



USA GYMNASTICS®

2016-2020
Men's Junior Olympic
Age Group Competition Program

with **Update** pages 1-5 inserted



USA GYMNASTICS®

Copyright by USA Gymnastics Publications

All rights reserved. No part of this publication may be reproduced, translated, or transmitted in any form or by any means without written permission from USA Gymnastics.

All requests for permission should be made to:

USA Gymnastics
132 E. Washington St., Suite 700
Indianapolis, IN 46204

Dennis McIntyre – Vice President for Men’s Program
Kevin Mazeika – National Team Coordinator
Dusty Ritter – Men’s Junior Olympic Program Coordinator
Lisa Mendel – Men’s Program Manager

Edited and formatted by Lynn Boman: *“All of the committee members wish to extend our grateful appreciation to Lynn Boman for her contribution to the development of this program document.”*

Junior Olympic Format Coordinating Committee:

Tim Klempnauer
Mike Serra
Kevin White
Marc Yancey
Bob Young

Compulsory Writing Team:

Nat Hammond
John Karmecy
Tim Klempnauer
Adam Lomax
Kevin Preston
Marc Yancey

Optional Rules Committee:

Grigor Chalikyan
Nat Hammond
Lorenzo Macaluso
Tom Meadows
Vince Miller
Dean Schott
Mike Serra
Marc Yancey

2016-2020

Men's Junior Olympic

Age Group Competition Program

Foreword

The 2016-2020 Age Group Competition Committee acknowledges and has relied on the valuable work of the previous committees whose outstanding work was comprehensive and produced a well-designed program that met the needs of our age group competition program.

We have sought to evolve the program by focusing on the potential of growth and a vision of the future of the sport and our club industry. Our vision is to promote growth in the number of boys who can be exposed to gymnastics and enjoy success and recognition. Providing a program that is both fun and achievable for the recreational participant is central to this goal.

Our committee members are representative of the entire country and experienced both in a high level of coaching knowledge as well as the needs associated with providing for a successful club program. The work has been vetted numerous times to insure consistency and practical application for athletes, coaches and judges.

While the curriculum in this program may be similar in many respects to the previous program the overall design addresses the opportunity for growth in boys gymnastics participation as well as providing for development at the advanced levels. Multiple pathways in the program will provide coaches with the ability to place a diverse group of athletes in divisions where they will be the most successful. Experiencing recognition and success is central to retention and continued growth. In this quadrennium coaches can place athletes in two separate compulsory divisions depending on the level of their ability. We are providing an additional optional pathway in the program to help athletes transitioning to the more demanding optional levels.

This is yet another phase in our vision of providing more diversity and opportunity in the sport of gymnastics for boys. Combined with the Essential Elements Level 1-2-3 Program, we now have a complete design and a platform to continue to build on in the future. Your work as positive, motivated coaches will help to guide that progress into the future.

Sincerely,

Dusty Ritter
Men's Junior Olympic Program Coordinator

TABLE OF CONTENTS

Cover

Foreword

Chapter 1 - General Age Group Competition Program Information

- I. [Age Group Explanation & Competition Program Tables](#)
 - A. Age Group Competition Compulsory Levels Overview
[Compulsory Levels Table](#)
 - B. Age Group Competition Optional Levels Overview
[Optional Levels Table](#)
[Level 8 Developmental Requirements Rules Table](#)
[Level 8 Pommel-less Horse Rules & Skills Table](#)
- II. [General Rules and Regulations](#)
 - A. Age Determination and Competition Level
 - B. Uniforms
 - C. Coach's Professional Attire
 - D. Coach's Spotting Responsibilities
 - E. Specialists
- III. [Equipment and Mat Specifications](#)
 - A. FIG
 - B. General
 - C. [Landing Mat Specifications Table](#)
 - D. Additional Matting
 - E. Equipment Measurements

Chapter 2 - Judging Guidelines

- I. [General Judging Guidelines](#)
 - A. Document Precedence
 - B. Judging Duties
 - C. Minimum Score
 - D. Range of Allowable Scores
 - E. Routine Repetition Rule
 - F. Spotting Deductions
 - G. Videotape Review
 - H. General Apparatus and Behavioral Deductions
 - I. Landing Deductions
- II. [Compulsory Levels 4 – 7 Judging Guidelines](#)
 - A. Philosophy of Structural Elements of Scoring
 - B. Base Score
 - C. Specified Bonus (Division I only)
 - D. Virtuosity
 - E. [Routine Scoring Tables](#)
 - F. [Routine Error and Deduction Table](#)
 - G. Specific Judging Guidelines
[Table of Specific Errors and Deductions for Vault](#)
- III. [Optional Levels 8 – 10 Judging & Rules Guidelines](#)
 - A. General Bonus
 - B. Event Specific Bonus, Restrictions and Special Exceptions
[Vault Bonus Table](#)
[JO Optional Bonus, Restrictions and Special Exceptions Table](#)
 - C. General Exceptions to the FIG Code of Points

Chapter 3 – Floor Exercise

- I. [Compulsory Levels 4 – 7 Overview and Education](#)
 - A. General
 - B. Definitions
 - C. Basic Technique
 - D. Level 4
 - E. Level 5
 - F. Level 6
 - G. Level 7
- II. [Compulsory Levels 4 – 7 Routines](#)

Chapter 4 – Pommel Horse

- I. [Compulsory Levels 4 – 7 Overview and Education](#)
 - A. General
 - B. Definitions
 - C. Basic Technique
 - D. Level 4
 - E. Level 5
 - F. Level 6
 - G. Level 7
- II. [Compulsory Levels 4 – 7 Routines](#)

Chapter 5 – Still Rings

- I. [Compulsory Levels 4 – 7 Overview and Education](#)
 - A. General
 - B. Definitions
 - C. Basic Technique
 - D. Level 4
 - E. Level 5
 - F. Level 6
 - G. Level 7
- II. [Compulsory Levels 4 – 7 Routines](#)

Chapter 6 – Vault

- I. [Compulsory Levels 4 – 7 Overview and Education](#)
 - A. General
 - B. Definitions
 - C. Basic Technique
 - D. Level 4
 - E. Level 5
 - F. Level 6
 - G. Level 7
- II. [Compulsory Levels 4 – 7 Vaults](#)

Chapter 7 – Parallel Bars

- I. [Compulsory Levels 4 – 7 Overview and Education](#)
 - A. General
 - B. Definitions
 - C. Basic Technique
 - D. Level 4
 - E. Level 5
 - F. Level 6
 - G. Level 7
- II. [Compulsory Levels 4 – 7 Routines](#)

Chapter 8 – Horizontal Bar

- I. [Compulsory Levels 4 – 7 Overview and Education](#)
 - A. General
 - B. Definitions
 - C. Basic Technique
 - D. Level 4
 - E. Level 5
 - F. Level 6
 - G. Level 7
- II. [Compulsory Levels 4 – 7 Routines](#)

Item# Page	Event Table	2016 – 2020 AGCP RULES UPDATES Update #5 7/31/2018 Rules Clarifications and Interpretations
#1 RP 1.5, 1.6	PH L8 Code	<u>Updated:</u> The Pommel-less Horse Code has been updated to the current FIG Code numbers in the latest FIG Code version (2018). Skills list has not changed.
#2 Page 1.5	PH L8 Code	<u>Clarification:</u> Disregard Item #3.d. "Skills are denoted by checked boxes that fulfill Special requirements". The Code format has been changed to list non-fulfillment skills separately.
#3 RP 2.9	JD 1 Vault	<u>Updated:</u> The JD 1 Table referring to exceptions on non-allowed vaults has been changed to match text. The table now reads "No Twisting Yurchenkos". Non-twisting Yurchenkos are allowed in the JD 1 division.
#4 FIG Code	Junior Skills	<u>Clarification:</u> Parallel Bar skills (FIG Box 58, EG III) – Skills in boxes with a red dot in the code are not allowed in junior competition.
#5 Opt. Bonus Table 2.10	Rings Bonus Exception	<u>Updated:</u> "C" Strength bonus exception – "C" Back Uprise to Straddle Planche EG III will no longer receive bonus. All other "C" EG II & III will receive the bonus
#6 Opt. Bonus Table & 2.7	FIG Code #'s PH, FX	<u>Updated:</u> FIG Code #'s have been updated from the 2018 updated FIG Code. Skills are the same. Refer to 2018 FIG Code for skills that receive bonus. PH Exception: Busnari skill that ends in a leg cut does not receive bonus. Only code box skills listed receive bonus.
#7 TS 15-18 PH RP 4.6	Single leg mount sequence	<u>Clarification:</u> (Update#3 TS RP 4.6) A half pendulum swing is allowed prior to the swing to undercut on the mount. The sequence can be performed with or without the half pendulum swing prior to the undercut.
#8 TS Vault Pages 5.2, 5.3	Required Matting	<u>Clarification:</u> Gymnast is required to use the additional two 8" mats for landing when performing the 11-14 Technical Sequence Vault. Judges will not allow the gymnast to compete if the matting is insufficient. Performing without the required matting will result in a 2.0 deduction. One or two 8" cushions are allowed for landing 15-18 TS vault.
#9 TS Vault	Landing	<u>Clarification:</u> A "no feet first landing" on a Technical Sequence vault will not result in a zero vault. Gymnast may repeat vault with a 1.0 deduction or receive a 2.0 deduction without repeating the vault. All execution deductions will apply.
#10 Level 5 FX Page 3.4	Press	<u>Clarification:</u> The bonus option for the press to handstand must be performed as written. There is no additional option for a forward roll to Endo.
#11 Compulsory PB Mats	Allowed Matting on mount	<u>Clarification:</u> Any combination of mats and vault board may be used to elevate the mounting surface on Parallel Bars in the compulsory levels. The board must be removed after the mount if placed between the uprights.
#12 Level 7 PB Page 7.7	Swings for bonus	<u>Clarification:</u> There is no requirement for swings when performing bonus skills in the routine. The goal is for gymnasts to perform skills that can be used in an optional routine. All execution deductions apply on all swings. A 'still' pirouette or a swinging pirouette is allowed after the momentary hold in #9. Either is acceptable.
#13 Level 6 Rings RP 5.6	Inlocate Bonus	<u>Clarification:</u> (RP 5.6 Update #3) The inlocate bonus skill in the Level 6 Rings compulsory can be treated in the same manner as the bonus giant skill in the Horizontal Bar compulsory. An inlocate without rise will receive bonus (unless a fall occurs) even with a single large deduction for no rise. All other FIG deductions apply.
#14 Rings restrictions Page 2.7	Optional Honma Skills	<u>Clarification:</u> The typographical error on Page 2.7 under rings has been corrected. Honma skills are only limited for Level 8. NO restrictions for Levels 9, 10, JD. This rule is unchanged and corrects an error in the text.

Item# Page	Event Table	2016 – 2020 AGCP GENERAL RULES & OPTIONAL RULES Update 1/11/2018 Rules Clarifications and Interpretations
#1 1.3	AGCP Rules General	<u>Clarification:</u> All AGCP rules will follow Jr. FIG Code rules unless specifically stated as a modification to those rules. Jr. FIG Code requirements will not be repeated in the AGCP manual.
#1A 1.3	AGCP Rules General	<u>Interpretation:</u> FIG Rules concerning “Non-Recognition” - A large error related to deviation, holds, or angles will not automatically result in non-recognition of an element as long as the element is performed without a fall. Elements will be given value and element group credit if its performance is recognizable as the code box it represents. In all cases, the gymnast should be given the benefit of the doubt with regard to deviations, holds and angles in the execution of the element to preserve routine construction.
#2 1.3	AGCP Rules General	<u>Clarification:</u> Stick Bonus Rules – Stick Bonus is amended per level in the Table and will follow guidelines listed for skill value. <u>Exception:</u> No stick bonus will be awarded for “B” value dismount on FX. <u>Exception:</u> No stick bonus will be awarded on Pommel Horse.
#2 1.3	AGCP Rules General (1.1.18)	<u>Clarification:</u> Stick Bonus Rules – Award as long as there is no movement of the feet upon landing and the heels can be brought together without lifting a foot off the ground. Excessive arm motions and unsteadiness can be assessed as execution deductions regardless of whether stick bonus is awarded.
#3 1.3	AGCP Rules	<u>Clarification:</u> Junior Developmental Optional, JO, JE – Less than 6 skills deduction should be taken as a ‘Neutral Deduction’ for all levels.
#4 1.3	AGCP Rules	<u>Clarification:</u> All Levels – There is no execution bonus on Vault. <u>Clarification:</u> All Levels: Add 3-e below table - One skill or connection can only fulfill one Special Requirement or Element Group.
#5 1.3	AGCP Rules	<u>Clarification:</u> Optional Levels 8, 9, 10 – Routines on FX will be timed (FIG Rules). Any timing device or signal may be used to signal time to athletes as long as the method of signaling is communicated in the pre-meet instructions.
#6 1.4	L8 SR Rules	<u>Clarification:</u> Level 8 Special Requirements FX: Repetition of an element in connection is allowed one time only. An element cannot be repeated again. FIG rules will be followed concerning repetition with this one exception at Level 8 only.
#7 1.4	L8 SR Rules	<u>Clarification:</u> Level 8 Special Requirements FX: Counter saltos do not fulfill Special Requirement #3.
#8 1.4	L8 SR Rules	<u>Interpretation:</u> Level 8 Special Requirements FX: Whip or Tempo salto does not fulfill SR #1. Must be minimum “B” and/or all multiple flipping skills.
#9 1.4	L8 SR Rules	<u>Interpretation:</u> Level 8 Special Requirements PH: Terminology clarified for ½ turn Special requirements #2 & #3 (Kehre-Stockli/Spindle- Czechkehre). ½ turn skills in Special requirements #2 & #3 must be completed without intermediate circles that break up the ½ turn. (Example: ¼ turn, circle, ¼ turn will not fulfill the SR). <u>Clarification:</u> Count the highest dislocate or inlocate on Still Rings for Special Requirement #3 regardless of chronological order. <u>Clarification:</u> Level 8 Special Requirements HB: Skills with starting with ½ turn or more may satisfy DR #2 and DR #3. Example: (Full pirouette, Quast). Terminology for ½ turns clarified.
#10 1.5	L8 SR Rules PH	<u>Clarification:</u> Level 8 Special Requirements: PH Skills Table: Skills that satisfy DR #1 must be in cross support (#’s 3.27, 3.44, 3.46, 3.56, 3.58, 3.82, 3.83) Roth and Wu (3.82, 3.83) may also satisfy DR #3.
#11 1.5 1.6	L8 SR Rules PH	<u>Clarification:</u> Level 8 Special Requirements PH: Skills denoted by check mark listed in the table satisfy the Special Requirements for each Category. Terminology in headings changed to match “Special Requirements”
#12 1.7	Age Rules	<u>Clarification:</u> Age for competition Level 4 and 5 interpretation - Gymnast must turn chronologically 6 years old before he may compete Level 4. Competitive aged 7 year olds may compete Level 5.
#13 1.9 1.10	Matting Rules	<u>Clarification:</u> FX - A landing mat of up to 10 cm (4”) may be used for landings of any multiple flipping skills only. The mat must remain in place throughout the routine. <u>Clarification:</u> All Optional Levels – Required matting of 30 cm plus an additional 8” (20 cm) is allowed on Still Rings, Vault, and Horizontal Bar. Additional mats will be assessed a neutral deduction (-0.3) <u>Clarification:</u> Mat Specifications Table (1.9) -All mat specifications have been formatted in centimeters to match FIG formatting.

Item# Page	Event Table	2016 – 2020 AGCP GENERAL RULES & OPTIONAL RULES Update 1/11/2018 Rules Clarifications and Interpretations <i>continued</i>
#14 2.5	Holds	<u>Clarification:</u> Momentary holds that do not show control or a stop in position will be assessed a (-0.3) deduction for no hold in the compulsory program.
#15 2.6	Comp. Extra Swings	<u>Clarification:</u> On PH, R, PB, HB – Interpretation of “allowed” of “not allowed” extra swings for each event defined. Extra circles or swings allowed on PH & R. Extra swings allowed on PB only where noted. Extra giants only are allowed on HB.
#16 2.7 2.10	JO Vault Table	<u>Clarification:</u> Bonus Table modifications have been reformatted as of July 31 st 2017 and will supersede all previous updates as contained in the tables and text. FIG Code numbers identify the skills allowed for bonus.
#17 2.8 2.10	JO Vault Table	<u>Clarification:</u> Vaulting Bonus: Handspring Layout Front Salto ½ twist value in the FIG Code is 4.0. Strike note in Vault Bonus table (same as FIG). Handspring Pike Front ½ twist vault will receive a 3.6 value. <u>Interpretation:</u> A 5.0 or higher single vault must be performed without a single large deduction to receive the bonus. <u>Clarification:</u> Level 8 & Junior Developmental may perform Yurchenko vaults as listed by Restriction in the Table (338,343,370). Level 9 & Junior Developmental may not perform multiple flip vaults. <u>Clarification:</u> All Levels – A Yamashita (1.6) and Yamashita ½ (1.8) may be performed for value.
#18 2.8 2.10	Optional Rules PB	<u>Clarification:</u> Optional Bonus Table PB: Empty ½ swing into any peach, giant, cast, or Moy skill is allowed. <u>Clarification:</u> Optional Bonus Table PB: Only FIG Code skills are allowed unless specifically noted as a Special Exception.
#19 2.8 2.10	Optional Rules HB	<u>Clarification:</u> Optional Bonus Table HB: Swing half turn is allowed after non-flipping release skills in the JO program. Add to Page 2.11 #7-a. Refer to Special Exception in Table (i.e., Tkatchev, Voronin, Yamawaki, Gienger, Def, Jaeger). <u>Clarification:</u> Special Exception HB: Clarify Jam – Refer to Jam Table for JO values below #6a. “C” Jam Bonus and JO values apply to all levels.
#20 2.9	JD Table	<u>Clarification:</u> JD Optional Rules Table: A table has been added for quick reference to general JD rules requirements. Two divisions in JD can be referred to as J1 & J2 for ‘Proscore’ level distinction.
#21 2.10 2.11	Optional Table	<u>Clarification:</u> All Bonus Skills: No skill with a single large deduction will receive bonus. <u>Clarification:</u> All Levels – Skills may no longer be repeated in direct connection. FIG Rules will apply. Exception: Level 8 FX one time only. <u>Clarification:</u> Optional Bonus Table: Junior Developmental Division: Bonus rules listed in the optional table do not apply. JD athletes are not eligible to receive these bonus categories. <u>Clarification:</u> Optional Bonus Table: Vault – A maximum of (+0.2) will be awarded for stick bonus. If one vault is performed below a 5.0 value (+0.1) is allowed. <u>Clarification:</u> A “C” Value Jam to handstand will receive +0.1 bonus on HB. Notation is added to the table to reflect the Jam to handstand chart. <u>Clarification:</u> Short routine deduction – The short routine deduction for all optional levels will be assessed as a neutral deduction.
#22 2.7 2.11	Optional Rules	<u>Clarification:</u> Pommel Horse 9. (Add b.) A single global skewing deduction will be applied for “C” and higher longitudinal travels in the junior program. (Not FIG per section).
#23 2.7 2.11	Optional Rules	<u>Clarification:</u> Pommel Horse – All Levels - Partial credit will not be awarded for Russian, travel or any other listed skills. FIG Rules apply on Pommel Horse concerning credit for value of skills.
#24 2.7 2.11	Optional Rules	<u>Clarification:</u> The restriction on Honma skills on Still Rings applies only to Level 8. There is no restriction on the number of Honma skills for Levels 9, 10, or JD.
#24 2.11	Optional Rules	<u>Interpretation:</u> Junior Developmental Optional – Pommel Horse: The FIG rule requiring all three parts of the horse are covered will be applied. FIG Rules concerning execution will be followed unless specifically noted for all events.
#24 2.11	Optional Rules	<u>Clarification:</u> JD Athletes may not perform vaults that are not listed in the FIG Code. (i.e., Hecht style or pike/squat through type vaults)

