



## J.O. Update # 3

March 9, 2005

To: USA Men's Gymnastics Community  
From: Gil Elsass, Age Group Competition Committee Chairman

**Re: Rules Update # 3 for the 2005-2008 Men's Age Group Competition Program**

**JO Update # 3 Changes are represented by → symbol**

**→The AGCC has chosen not to make any changes to the start value for Level 10 gymnasts at the 2005 J.O. National Championships.**

### **Document Precedence Statement:**

**For all competitions, there is a hierarchy of documents to be used when judging:**

1. The USAG Age Group Competition Manual with Rules Updates published by this committee (Rules Updates are available online at <http://www.usa-gymnastics.org>)
2. The 2004-2005 NGJA/USAG Rules Interpretations #3 dated March 1, 2005 (available online at: <http://www.ngja.org>)
3. The International Gymnastics Federation (F.I.G.) Code of Points with Rules Updates published by the F.I.G. Men's Technical Committee (Rules Updates [aka FIG MTC newsletters] are available online at: <http://www.ngja.org>)

### **Age Group Program Materials Corrections:**

- p. 1.2 Level 8 Requirements  
2.0 Difficulty - Unlimited number of skills allowed without repetition\*  
1.0 FIG Element Groups (5 Element Groups worth 0.2 each)  
7.0 Presentation
- 0.5 Special Bonus  
10.5 Maximum start value  
10.0 Maximum possible score

\* No repetition excluding the exceptions on Floor Exercise and Horizontal Bar

The above update on Level 8 should also be corrected on the following pages:  
p.2.4, p.3.24, p.4.28, p.5.19, p.7.18, p.8.19

- p. 1.6 B. 5. Floor Exercise: 1 additional landing mat of up to 4" can be used for landings of natural D or E skills. However, the mat must be left in place throughout the routine.
- ~~p. 2.4 ADD Difficulty Bonus for Level 8 as is presented on p.1.2. (the same thing should be done for the following pages: 3.24, 4.28, 5.19, 7.18, and 8.19). Last line on p. Level 8: 5 FIG Element Groups ( add number as in other Levels)~~
- p.2.5 B. 3. c. First line should say "0.5 or less" rather than "less than 0.5"
- p. 2.5 C. 1. Short routine: for Levels 8-10 - if a routine has less than 7 skills, deduct 0.5 per missing skill from the exercise presentation category. Example: a 6 skill routine receives a 0.5 deduction; a 5 skill routine receives a 1.0 deduction.
- p. 3.2- 4. REMOVE Special Performance Criteria of "90° or higher Arabesque"
- p. 3.18 Change text in #5 and SB #5 Special Performance Criteria from "Prone fall or rebounding skill after front somersault not allowed" to "rebounding skill after front somersault not allowed."
- ~~p. 3.20- 6 REMOVE Special Performance Criteria for open corner transition. Change text in Special Performance Criteria to read: Any movement is allowed.~~
- p. 4.5 REPLACE- Special Performance Criteria second bullet point with 0.2 Bonus will be awarded if there is no single large error on the bonus routine.
- p. 4.19 Specified Bonus #10: Change the last sentence to read, "the right hand must regasp and show support before landing."
- ➔ p. 4.22-1 Specified Bonus #1: Replace with "**Jump into one or two circles and a Czechkehre.**"
- ➔ p.4.22- 2 Replace with "**One or Two Circles.**" **1 1/2 to 2 1/2**  
Special Performance Criteria
- Body extended through circles
  - Maximum 3 circles if no bonus prior to side travel
  - Maximum 4 circles if Czechkehre is preformed prior to side travel from beginning of routine.
- p. 4.30 REMOVE line # 1 under C (Special Bonus)
- p. 5.2 Specified Bonus #7: CHANGE - Extension from the pike position showing a **momentary hold** on the lever prior to lowering to long hang position
- p. 5.9 ADD Special Performance Criteria bullet point to # 6
- Gymnast may elect not to use cables on handstand.
- p. 5.10 Specified Bonus's # 8 & 9: Change text to, "Shoulders at or above the bottom of ring height on any inlocate or dislocate."
- p. 5.14 ADD Special Performance Criteria bullet point to # 7
- Gymnast may elect not to use cables on handstand.

