}{4}$ giant swing forward
Specified Bonus 2* (replace skill #7)	Cast to free hip circle, swing forward to $\frac{3}{4}$ giant swing backward (baby giant)
Specified Bonus 3* (replace skill #7)	Cast to two giant swings backward and $\frac{3}{4}$ giant swing backward (baby giant)

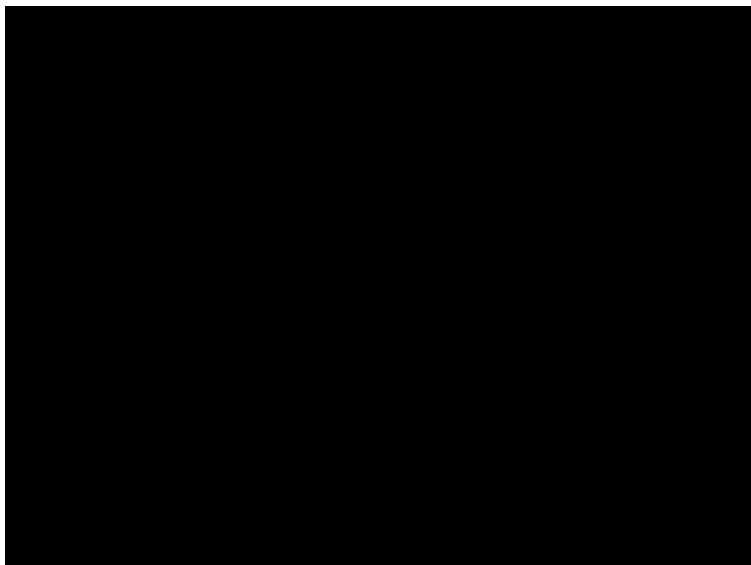
\* Turn to page 45 in Junior Competition Manual to discuss details.

If SB2 and SB3 are performed, replace skill #7 with cast to free hip circle, two giant swings backwards and  $\frac{3}{4}$  giant swing backward (baby giant).

Note: maximum deduction is 0.5, except a fall from bar is -1.0.

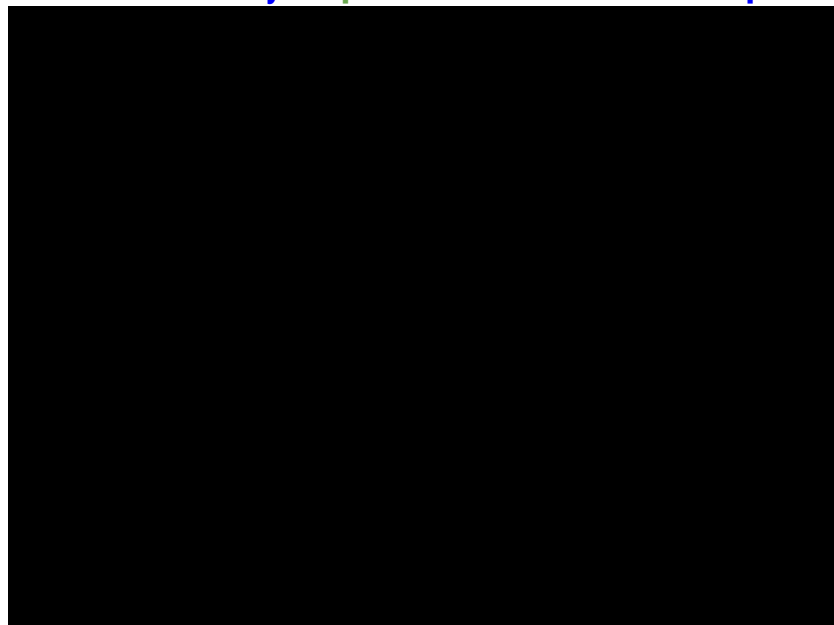
# Bonus Example - Level 5

## Virtuosity & Specified Bonus Video Example



*What deduction is incurred for hips below bar height on his dismount?*

## Virtuosity & Specified Bonus Video Example



*What bonuses were earned?*

# Video Example - Level 5



*In the first routine which Virtuosity Bonus would you not award?  
What would you have for the Start Value for the second routine?*