Item Page	Event	2016 – 2020 AGCP COMPULSORY RULES CLARIFICATIONS Update 1/11/2018 Rules Clarifications and Interpretations
#1 1.1	AGCP Rules	<u>Interpretation:</u> Level 7 Age Group (10-11): A competitive age 9-year old may not compete Level 7. There is no age bumping in the AGCP.
#2 1.7	AGCP Rules	<u>Clarification:</u> A - #2: No age bumping allowed – Gymnast must be 6 years old before he can compete Level 4. Competitive age must be 7 before he may compete Level 5.
#3 2.6	AGCP Rules	<u>Clarification:</u> Guidelines for compulsory judging - Additional text added to clarify when extra swings are allowed for each event and when routine must be performed as written. All performed swings are judged for execution.
#4 3.5	L6 FX	<u>Interpretation:</u> Part #3 (Forward roll to Headspring)– A jump prior to the headspring is not allowed for safety reasons.
#5 3.6	L7 FX	<u>Clarification:</u> Part #4 SB #2 – A rebound is not allowed after SB #2: (Pike or layout salto) Salto to stand (FIG landing) is required in Part #4.
#6 3.6	L7 FX	<u>Clarification:</u> Part #6 SB #3 – Any FIG “B” Press or higher value is allowed for SB #3 (language change). Gymnast may “drag” to press from prone position following Swedish fall to fulfill this requirement.
#7	General PH	<u>Interpretation:</u> Compulsory levels – Angular deviation is a judgment call by officials. Large error (-0.5) per FIG results in not awarding bonus.
#8 4.4	L6 PH	<u>Clarification:</u> PH Forward: Czechkehre Terminology corrected, refer to page 4.3 (B-4 Czechkehre detailed description). Rewritten.
#9 4.5	L4 PH	<u>Interpretation:</u> Mushroom – The maximum deduction for a fall would 1.0 + 1.5 in Part #1. Evaluation = Execution + Fall. Execution deductions are in addition to a fall.
#10 4.6	L5 PH	<u>Clarification:</u> ½ Spindle – May be done in one or two circles.
#11 4.8	L7 PH	<u>Clarification:</u> Disregard video (1 side circle missing in bonus routine) Text is correct. Video is not an official version.
#12 5.6	L6 SR	<u>Clarification:</u> Part #9 SB #3 (Inlocate): Clarify definition of ‘rise’ – At ring level no deduction, no rise = -0.5 no bonus (Evaluation relative to these standards) Text in performance criteria changed from “significant rise” to “must show rise”.
#13 5.7	L7 SR	<u>Clarification:</u> Part #2 SB #1 - Tucked Planche to “L” support - 2 second hold on each part as described in Skill Description. Performance criteria language.
#14 6.4	L5 V	<u>Interpretation:</u> Part #2 & 3 V: Arms may not be overhead on hurdle to board contact, text is correct as described in Performance Criteria.
#15 6.6	L7 V	<u>Clarification:</u> Vault Options for Division I & II: Disregard graphics on video (Division I & II reversed) Text is correct in the table in the manual. Division I (All five vaults allowed), Division 2 (three basic vaults allowed only)
#16	Comp. PB	<u>Interpretation:</u> Momentary holds required for handstands as written – gymnast showing control of handstand position fulfills the requirement.
#17 7.6	L6 PB	<u>Interpretation:</u> Part #3 SB #1A (Moy to support): No intermediate swing allowed, Layaway on swing backward from rear support (text is correct)
#18 7.6 7.7	L6 PB L7 PB	<u>Interpretation:</u> Note: A gymnast too tall to do a giant swing with bars at FIG maximum height may substitute a cast. This also includes cast support for fulfilling the bonus skill requirement.
#19 7.7	L7 PB	<u>Interpretation:</u> Part #9 SB #2 & #3: May be done in any order only following Part #9. Text is correct.
#20 8.5	L4 HB	<u>Clarification:</u> Part #6 – Failure to execute a “hop” (simultaneous release of both hands) on the backward swing will be treated as a (-0.5) composition error instead of a missing part since the entire part has not been omitted.

Item Page	Event	<p style="text-align: center;">2016 – 2020 AGCP COMPULSORY RULES CLARIFICATIONS Update 1/11/2018 Rules Clarifications and Interpretations <i>continued</i></p>
#21 8.6	L5 HB	<u>Interpretation:</u> Part #6 SB #2: Either a swinging pullover (hips touching bar) or a ¾ giant swing backwards to support (free of bar) is allowed. No deduction for bent arms. Deduct only for excessive strength, lack of continuous rhythm, and standard FIG form deductions.
#22 8.6	L5 HB	<u>Interpretation:</u> Part #4: An extra swing is not allowed before the kip. The routine must be performed as written.
#23 8.6	L5 HB	<u>Clarification:</u> Part #2 Bonus: Missing Virtuosity Criteria added.
#24 8.6	L5 HB	<u>Clarification:</u> Part #9 Bonus: Flyaway – Deduction for spotter not present as required for dismount added.
#25 8.7	L6 HB	<u>Interpretation:</u> Part #5: An extra swing is not allowed before the kip. The routine must be performed as written.
#26 8.7	L6 HB	<u>Interpretation:</u> Part #7 SB #2 & #3: If both are performed it must be as instructed in the note above.
#27 8.6 8.7	L5 HB L6 HB	<u>Interpretation:</u> Free hip requirements as written. There is no angle specified. Hips must be free and clear of bar.

Chapter 1 – General Age Group Competition Program Information

I. Age Group Explanation & Competition Program Tables

A. Age Group Competition Compulsory Levels Overview

1. **Level 1-3** – These are intended as introductory levels with performance to be exhibition only and with no evaluation criteria. Clubs are encouraged to utilize these elements to introduce boys at in-house events to performing competitive routines. The complete program is set forth in USA Gymnastics Essential Elements Levels 1-2-3 Program and can be purchased through the following link. [Essential Elements](#)
2. **Levels 4-7** – These are competitive levels which follow the Age Group and Scoring breakdowns as indicated in the Compulsory Levels Chart below. The routines for these levels are listed in the Event Specific Chapters 3 – 8
3. **Competitive Level Qualification**– For competition within each state or region, refer to the Rules & Policies for factors that may determine the qualification to respective state and regional championships.
4. **Compulsory Levels Chart:**

Age Group Competition Program Table - Compulsory Levels								
All Events Except Vault								
Level	Age Group	Highest Competitive Qualification	Scoring					
			Base Score	Identified Virtuosity	Stick Bonus	Div. II Max Score	Specified Bonus (SB)	Div. I Max Score
4	6	STATE	9.5	0.3	0.2	10.0	1.0	11.0
	7-8							
	9-10							
	11 & Over**							
5	7-8	REGIONAL	9.5	0.3	0.2	10.0	1.5	11.5
	9-10							
	11 & Over**							
6	8-9	REGIONAL	9.5	0.3	0.2	10.0	1.5	11.5
	10-11							
	12 & Over**							
7	10-11	REGIONAL	9.5	0.3	0.2	10.0	2.0	12.0
	12 & Over**							
Vault								
4	See age groups above	STATE	9.5	0.3	0.2	10.0	None	10.0
5	See age groups above	REGIONAL	9.5	0.3	0.2	10.0	None	10.0
6	See age groups above	REGIONAL	9.5	0.3	0.2	10.0	None	10.0
7*	See age groups above	REGIONAL	9.0 - 9.5*	0.3	0.2	9.5	None	10.0*
**18 year maximum age		*See Chapter 6 – Level 7 Vault for Division I base score options						

B. Age Group Competition Optional Levels Overview:

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

- a. **Junior Olympic Division** – Competitors will perform optional routines only utilizing the score components listed in the Optional Levels Chart below. Gymnasts advance to the Junior Olympic National Championships based upon their optional routines qualification through the Regional Championships. Gymnasts in this division are eligible to receive All-Around, Individual Event, and Team awards at the Junior Olympic National Championships. Gymnasts competing in the Junior Olympic Division are not eligible for National Team Selection or qualification to the USA Championships.
- b. **Junior Elite Division** – Competitors will perform designated Technical Sequences in addition to performing optional routines utilizing the score components listed in the Optional Levels Chart below. Gymnasts in this division are eligible to receive All-Around, Individual Event, and Team awards at the Junior Olympic National Championships. Gymnasts competing in the Junior Elite Division are eligible for National Team Selection and qualification to the USA Championships (Level 10 - 15+ years old).
- c. **Junior Developmental Division** – **Junior Developmental Optional division competitors (Age 11-14 and Age 15-18)** perform optional routines utilizing the score components listed in the Optional Levels Chart below. Gymnasts may receive All-Around, Individual Event and Team awards at State and Regional Championships. This division is designed as it's own separate division to be included with the Junior Olympic and Junior Elite divisions in both general local competition and State and Regional competitions. Gymnasts competing in the Junior Developmental Division do not advance to the National Championships and are not eligible for National Team selection.
- d. **Optional Levels Table** – See chart on page 1.3

2. National Team Qualification and Selection

- a. **Level 8 & 9 Junior Elite**
 - i. Level 8 & 9 Junior Elite athletes must qualify to the Junior Olympic National Championships based on combined scores of Technical Sequences and Optional Routines performed at the Regional Championships. Regional Qualification will be based on the use of the Technical Sequences at the State Championships.
 - ii. National Team selection for these levels will be based on combined scores of Technical Sequences and Optional Routines at the Junior Olympic National Championships. For more detailed information concerning the Junior National Team program and selection please refer to the “USA Gymnastics Men’s Junior National Team Program” handbook.
- b. **Level 10 Junior Elite**
 - i. Level 10 Junior Elite athletes must qualify to the Junior Olympic National Championships based on combined scores of Technical Sequences and Optional Routines performed at the Regional Championships. Regional Qualification will be based on the use of the Technical Sequences at the State Championships.
 - ii. Level 10 Junior Elite athletes must qualify to USA Championships based on combined scores of Technical Sequences and Optional Routines at the Junior Olympic National Championships or at the National Qualifier.
 - iii. National Team selection for this level will be based on two days of optional competition at USA Championships. For more detailed information concerning the Junior National Team program and selection please refer to the “USA Gymnastics Men’s Junior National Team Program” handbook.

A. Age Group Competition Optional Levels Overview: (Continued)

Age Group Competition Program Table - Optional Levels							
Level	Age Group	Highest Competitive Qualification	Score Components				
			Number of Skills	Element Groups	Required Dismount EG	Stick Bonus	Execution Bonus
Junior Olympic – Optional Routines Only							
8	12*	NATIONAL	8 (7 + dismount)	2.0*	A = 0.5	B = 0.1*	+ 0.1 If execution deductions = 0.0 - 0.8 (No EB Vault)
	13-14	REGIONAL				C = 0.2	
9	13-14	NATIONAL	8 (7 + dismount)	2.0	B = 0.5	C = 0.1	
	15-16	REGIONAL			A = 0.3	D = 0.2	
10	15-16	NATIONAL	8 (7 + dismount)	2.0	C = 0.5	D = 0.1	
	17-18				B = 0.3	E = 0.2	
					A = 0.0		
Junior Elite – Optional Routines & Technical Sequences							
8	11-12	NATIONAL	8 (7 + dismount)	2.0*	A = 0.5	B = 0.1*	+ 0.1 If execution deductions = 0.0 - 0.8 (No EB Vault)
						C = 0.2	
9	13-14	NATIONAL	8 (7 + dismount)	2.0	B = 0.5	C = 0.1	
					A = 0.3	D = 0.2	
10	15-16	NATIONAL	8 (7 + dismount)	2.0	C = 0.5	D = 0.1	
	17-18				B = 0.3	E = 0.2	
					A = 0.0		
Junior Developmental – Optional Routines							
JD	11-14	REGIONAL	6 (5 + dismount)	D1 – 1.5 D2 - None	D1 – JO A D2 – JO A	None	None
JD	15-18	REGIONAL	6 (5 + dismount)	D1 – 1.5 D2 - None	D1 – JO A D2 – JO A	None	
<ol style="list-style-type: none"> Optional Rules are based on the JR. FIG <i>Code of Points</i> with Junior Olympic modifications listed in the Optional Levels 8 – 10 Judging & Rules Guidelines section. Junior FIG Rules apply except where noted. Less than 6 recognized skills results in a -1.0 neutral deduction for each missing skill. Stick Bonus: Refer to Event Specific Bonus for Vault. None awarded on Pommel Horse. *No stick bonus for a “B” dismount on Floor Exercise in Level 8. The term “Special Requirements” is used to denote the “Element Groups” for the four categories of skills that are listed in the FIG Code for Level 8. All (4) Element Groups must be fulfilled to receive Execution Bonus. Junior Developmental gymnasts will use pommels on the pommel horse in all age groups. 19 year olds that meet JO eligibility requirements may compete in the 18 year old division. *Competitive age 11 JO athletes may compete Level 8 optional but must compete Technical Sequences at their State Championship and attempt to qualify to Regionals and Nationals in the Junior Elite Division. Floor routines timed per FIG. Type of signaling device used should be communicated in meet instructions. 							

3. Level 8 Special Requirements

- The following rules table for Special Requirements will be used for all Level 8 competition in the Junior Olympic Program. These rules do not apply to the Junior Developmental Division.
- The skill requirements for Level 8 competition are designed to provide direction for the coach and athlete to assist with the transition from the compulsory program to the optional program.
- In addition, the recommended appropriate skill categories will help to provide a cohesive foundation for future optional development as the gymnast progresses to higher levels of competition.
- Skills that are denoted by checked boxes in the Level 8 Pommel-less Skills Table fulfill the Special Requirement for that event.
- One skill or one connection can only fulfill one Special Requirement. Special Requirements must be fulfilled independently from each other.

B. Age Group Competition Optional Levels Overview: (Continued)

Level 8 Special Requirements Rules Table					
#	Special Requirement	Value	#	Special Requirement	Value
Floor Exercise – Junior FIG Restrictions Apply					
1	Minimum “B” value layout salto backwards (Multiple flipping skills fulfill the requirement)	0.5	3	Two saltos in direct connection	0.5
2	Minimum “B” value salto forwards	0.5	4	Minimum FIG “A” value dismount	0.5
Special Exceptions or Restrictions: (Note: Counter saltos do not fulfill SR #3) In #1, Tempo salto (whip) does not fulfill the requirement In #3, Allow repetition of salto once only if performed in direct connection. Chronology rules do not apply. In #4, a non-FIG dismount will receive partial Special Requirement value of +0.3 (must be acrobatic)					
Pommel-less Horse - Junior FIG Restrictions Apply					
1	Minimum ½ longitudinal travel forward or backward	0.5	3	Spindle or Russian - Minimum ½ turn (180°)	0.5
2	Kehre or Stockli - Minimum ½ turn (180°)	0.5	4	Any listed Pommel-less Horse dismount	0.5
Special Exceptions or Restrictions: In #2 & #3, 1/2 turns must be completed in one circle or flair and all turns must continue to circles In #4, There are <u>no</u> non-listed dismounts for partial credit. A listed dismount must be performed.					
Still Rings - Junior FIG Restrictions Apply					
1	Handstand	0.5	3	Inlocate or dislocate with shoulders at ring height or giant (count highest element)	0.5
2	Minimum FIG “A” value skill in support	0.5	4	Minimum FIG “A” value dismount	0.5
Special Exceptions or Restrictions: (The FIG composition requirement of swing to handstand is not required at L8) In #3, skills below required height will receive partial Special Requirement value of +0.3 In #4, a non-FIG dismount will receive partial Special Requirement value of +0.3					
Vault – Junior FIG Restrictions Apply					
Special Exceptions or Restrictions: No multiple flipping vaults allowed. Round-off entry allowed (Yurchenko) for (338,343,370)					
Parallel Bars - Junior FIG Restrictions Apply					
1	Minimum “B” value long hang or basket skill	0.5	3	Minimum FIG “A” value ½ turn or more in or through support	0.5
2	Minimum FIG “A” value upper arm skill	0.5	4	Minimum FIG “A” value dismount	0.5
Special Exceptions or Restrictions: In #4, a non-FIG dismount will receive partial Special Requirement value of +0.3					
Horizontal Bar - Junior FIG Restrictions Apply					
1	Minimum FIG “A” value in-bar circling skill	0.5	3	Minimum FIG “A” value swing beginning from ½ turn or more done from under grip	0.5
2	Minimum FIG “A” value swing beginning from ½ turn or more done from over grip	0.5	4	Minimum FIG “A” value dismount	0.5
Special Exceptions or Restrictions: In #2 & #3, there is no deduction for ‘change of direction’. ½ turn swings must come from a long hang to a handstand. In #4, a non-FIG dismount will receive partial Special Requirement value of +0.3 Note: There will be no FIG change of direction deduction applied to Level 8 Horizontal Bar. 5 swings forward and backward are allowed with 5 th swing being a value skill on the mount.					

B. Age Group Competition Optional Levels Overview: (Continued)

4. Level 8 Pommel-less Horse Rules & Skills Table

- Only skills listed in the Level 8 Pommel-less Horse Skills Table below are allowed
- FIG skill selection and elimination criteria: Skills that are defined by being on the pommels, and skills that are defined by their starting and/or ending position on or around the pommels, have been eliminated. There are certain skills that have been included (for developmental reasons) that while being on the pommels can be done on the leather and are easily identified.
- Skill identification and evaluation criteria: For skill identification, a skill is completed when both hands have reached the intended part of the horse. Traveling skills will be evaluated as either traveling 1/2 or 3/3 of the horse (1/3 & 2/3 travels will not be used).
- FIG rules apply with the exception of no deduction for not touching all three parts of the horse.