- p. 5.11 & 5.16 REFINE positioning of the SB daggers and diamonds in the illustrations
- p. 5.17 REMOVE the first bullet under Special Performance Criteria for Specified Bonus #7
- p. 5.19 CHANGE stick bonus under Special Bonus, A. # 1, to 0.1
- p. 5.21 REMOVE line # 1 under C (Special Bonus)
- p. 6.2 REMOVE Note 1. and REPLACE with  
 1. The junior program will not give a zero score for any vault if a vaulter completes the run to or beyond the board. Otherwise, the minimum score for any actual vault will be 1.00. A zero vault, as defined by the FIG, may be repeated once, with a deduction of 1.00 from the value of the second attempt. *No third attempts will be allowed.*
- p. 6.2- 3 Special Performance Criteria: CHANGE to “Semi-circle action must show hands circling under the height of the shoulders.”
- p. 6.4, 6.6, 6.8, 6.10, 6.11 and 6.12  
 SAME CHANGES AS ON p. 6.2
- p. 7.12- 1 REPLACE with “From run or stand, Jump to drop kip”
- p. 7.18 CHANGE stick bonus under Special Bonus, # 1, to 0.1
- p. 7.20 REMOVE line # 1 under C (Special Bonus)
- p. 8.14 & 8.15 The toe-on toe-off for Specified Bonus can be performed inbar or straddled.

**General Clarifications:**

1. The Age Group Competition Committee would like to highlight a FIG Men’s Technical Committee clarification that came out at the Inter-continental Judges Course. That clarification says: Article 15.5a states that all large errors result in non-recognition but later articles contradict this.
  - This is a general article that is modified by specific rules later in the Code.
  - No general rule can cover all of gymnastics
  - Non-recognition is usually the result of a fall or failure to meet specific angle or time stipulations as listed.
  - 0.3 usually leads to recognition of the element but 0 bonus
2. The J.O. Program will allow straddling of the legs on skills including a strength press or hold.
3. The J.O. Program will not recognize the FIG non-commensurate dismount deduction. In the event a Level 8-10 athlete performs an "A" value dismount; he will receive the 0.2 deduction for not properly fulfilling the dismount element group (with the exception of Floor Exercise where no dismount element group exists). There should be no additional dismount deductions other than for presentation. The deduction for not showing at least an A value dismount is per FIG, 0.3 for Levels 8-10 and, in addition, 0.2 for missing element group #5 on PH, SR, PB, HB for Levels 8-10.

- 4. J.O. Program dismount rule: with the exception of Floor Exercise (no dismount element group on FX)
- No dismount = .3 deduction
  - A dismount = .2 deduction
  - B or higher dismount = .0 deduction
- If no dismount is performed, only deduct .3. Do not deduct for missing dismount element group.
5. In the J.O. Program, a skill, which has a letter value assigned, should be evaluated as if it has its own "code box". For instance, a "B" Stutz or back toss to 45 degrees (J.O. exceptions) would have a different virtual "code box" for routine construction and evaluation purposes than a "C" value Stutz or back toss to nominal handstand.
6. Minimum B value skill required to fulfill FIG Element Groups of Levels 8-10.
7. Levels 4-7: added swings will be deducted as per FIG as extra swings, not added parts. Missing parts deductions come from Start Value. Added parts deductions come from Exercise Presentation.
- 8. Added holds are considered as possible rhythm deductions not as added parts.
- 9. There are no minimum height requirements on all apparatus.

The JOPC has adopted the following set of performance guidelines to promote proper technical execution and presentation in our junior athletes. These guidelines should be applied at all junior level competitions. In the evaluation of the technical performance of an exercise, judges will focus on these skills and strictly apply the FIG set deductions for each performance area.