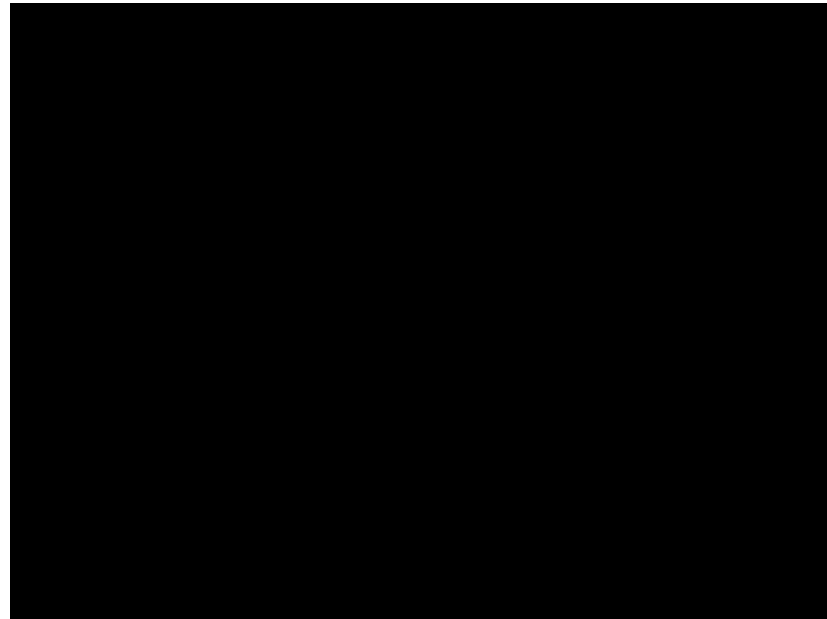
## Bonus Change Alert!

# Identified Virtuosity - Level 6

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Video Example

Identified Virtuosity	
<b>Virtuosity 1</b> (in skill #1)	<b>Free hip circle to handstand</b>
<b>Virtuosity 2</b> (in skill #6)	<b>Pirouette with no angle deductions</b>
<b>Virtuosity 3</b> (in skill #9)	<b>Salto backward with hips above bar height</b>



*Video: What virtuosity does he not earn? Why?*

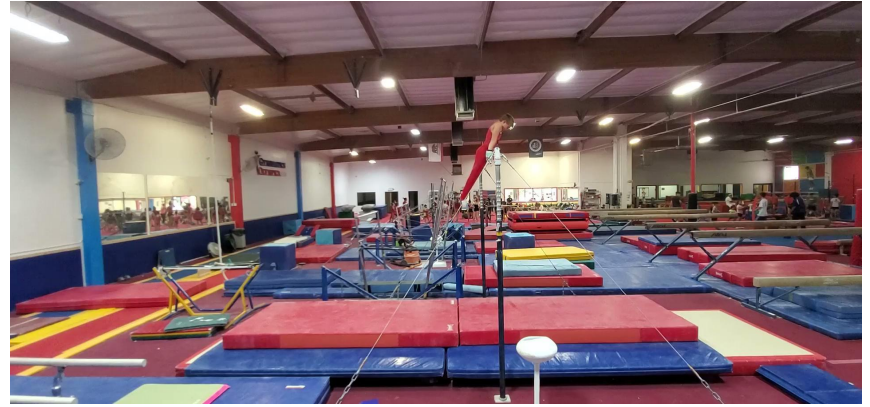
*Group Practice: Identify all the angle deductions in the routine.*

**Change Alert! In #1, Free hip to HS is now a Virtuosity Bonus (Old Specified Bonus Skill)**

High Bar

146

# Video Example - Level 6



*What is the difference between the two routines, would they each receive the same Start Value?*



# Routine Change Alert!

## Specified Bonus - Level 6

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**Change Alert!**  
**In #1, the Performance**  
**Criteria was changed for the**  
**free hip circle from**  
**horizontal to**  
**45° above horizontal**