Level 8 - Pommel-less Horse Rules & Acceptable Skills List			
Skills - These skills receive value, but do not fulfill any Special Requirement			
Skill Description	FIG Code Box	Modification	Value
1/4 turn from cross support frontways (1/2 Kehr)		Added Skill	A
1/4 turn frontways from side support (1/2 Kehr)		Added Skill	A
1/4 turn from cross support rearways (1/2 Stockli)		Added Skill	A
1/4 turn rearways from side support (1/2 Stockli)		Added Skill	A
Circle in side support	2.1		A
FLAIR in side support	2.1	Virtual Box	A
Circle in cross support frontways	2.13		A
FLAIR in cross support frontways	2.13	Virtual Box	A
Circle in cross support rearways	2.19		A
FLAIR in cross support rearways	2.19	Virtual Box	A
1/4 Spindle from side support	2.25		A
1/4 Spindle from cross support	2.31		A
Tippelt - Flair or Circle through H.S. back to circle/flair	2.39		C
Schwabenflank	2.91		A
Travel fwd in side support (1/2)	3.1		A
Travel fwd in side support (3/3)	3.2		B
Travel bwd in side support (1/2)	3.13		A
Travel bwd in side support (3/3)	3.14		B
Travel from side support with 2x 1/2 spindles (3/3)	3.29		E
Special Requirement 1 - Minimum ½ longitudinal travel forward or backward			
Skill Description	FIG Code Box	Modification	Value
Travel with 1/2 spindle from cross support (1/2)	3.27		C
Travel fwd in cross support (1/2)	3.44		B
Magyar - Travel fwd in cross support (3/3)	3.46		D
3/3 Cross support travel forward in flairs	3.53		E
Travel bwd in cross support (1/2)	3.56		B
Sivado - Travel bwd in cross support (3/3)	3.58		D
3/3 Cross support travel backward in flairs	3.65		E
Moguilny: 3/3 travel – kehre forward, reverse stockli, kehre forward	3.70		D
Belenki: 3/3 travel – kehre backward, kehre forward, kehre backward	3.76		D
Roth: 360 Russian with 3/3 travel	3.88		D
Wu Guonian: 720 Russian with 3/3 travel	3.89		E

B. Age Group Competition Optional Levels Overview: (Continued)

4. Level 8 Pommel-less Horse Rules & Skills Table (Continued)

Special Requirement 2 - Minimum ½ turn Kehre or Stockli (180°)			
Skill Description	FIG Code Box	Modification	Value
Direct Stockli A	2.50		B
Busnari	2.54		G
Double rear (Kehre)	2.61		A
Reverse stockli 180 or 270	2.80		B
Czechkehre	2.92		B
Urzica: kehre + stockli (3/3)	3.69		C
Moguilny - kehre + stockli + kehr (3/3)	3.70		D
Belenki: stockli + kehre + stockli (3/3)	3.76		D
Special Requirement 3 - Minimum ½ turn Spindle or Russian (180°)			
Skill Description	FIG Code Box	Modification	Value
1/2 Spindle from side support	2.26		B
1/1 Flair spindle from side support (2 circles)	2.28		D
1/2 Spindle from cross support	2.32		B
Magyar - 1/1 spindle from cross support (2 circles)	2.34		D
180 or 270 Russian	2.103		A
360 or 540 Russian	2.104		B
720 or 900 Russian	2.105		C
1080 Russian	2.106		D
360 Russian with 1/2 travel		Added Skill	C
Special Requirement 4 - Dismounts			
Skill Description	FIG Code Box	Modification	Value
Flank off (facing out)		Added Skill	A
Wende	4.1		A
Chagunian to wende	4.2		B
Kolyvanov - circle or flair H.S. + 3/3 travel + 450 turn	4.4		D
DSA to handstand, 3/3 travel with 450 or more turn	4.5		E
360 or 540 Russian	4.8		B
720 or 900 Russian	4.9		C
1080 Russian	4.10		D
180 Russian with 1/2 travel	4.14		B
Circle or FLAIR to H.S.	4.20	JO upgrade	C

II. General Rules, Regulations and Explanations

A. Age Determination and Competition Level:

1. The Junior Olympic competitive season is defined as September 1st – May 31st. For all aspects of the Men's Junior Olympic Age Group Program, a gymnast's competitive age throughout the entire competitive season is determined by the age he will be on May 31st of the current competitive season. (For example: For all competitions held from September 1st 2016 to May 31st 2017 a gymnast's competitive age is determined by his age as of May 31st, 2017). As a result of moving the gymnast's competitive age forward to the current competitive season, there will be no 'age mobility' or 'age bumping' in the junior program.
2. A gymnast under the actual age of 6 years old will not be permitted to participate in the Men's Junior Olympic Age Group Competition Program under any circumstance. If a gymnast's competitive age, as of May 31st, is 6 years old he may only compete during that competitive season once he has reached the actual age of 6 years old. 6 year olds must compete Level 4. A gymnast whose competitive age is 7 as defined by the May 31st age determination date may compete Level 5.
3. The maximum competitive age for a gymnast to participate in the Men's Junior Olympic Age Group Competition Program is 18 years old. A gymnast whose competitive age is 19 years or older and has graduated from high school must participate as a senior athlete. A gymnast whose competitive age is 19 years old but is still attending high school during that competitive season may compete in the Junior Olympic Competition Program.

B. Uniforms:

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

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

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

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

D. Coach's Spotting Responsibilities:

1. A spotter is required, for all levels, to be in position to safely spot the entire performance on the Horizontal Bar, Still Rings and Vault.
2. A spotter is allowed at all levels on Parallel Bars.
3. If a spotter appears on the Floor Exercise or Pommel Horse / Mushroom events, the deduction is 0.5 from the routine's final score.
4. The gymnast should not be allowed to begin the routine without the presence of the required spotter. If the spotter walks away prior to the completion of the routine, the deduction will be 0.3, with a warning to the coach that a second infraction will result in his remaining gymnasts not being allowed to compete on that event that day.

E. Specialists:

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

F. Junior Developmental Optional Division - Guidelines:

1. A critical time for many boys is preparation and advancement to the optional divisions. The Junior Developmental Optional Division provides an opportunity to continue to compete successfully for athletes who may not be able to commit the necessary time required to master more advanced skills on all six events. Athletes in this division may still be able to compete with their teams while their practice time may be limited to two or three days per week. While junior high and high school boys may experience more demands on their time academically they can still enjoy competing in gymnastics. Many boys experience success in 1, 2, or 3 events optionally where they enjoy gymnastics performance more. Other events become difficult for them for a variety of reasons as they grow and encounter more difficult skill mastery. This division offers these athletes the opportunity to continue their participation at a level they can enjoy on events of their own selection.
2. At 11 years old, athletes coming out of the compulsory program are now given more options for optional competition giving the coach a great deal of flexibility on adjusting to the growth and development of each of his team members. Many boys start gymnastics very late and do not have the benefit of years of compulsory development. In this division they can move right into optional competition. Coaches and clubs are encouraged to implement competition in the Junior Developmental Division at all competitions along with Junior Olympic or Junior Elite Divisions to encourage growth in the sport up to and including State and Regional Championships. The rule structure for the Junior Developmental Division is intentionally very simple to allow for ease of implementation and access. Two divisions are provided to meet the ability levels for different athletes in this program.

Junior Developmental Division 1: (refer to JD Rules Tables – page 2.9)

- 6 value parts minimum = 5 skills + dismount
- Dismount may be Non-FIG "A" or higher, (No EG I on FX)
- All skills can be FIG or Non-FIG JO "A" part recognizable gymnastics skills
- Execution Base = 10.0 + Difficulty (FIG) + EG (FIG "A" minimum = Capped 1.5), No Bonus applicable
- Extra swings follow JO Optional Rules, JO exceptions allowed on all events
- Vaults = No twisting Yurchenko, No multiple flipping vaults
- No FIG swing to handstand required on Rings, JO restrictions on rings apply

Junior Developmental Division 2: (refer to JD Rules Tables – page 2.9)

- 6 value parts minimum = 5 skills + dismount
- Dismount can be JO "A" or higher, (No EG I on FX)
- All skills can be FIG or Non-FIG or JO "A" part recognizable gymnastics skills
- Execution Base = 10.0 + Difficulty (JO "A") No Bonus applicable
- Extra swings are allowed subject to execution deductions, JO exceptions allowed on all events
- Vaults capped at 12.4 – No Yurchenko or multiple flipping vaults
- No FIG swing to handstand required on Rings, JO restrictions on rings apply

Junior Developmental Optional: Age groups within the divisions may be split at the discretion of the meet director.

III. Equipment and Mat Specifications

A. FIG:

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

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

B. General:

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

C. Landing Mat Specifications Table:

Minimum Recommended Landing Mat Specifications For Junior Olympic Competition Program							
Event / Level	Level 4	Level 5	Levels 6	Level 7	Level 8	Level 9	Level 10
Note: 10 cm is approximately equal to 4 inches and 20 cm is approximately equal to 8 inches							
Floor Exercise	40'x40' or 6' x 40' strip Minimum 1 1/4" thick		40'x40' or 6' x 60' strip 1 1/2" foam on 4" spring deck		40'x40' 1 1/2" foam on 4" spring deck		
Pommel Horse	Not Applicable			12' x 12' x 10 cm (4")			
Mushroom	10' x 10' x 1 1/4" (panel mat)			Not Applicable			
Still Rings	8' x 15 1/2" x 20 cm (20 cm additional mat allowed in optional levels) (Compulsory levels may add matting to adjust height as allowed in III-E)						
Vault	6' x 12' x 30 cm Additional 20 cm allowed		8' x 15 1/2' x 30 cm Additional 20 cm allowed		8' x 15 1/2' x 30 cm Additional 20 cm allowed (Refer to Technical Sequence Manual for required JE matting)		
Parallel Bars	14' x 16' x 20 cm - Additional 20 cm allowed						
Horizontal Bar	8' x 30' x 30 cm - Additional 20 cm allowed (Compulsory levels may add matting to adjust height as allowed in III-E)						

D. Additional Matting:

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

E. Equipment Measurements:

1. **Floor Exercise:** (From the outside of both lines)
 - a. Level 4 – 5: Tumbling strip with a minimum width of 6 feet and a minimum length of 40 feet. A side or diagonal section of a 40' x 40' may be used
 - b. Level 6 – 7: Tumbling strip with a minimum width of 6 feet and a minimum length of 60 feet. A diagonal section of a 40' x 40' may be used.
 - c. Level 8 – 10: FIG – 12m x 12m (40' x 40')
2. **Pommel Horse:** (From the floor to the top of the horse body)
 - a. Levels 7 – 8: A standard pommel horse at any height with pommels removed
 - b. Levels 9 – 10: A standard pommel horse at any height. Maximum FIG height (up to 115 cm)
3. **Mushroom:** (From the surface of the mat to the top of the mushroom)
 - a. Levels 4 – 6: Height range: 16" to 30". Top diameter: 24" minimum (Across dome side to side) Dome: 3" to 6" (From dome base to apex)
4. **Still Rings:** (From the floor to the inside bottom of the rings)
 - a. Levels 4 – 7: High enough to swing without touching the landing mat; either by lowering the apparatus or by raising the landing surface
 - b. Levels 8 – 10: Maximum FIG height (up to 280 cm)
5. **Vault:** (From the floor to the top middle of the vault table)
 - a. Levels 4 – 5: Vault table not used
 - b. Levels 6 – 10: Vault table set at any height. Maximum FIG height (up to 135 cm)
6. **Parallel Bars:** (From the floor to the top of the rail)
 - a. Levels 4: High enough to swing in support position
 - b. Levels 5 – 7: High enough to swing in long hang position with knees bent
 - c. Levels 8 – 10: Maximum FIG height (up to 200 cm)
7. **Horizontal Bar:** (From the floor to the top of the bar)
 - a. Levels 4 – 7: High enough to swing without touching the landing mat; either by lowering the apparatus or by raising the landing surface
 - b. Levels 8 – 10: Maximum FIG height (up to 280 cm)

General Rules	Clarification: A panel mat or mat(s) may be used for mounting the Parallel Bars, Mushroom or Pommel Horse. A board may not be used to mount the Pommel Horse or Mushroom. A board may be used to mount the Parallel Bars. If it is placed inside the uprights it must be removed after the gymnast mounts.
----------------------	---

Chapter 2 – Judging Guidelines

I. General Judging Guidelines

A. Document Precedence:

1. The International Gymnastics Federation (Fédération Internationale de Gymnastique FIG) Code of Points will be used except where superseded by rules found in this USA Gymnastics Men's Junior Olympic Age Group Competition Program Manual and approved updates. Therefore, the order of precedence when determining which rules to use in the event of conflict is:
 - a. The USA Gymnastics Men's Junior Olympic Age Group Competition Program Manual with Rules Updates published by 2017-2020 Age Group Competition Committee (Rules Updates are available online at <http://www.usa-gymnastics.org>).
Note: The written routine descriptions contained in this manual always take precedence over those shown in the video routine presentations.
 - b. The NGJA/USAG Rules Interpretations (available online at: <http://www.ngja.org>)
 - c. The International Gymnastics Federation (Fédération Internationale de Gymnastique FIG) Code of Points with Rules Updates published by the FIG Men's Technical Committee (Rules Updates [aka FIG MTC newsletters] are available online at: <http://www.fig-gymnastics.com>)

B. Judging Duties:

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

C. Minimum Score:

The minimum score for any exercise or attempted vault in the Junior Olympic Program is 1.00.

D. Range of Allowable Scores:

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

'E' Panel Score	Allowable Deviation
9.30 - 10.00	0.10
9.00 - 9.30	0.20
8.60 - 9.00	0.30
8.20 - 8.60	0.40
7.70 - 8.20	0.50
7.20 - 7.70	0.60
<7.20	0.70

E. Routine Repetition Rule:

1. One attempt at a routine is allowed.
2. Should circumstances occur that are beyond the control of the gymnast which interrupt his attempt at a routine the gymnast may be given the opportunity to repeat his routine, at the discretion of the head judge.
3. Should a hand guard (grip) tear during the routine; the gymnast will be allowed to repeat his performance, at the discretion of the head judge.
4. An incomplete vault may be repeated once with safety in mind and at the judge's discretion with a deduction of 1.00 from the final score of the second attempt. No third attempt is allowed.

F. Spotting Deductions:

1. All spotting must be performed by an active USA Gymnastics Professional Member in good standing.
2. If there is no spotter, when required, the routine may not begin. If the spotter walks away when required, deduct 0.3. The event judge will warn the coach that another infraction may disqualify his athlete(s) on that event for that day.
3. If a spotter appears on the Floor Exercise or Pommel Horse / Mushroom events, the deduction is 0.5 from the routine's final score.
4. Unless specifically stipulated in a compulsory routine (Level 4-7) as an allowable spot, if the spotter assists in the execution of the skill, deduct 1.0 for the spot and also deduct for any execution errors that occurred in the execution of the skill. The judge has the discretion to not recognize the skill if, in his opinion, the gymnast could not have completed the skill on his own.
5. If, during the exercise, an incidental brush or touch occurs between the spotter and the gymnast, without interrupting or assisting in the skill, there is no deduction.
6. A coach may not spot an athlete from a surface that is higher than the allowable competition surface. The head judge will not allow the athlete to compete if this rule is violated.

G. Videotape Review:

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

H. General Apparatus and Behavioral Deductions:

1. Falls:
 - a. All FIG rules concerning falls apply in compulsory competition, i.e., a fall onto or off of the apparatus will be deducted 1.0 in addition to any other execution errors, the gymnast has 30 seconds to re-mount, the coach may ask the judge if credit for the skill was received.
 - b. After a fall a gymnast may repeat the skill to earn its skill value or bonus value for both optional and compulsory levels. This rule includes dismounts for both compulsory and optional competition.
2. If a coach speaks to the gymnast during his performance, a medium behavioral deduction of 0.3 should be taken from the gymnast's 'E' score. This deduction will be taken only once during a routine. It is not a deduction for a coach to speak to his gymnast during the 30 second time between a fall and a re-mount of the apparatus for the continuation of his routine.
3. If a springboard is used inside the uprights to mount the parallel bars, it must be removed as soon as the mount is completed (for the safety of the gymnast), or there will be an apparatus related violation of 0.5.

I. Landing Deductions:

All landing deductions are as per FIG.

II. Compulsory Levels 4 – 7 Judging Guidelines

A. Philosophy of Structural Elements of Scoring:

The compulsory routines have been designed with a dual purpose because not all gymnasts should be asked to meet the same advanced development goals at any given competition level. Therefore the framework was created to provide basic routines for everyone and gradually increase the opportunity for bonus as an athlete's development progresses.

1. The first purpose (Division II) is to provide basic routines that are constructed to encourage participation, promote growth, and provide opportunity for the recreational gymnast to be successful and continue to progress. The basic routines are designed so that they are achievable for the average recreational participant.
2. The second purpose (Division I) is to include in the routines the opportunity for the talented gymnast to challenge his development and mastery at each level with additional developmental skills (Specified Bonus) that are rewarded with bonus.

A. Philosophy of Structural Elements of Scoring: (Continued)

3. Virtuosity is at the foundation of the very name of our sport - "Artistic Gymnastics". The ultimate goal of every performance is technical excellence, artistic style, and the pursuit of perfection which in turn define virtuosity. Virtuosity is not a fleeting subjective concept rarely applied, impossible to define, and of little use to us. On the contrary, we believe that young gymnasts should be educated to how they can apply this standard of excellence to their performance in compulsory gymnastics. This compulsory program offers the direction to apply this valuable and essential tool in development of the quality of our sport's performance. At the same time it will offer a great deal of encouragement and motivation to the young athlete to know he has been rewarded for artistic and technical excellence.
4. The end result of these various scoring elements is to create a range of scoring that will adequately separate a diverse field of gymnasts and meet the needs of the wide range of ability levels within the program.

B. Base Score:

The base score or 'E' score for execution is 9.50 for all compulsory routines (Exception: Some Level 7 vaults - see Chapter 6). In a compulsory routine the base score is a defined number from which execution deductions are taken during the performance of the routine.

C. Specified Bonus (Division I Only):

1. At each level of competition we provide a set of listed skills that provides the foundation of fundamental ability and fitness. When the compulsory skills at that level reach an acceptable degree of mastery the gymnast can matriculate to the next level that offers new challenges. To create growth and challenge within each level we offer options for achieving a specified performance bonus. This bonus rewards athletes for achieving specific benchmarks of skill mastery that are appropriate for that level. These specified bonus skills are also designed to meet a pattern of 'progression-oriented' development.
2. As the gymnast progresses to higher levels of compulsory competition he gains a larger repertoire, background of experience, and a higher level of fitness. Therefore, a greater number of opportunities for specified performance bonus is offered at each level. There are two reasons for offering more specified bonus opportunities as the compulsory levels increase. First, the gymnast's increased level of fitness and skill foundation warrants making greater opportunities accessible. Second, the expanded opportunity for specified performance bonus helps to prepare the gymnast for the transition to the next level and/or eventually optional competition.
3. The routines have been designed in such a way that at least one of the specified bonus skills is a little easier to achieve than the others in order to encourage each athlete's development. In the routine tables the specified bonus skills are referred to as SB# and they have a value of (+0.5) each.
4. Specified bonus cannot be rewarded if there is a single "large error" (0.5) or greater in the execution of the skill. (Special Exception Example: An exception to this rule is the giant swing on horizontal bar where the specified bonus is awarded for attempting the giant swings successfully without a fall even if there is a large error in the performance of the giant swings).
5. There should be a purposeful balance between encouraging a talented athlete's development and clean execution of skills. If a gymnast can successfully perform a specified bonus skill with a "medium" (0.3) or less deduction he would be rewarded slightly for his higher level of achievement. Poor execution will negate the advantage. Judges are encouraged to take appropriate and fair execution deductions for the performance of the skill. Therefore, this program is designed to encourage an athlete's skill development and provide opportunities for specified bonus in each routine while maintaining a standard of 'risk vs. reward' that is equitable within the overall context of the program.
6. In all cases, a successfully completed bonus skill without a fall or a single large error will receive bonus regardless of the number of small or medium errors taken for failure to meet standards of performance criteria. (Example: A press to handstand with a required 2-second hold is performed but is not held for the time specified in the performance criteria. The bonus will be credited and appropriate execution deductions per FIG will be assessed).
7. Specified bonus skills may be repeated following a fall to receive full value and the bonus. There is no limit to the number of times it may be repeated. (Example: The gymnast falls from the apparatus while attempting a bonus skill. He may repeat the skill and receive the +0.5 bonus in addition to the numbered skill part associated with the skill, less execution, as long as there is no single large deduction in the performance of the skill).