## **FLOOR EXERCISE**

### *Transition Skills*

- Arm, hand and finger positions on transitions including hurdles with hand and arm extension, no bent arms

### *Skill Specific*

- If a scale is used – leg should be 30 degrees above horizontal
- Flair / Circle skills with hip extended from arms, no deep pike in hips on flairs and no pike in hip on circles
- Toes pointed
- Twisting with straight body and no piking down on landings

## **POMMEL HORSE**

### *Skill Specific*

- Extension of Circles – no pike at waist, slight hollow in chest okay
- Toes pointed
- Circles squared on longitudinal travels
- Dismounts to handstand with no rhythm change
- Perfect form in pick-up out of scissors skills

## STILL RINGS

### *Skill Specific*

- Handstand position - rings turned out to parallel, no shoulder angle, straight lower back, forearms off straps
- Toes pointed
- Continue to emphasize perfect (final) strength hold positions
- "L" hold position - rings turned out, open chest, 90 degrees in hips

## VAULT

### *Skill Specific*

- No leg separation on pre-flight of any vault
- Toes pointed
- On all saltos keep legs and knees together

## PARALLEL BARS

### *Skill Specific*

- Handstand position - no shoulder angle, no arch in lower back, maintain stable position; i.e. no shifting around between skills
- Toes pointed
- No bent knees on swing in support skills
- Show distinct opening from Pike or Tuck Double Back dismounts
- Show distinct opening from Morisue or Belle skills

## HORIZONTAL BAR

### *Skill Specific*

- Finish pirouettes and blind changes in handstand (FIG standard)
- No knee or toe flex on endo and Stalder skills
- Toes Pointed
- No knee bend on taps for releases or dismounts
- No contact with feet on bar for in bar endo and Stalder skills
- No pause in 1/1 pirouette from any skill – skill breaks into two value parts

## ***Event Specific Clarifications***

### ***Floor Exercise***

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1. Levels 8, 9 & 10 may repeat one B or above acrobatic skill one time only.  
Examples for three different routines
  - a. Front tuck, front tuck, front full = C + D (= + 0.3)
  - b. Front full, front tuck, front tuck = D + B (= + 0.2)
  - c. RO, FF, double Tucked somersault = C and RO, FF, double Tucked somersault = C (= + 0.2)
2. Junior Program values for skills not listed in the FIG Code of Points:
  - Any forward roll = A
  - Any backward roll = A
  - Cartwheel = A
  - Round off = A
  - Straddle Planche hold = B

- 3. A maximum of 2 front tuck saltos can be performed on Floor Exercise. Irregardless of combination, 3 front tuck saltos is not allowed.

### ***Pommel Horse***

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1. The junior program will not recognize the 3/3 travel broken up by flops as a "D" element.
2. 2 back loops done as a dismount will receive B+A
3. Any B or C value 1/2 spindle will receive credit only when performed with three or less hand placements and is completed within one circle. 1/4, 1/4 variations with more than three hand placements or in more than one circle will be given A+A value.
4. From cross support on end, step up onto pommel (rear support), pommel loop (back to rear support, pommel loop with 1/4 turn in to side support on pommels, (5 total hand placements on one pommel) will now be given C value and will satisfy element group II. Two other variations on this combination are also acceptable as C value skills and will also satisfy element group II. All three variations are considered to be in the same C "code box". The variations are:

From side support on end with one hand on the pommel and one hand on the end, 1/4 turn to pommel (rear support), pommel loop (back to rear support), pommel loop with 1/4 turn to side support on pommels. (5 total hand placements on one pommel)

From side support on pommels, 1/4 turn to pommel (rear support facing out) pommel loop (back to rear support), pommel loop with 1/4 turn to side support with one hand on the pommel and one hand on the end. (5 total hand placements on one pommel)