### Specified Bonus

**Specified Bonus 1**  
(following skill #5)

Add Endo through handstand

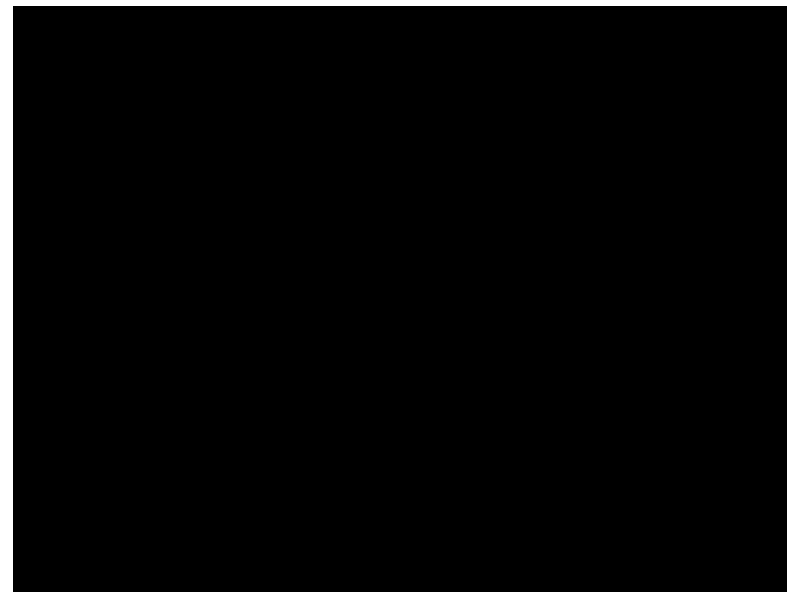
**Specified Bonus 2**  
(following skill #7)

Add Stalder **OR** toe on-toe off  
through handstand.  
One or more giants allowed prior to part #8

**Specified Bonus 3**  
(replace skills #8 & #9)

One or more giants backward with  
salto backward (flyaway) tucked,  
piked, or stretched dismount

### Video Example



*Video: What Specified Bonus is not earned? Why?*  
*Video: Does he have any angle deduction on SB #2?*



# Video Example - Level 6



*Even though the above routines are different, would they be awarded credit for all 3 Specified Bonus Skills?*

# HB

## Rule Clarifications & Video Examples

# Judging Issues on Level 3-6 HB

SrNAL: Michael Ashe (CA)  
JrNAL: Amanda Stroud-  
Gagnon (TX)

**Hollow**

**Backward swing (and giants) needs to be hollow, not piked**

Deductions for pike as per FIG

**Tap!**

**Reward the athletes who actually perform the tap swing**

Deduct those athletes who do not perform the tap

**Virtuosity**

**Reward the virtuosity**

Remember: must have  $\leq 0.1$  in deductions for the skill  
Some kids actually perform the virtuosity bonuses, reward them!

# Videos - Hollow Positions

Hollow



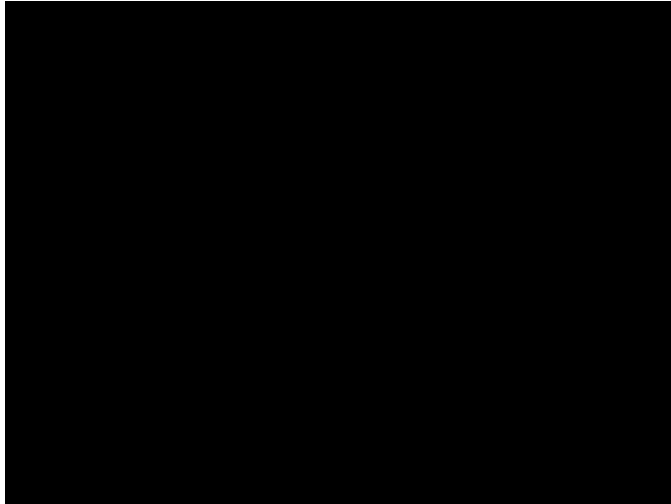
Undershoot & Back Swing:  
Hollow or piked?  
What are the deductions?



Undershoot & Back Swing:  
Hollow or piked?  
What are the deductions?

# Video Examples - Tap Swings

Tap!



Tap Swings:  
Is he tapping?



Giant Swings:  
Is he tapping?