C. Specified Bonus (Division I Only): (Continued)

8. The program is designed to provide more opportunity for the growth and development of the gymnast's skill repertoire as well as provide a core construction that can serve as the basis of an optional routine. The Level 7 compulsories have been designed as a tool to help bridge the gap between compulsory and optional competition and encourage each athlete to make the transition at a time that is appropriate for him. Therefore, this level has been designed with basic routines that serve as the core for a 'modified optional' approach.
9. There is no Specified bonus on Vault so for Levels 4 – 6. The Division II and Division I vaults are the same. Although there is no Specified bonus on Vault in Level 7 there are two distinct vault tables, one for Division II and one for Division I (Division I may select from all the vaults in either table).

D. Virtuosity:

1. A total of (+0.3) three tenths of virtuosity bonus can be awarded in each routine.
2. In order to help the coach, athlete, and judge set standards for virtuosity bonus specific benchmarks for performance have been identified in each routine. Virtuosity bonus is intended for 'levels of artistic performance, technical excellence or amplitude' rather than for doing a more difficult skill.
3. There are three identified virtuosity elements in each routine; (+0.1) can awarded for each element.
4. Where specified, virtuosity will be awarded for any qualified execution of a skill with (-0.1) 'small' deduction or less in execution.

E. Routine Scoring Tables:

1. Division II – Junior Developmental Division – Listed Compulsory Routines

Scoring Elements	Score Values
Base Score – Performance criteria	9.5
Identified Virtuosity – (+0.1) each	0.3
Stick Bonus – Landing (FIG requirement)	0.2
Total Maximum Score	10.00

2. Division I – Junior Olympic Division – Listed Compulsory Routines + SB Skills

Scoring Elements	Score Values
Base Score – Performance criteria	9.5
Identified Virtuosity – (+0.1) each	0.3
Stick Bonus – Landing (FIG requirement)	0.2
Specified Bonus (SB) – (+0.5) each	1.0 to 2.0 by level
Total Maximum Score	11.00 to 12.00 by level

3. Specified Bonus skills by Level – Junior Olympic Division I only (+0.5) each skill

SB Skills per Level	SB Points Available
Level 4 – 2 skills	1.0 bonus maximum
Level 5 – 3 skills	1.5 bonus maximum
Level 6 – 3 skills	1.5 bonus maximum
Level 7 – 4 skills	2.0 bonus maximum

F. Routine Error and Deduction Table:

Table of Routine Errors and Deductions	
Error	Deduction
Missing numbered part	1.0
Non-Recognizable part	0.5 (plus all accrued execution deductions)
Routine Composition Error	0.5 (once per routine)
Fall (as per FIG)	1.0
Large error (as per FIG)	0.5
Medium error (as per FIG)	0.3
Small error (as per FIG)	0.1
Empty and Intermediate swings (as per FIG)	Empty (½) - 0.3, Intermediate (Full) - 0.5

G. Specific Judging Guidelines:

1. Explanation of “Numbered Part” & Routine Composition Error:

- a. A “numbered part” is defined as a “numbered skill or sequence” in the routine skill description for each level in Chapters 3 through 8 of this manual.
- b. A “numbered part” is a “missing part” if it has been omitted.
- c. If the “numbered part” is partially completed (more than 50% as determined by the judge) it should receive credit and the appropriate FIG deductions (small, medium, large or fall) should be taken.
- d. Added “parts” such as circles on mushroom or pommel horse, extra giant swings on horizontal bar, extra swings on rings or extra swings on parallel bars where allowed should be judged for execution errors only per FIG.
- e. The Routine Composition Error encompasses routine elements or parts not allowed performed in the incorrect order unless otherwise specified. In this case, the deduction is a 0.5 global deduction that should only be taken once per routine in addition to any execution deductions.

2. Handstands:

A handstand is shown at plus or minus (0-15°) from vertical. The junior program will use FIG rules concerning swings to or through handstand.

3. Swing and Position Criteria:

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

- a. Horizontal
- b. 45°
- c. Vertical
- d. Bar height

4. Required holds:

- a. Holds are two seconds, unless otherwise noted. Hold deductions are per FIG.
- b. Momentary holds in the compulsory program are defined as holds that show a definite stop or control of the final finish position and are held less than or up to one second. Required Momentary holds that do not show a definite stop or control of the final finish position will receive a no hold deduction of (-0.3).
- c. In the case of awarding bonus, if the gymnast shows control of the final finish position he will be awarded bonus. If the gymnast clearly does not show control of the final finish position he will receive a single large deduction for failing to meet the required hold criteria and therefore not receive bonus for the skill.
- d. If a Specified Bonus skill is executed (50% or greater rule) but incurs a single large deduction or fall, the gymnast receives credit for the numbered skill part even though bonus is not awarded.

5. Added Holds:

Added holds are to be deducted as rhythm errors and not as added parts.

6. Steps:

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

G. Specific Judging Guidelines: (Continued)

7. Somersault Height:

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

8. Floor Patterns:

All tumbling passes can be performed on a 40' x 40' Floor Exercise mat or on a tumbling strip up to 60 feet in length.

9. Pommel Horse: (Extra circles or flairs are allowed and judged for execution except where noted)

Unless otherwise specified, all elements, compulsory or optional, begin and end in front support as per FIG. For all routines the gymnast must begin with both hands on the horse or mushroom.

10. Still Rings: (Extra swings are allowed and judged for execution except where noted)

Unless otherwise specified all basic swings on Still Rings should show a "turnover" action. See Chapter 5 – Still Rings, Section I – Compulsory Levels 4-7 Overview and Education, Paragraph C – Basic Technique, 1 - Basic Swing, for a full description. "Ring level" is defined as the top of the rings.

11. Vault:

- The junior program will not give a zero score for any attempted vault. The minimum score for any attempted vault will be 1.00.
- A balked attempt or incomplete vault may be repeated once (with safety in mind and at the judge's discretion) with a deduction of 1.00 from the score of the second attempt. No third attempt is allowed.

Table of Specific Errors and Deductions for Vault			
Error	Small	Medium	Large
Run Deductions: (Levels 4 – 7)			
Run slows down before hurdle, insufficient velocity or acceleration	0.1	0.3	N/A
Improper arm bend and swing action not complementary to the run	0.1	0.3	N/A
No distinct lift of front knee and extension of back leg	0.1	0.3	N/A
Rhythm break during run (stutter-steps) or insufficient stride	0.1	0.3	N/A
Hurdle Deductions: (Levels 4 – 7)			
Hurdle does not stay on level plane as knees lift, insufficient knee lift	0.1	0.3	N/A
Feet are behind hips on initial contact with springboard	0.1	0.3	N/A
Arm swing is not executed from back to front direction	0.1	0.3	N/A
Body not at vertical upon completion of board contact	0.1	0.3	N/A
First (Pre) Flight Deductions: (Levels 6 & 7)			
Diving or insufficient rotation to the blocking surface	0.1	0.3	0.5
Body position too arched or piked	0.1	0.3	0.5
All other deductions per FIG	0.1	0.3	0.5
Second (Post) Flight Deductions: (Levels 6 & 7)			
Repulsion not within 0° - 15° of vertical	0.1	0.3	0.5
Lack of distinct lift or rise from blocking surface	0.1	0.3	0.5
Body position too arched or piked	0.1	0.3	0.5
Landing Deductions: (Levels 4 – 7)			
All landing deductions per FIG.			

12. Parallel Bars: (Routines to be performed as written except where allowed extra swings are noted)

- A "hand-on-hand" spot is allowed without deduction on any compulsory skill that originates from support and bails into a long hang swing. There should be no evidence of facilitation to the element other than to ensure a secure grip.
- Extra swings are not permitted where specified routine composition is listed in the description of the numbered value parts in succession. (Exception: Level 7- addition of bonus skills where extra swings are allowed. SB#2 and SB#3 may be performed in any order with extra swings)

13. Horizontal Bar: (Routines to be performed as written except where allowed extra swings are noted)

Unless otherwise specified all under swings forward on Horizontal Bar should be tap swings. See the Chapter 8 - Horizontal Bar, Section I – Compulsory Levels 4-7 Overview and Education, Paragraph C – Basic Technique, 2 - Tap Swing, for a full description. Extra giant swings only are allowed.

Update 2 Compulsory Rules Clarifications

General	Clarification: <u>In Division 2</u> – Attempted Bonus skills are not a ‘routine construction error’. The gymnast may perform bonus skills. They will not receive the bonus award in Division 2 and will be judged for execution.
General	Clarification: <u>Non-Recognizable Part</u> – There is no non-recognizable part deduction in the compulsory program.
FX	Clarification: <u>Level 5 FX “Lower with straight legs to stand”</u> – This is intended to be a “pike down” with both legs.
FX	Clarification: <u>Compulsory FX Levels “Text requires run”</u> – A power hurdle may be performed instead of a run if the gymnast chooses.
FX	Clarification: <u>“Headsprings and Front Saltos”</u> – A controlled landing is required for all skills unless otherwise stated in the text.
PH	Clarification: <u>Mounting the mushroom or horse</u> – Disregard the position of feet and hands on the mount. The exercise begins when the feet leave the floor per FIG. Strike the line “gymnast must begin with both hands on the horse or mushroom” from the highlighted text in Update #1(Page 2.6 #9).
PH	Clarification: <u>Extra circles on PH in all compulsory levels</u> – extra circles are always allowed between skills and will be judged for execution.
PH	Clarification: <u>Part #7 Level 7 PH Dismount</u> – The intent is for a circle to be performed from the front support at the completion of any skill prior to a flank off dismount. (Example: Russian, Magyar, Spindle). If circle is omitted deduct as routine composition error (-0.5)
PB	Clarification: <u>Parallel Bar dismounts</u> : Gymnast may not hold onto the rail upon landing of dismounts. Disregard incidental touches.
PB	Clarification: <u>Compulsory Moy to Support or upper arm</u> – Bent knees are allowed in the compulsory program.
HB	Clarification: <u>Level 6 HB SB#2 & #3</u> : Bonuses are always separate and worth +0.5 each. They can be done together or separately. The intent is for a gymnast who falls attempting SB#2, he can re-mount and repeat SB#2 and add SB#3 or he can simply re-mount and execute SB#3.

III. Optional Levels 8 – 10 Judging & Rules Guidelines

A. General Bonus:

1. Execution Bonus:

Routines that have execution deductions equaling 0.0 - 0.8 will be awarded +0.1 in bonus. All four element groups must be fulfilled to receive this bonus. This bonus does not apply to Vault or to JD Optional.

2. Stick bonus:

- a. Stick bonus will be awarded for stuck dismounts that receive full Special Requirement credit for Level 8 and full Element Group IV credit for Level 9 and 10 as defined in the Optional Rules Table. There is no stick bonus on pommel horse.
- b. Stick bonus of +0.1 will be awarded for stuck vaults at Levels 8, 9 & 10. Stick bonus will also be awarded for Level 10 bonus vaults, see Vault Bonus Table to determine the amount awarded.
- c. Stick bonus will be added to the start value (D score).

B. Event Specific Bonus, Restrictions and Special Exceptions: Applies only to the JO & JE Divisions

c. Note: All bonus is awarded (+0.2) each time a qualified skill is performed as listed (except vault)

1. Floor Exercise:

- a. Element Group III 'D' or higher layout multiple salto: (FIG Code Box - 352, 353, 354, 359, 360, 366, 372)
 - Special Exception: Level 8 – A salto may be repeated in direct connection one time only

2. Pommel Horse:

- a. Element Group II Category: "E" or higher including any "E" Flop (FIG Code Box – 229, 230, 235, 241, 254, 265, 283, 2113) Exception: Busnari skill that ends in a leg cut does not receive bonus.
- b. Element Group III Category: "E" or higher travel with 360° or greater turn (FIG Code Box - 389, 395)
 - Special Exception: The "C" value will be awarded for any circle or flair to handstand including the dismount regardless of execution. There is no cap on execution deductions in the performance of the skill.

3. Still Rings:

- a. Element Group II & III Category: Any "C" or higher strength skill (Exception: FIG 369 – no bonus)
- b. Restrictions: Level 8 may only perform one Honma (Yamawaki) type skill from EG I. Level 8 gymnasts may perform one additional Honma type skill from EG III. No restrictions Level 9, 10, JD.

4. Vault:

- Level 10 gymnasts may earn vault bonus for either performing a single vault with a start value of 5.0 or higher or for performing two vaults where the second vault meets the following criteria:
- a. The gymnast's first vault is scored normally by the judging panel. If the gymnast performs a 5.0+ vault with a large deduction or greater he may elect to perform a second vault for bonus.
 - b. If the gymnast elects to perform a second vault for bonus he will do so immediately following the first vault. His coach must inform the judges of his intention as well as the name and start value of the second vault. A gymnast cannot receive both the two-vault bonus and the single vault bonus.
 - c. Both vaults must be from different FIG vault groups but they may have the same second flight.
 - d. Both vaults must have a salto in the second flight.
 - e. The judging panel must agree that the second vault, as performed, did not receive a single large

Vault - Junior FIG Rules - Bonus for Level 10 Only			
Vault Bonus Table - Level 10 only			Restrictions:
Sum of start values for 2 Vaults:	Vault Bonus	Stick Bonus	Level 9, no multiple flipping vaults allowed
7.6 - 8.7	0.2	0.1 each*	* One vault attempted below 5.0 SV = +0.1 SB
8.8 and higher	0.4	0.1 each*	Special Exception SV: Handspring Pike Front ½ twist = 3.6 value *+0.2 SB Applies if 1 (5.0+) vault only performed
*Start value for Single Vault: 5.0+ or higher	Vault Bonus	Stick Bonus	
	*0.6	*0.2	
Special Exception: Yamashita (SV 1.6) & Yamashita ½ (SV 1.8) allowed			
Level 8: Yurchenko vaults allowed (338,343,370 only)			

execution deduction or greater.

- f. The judging panel will determine the sum of the start values for the two vaults and then the amount of bonus to be awarded based on the Vault Bonus Table:

B. Event Specific Bonus, Restrictions and Special Exceptions: (Continued)

4. Vault (continued):

- g. If all criteria are met and bonus is awarded it will be added to the start value of the first vault.
- h. If the gymnast balks on his first attempt, the 1.0 deduction will be taken from his execution score on the first vault and will not affect his eligibility for bonus if all other criteria are met.
- i. Stick bonus of +0.1 will be awarded for sticking each vault that meets the criteria.
- j. If the gymnast elects to do a single vault of 5.0+ value or higher it must be performed without a single large deduction or greater to receive the bonus. Any single 5.0 value vault will be awarded stick bonus of +0.2 if no large deduction or greater is assessed.
- k. Vault Restrictions and Special Exceptions:
 - Restriction: Level 8 & Junior Developmental may perform round-off entry vaults (338, 343, 370) only.
 - Restriction: Level 8/9 & Junior Developmental may not perform vaults with multiple flips.
 - Special Exceptions: *A Yamashita vault will be allowed and has a value of (1.6). A Yamashita ½ twist vault will be allowed and has a value of (1.8). A Handspring Pike front salto with ½ twist will receive a (3.6) start value.

5. Parallel Bars:

- a. Element Group I Category: “D” or higher (FIG Code Box – 1-22, 28, 29, 30, 40, 70, 71, 76, 77, 95)
- b. Element Group III Category: “E” or higher (FIG Code Box – 3-05, 29, 35, 107, 108, 114, 120)
- c. Special Exceptions:
 - For Levels 8 and 9, a Stützkehr forward to support receives a “B” value (EG I).
 - For all levels, an empty ½ swing is allowed going into any giant, peach, cast or Moy (EG III)
 - For Levels 8 and 9, a giant to support will receive a “B” value (EG III).

6. Horizontal Bar:

- a. Element Group III Category: Any “D” or higher Adler skill (FIG Code Box – 3-64, 65, 76)
 - Special Exceptions:
 - A swing ½ turn is allowed for non-flipping releases (i.e., Tkatchev, Voronin, Yamawaki, Gienger, Def, Jaeger)
 - A maximum of 5 swings forward and backward of which the 5th must be a skill (i.e., free hip, stemme) is allowed. The JO program will allow a change of direction on the 5th skill without deduction.
 - A pullover is allowed as a mount in Level 8 for “A” value. No element group credit. Continuous movement is required. A full stop is a (-0.5) deduction.
 - The JO Program will disregard the FIG “entry from handstand” requirement for Endos and Stalders.
 - For All Levels, the following values will be awarded for a jam (For All Levels, a “C” value jam to handstand will receive +0.1 bonus):

Jam to Handstand	FIG “C” value	No angle deduction
Jam from 15° to 45°	JO “B” Value	No angle deduction
Jam from 44° to Horizontal	JO “A” Value	No angle deduction
Jam below Horizontal	JO “A” Value	Angle deduction (-0.5)

7. JO & JE Optional Bonus, Restrictions and Special Exceptions Table:

All of the bonus, restrictions and special exceptions listed in the previous event specific headings are contained in the table found on the following page. These rules are not applicable to the Junior Developmental division.

8. Junior Developmental Division Tables:

JD Division 2	Difficulty	Dismount	Element Groups	Vault
11-14 15-18	(5+dismount) 6 Total	Non-FIG A	None	Capped 12.4
Exceptions / Restrictions	Apply JO Exceptions	Extra swings Allowed	No FIG required swing HS Rings	No Yurchenko No Multiple Flip
Notes: All Jr. FIG Code restrictions apply. Any JO "A" skills allowed. No bonus will be applied in the JD program. JD Base score execution = 10.0, may not dismount with EG I skill.				

JD Division 1	Value Parts	Dismount	Element Groups	Vault
11-14 15-18	(5+dismount) 6 Total	Non-FIG A	Element Groups capped at 1.5	FIG Value
Exceptions / Restrictions	Apply JO Exceptions	Extra swings Follow JO Rules	No FIG required swing HS Rings	NoTwisting Yurchenko No Multiple Flip
Notes: All Jr. FIG Code restrictions apply. Any JO "A" skills allowed. No bonus will be applied in the JD program. JD Base score execution = 10.0, may not dismount with EG I skill. One FIG listed skill per EG receives (+0.5), maximum EG awarded = (+1.5).				

JO & JE Optional Bonus, Restrictions & Special Exceptions Table

#	Bonus Category	Bonus	Award
Floor Exercise – Junior FIG Rules			
1	EG III “D” or higher layout multiple salto	0.2	Each time–FIG Box (352,353,354,359,360,366,372)
2			
Special Exception: Level 8-Repetition of same box element in combination allowed one time only			
Restrictions: None			
Pommel Horse - Junior FIG Rules			
1	EG II “E” or higher including “E” flop (L9,10)	0.2	Each time-FIG Box(229,230,235,241,254,265,283,2113)
2	“E” or higher EG III travel with 360 + turn	0.2	Each time-FIG Box (389,395)
Restrictions: None			
Special Exceptions: Busnari skill that ends in a leg cut does not receive bonus			
“C” value for circle or flair to handstand (includes dismount) – there is no cap on deductions			
Still Rings - Junior FIG Rules			
1	EG II & III – Any “C” or higher strength skill	0.2	Each time
2			
Restrictions: Levels 8 only allowed one EG I Honma (Yamawaki) & one EG III additional (Honma) skill			
Special Exception: #1 - BU to Straddled Planche (FIG Code 369) will not receive bonus credit.			
Vault - Junior FIG Rules - Bonus for Level 10 Only			
Vault Bonus Table - Level 10 only			Restrictions: Level 9, no multiple flipping vaults allowed * One vault attempted below 5.0 SV = +0.1 SB
Sum of start values for 2 Vaults:	Vault Bonus	Stick Bonus	
7.6 - 8.7	0.2	0.1 each*	Special Exception SV: Handspring Pike Front ½ twist = 3.6 value *+0.2 SB Applies if 1 (5.0) vault only performed
8.8 and higher	0.4	0.1 each*	
*Start value for Single Vault: 5.0 or higher	Vault Bonus *0.6	Stick Bonus *0.2	
Special Exception: Yamashita (SV 1.6) & Yamashita ½ (SV 1.8) allowed			
Level 8: Yurchenko vaults allowed (338,343,370 only)			
Parallel Bars - Junior FIG Rules			
1	“D” or higher EG I	0.2	Each time-FIG Box (1-22,28,29,30,40,70,71,76,77,95)
2	“E” or higher EG III	0.2	Each time-FIG Box (3-05,29,35,107,108,114,120)
Restrictions: None			
Special Exceptions: For all levels, an empty ½ swing is allowed going into a peach basket or giant skill (Include Moy,Cast). For Levels 8 & 9, Stützkehre to support (EG I) and giant to support (EG III) will receive a “B” value			
Horizontal Bar - Junior FIG Rules			
1	EG III - Any “D” or higher Adler skill	0.2	Each time-FIG Box (364,365,376)
2	Jam to handstand (C value)	0.1	
Restrictions: 5 swings forward and backward are allowed with 5 th swing being a value skill on the mount			
Special Exceptions: For All Levels, refer to the Jam Table on Page 2.8 for JO Values (EG III)			
Swing ½ turn allowed from non-flipping release – Tkatchev, Voronin, Yamawaki, Gienger, Def, Jaeger (EG II)			

C. General Exceptions to the FIG Code of Points:

1. Recognizable Gymnastics Skills:

- a. Any recognizable gymnastics skill which is not listed in the FIG Code of Points, NGJA/USA Gymnastics Interpretations, Men's Junior Olympic Age Group Competition Program Manual or Men's Junior Olympic Age Group Competition Program Update will receive an "A" value with no Element Group credit. Minimum "A" value skills will satisfy Level 8 Special Requirements where specified.
- b. Skills that are not listed in the FIG Code of Points, the USAG/NGJA Interpretations or the AGCC Update will always receive an "A" value until that skill has been submitted for evaluation.
- c. New and original skills **must** be submitted (in electronic video form) directly to the NGJA web site selecting the 'New Skill Submission Page' link. The Junior Olympic Program Coordinator will have the skill evaluated by the NGJA/USAG Technical Committee.

2. Short Routine:

The deduction for performing an exercise containing less than six recognizable gymnastics skills is 1.0 for each skill less than six. This deduction is taken from the 'D' score. (For example: 5 parts – deduct 1.0, 4 parts – deduct 2.0, etc.) This deduction applies to all divisions (JE, JO, JD).

3. Element Group Requirement:

There is no restriction on the number of skills that can be performed from an element group for value.

4. General Restrictions and Special Exceptions:

- a. In the Men's Junior Olympic Age Group Competition Program, a special exception skill which has a letter value assigned should be evaluated as if it has its own "code box".
 - *Example:* A "B" Stützkehr forward to support on Parallel Bars would have a different "virtual code box" for routine construction purposes than a FIG "C" value Stützkehr forward to handstand. (A "B" Stützkehr is allowed for Levels 8 and 9 only)
- b. It is, however, not the intention of this interpretation to allow for undue repetition of elements. FIG rules regarding repetition will be enforced except where specifically noted in the following event specific exceptions.
 - *Example:* A gymnast performs both a FIG "C" value Stützkehr forward to handstand and the excepted "B" Stützkehr forward to support in the same routine, only the FIG "C" value Stützkehr forward to handstand would be recognized because of its higher value.
- c. Floor Exercise – One landing mat of up to 10 cm (4") may be used for multiple flipping skills. The mat must remain in place throughout the routine. The mat must be used for landing only. An apparatus related deduction of 0.5 will be taken if the mat is used for take-off during the execution of a skill.

5. Pommel Horse – All Level 8 age groups are required to compete on the horse with pommels removed. All applicable optional bonus rules apply to the pommel-less horse. See Chapter 1 – General Age Group Competition Program Information, Section I – Age Group Explanation & Competition Program Tables, Paragraph B – Age Group Competition Optional Levels Overview, 4 - Level 8 Pommel-less Horse Rules & Skills Table, for a full description. All Junior Developmental Division athletes will use pommels on the horse.

6. Additional Exceptions:

A single global skewing deduction for longitudinal travels on Pommel Horse will be applied in the JO program. (Not FIG per section)

7. Application of Bonus Rules:

- a. One skill may be awarded for only one bonus.
- b. No bonus will be awarded if there is a single large deduction in the execution of the skill.
- c. When repeating a skill (Level 8 FX only) in direct connection chronology rules do not apply. All other FIG Rules regarding repetition apply.
- d. Junior Developmental athletes are not eligible for added bonus listed in the bonus table. These bonus rules are for Junior Olympic and Junior Elite Divisions only.
- e. Connection on Floor Exercise will follow FIG rules regarding bonus.

Update 2 Optional Rules Clarifications

General	Clarification: <u>Non-FIG 'A' dismounts for Partial Credit</u> – Non-FIG dismounts will receive partial credit in the optional program for Level 8 with the exception that Non-acrobatic dismounts are not allowed on Floor Exercise.
FX	Clarification: <u>Landing mat on Floor Exercise</u> – One landing mat only (10cm) may be used on Floor Exercise for multiple flipping skills. It may not be removed or moved during the exercise.
FX	Clarification: <u>Intent for Connection rules</u> – Connection is allowed on both sides of a multiple skill Floor Exercise combination. A skill cannot be repeated multiple times in connection (FIG). In the JO program a skill can be repeated one time for value outside of the connection.
PH	Clarification: <u>Partial Credit for Travels on PH (FIG)</u> – In the JO Program the gymnast will receive credit for part of the travel or Russian wendeswing performed for value and element group credit. Example: Fall on Magyar - award of "B"(1/2 or 2/3) during execution.
PH	Clarification: <u>FIG Rules for Tong Fei</u> – The JO program will follow FIG rules for awarding difficulty with regard to the Tong Fei.
PH	Clarification: <u>"B" Spindle PH Level 8</u> – Award a value of a "B" spindle if the 180 degree turn is completed in one circle. (FG skills # 2.26 & 2.32)
PH	Clarification: <u>"B" Czech or Stockli Level 8</u> – No orientation to either side support or cross support direction is required.
PH	Clarification: <u>"C" Handstand dismount</u> – The gymnast may not push or jump off the horse to a handstand dismount (FIG). In this case, there is no value. The gymnast must repeat the dismount to receive value.
PH	Clarification: <u>Flank Off dismount Level 8 PH</u> – A "flank off" should be performed in the back loop position as a dismount and meet FIG requirements regarding direction and position.
R	Clarification: <u>Swing to handstand requirement on Rings (FIG)</u> : FIG rules apply for Levels 9 & 10. It does not apply to Level 8.
R	Clarification: <u>"C" Strength bonus and Locked arm press bonus</u> : The intent of 'locked arm press bonus was for a pike or straddle press to handstand from an "L" or straddled "L". Arms must be "locked". A single large deduction nullifies <u>any</u> bonus. Otherwise, all other execution deductions apply.
R	Clarification: <u>"B" swing requirement between strength skills</u> : There is no JO exception. FIG rules apply.
V	Clarification: <u>A Yamashita vault</u> will be considered the same as a handspring vault for value. A pike of 90 degrees or more is required for a Yamashita. If the pike does not reach 90 degrees it will be judged as a handspring with appropriate execution deductions.
V	Clarification: <u>Round-off vaults</u> : FIG rules apply with regard to round-offs that touch the horse. They may not be repeated.
PB	Clarification: <u>PB Skills to support</u> : As defined these skills have no height requirement. Award value regardless of angle – (FIG).
PB	Clarification: <u>PB Skills to one bar</u> : The FIG requirement of 1-second hold applies. Momentary holds showing control may be deducted as a short hold. Award value and bonus.
PB	Clarification: <u>Maximum 2 same box Peach or Giant PB</u> : Intent is this is allowed one time only for each and for both during a routine. Both can be done.
PB	Clarification: <u>Bonus award on PB</u> : Bonus is awarded only once for each skill. Example: Locked arm peach done twice (Award one time only).

Update 2 Optional Rules Clarifications

HB	Clarification: <u>Special Requirement #2 & #3 HB Level 8</u> : ½ turns are intended to be from a long hang swing to a handstand. FIG requirement is to finish in a handstand. Angle deductions apply. Higher value skills from a long hang swing through a handstand can fulfill the requirement (Example: Quast from back giant)
HB	Clarification: <u>Repetition of "C" or higher value skills allowed in connection</u> : The JO program allow such a skill to be repeated one time only in connection for value. (Example: The intent is that a Tkatchev can only be done twice and one must be in connection with another release (i.e., Tkatchev to Gienger.)
HB	Clarification: <u>5 swings to mount interpretation</u> : A maximum of 5 swings forward and backward of which the 5 th must be a skill (i.e., free hip, stemme) is allowed. The JO program will allow a change of direction on the 5 th skill without deduction.
HB	Clarification: <u>Pullover mount HB</u> : The pullover is recognized as an "A" value part. In Levels 8 only – no element group credit. Continuous movement is required. A full stop is a (-0.5) deduction.
HB	Clarification: <u>Entry position on Endo and Stalder</u> : The JO program will disregard the FIG requirement for entry from a handstand on an Endo or Stalder.

Chapter 3 – Floor Exercise

Compulsory Levels 4 – 7 Overview and Education

A. General:

1. All compulsory floor routines are designed so they can be done on a tumbling strip up to 60 feet in length.
2. This set of routines on Floor Exercise emphasizes the gymnast working rhythmically and continuously throughout the exercise. A “hold” may be the only allowed stop. The designated hold elements in the routines should be shown for only as long as indicated in the performance criteria or a rhythm deduction will be assessed. The tumbling and corner sequences are designed to encourage rhythm and have been developed to promote a variety of different transitional movements. As a result, these routines should be successfully executed in 45 to 60 seconds and must show continuous rhythm.
3. Unless otherwise specified, all transitional lunges should be executed with the back leg straight, front knee bent, heels down and the toes turned slightly outward. Only a momentary pause is allowed to show the position. Holding the lunge position more than momentarily will result in a deduction for rhythm.
4. The basic exercises are designed to help the recreational level participant successfully execute the routine. Benchmarks for virtuous execution are included to guide the gymnast.
5. Specified bonus elements tend to be skills that will be included or required in routines at the next level and follow a pattern of consistent progression.
6. Forward handsprings should be slightly over-rotated. A forward rebound is allowed.
7. On forward and backward saltos, the minimum center of mass should be chest high.
8. All hurdles should be executed with a full extension of the arms and shoulders and the forward leg should bend in plié as the arms reach to contact the floor. The back leg should kick straight over the top as the forward leg thrusts from the floor and the hands push through the wrists and fingertips simultaneously to create maximum force and turnover.

B. Definitions:

1. The term “plié” is defined as a bending of the knees as the feet contact the floor and is used to cushion the landing and promote control and/or rhythm. All jumps should land in “plié” to assist control, balance, and rhythm on landings.
2. A “sissone” is defined as a jump from two feet with an extended split of the legs and landing on the forward leg with the back leg extended.
3. An “assemblé” is defined as a kick upward to a jump from one foot to a landing with the legs together on two feet. This is done with a ½ turn in these routines.
4. A “salto” is defined as a flipping or somersaulting skill performed in the air and can be performed forward, backward or sideward.
5. A “tempo salto backward” also known as a ‘whip’ or ‘whipback’ is defined as a back handspring without hands.
6. A “swedish fall” is defined as a prone fall with the legs split and the top leg extended straight at vertical.
7. A “flying spring” also known as a ‘bouncer’ is defined as forward handspring performed with a two foot takeoff.

C. Basic Technique:

1. Forward Headspring

A forward headspring is performed by squatting to a tuck position and placing the hands on the floor and thrusting forward while extending the legs through the pike position as the head contacts the floor. Utilizing this momentum the gymnast will perform a kipping action to the arch position from the headstand as the arms push forcefully from the floor. The combination of forward momentum and extension through the shoulders lifts the gymnast to a stand with arms overhead. Utilizing a panel mat and a circular roll mat for support is helpful to introduce the development of the headspring.

2. Forward Handspring

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

rebound with a fully extended position.

3. Round-off and Back Handspring

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

D. Level 4:

1. The tucked backward roll extension to prone support is intended as a progression toward a back extension roll to handstand. A back extension roll to handstand may be shown without deduction. There is no height requirement on this skill.
2. Cartwheels should show continuous rhythm. The landing leg should bend into plié and move smoothly through the lunge position with arms extended overhead into the next skill.
3. The tuck jump should be done with the hands grasping the legs and pulling into a tight tuck and an extension of the legs before landing.

E. Level 5:

1. The jump to straight arm straddled press to momentary handstand should be done with the minimal amount of jumping action necessary to complete the element. The object is, of course, to eventually be able to press to the handstand.
2. The height of the dive roll should be consistent with the gymnast's center of mass. The body position should be straight (a slight hollow or tight arch is allowed) and care should be taken to ensure that there is proper pressure exerted by the arms and hands upon arrival to the floor to ensure a smooth roll. In a properly executed dive roll, the body will roll through somewhat of a "candlestick" position and continue on through the tuck to the feet without stop, hesitation, or bounce.

F. Level 6:

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

G. Level 7:

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

Level 4 Floor Exercise

#	Skill(s) Description	Performance Criteria	Virtuosity
1	Lift arms and kick leg up, step forward to lunge	Momentary hold	
2	Kick to handstand	Momentary hold	2 second hold (+0.1)
3	Straight arm forward roll, jump hurdle to cartwheel, cartwheel with 1/4 turn to stand	Continuous rhythm	
4	Tucked backward roll to straight or hollow body extended front support	No height requirement	Straight arms (+0.1)
5	Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended	Continuous rhythm	
6	Straddled press to handstand	Momentary hold	2 second hold (+0.1)
	SB#1: Replace #6 with straddled press to handstand with momentary hold (+0.5)	Momentary hold	2 second hold (+0.1)
7	Forward roll, tuck jump to stand	Knees to chest in a tight tuck	
8	Run, hurdle, round-off, rebound to stand		
	SB#2: Replace #8 with run, hurdle, round-off, back handspring, rebound to stand (+0.5)		

Level 5 Floor Exercise

#	Skill(s) Description	Performance Criteria	Virtuosity
1	Run, punch dive roll	Dive roll with hollow or tight arch.	
2	Kick leg up and cartwheel with ¼ turn to stand, tuck or pike back extension roll through handstand	Back extension roll through handstand	Back extension roll with straight arms (+0.1)
3	Lower to arched prone support with head up and toes pointed, lift to straddle stand with head up and arms extended	Continuous rhythm	
4	Jump to straddle press to handstand with momentary hold, lower with straight legs to stand	Momentary hold	2 second hold (+0.1)
	SB#1: Replace #4 with straddled press to handstand with momentary hold, lower with straight legs to stand (+0.5)	Momentary hold	2 second hold (+0.1)
5	Run, hurdle, forward handspring	Rebound allowed	
6	Step forward and kick to handstand with momentary hold	Momentary hold	
	SB#2: Replace #6 with step forward and kick to handstand with full pirouette (+0.5)	Continuous rhythm Show control of handstand during full pirouette	
7	Straight arm forward roll, straight legged sissone, step forward to ½ turn rearward	Sissone with legs split 45° or greater	Sissone with legs split greater than 90° (+0.1)
8	Run, hurdle, round-off, back handspring, rebound to stand		
	SB#3: Replace #8 with run, hurdle, round-off, back handspring, back handspring, rebound to stand (+0.5)		

Level 6 Floor Exercise

#	Skill(s) Description	Performance Criteria	Virtuosity
1	Run, punch, salto forward tucked		
	SB#1: Replace #1 with run, punch, salto forward piked, (+0.5)		
2	Step forward and kick to handstand with full pirouette	Continuous rhythm Show control of handstand during full pirouette	
3	Straight arm forward roll to headspring, straight legged sissone, step forward to ½ turn rearward	Sissone with legs split 45° or greater	Sissone with legs split greater than 90° (+0.1)
4	Run, hurdle, forward handspring step-out, forward handspring	Rebound allowed	
5	Step forward to Swedish fall, lower to arched prone support with head up and toes pointed, lift to straddle stand with head up and arms extended	Continuous rhythm	
6	Straddle press handstand with momentary hold	Momentary hold	2 second hold (+0.1)
	SB#2: Replace #6 with Endo roll to handstand with momentary hold (+0.5)	Continuous rhythm Momentary hold	2 second hold (+0.1)
7	Step down, step forward (one or more steps allowed) to hitch kick, step forward to ½ turn rearward	Hitch kick with both legs at horizontal	
8	Run, hurdle, round-off, back handspring, salto backward tucked		Full extension of body prior to landing (+0.1)
	SB#3: Replace #8 with run, hurdle, round-off, back handspring, back handspring, salto backward tucked (+0.5)		Full extension of body prior to landing (+0.1)

Level 7 Floor Exercise

#	Skill(s) Description	Performance Criteria	Virtuosity
1	Run, hurdle, round-off, back handspring, salto backward stretched		
	SB#1: Replace #1 with run, hurdle, round-off, back handspring, salto backward stretched with a full twist (+0.5)		
2	Straight arm tuck or pike back extension roll to handstand with 1/2 turn, lower to arched prone support with head up and toes pointed	Continuous rhythm	
3	Lift to tuck position, jump to straight legged sissone, step forward to 1/2 turn rearward	Legs split 45° or greater	Sissone with legs split greater than 90° (+0.1)
4	Run, hurdle, forward handspring, salto forward tucked to stand		
	SB#2: Replace #4 with run, hurdle, forward handspring, salto forward piked or stretched to stand (+0.5)		
5	Step forward and kick 1/2 turn to Swedish fall, lower to arched prone support with head up and toes pointed, lift to straddle stand <u>or</u> split with head up and arm(s) extended	Show continuous rhythm.	Swedish fall with top leg past vertical (+0.1)
6	Straddle press handstand with 2 second hold	2 second hold	
	SB#3: Replace #6 with any FIG "B" press or higher or Endo roll to handstand (+0.5)	Show continuous rhythm 2 second hold of handstand	
7	Step down, turn toward the corner, step forward (one or more steps allowed) to hitch kick, step forward to 1/2 turn rearward	Hitch kick with both legs at horizontal	
8	Run, hurdle, round-off, back handspring, back handspring, salto backward tucked		Full extension of body prior to landing (+0.1)
	SB#4: Replace #8 with run, hurdle, round-off, back handspring, tempo salto backward, back handspring, salto backward tucked (+0.5)		Full extension of body prior to landing (+0.1)

Chapter 4 – Pommel Horse

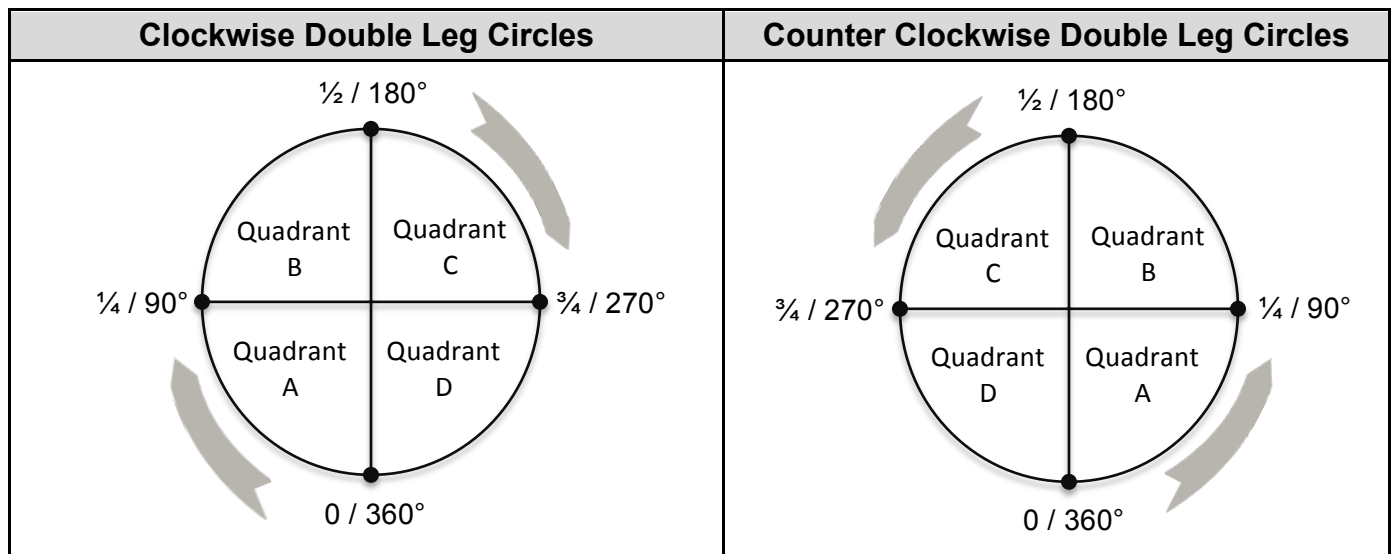
Compulsory Levels 4 – 7 Overview and Education

A. General:

1. The basic format of the mushroom exercises is intended to keep the routines geared to the average recreational participant. The emphasis is on good circle technique which is reflected in the virtuosity bonus. Levels 4 through 6 are used to progressively introduce each of the different categories of circle skills through the use of specified bonus elements.
2. Over the past quadrennium, analysis has shown that the great majority of athletes experience a rapid degradation of circle technique when transitioning from the mushroom to the pommel horse. A new approach is to provide a more gradual transition to the pommel horse from the mushroom. For this reason, at Level 7 the gymnast performs the same skill set he has already mastered but on a new apparatus, a pommel-less horse. The benefits of this approach include the ability to continue circle technique refinement and the opportunity to build a more relevant repertoire of skills that can serve as a foundation on the horse for optional gymnastics. The basic format of pommel-less horse routine is designed for the average gymnast while the specified bonus elements offer opportunities for the diverse ability levels of the every gymnast.
3. Pendulum Swings - While the compulsory program no longer requires competition on the pommel horse in the form of leg swings, cuts, and scissors, it is useful to continue development on this apparatus. See the basic technique on pendulum swings.
4. Training on pommels - While the Level 7 and Level 8 programs are on a pommel-less horse, gymnasts and coaches are encouraged to start (or maintain) a circle training program on single and double pommels. Care should be taken not to compromise the technique of the circle as the gymnast transitions to pommels. Failure to include a pommel-training program during this time may result in a limited skill repertoire on pommel horse in Level 9 & 10.
5. Injury prevention - With the increased time and training on the mushroom and pommel-less horse it is important for coaches and gymnasts to implement a proper wrist strength and wrist flexibility program.

B. Definitions:

1. Mushroom lines: These are the lines placed on the mushroom in a cross (+) position. These lines indicate the four quadrants of the apparatus with respect to hand placement and circle direction.
2. Quadrants (A, B, C, D): Positions: $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, Full or "0" position. "0" position is the beginning of the circle in front support.
3. $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ and "0" are used to describe positions of the circle. 90° , 180° , 270° , 360° , are used to describe a degree of turn.



B. Definitions: (Continued)

4. "Post" or support arm. The arm supporting the gymnast at the $\frac{1}{4}$ position for clockwise circles is the right arm. The arm supporting the gymnast at the $\frac{3}{4}$ position for clockwise circles is the left arm.
5. A "double leg circle" should start and finish in a front support position.
6. A "front loop" is defined as a circle in cross support frontways on the end and should start and finish in a front support position.
7. A "back loop" is defined as a circle in cross support rearways on the end and should start and finish in a front support position.
8. A "counter turn" is a turn performed in the opposite direction of the circle.

C. Basic Technique:

1. Mushroom Circle

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

2. Flairs

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

3. Spindle

- a. The $\frac{1}{2}$ spindle in 2 circles (level 5) would be performed with a $\frac{1}{4}$ spindle (90° counter turn) in one circle and another $\frac{1}{4}$ spindle (90° counter turn) in the second circle. A counter turn is a turn performed in the opposite direction of the circle. For example: For a circle performed in a clockwise direction beginning on the right arm, the 90° counter turn would be performed at the $\frac{1}{2}$ position to the left in the counter-clockwise direction on the left arm.
- b. The second $\frac{1}{4}$ spindle should be executed the same as the first, starting in the $\frac{1}{2}$ position of the circle and turning on the left arm placement during the clockwise circle. At the completion of this spindle the gymnast should now be facing 180° from when he started.

C. Basic Technique – continued:

3. Spindle (Continued)

- c. Using the vertical center-line of the mushroom in the front support, the gymnast should imagine pommels on either side of the line and the hand placements to be made on the turns by placing the hands on these imaginary pommels with respect to the circle and each turn.

4. Czechkehre (Moore)

- a. The Czechkehre is a circle skill that allows the gymnast to turn 180° in the same direction as the circle. The Czechkehre should start at the $\frac{3}{4}$ position (second half of the circle) as the weight is shifted to the support arm.
- b. During the second half of the circle the gymnast should execute a 90° turn rearward finishing in FRONT support on both hands (1/4 reverse stockli). *Note: The hands should be slightly **behind** the vertical line in **front** support.*
- c. From the front support the gymnast shifts his weight to the opposite arm in support completing the circle with a 90° turn forward (1/4 kehre) to rear support. The circle continues from the rear support as the gymnast executes another $\frac{1}{2}$ circle to the front support position to complete the Czechkehre.
- d. Using the vertical center-line of the mushroom in the front support, the gymnast should imagine pommels on either side of the line and the hand placements to be made on the turns by placing the hands on these imaginary pommels with respect to the circle and each turn.
- e. **Basic description:** $\frac{1}{4}$ reverse stockli to front support followed by a $\frac{1}{4}$ kehre to rear support continuing with another $\frac{1}{2}$ circle to front support.
- f. **Definitions:** A kehre is a 90° turn forward to rear support. A reverse stockli is a 90° turn rearward to front support.

5. Direct Stockli A (DSA, back Moore)

- a. Similar to the Czechkehre, the DSA is a circle skill that turns 180°. The DSA starts at the $\frac{1}{4}$ position (first half of the circle) as the gymnast executes a 90° turn on the support arm to rear support (1/4 kehre). *Note: The hands should be slightly **in front of** the vertical line in **rear** support.*
- b. The gymnast should then shift his weight to the opposite arm and complete the circle leading with his heels and executing 90° turn (1/4 reverse stockli) to complete the circle into front support.
- c. Using the vertical center-line of the mushroom in the front support, the gymnast should imagine pommels on either side of the line and the hand placements to be made on the turns by placing the hands on these imaginary pommels with respect to the circle and each turn.
- d. **Basic description:** 1.4 kehre to rear support followed by a $\frac{1}{4}$ reverse stockli to front support.

6. Russian Wendeswing with 360°

- a. This skill should start and finish squarely in front support. There should be a 360° wendeswing turn in one circle (this should be accomplished with 4 hand placements).
- b. Starting at the 0 position, the first arm should reach forward to the quadrant C. The second arm then quickly reaches under to the quadrant B (at this point the gymnast should be at the $\frac{1}{2}$ circle position with a 180° turn).
- c. The next half of the skill is the same as the first finishing the Russian in front support with a total of 360° of turn.
- d. This skill is sometimes started with a $\frac{1}{4}$ reverse stockli action (90° turn). If this is the case there would be only 270° of wendeswing turn finishing in front support with a total of 360° of turn. Either technique is acceptable.

7. Flank Dismount (Level 7)

From front cross support facing out (back loop position) the gymnast executes a $\frac{1}{4}$ circle to a landing (facing cross support).

8. Schwabenflank

From front cross support facing in (front loop position) the gymnast executes a $\frac{1}{2}$ circle with a 180° wendeswing turn to a flank dismount.

D. Level 4

1. Education of the circle technique with an understanding of good body position is the goal at this level. The basic routine is designed to be achievable for the recreational gymnast while allowing him time to develop the strength to perform multiple circles.
2. Gymnasts who can progress more rapidly without compromising their proper circle technique are rewarded with specified bonus for performing multiple circles.

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

1. The gymnast should continue to refine his circle as described in the Basic Technique section above. As this technique develops, the circle should become higher in elevation from support, faster in speed, and the lean should become stronger or more acute on each side. Developing the quality of this circle will be an important component in being able to transfer double leg circle from the mushroom to the pommel horse.
2. As the gymnast performs the flair or spindle actions he should maintain full extension with his body position throughout the skill. Developing the quality of the double leg circle with chest and hip extension, speed, weight shift and shoulder lean will facilitate the ability to perform the spindle and flair elements without deduction.

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

1. Each circle skill starts and finishes in front support. The full extension of the body with a slight counter rotation at the $\frac{1}{4}$ circle position will enable the gymnast to maintain the open position throughout each one of the skills performed.
2. The Czechkehre and Direct Stockli A are important turning skills for the pommel horse. The components of both of these skills are crucial for flopping skills. It is important to understand the mechanical difference between these two similar skills as described on the previous page. These skills were selected for this routine to develop a better understanding of their differences and lay the foundation for these components in upper level single pommel work.
3. Another crucial concept is the Russian type skill or wendeswings. Russian skills are different from regular circle skills in that the hands move through support more quickly. For example, in a regular 360° circle there are two hand placements. In a 360° Russian circle there are 4 hand placements.
4. The Russian wendeswing should start and finish squarely in front support; however, there are a couple of ways the Russian wendeswing bonus can be performed. See basic technique description above for details.
5. The Flair spindle bonus can be performed a variety of ways; two $\frac{1}{4}$ flair spindles or one $\frac{1}{2}$ flair spindle. The main requirements are that there are at least 2 flairs and 180° s of turn.
6. In Levels 5 & 6 there are a variety of concepts introduced on the mushroom which, if mastered, allow for the development of long term success on the pommel horse.

G. Level 7:

1. The basic routine allows the gymnast to transition from the mushroom to the traditional pommel horse (without pommels, pommel-less horse) while focusing on the proper circle technique. The move from the mushroom to the pommel-less horse requires a substantial adjustment for the athlete, therefore, the difficulty level and number of circles has been deliberately limited for the basic routine.
2. Since the gymnast has already been introduced to various skills at Level 5 & 6 on the mushroom, he may choose to insert those skills into his Level 7 routine as his strength, circle technique, and ability adapts to the new apparatus. The more experience and endurance the gymnast gains with the performance of these skills the better prepared he will be to transition to optional routines.
3. A considerable amount of latitude is allowed for the order in which the gymnast elects to perform the specified bonus elements. There is no deduction for the order in which the listed and specified bonus skills appear (except #3, 4, & 5) as long as all listed skills in the basic routine are performed. This freedom is intended to encourage the gymnast to perform quality skills rather than to force the sequential rigidity of compulsory routine construction.

Level 4 Pommel Horse (Mushroom)

Note: Part #1 is worth 5.0 points. Part #2 is worth 4.5 points. (+0.5) is available for virtuosity and stick bonus. The gymnast is required to attempt both the double leg circle in #1 and the dismount in #2. Failure to attempt or omission of either part will result in loss of value for the skill.

#	Skill(s) Description	Performance Criteria	Virtuosity
1	One double leg circle	Defined in chart below	0.1 or less in execution deductions (+0.3)
	SB #1: Following #1, add two double leg circles (+0.5)		
	SB #2: Following SB #1, add two double leg circles (+0.5)		
2	½ double leg circle with ¼ turn to flank dismount		

Double Leg Circle Performance Criteria Defined	
<p>No attempt deduct 5.0</p> <p>0° – 180° deduct 1.5 plus execution</p> <p>180° – 270° deduct 1.0 plus execution</p> <p>270° – 360° deduct 0.5 plus execution</p> <p>(Execution deductions are in addition to the deduction for the fall at any point during the circle)</p>	<p>The diagram shows a circle with a vertical line through its center. The top point is labeled 180°, the right point is 90°, and the bottom point is 0°/360°. The left point is labeled 270°. Two grey arrows indicate a counter-clockwise rotation: one starting from the top and moving left, and another starting from the bottom and moving right.</p>

Level 5 Pommel Horse (Mushroom)

Order of SB Skills: If **SB #1** is performed, it **MUST** be done following part #2 and prior to **SB#2** or **SB#3**. **SB#2** & **SB#3** may be performed in either order and may be performed even if **SB#1** is not performed.

#	Skill(s) Description	Performance Criteria	Virtuosity
1	Double leg circle		0.1 or less in execution deduction (+0.1)
2	Double leg circle		0.1 or less in execution deduction (+0.1)
	SB#1: Following #2, add two double leg circles (+0.5)	Complete listed sequence	
	SB#2: Following #2, SB#1 or SB#3, add ½ spindle within one or two double leg circles (+0.5)	Complete listed sequence	
	SB#3: Following #2, SB#1 or SB#2, add two flaired double leg circles (+0.5)	Complete listed sequence	
3	Double leg circle		0.1 or less in execution deduction (+0.1)
4	½ double leg circle with ¼ turn to flank dismount		

Level 6 Pommel Horse (Mushroom)

#	Skill(s) Description	Performance Criteria	Virtuosity
1	Two double leg circles		0.1 or less in execution deductions (+0.1)
2	Czechkehre (Moore)		0.1 or less in execution deductions (+0.1)
3	One or more double leg circles		
	SB#1: Following #3, add a Direct Stockli A (DSA) (+0.5)		
4	Two or more flaired double leg circles		Leg separation of 135° or greater (+0.1)
	SB#2: Replace #4 with ½ spindle within two or more flaired double leg circles (+0.5)	Leg separation of 90° or greater	Leg separation of 135° or greater (+0.1)
	SB#3: Following #4 or SB#2, add a Russian wendeswing 270° or 360° (+0.5)		
5	Double leg circle		
6	½ double leg circle with ¼ turn to flank dismount		

Level 7 Pommel Horse (Pommel-less Horse)

Note: This routine is performed on the Pommel Horse with no pommels.

Order of Listed and SB Skills: This routine can be constructed in a number of ways utilizing listed skills and **SB skills**. All listed skills (1-7) must be performed and parts 3, 4 and 5 must be completed in direct succession. The gymnast may perform the **SB skills** at any point in the routine. While there are five **SB skills** listed a maximum of 2.0 points can be awarded for performing **SB skills**.

#	Skill(s) Description	Performance Criteria	Virtuosity
1	Two front loops		0.1 or less in execution deductions (+0.1)
2	Two front loops		
	SB#1: Replace #2 with two flaired front loops (+0.5)	Leg separation of 90° or greater.	
3	Loop with ¼ turn forward to side support	Performed in direct succession (3, 4 & 5)	
4	Two double leg circles in side support	Performed in direct succession (3, 4 & 5)	0.1 or less in execution deductions (+0.1)
5	One circle with ¼ turn forward to cross support rearways	Performed in direct succession (3, 4 & 5)	
6	One back loop		0.1 or less in execution deductions (+0.1)
	SB#2: Replace #6 with ½ spindle within one or two back loops (+0.5)		0.1 or less in execution deductions (+0.1)
	SB#3: Add a Magyar (+0.5)		
	SB#4: Add a Sivado (+0.5)		
	SB#5: Add a Russian wendeswing with 270° or more (+0.5)		
7	One circle in cross or side support into flank or wende dismount	No height requirement on dismount	

Chapter 5 – Still Rings

Compulsory Levels 4 – 7 Overview and Education

A. General:

1. The greatest emphasis remains on the proper execution of the basic swing. Two significant changes involve how to best introduce the inlocate and dislocate. The committee's goal is to make sure the average gymnast can execute these skills safely while developing the strength and understanding of proper technique. In addition, unnecessary repetition of these elements can excessively penalize the gymnast. To address these concerns the committee chose to place more emphasis on the basic swing and allow the coach and athlete the opportunity for a more gradual introduction of these skills.
2. The inlocate is introduced as a specified bonus skill in Level 6 before making it a required skill at Level 7. The inlocate should only be attempted by gymnasts who are able to execute an excellent basic swing at this level. The dislocate is introduced in Level 6 from the inverted pike position. The gymnast can focus on downward pressure and proper body position in the learning stages. The basic swing continues to be emphasized and the stretched dislocate is introduced in Level 7. The gymnast should have some experience with the fundamentals of the basic dislocate before attempting the stretched dislocate. More time spent improving the basic swing before executing the more complex elements of the dislocate and inlocate is the recommended and more moderate progression of development on the still rings.
3. A priority on the still rings is the acquisition of a press handstand which is important for the transition to optional competition. In addition, the shoulder stand bail provides the opportunity to introduce the forward bail in a way that even the recreational gymnast can perform safely. Again, the more gradual introduction of advanced skill techniques and developing the ability to control the support positions on the still rings remains a goal of the committee in considering the routine composition options.

B. Definitions:

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

C. Basic Technique:

1. Basic Swing

- a. Basic swings in these routines should show a "turnover" action. "Turnover" is defined as follows for forward and backward swings:
 - i. Forward – At the completion of the front swing, the body is in a candlestick position - shoulders down and toes up with a hollow body position, tight hips and gluteus muscles, and head forward. Backward and downward pressure on the rings must be applied as the body approaches the completion of the swing. The gymnast may perform this phase of the swing with arms straight or bent but must forcibly apply pressure downward and backward on the rings to keep the center of gravity positioned correctly between the uprights and to maintain the proper body shape.
 - ii. Backward – During the execution of the back swing, the body is in a tight arch with shoulders down, rings spread as the body is approaching vertical (reverse candlestick position). Arms may be wide to facilitate keeping the shoulders down and maintaining downward pressure on the rings. Forward and downward pressure on the rings can be applied as the body approaches the completion of the swing.
- b. It takes many years to develop an effective ring swing. Patience and deliberate focus during the early years on the properly executed turnover swing is one of the key components to future development.
- c. Care should be taken to stress proper body shape and rotation in the swing first - rather than the height of the swing.

D. Basic Technique: (Continued)

1. Basic Swing (Continued)

- d.** The fully developed ring swing can be executed to handstand in either direction with the proper body shape and technique. As an athlete increases his turnover angle and quickness, downward pressure can be applied to the rings to facilitate the lifting of the shoulders from their position between the rings and toward the handstand in each direction. This pressure should only be applied at the very completion of the turnover as the body is approaching the vertical in each direction.
- e.** It is a common mistake for an athlete to apply this pressure prematurely during the swings. This inhibits the rotation of the body to vertical and can retard the development of a good ring swing.

2. Inlocate

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

3. Dislocate

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

Level 4:

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

Level 5:

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

Level 6:

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

Level 7:

1. This committee recognizes that it is very common for an athlete's first double-rotating skill to be a tucked double back on rings. The inclusion of this skill as a specified bonus dismount option will also help prepare the gymnast for advancement to the optional levels.
2. The stretched dislocate is introduced at this level. The gymnast should have gained enough experience with the proper dislocate technique in Level 6 to perform this skill correctly. Attention should be paid to the body shaping and head position through the bottom and the upward phase of the forward swing prior to turnover as delineated in the Basic Technique: Dislocate section above.
3. The forward "baby" giant is used to introduce the giant concept. Although the gymnast should emphasize good basic swing technique, he can also learn to swing above the rings to a static support position. Of special importance on this element is learning to keep pressure backward on the rings with the hollow body shape during the bail so that the center of gravity is positioned between the uprights and the gymnast hits bottom at the correct point of the swing.
4. The specified bonus skills are of varying degrees of difficulty and designed to allow all gymnasts to augment their routine as their strength and skill level improves. Executing good basic swings and proper body positions is always preferable to sacrificing technique for the sake of inserting the specified bonus skills.

Level 4 Still Rings

#	Skill(s) Description	Performance Criteria	Virtuosity
1	From straight arm hang, pull up to flexed arm hang (head between rings) with momentary hold	Momentary hold	
2	Lower to straight arm hang, lift knees to hanging tuck position hold for 2 seconds	2 second hold	
	SB#1: Replace #2 with lower to straight arm hang, lift legs to hanging "L" hold for 2 seconds (+0.5)	2 second hold	
3	Shoot legs out, swing backward, swing forward	Swing backward to 45° below horizontal Swing forward showing turnover	
4	Swing backward, swing forward	Swing backward to 45° below horizontal Swing forward showing turnover	Swing backward with turnover greater than horizontal (+0.1)
5	Swing backward, swing forward to straight body inverted hang	Swing backward to 45° below horizontal Momentary hold	Swing backward with turnover greater than horizontal (+0.1)
6	Lower legs to piked body inverted hang with momentary hold	Momentary hold	
	SB#2: Following #6, add extend body to hanging scale rearways (back lever) with momentary hold (+0.5)	Momentary hold	
7	Lower to German hang (skin-the-cat) hold for 2 seconds	2 second hold	Fully extended shoulder flexibility in German hang (+0.1)
8	Release hands and drop to stand		

Level 5 Still Rings

#	Skill(s) Description	Performance Criteria	Virtuosity
1	From extended arm hang (false grip allowed), muscle up to support with spotter assistance and with as straight body as possible	Cables must remain taut (no slack) Slight pike in hips permitted	
	SB#1: Replace #1 with from extended arm hang with false grip, muscle up to support WITHOUT spotter assistance and with as straight body as possible (+0.5)	Slight pike in hips permitted	
2	Straight body, straight arm support hold for 2 seconds	2 second hold Rings turned out and arms free of straps	
	SB#2: Following #2, add lift legs to “L” hold for 2 seconds, lower legs to straight body straight arm support (+0.5)	2 second hold Rings turned out and arms free of straps Hips between rings	
3	Roll backward to piked body inverted hang	Bent arms allowed	
	SB#3: Following #3, add extend body horizontally to hanging scale rearways (back lever) hold for 2 seconds (+0.5)	2 second hold	
4	German hang with momentary hold	Momentary hold	Fully extended shoulder flexibility in German hang (+0.1)
5	Pull out to piked inverted hang and cast forward to swing backward	Swing backward to 45° below horizontal	
6	Swing forward, swing backward	Swing forward showing turnover Swing backward to horizontal	Swing backward with turnover greater than horizontal (+0.1)
7	Swing forward, swing backward	Swing forward showing turnover Swing backward to horizontal	Swing backward with turnover greater than horizontal (+0.1)
8	Swing forward to salto backward tucked dismount	Hips at ring height Bent arms allowed	

Level 6 Still Rings

SB#2 Note: In **SB#2**, feet may be on the inside of the cables in the handstand and during the lower down (no bonus awarded if legs or feet wrap around or touch the outside of the cables), maximum deduction of 0.5 taken for **SB#2** unless the gymnast falls.

#	Skill(s) Description	Performance Criteria	Virtuosity
1	From hang, pull to piked body inverted hang, extend body horizontally to hanging scale rearways (back lever) with momentary hold	Pull with arms straight, bent body Momentary hold	
	SB#1: Replace #1 with from hang, pull to piked body inverted hang, extend body horizontally to hanging scale rearways (back lever) with 2 second hold (+0.5)	Pull with arms straight, bent body 2 second hold	
2	Lower slowly to German hang, pull out to piked body inverted hang, extend to straight body inverted hang	German hang with momentary hold Straight body inverted hang with momentary hold	Fully extended shoulder flexibility in German hang (+0.1)
3	Compress to a tight pike and dislocate backwards	Straight body at horizontal or higher	
4	Swing forward, swing backward	Swing forward showing turnover, bent arms allowed Swing backward to horizontal	Swing backward with turnover greater than horizontal (+0.1)
5	Swing forward, swing backward to up-rise backward to support	Swing forward showing turnover, bent arms allowed Bent arms allowed on up-rise backward	Up-rise backward with straight arms (+0.1)
6	Lift legs to "L" hold for 2 seconds	Arms straight, rings turned out, 2 second hold	
7	Pike press to shoulder stand hold for 2 seconds	Straight body shoulder stand, rings parallel, arms free of straps, 2 second hold	
	SB#2: Replace #7 with bent or straight arm, bent body press to handstand with momentary hold and rings turned out, lower to shoulder stand hold 2 seconds (+0.5)	See SB#2 Note Above Handstand with momentary hold Shoulder stand 2 second hold	
8	Bail forward, swing backward	Swing backward to horizontal	
9	Swing forward, swing backward	Swing forward showing turnover, bent arms allowed Swing backward to horizontal	
	SB#3: Following #9, add inlocate stretched, swing backward (+0.5) (Note: An inlocate that shows no rise will receive a single large deduction)	Inlocate stretched with turnover must show rise Ring level = No deduction Swing backward to horizontal	
10	Swing forward to salto backward stretched dismount	Hips at ring height, bent arms allowed	

Level 7 Still Rings

SB#2 Note: In **SB#2**, feet may be on the inside of the cables in the handstand and during the lower down (no bonus awarded if legs or feet wrap around or touch the outside of the cables), maximum deduction of 0.5 taken for **SB#2** unless the gymnast falls.

#	Skill(s) Description	Performance Criteria	Virtuosity
1	Straight body pull to inverted hang	Bent arms allowed	Straight arm, straight body pull to inverted hang (+0.1)
2	Cast, swing backward to up-rise backward to "L" support hold 2 seconds	Up-rise backwards with straight arms to "L" support 2 second hold, rings turned out, arms free of straps	
	SB#1: Following #2, add press to tucked Planche, hold 2 seconds, lower to "L" support hold 2 seconds (+0.5)	Hips level with shoulders on Planche, 2 second hold "L" rings turned out, arms free of straps, 2 second hold	
3	Pike press to shoulder stand hold 2 seconds and bail forward	Straight body shoulder stand, rings parallel, arms free of straps, 2 second hold	
	SB#2: Replace #3 with bent or straight arm, bent body press to handstand with rings turned out and momentary hold, lower to shoulder stand hold 2 seconds and bail forward (+0.5)	See Note Above. Handstand with momentary hold Shoulder stand 2 second hold	
	SB#3: Following #3, add swing backward to shoulder stand (baby giant) with momentary hold and bail forward (+0.5)	Momentary hold	
4	Inlocate stretched	Inlocate stretched with turnover and significant rise at vertical	Shoulders at ring level with body vertical (+0.1)
5	Up-rise backward to support	Up-rise backward to support with straight arms	
6	Roll backward to piked body inverted hang	Bent arms allowed	
7	Dislocate backwards	Straight body at horizontal or higher	
8	One or two dislocates backward stretched	Straight body	Shoulders at ring level (+0.1)
9	Swing forward to salto backward stretched dismount	Hips at ring height	
	SB#4: Replace #9 with swing forward to double salto backward tucked dismount (+0.5)	Hips at ring height	

Chapter 6 – Vault

Compulsory Levels 4 – 7 Overview and Education

A. General:

1. This committee recognizes that opinions regarding the development of vaulting skills vary greatly. The reasoning behind the selection of our entry level vaults is to focus on the very important skills of the run, the hurdle, and proper board technique and developing a meaningful progression to the handspring blocking technique on the vault table.
2. During the last quadrennium the change to a lower maximum score continued emphasis on correct approach and board technique and the introduction of a Level 7 Vault Modified table of vault choices helped to create more score equality between the events.
3. Although there is no specified bonus available on vault, the +0.3 for virtuosity and the +0.2 for stick bonus are available.
4. An incomplete vault may be repeated once with safety in mind and at the judge's discretion with a deduction of 1.00 from the final score of the second attempt. No third attempt is allowed.
5. The minimum score for any attempted vault will be 1.00.

B. Definitions:

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

C. Basic Technique:

1. Run

A good run technique will be comprised of the following components:

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

2. Hurdle

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

3. Block

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

D. Level 4:

1. The Straight Jump at this level is designed to direct the emphasis of the development primarily on the run, hurdle and punching action on the board.
2. During the straight jump the arms should lift upward to vertical while the body remains tight with legs straight from board take off until landing.

E. Level 5:

1. The Forward Salto Tuck is designed to promote a vertical takeoff from the board and allow the gymnast to develop proper rotational technique while the emphasis continues on the development of the run, hurdle, board contact and takeoff phases of vaulting.
2. The gymnast should prepare with the basic hurdle technique as he approaches the springboard so that the completion of the arm circle results in a full extension of the arms and shoulders as he contacts the springboard.
3. As the gymnast leaves the springboard arms should reach upward and forward as the center of mass rises to shoulder height and the tucking action is initiated.

F. Level 6:

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

G. Level 7:

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

Level 4 Vault - Straight Jump

#	Skill(s) Description	Performance Criteria	Virtuosity
1	Run: From a maximum distance of 60'	Run must maintain velocity Distinct lift of front leg and extension of back leg Rhythmic movement of flexed arms in run	Acceleration during run to hurdle (+0.1)
2	Hurdle: Lift knees upward while body's center of gravity remains level and feet extend forward to contact the springboard in front of the body	Body at vertical on board contact Arm swing from back to front during hurdle	Feet in front of hips on board contact (+0.1)
3	Straight Jump: punch vertically off the board with straight body	Full extension of arms to vertical above head Legs straight throughout flight	Distinct vertical rise from the board (+0.1)
4	Landing		Stick Landing (+0.2)

Level 5 Vault - Front Salto Tucked

#	Skill(s) Description	Performance Criteria	Virtuosity
1	Run: From a maximum distance of 60'	Run must maintain velocity Distinct lift of front leg and extension of back leg Rhythmic movement of flexed arms in run	Acceleration during run to hurdle (+0.1)
2	Hurdle: Lift knees upward while body's center of gravity remains level and feet extend forward to contact the springboard in front of the body	Body at vertical on board contact Arm swing from back to front during hurdle	Feet in front of hips on board contact (+0.1)
3	Front Salto Tucked	Arms reach upward above shoulders and forward Hands grasp legs in tight tuck	Distinct vertical rise from the board (+0.1)
4	Landing	Open to straight body prior to landing	Stick landing (+0.2)

Level 6 Vault - Forward Handspring

#	Skill(s) Description	Performance Criteria	Virtuosity
1	Run: From maximum distance of 82' (25m)	Run must maintain velocity Distinct lift of front leg and extension of back leg Rhythmic movement of flexed arms in run	Acceleration during run to hurdle (+0.1)
2	Hurdle: Lift knees upward while body's center of gravity remains level and feet extend forward to contact the springboard in front of the body	Body at vertical on board contact Arm swing from back to front during hurdle	Feet in front of hips on board contact (+0.1)
3	First flight (pre-flight): Rotate quickly to contact position on table slightly before vertical	Rotate from board to straight or tightly arched extension at vertical	
4	Second flight (post-flight): Block at vertical from table with straight body	Vertical block from table Straight body throughout	Distinct vertical rise off the table (+0.1)
5	Landing		Stick landing (+0.2)

Level 7 Vault

Level 7 Modified Vault Table – All Divisions				
Vault	Base Score	Virtuosity	Stick Bonus	Maximum Score
Junior Olympic & Junior Developmental – Vaults Both Divisions				
Forward Handspring	9.0	0.3	0.2	9.5
Any handspring sideward with ¼ twist	9.0	0.3	0.2	9.5
Yamashita	9.0	0.3	0.2	9.5
Additional Vaults - Junior Olympic Division I Only				
Forward handspring 1/1 twist	9.5	0.3	0.2	10.0
Yamashita with ½ twist	9.5	0.3	0.2	10.0

#	Skill(s) Description	Performance Criteria	Virtuosity					
1	Run: From maximum distance of 82' (25m)	Run must maintain velocity Distinct lift of front leg and extension of back leg Rhythmic movement of flexed arms in run	Acceleration during run to hurdle (+0.1)					
2	Hurdle: Lift knees upward while body's center of gravity remains level and feet extend forward to contact the springboard in front of the body	Body at vertical on board contact Arm swing from back to front during hurdle	Feet in front of hips on board contact (+0.1)					
3	First flight (pre-flight): Rotate from board to straight or tightly arched extension at vertical	Rotate quickly to contact position on table slightly before vertical						
4	Second flight (post-flight): Block at vertical from table with straight body	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Forward Handspring: Vertical block from table Straight body throughout</td> </tr> <tr> <td style="padding: 2px;">Handspring Sideward with ¼ twist: Vertical block from table Straight body throughout</td> </tr> <tr> <td style="padding: 2px;">Yamashita: Vertical block from table Straight body on block Pike at least 90° in flight</td> </tr> <tr> <td style="padding: 2px;">Forward Handspring with 1/1 twist: Vertical block from table Straight body throughout</td> </tr> <tr> <td style="padding: 2px;">Yamashita with ½ twist: Open from tight pike with ½ twist</td> </tr> </table>	Forward Handspring: Vertical block from table Straight body throughout	Handspring Sideward with ¼ twist: Vertical block from table Straight body throughout	Yamashita: Vertical block from table Straight body on block Pike at least 90° in flight	Forward Handspring with 1/1 twist: Vertical block from table Straight body throughout	Yamashita with ½ twist: Open from tight pike with ½ twist	Distinct vertical rise off the table (+0.1)
Forward Handspring: Vertical block from table Straight body throughout								
Handspring Sideward with ¼ twist: Vertical block from table Straight body throughout								
Yamashita: Vertical block from table Straight body on block Pike at least 90° in flight								
Forward Handspring with 1/1 twist: Vertical block from table Straight body throughout								
Yamashita with ½ twist: Open from tight pike with ½ twist								
5	Landing	Open prior to landing	Stick landing (+0.2)					

Chapter 7 – Parallel Bars

Compulsory Levels 4 – 7 Overview and Education

A. General:

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

B. Description:

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

C. Basic Technique:

1. Support Swing

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

2. Long Hang Swing

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

C. Basic Technique: (Continued)

3. Upper Arm Support

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

4. Glide Kip

- a. Optimally, the kip should be executed as a “jam” type action with the legs and the hips.
- b. As the body transitions from hang to support above the bars, the gymnast may pass through a fully extended jam position finishing with an extended position at or above horizontal.
- c. Alternatively, the body may also pass through a V support or Manna position at or above horizontal. Either technique is acceptable.

5. Front Up-rise

- a. From a well-executed tap on the forward upper arm swing, downward and backward pressure is applied to accelerate the upward swing.
- b. As the body rises from the bars the elbows should lock out quickly to an extended position above horizontal.
- c. The skill is completed in an extended position that emulates as closely as possible, the end position of a fully extended support swing forward.

D. Level 4

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

E. Level 5

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

F. Level 6

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

G. Level 7

1. This routine has a great deal of variety for a gymnast's development. Performed without specified bonus it is just slightly more difficult than the Level 6 routine. By adding in specified bonus it becomes a routine that will prepare athletes for the optional levels.
2. This routine was constructed so that the recreational participant would be able to continue to progress. The specified bonus skills that can be added would be useful as the core of an optional routine making for an easier transition to Level 8.
3. The inclusion of a salto dismount will assist in the transition to the optional levels. To meet the needs of all gymnasts, they have the choice of performing either a forward salto dismount or a backward salto off the side of the bars.
4. The bonus skills SB#2, SB#3 and any options may be performed in any order. Extra swings are allowed and will be judged for execution only in the performance of these bonus skills.

Level 4 Parallel Bars

#	Skill(s) Description	Performance Criteria	Virtuosity
1	From stand, jump to support swing forward, swing backward	Swing forward and backward with feet at bar height	Swing backward to horizontal (+0.1)
2	Swing forward to straddled support on bars	Extended body in rear support with straight legs	
3	Lift legs into a forward straddled "L" with momentary hold	Hips should be in line with or forward of hands Momentary hold	
	SB #1: Replace #3 with lift legs into a forward straddled "V" hold for 2 seconds (+0.5)	Hips should be in line with or forward of hands <ul style="list-style-type: none"> • 0° - 15° from vertical (-0.1) • 15° - 45° from vertical (-0.3) • > 45° from vertical (no bonus) 2 second hold 	
4	Bring legs together and extend forward to straight body		
5	Swing backward, swing forward	Swing forward and backward with feet at bar height	
6	Swing backward	Swing backward to horizontal	Swing backward to 45° above horizontal (+0.1)
7	Swing forward	Swing forward with feet at bar height	Swing forward to horizontal (+0.1)
8	Swing backward and dismount between the bars/mats or over either bar to stand.	Swing backward to horizontal Moving a hand to the dismount bar is allowed	
	SB #2: Replace #8 with swing backward to handstand with momentary hold and dismount between the bars/mats or over either bar to stand (+0.5)	Momentary hold Moving a hand to the dismount bar is allowed	

Level 5 Parallel Bars

#	Skill(s) Description	Performance Criteria	Virtuosity
1	From stand or short run, jump to long hang swing forward	Long hang swing forward to 45° below horizontal Bent knees allowed	
2	Long hang swing backward, long hang swing forward	Straight legs required at peak of long hang swing backward Long hang swing forward to 45° below horizontal Bent knees allowed	
3	Long hang swing backward, up-rise to upper arm hang	Long hang swing backward to 45° below horizontal Straight legs required at peak of swing backward	Long hang swing backward with hips at bar height (+0.1)
4	Upper arm swing forward, upper arm swing backward	Upper arm swings forward and backward with shoulders even with elbows	Upper arm swing backward with hips at bar height (+0.1)
5	Upper arm swing forward to straddled front up-rise to support and immediately lift legs off bars	Straight legs required Finish with arms straight and hips extended	
	SB#1: Replace #5 with upper arm swing forward to forward up-rise to support (+0.5)	Finish with straight body and straight arms Feet at bar height	
6	Swing backward	Swing backward with feet at bar height	
7	Swing forward to "L" hold for 2 seconds	Hips should be in line with or forward of hands 2 second hold	
	SB#2: Replace #7 with swing forward to "V" or Manna hold for 2 seconds (+0.5)	<ul style="list-style-type: none"> • 0°-15° from vertical (-0.1) • 15°-45° from vertical (-0.3) • > 45° from vertical (no bonus) 2 second hold	
8	Extend forward and swing backward	Swing backward with feet at bar height	
9	Swing forward, swing backward	Swing forward and backward to horizontal	Swing backward to momentary handstand (+0.1)
10	Swing forward, swing backward to momentary handstand and push off either side to stand	Swing forward to horizontal or higher Moving a hand to the dismount bar is allowed	
	SB#3: Replace #10 with swing forward, swing backward to handstand hold for 2 seconds and push off either side to stand (+0.5)	Swing forward to horizontal or higher Moving a hand to the dismount bar is allowed 2 second hold	

Level 6 Parallel Bars

#	Skill(s) Description	Performance Criteria	Virtuosity
1	From stand or short run, jump to glide kip to support	Glide kip with straight arms	
2	Swing backward, swing forward	Swing backward to horizontal Swing forward to horizontal	Swing backward to 45° above horizontal (+0.1)
3	Swing backward and bail to Moy finishing in upper arm support (See Note below)	Swing backward to horizontal "Hand-on-hand" spot allowed	Swing backward to 45° above horizontal (+0.1)
	SB#1A: Replace #3 with swing backward and bail to Moy to support, swing backward and layaway to upper arm support, upper arm swing forward (+0.5)	Swing backward and bail to horizontal "Hand-on-hand" spot allowed	
	SB#1B: Replace #3 with swing backward and bail to giant swing backward to support, swing forward, swing backward, layaway to upper arm support, upper arm swing forward (+0.5)	Swing backward and bail to horizontal "Hand-on-hand" spot allowed	
4	Upper arm swing backward	Shoulders even with elbows Hips at bar height	
5	Upper arm swing forward to straddled front up-rise to support and immediately lift legs off bars	Straight legs required Finish with arms straight and hips extended	
	SB#2: Replace #5 with upper arm swing forward to forward up-rise to support (+0.5)	Finish with straight body and straight arms Feet at bar height	
6	Swing backward	Swing backward with feet at bar height	
7	Swing forward to "L", hold 2 seconds, lift legs and extend forward and swing backward	Hips in line with hands 2 second hold Swing backward with feet at bar height	
	SB #3: Replace #7 with swing forward, swing backward to Straddle "L", hold 2 seconds, press to handstand with momentary hold (+0.5)	Straddle "L" 2 second hold Handstand with momentary hold	
8	Swing forward, swing backward	Swing forward and backward to horizontal	Swing backward to momentary handstand (+0.1)
9	Swing forward, swing backward	Swing forward to horizontal Swing backward to 45° above horizontal or higher	
10	Swing forward to ½ turn and post on one arm over single bar and dismount to stand (Stützkehr forward movement)	Swing forward to horizontal Land parallel to hand placement on bars	

Note: A gymnast too tall to swing through the bottom with the bars at FIG max height, may perform a cast to upper arm hang

Level 7 Parallel Bars

#	Skill(s) Description	Performance Criteria	Virtuosity
1	From stand or short run, jump to glide kip to support	Glide kip with straight arms	Glide kip with hips at horizontal (+0.1)
2	Swing backward, layaway to forward uprise to support	Swing backward to horizontal Finish up-rise with straight body & straight arms Feet at bar height	
3	Swing backward, swing forward	Swing backward and forward to horizontal	
4	Swing backward and bail to Moy finishing in upper arm support (See Note below)	Swing backward to horizontal "Hand-on-hand" spot allowed	
5	Upper arm swing backward to backward up-rise to support	Finish with arms straight, feet at bar height	
	SB #1A: Replace #4 & #5 with swing backward and bail to Moy to support, swing backward (+0.5)	Swing backward and bail to horizontal "Hand-on-hand" spot allowed	
	SB #1B: Replace #4 & #5 with swing backward and bail to giant swing backward to support (+0.5)	Swing backward and bail to horizontal "Hand-on-hand" spot allowed	
6	Swing forward to an "L" hold 2 seconds	Hips should be in line with hands 2 second hold	
7	Straight arm, bent body press to 45° above horizontal or higher		Straight arm, bent body press to handstand with momentary hold (+0.1)
8	Swing forward, swing backward	Swing forward and backward to horizontal	Swing backward to handstand with momentary hold (+0.1)
9	Swing forward, swing backward to handstand with momentary hold	Swing forward to horizontal Momentary hold	
	SB#2: Add basket (peach) to straight arm support (+0.5)	Additional swings allowed prior to or following SB#2	
	SB#3A: Add swing backward to ½ pirouette in handstand (forward or backward) (+0.5)	Additional swings allowed prior to or following SB#3A	
	SB#3B: Add swing forward to Stützkehr (+0.5)	Stützkehr at horizontal Additional swings allowed prior to or following SB#3B	
10	Swing forward to salto backward dismount or Swing forward, swing backward to salto forward dismount	Salto may be tucked, piked or stretched	
	SB#4: Replace #10 with swing forward to salto backward stretched with ½ twist dismount or swing forward, swing backward to salto forward piked with ½ twist dismount (+0.5)		

Note: A gymnast too tall to swing through the bottom with the bars at FIG max height, may perform a cast to upper arm hang

Chapter 8 – Horizontal Bar

Compulsory Levels 4 – 7 Overview and Education

A. General:

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

B. Definitions:

1. The “hollow” position is defined as a body position with a hollow or rounded position in the chest and hips. This position is the starting position in the back and finishing position in the front of the basic tap swing.
2. The “tap swing” is defined as the basic swing, which starts and finishes in a hollow position passing through a tight arch position at the bottom.
3. The “back hip circle” is defined as a straight body backward circle in a support position around the bar with hips touching.
4. The “free hip circle” is defined as a straight body backward circle in a support position around the bar with the hips completely clear of the bar.
5. The “flyaway” is defined as a dismount in which the athlete releases the bar at the peak of the front swing and performs a salto backward dismount.
6. The “swinging pullover” is defined as a tap swing forward followed by a hollow body pullover action in which the hips may contact the bar to a support position.
7. The “baby giant” is defined as a $\frac{3}{4}$ backward giant swing to a support position with hips completely clear of the bar.
8. The “giant swing backward” is defined as a giant tap swing in overgrip where the body passes backward over the top of the bar.
9. The “giant swing forward” is defined as a giant tap swing in undergrip where the body passes forward over the top of the bar.

C. Basic Technique:

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

C. Basic Technique: (Continued)

2. Tap Swing

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

3. Free Hip Circle

- a. The free hip circle performed on the high bar is intended to teach the gymnast the proper wrist shifting action.
- b. Following the cast or back up-rise action, the body should remain in an extremely tight extended position on the drop backwards to begin this skill. As the body nears the lower vertical position, the gymnast should show a strong turnover action to a tightly hollowed candlestick position.
- c. An early and efficient wrist shift on the upward swing from the underbar position is a critical timing issue and must be properly executed in order to ensure a support action without allowing the hips to contact the bar.

4. Swinging Pullover

- a. While performing the basic tap swing, the gymnast should hold the “tight arch position” through the bottom of the bar and on the initial upward phase of the front swing create a long dragging action of the body.
- b. Following the dragging action, the gymnast will execute a strong turnover action through a hollow body candlestick into a support with hips contacting the bar prior to the undershoot.
- c. The gymnast should execute an early and efficient wrist shift on the upward swing to support in order to maintain proper downward pressure on the bar.

5. Flyaway

- a. The execution of the flyaway should begin with the basic tap swing action being performed slightly earlier to promote the proper “hang” and “drag” body positions through the lower vertical of the bar.
- b. The gymnast should show a turnover action on the forward swing with the toes leading toward vertical in a hollow body candlestick position.
- c. It is essential for the gymnast to release the bar with the toes leading in a vertical direction. Once in the air, the gymnast may choose to perform the salto in a tucked, piked, or stretched body position.

6. Giant Swing

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

7. Toe On – Toe Off

- a. The early toe on – toe off is an essential step in the development of the proper tap needed for high level horizontal bar dismounts.
- b. As the body passes through the lower vertical position of a giant swing backwards, the gymnast will hold the chest and hips open to create a long “drag” position. An aggressive hollow tapping action through the chest and shoulders as well as a rounding of the hips should be executed prior to the pike action to place the toes onto the bar.
- c. When performed correctly, the sole – circle action will be accelerated and there will be more than enough power in the swing to easily allow the feet to release from the bar and the body to unfold from the pike to an extended position.
- d. The toe on – toe off skill maybe performed in the piked position with both feet between the hands or in a straddled position with the feet being placed close to the outside of the hands.
- e. The toe on – toe off will also benefit the gymnast in learning the more advanced in-bar Stalder skills.

D. Level 4:

1. This routine should be performed in the long hang position, although facilities with limited equipment may still use any bar available to them. In a meet situation coaches should be made aware of the type of bar that will be used.
2. The primary emphasis on this routine is to create an understanding of the basic tapping action and required body positions on both sides of the swing.
3. The hanging $\frac{1}{2}$ turn has been added to this routine to teach the gymnast the proper body shape positions. A good mastery of the hanging half turn will be crucial for proper development of the swinging $\frac{1}{2}$ turn.
4. The uprise to hop in overgrip should be performed with the technical mechanics and safety of the gymnast in mind. Refer to the Basic Technique: Up-rise section above for a detailed breakdown of this skill.
5. The specified bonus for the backward hip circle is intended as a progression for an eventual free hip circle action. Therefore, the straight or hollow body position should be emphasized.

E. Level 5:

1. The committee wants athletes to attempt the kip unassisted. Every effort has been made to write the text to encourage athletes and coaches to “go for it”. The goal is to make it worth the attempt and to be somewhat forgiving of execution during this skill acquisition process.
2. The specified bonus for the free hip circle is intended as a progression towards teaching a giant swing backwards. Proper shifting of the wrist and correct body position should be emphasized. Refer to the Basic Technique: Free Hip Circle section above for a detailed breakdown of this skill.
3. The development of the swing $\frac{1}{2}$ turn is extremely important and should be a priority. The criteria for proper execution of a “blind” turn are consistent through the routines and emphasize proper body position rather than extreme amplitude.
4. The addition of the swinging pullover is intended as a progression for a baby giant and eventually a full giant swing backwards. Proper shifting of the wrist and correct body position should be emphasized. Refer to the Basic Technique: Swinging Pullover section above for a detailed breakdown of this skill.
5. The option for a flyaway is included as a specified bonus skill. However, as with all specified bonus skills, the technical execution of the tap swing and the flyaway must be correct in order for the gymnast to gain the advantage of the points. Improper execution may actually result in a loss of points even though this skill is “fun to do”. Note: The spotter is required to “follow the gymnast” through this skill for safety without deduction. If the gymnast is actually assisted in the skill rather than simply followed the judge will take appropriate execution deductions and no specified bonus points will be awarded. Refer to the Basic Technique: Flyaway section above for a detailed breakdown of this skill.

F. Level 6:

1. The acquisition of giant swings in a young athlete’s repertoire is a landmark event. Giant swings performed in addition to either the $\frac{3}{4}$ giant swing forward (undergrip) or the $\frac{3}{4}$ giant swing backward (baby giant) later in the routine will receive specified bonus if the giant swings are attempted successfully without a fall even if there is a single large execution error in the performance of the giant swings (this is an exception to the normal rule applied to specified bonus skills). The objective is to encourage the development of giant swings by awarding the specified bonus for the successful completion of the giant swings forward or backward with a maximum of 0.5 for execution errors. All attempts are subject to a 1.0 deduction for a fall from the bar.
2. Specified Bonus #2 (free hip circle push away) and Specified Bonus #3 (two giant swings backwards) must be performed in direct succession if both bonuses are attempted. If an athlete successfully completes the free hip circle but falls during the execution of Specified Bonus #3, he should be rewarded with Specified Bonus #2 along with the 1.0 deduction for a fall from the bar.
3. The flyaway in this routine is performed from an underswing in order to continue to emphasize the proper development of the tap swing.
4. The hop from $\frac{3}{4}$ giant swing forward to overgrip in the backward swing is an element that many gymnasts at this level have difficulty controlling. A “safe” hop technique involves the same Basic Technique: Up-rise listed above. The gymnast should avoid leading with the heels while keeping the shoulders down on the backward swing prior to the hop. Ideally the release and re-grasp should be performed with the center of gravity moving above the bar, not away from the bar.

G. Level 7:

1. The four specified bonus skills in this routine are designed to give the gymnast the opportunity to develop optional skills that he can use at the next level. The gymnast should take care to execute the basic technique correctly with regard to the giant and handstand positions on these elements.
2. The mount and the dismount in this routine are designed to allow the recreational gymnast the opportunity to execute the routine successfully at the basic level. The gymnast can add specified bonus skills to the basic routine, as he is able to acquire them.
3. Specified Bonus #3 allows the gymnast to perform a Stalder or toe on – toe off through a handstand position. The inclusion of the toe on – toe off option is provided to introduce younger athletes to the proper tapping action needed for higher level backwards dismounts. Refer to the Basic Technique: Toe On – Toe Off section above for a detailed breakdown of this skill
4. In order to successfully execute the flyaway from a giant swing backwards, a good mastery of the basic tap swing is required. Improper execution of the tap swing will result in deductions that may negate the advantage of the awarded specified bonus.

Level 4 Horizontal Bar

Note: The gymnast is required to perform all skills with straight legs if the competition bar provided is high enough for the gymnast to do so. Otherwise the gymnast may bend his knees during all hanging skills. Facilities with limited equipment may use any bar available to them such as the low uneven bar rail, parallel bars with one rail removed, and/or a low horizontal bar.

#	Skill(s) Description	Performance Criteria	Virtuosity
1	From a still hang in overgrip, hanging ½ turn to mixed grip, change second hand to overgrip	Head neutral	Hollow body maintained throughout ½ turn (+0.1)
2	Pullover to support with spotter assistance	Momentary stop in support is allowed	
	SB #1: Replace #2 with pullover to support WITHOUT spotter assistance Momentary stop in support is allowed (+0.5)	Continuous rhythm in pullover Momentary stop in support is allowed	
3	Cast to undershoot forward	Undershoot with hollow body and straight arms	Cast to horizontal (+0.1)
	SB #2: Replace #3 with cast to back hip circle to undershoot forward (+0.5)	Back hip circle with straight body Undershoot with hollow body and straight arms	Cast to horizontal (+0.1)
4	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
5	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	Swing backward to horizontal (+0.1)
6	Swing backward and up-rise to hop with both hands, tap swing forward	Hop with simultaneous hand release and regrasp Swing backward and forward to 45° below horizontal No hop = (-0.5)	
7	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
8	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
9	Swing backward to uprise and release hands dismounting to stand	Shoulders at bar height	

Level 5 Horizontal Bar

#	Skill(s) Description	Performance Criteria	Virtuosity
1	From a hang position in over-grip, pullover to support		
2	Cast to back hip circle to undershoot forward	Cast to horizontal Back hip circle with straight body Undershoot with hollow body and straight arms	Cast to 45° above horizontal (+0.1)
	SB #1: Replace #2 with cast to free hip circle to undershoot forward (+0.5)	Cast to horizontal Free hip with hollow body and hips clear of the bar Undershoot with hollow body and straight arms	Cast to 45° above horizontal (+0.1)
3	Swing backward, tap swing forward with ½ turn to mixed grip	Swing backward and forward to 45° below horizontal Maintain hollow body shape during turn	
4	Tap swing forward, swing backward and change hand to double overgrip		
5	Swing forward and kip to support. Momentary stop in support is allowed.	Spotter assistance (-0.5) Maximum deduction (-0.5) Fall from bar (-1.0)	
6	Cast to undershoot forward	Cast to horizontal Undershoot with hollow body and straight arms	
	SB#2: Following #6, add swing backward, tap swing forward to swinging pullover or ¾ giant swing backwards to undershoot forward (+0.5)	Continuous rhythm Contact with bar allowed	
7	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	Swing backward or forward to horizontal (+0.1)
8	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	Swing backward or forward to horizontal (+0.1)
9	Swing backward to up-rise and release hands dismounting to stand	Shoulders at bar height	
	SB #3: Replace #9 with swing backward, tap swing forward to salto backward (flyaway) tucked, piked, or stretched dismount (+0.5)	For safety reasons, a spotter is required to follow, but not assist, the gymnast during the execution of the skill (Deduct -0.3) Spotter not present	

Level 6 Horizontal Bar

SB Note: If **SB#2** and **SB#3** are both performed, replace **#7** with cast to free hip circle, two giant swings backward and $\frac{3}{4}$ giant swing backward (baby giant) **(+1.0)**

#	Skill(s) Description	Performance Criteria	Virtuosity
1	From hang position in undergrip, pullover to support	Continuous rhythm	
2	Cast forward to $\frac{3}{4}$ giant swing forward	Cast to horizontal with full extension of body	Cast to 45° above horizontal (+0.1)
	SB #1: Replace #2 with cast forward to one or more giant swings forward to $\frac{3}{4}$ giant swing forward (+0.5)	Cast to horizontal with full extension of body Maximum deduction (-0.5) Fall from bar (-1.0)	Cast to 45° above horizontal (+0.1)
3	Hop both hands simultaneously to double overgrip	Hollow body	
4	Tap swing forward with $\frac{1}{2}$ turn to mixed grip, tap swing forward in mixed grip	$\frac{1}{2}$ turn with hollow body	Blind turn at horizontal (+0.1)
5	Swing backward in mixed grip, change hand to double overgrip		
6	Swing forward, kip to support	Momentary stop in support is allowed	
7	Cast to $\frac{3}{4}$ giant swing backward (baby giant)	Cast to horizontal	
	SB#2: Replace #7 with cast to free hip circle, swing forward to $\frac{3}{4}$ giant swing backward (baby giant) (+0.5)	Cast to horizontal	
	SB#3: Replace #7 with, cast to two giant swings backward and $\frac{3}{4}$ giant swing backward (baby giant) (+0.5)	Cast to horizontal Maximum deduction (-0.5) Fall from bar (-1.0)	
8	Undershoot to swing backward	Undershoot with hollow body and straight arms Swing backward to horizontal	
9	Tap swing forward, swing backward	Swing forward and backward to horizontal	
10	Tap swing forward to salto backward (flyaway) tucked, piked or stretched dismount	Salto backward with hips at bar height	Salto backward with hips above bar height (+0.1)

Level 7 Horizontal Bar

Note: A maximum of up to 5 forward and backward body movements of which the 5th must be a skill (i.e. stemme, free hip circle) will be allowed without deduction. Additional giants are only judged for execution.

#	Skill(s) Description	Performance Criteria	Virtuosity
1	From hang or small preliminary swing in overgrip, cast forward (stemme) to a back up-rise, free hip circle at horizontal	Back up-rise to horizontal Free Hip at horizontal	Back up-rise to 45° above horizontal (+0.1)
	SB #1: Replace #1 with from hang or small preliminary swing in overgrip, cast forward (stemme) to a back uprise, free hip circle through handstand (+0.5)		Back up-rise to 45° above horizontal (+0.1)
2	Tap swing forward with ½ turn or hop ½ turn to both hands in overgrip	½ turn or hop ½ turn to horizontal with hollow body	
3	Tap swing forward to ¾ giant swing backward (baby giant), undershoot	Undershoot with hollow body and straight arms	
4	Swing backward, swing forward, kip to support, change both hands to undergrip	Momentary stop in support is allowed	
5	Cast forward to one or more giant swings forward		
	SB #2: Following #5, add Endo through handstand (+0.5)		
6	Giant swing forward with ½ turn (pirouette)		Giant swing forward with ½ turn with no angle deduction (+0.1)
7	One or more giant swings backward		
	SB#3: Following #7, add Stalder or 'Toe on – Toe off' through handstand. One or more giants allowed prior to #8 (+0.5)		
8	¾ giant swing backward (baby giant), undershoot to swing backward	Undershoot with hollow body and straight arms Swing backward to horizontal	
9	Tap swing forward to salto backward (flyaway) tucked, piked or stretched dismount	Salto backward with hips at bar height	Salto backward with hips above bar height (+0.1)
	SB#4: Replace #8 and #9 with one or more giants backward with salto backward (flyaway) tucked, piked or stretched dismount (+0.5)	Salto backward with hips at bar height	Salto backward with hips above bar height (+0.1)