5. All pommel horse dismounts performed by athletes Level 8 and above must land with the body facing longitudinally, that is to say in cross stand parallel to the horse instead of side stand rearways or frontways.
6. *Exceptions to the FIG Code of Points item #2 B & C value skills on Pommel Horse, the 2/3 longitudinal travel is given "C" credit. FIG reference pages are 60 & 61 (Skill # 36, 37 & # 46, 47)*

To clarify, this travel must be initiated and completed in cross support and must include both pommels and one end of the horse. Furthermore, there can be no turns included in this travel in order for it to receive "C" credit. A partial Sivado travel initiated in side support with one hand on each pommel followed by a step down into the saddle followed immediately by a backward cross support travel to the end will only receive "B" credit because it was not initiated in cross support and did not include the use of both pommels in the travel itself.

7. A forward longitudinal travel with an extra pommel loop on one pommel will be interpreted as follows (1-1, 2-2, 2-2, 4-4, 5-5) = B, B, C.
8. Junior Program values for skills not listed in the FIG Code of Points:
  - Single leg travel = A
  - False scissor forward = A
  - False scissor backward = A
  - Loop facing out to stand = A dismount
  - Two loops facing out = B or continue to stand as dismount = B + A (may use 2 loops facing out only 1 time)

- 1/3 or 1/2 longitudinal travel = B
  - 2/3 longitudinal travel = C (refer to number 6 above for further explanation)
  - Bailie = C A Bailie (defined as beginning with one hand on each pommel 1/2 Czechkehre to single pommel loop to 1/2 Czechkehre and ending with one hand on each pommel) is officially recognized by this committee as an element with a C value (it may be performed with an additional pommel loop for developmental purposes but will still be valued as one element only and will receive only a C value). The Bailie will satisfy FIG Element Group II. Other variations on the Bailie or any other 4 hand placement skills done by a J.O. athlete are subject to flop rule interpretation as set forth in Article 31, paragraphs g. and h. of the *FIG Code of Points*.
- 9. Levels 5 and 6 mushroom routine and Level 7 circle routine: the gymnast must complete one full circle prior to the dismount to receive the stick bonus.
- 10. Level 7 pommel routine mount: gymnast are allowed to perform 1 to 2 swings before the first leg cut.
- 11. Level 7 pommel routine skill # 3: gymnasts may perform 1/2 to 1 1/2 circles after the side travel.
- 12. Optional Pommel Horse: "A" value circles and flairs are to be considered in separate skill boxes.
- 13. Optional Pommel Horse dismount: a dismount must come from a preceding value part to receive credit (Ex. 1 full circle to dismount).

### ***Still Rings***

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1. For a B press to handstand, the junior program will follow the standard FIG deductions for determining credit when the skill is performed with an arm bend. Those deductions are: small deduction for arm bend of up to 15°, medium deduction for 16° to 30°, large deduction for 31° to 45° and large deduction and non-recognition for arm bend greater than 45°. A press with more than 45° in arm bend will be evaluated as an "A" value skill, with no deduction for arm bend.
  2. In the junior program, a shoot to handstand (hold) with greater than 45° arm bend will receive A credit. Shoot to handstand (hold) with less than 45° arm bend will receive C credit with small deduction for arm bend of up to 15°, medium deduction for 16° to 30° and large deduction for 31° to 45°.
  3. Junior Program values for skills not listed in the FIG Code of Points:
    - Bent arm shoot to handstand = A (arm bend beyond 45°)
    - Bent arm back uprise to handstand = A (arm bend beyond 45°)
    - Straddle straight arm bent body press to handstand hold = B
    - Lock arm, bent body press to handstand, legs together or straddled = C
    - (any arm bend will result in B value with FIG presentation deductions)
    - Front lever hold = B
    - Back uprise to straddle Planche = C
- 4. For Levels 4, 5 and 6, the Back Lever hand position is optional.
- 5. Moving from straddle L to an L seat is acceptable.

- 6. If a Level 6 gymnast attempts a handstand for bonus (in place of shoulderstand) and falls, do not deduct full value of skill. Only deduct .5 for the fall.

### **Vault**

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1. There is no stick bonus available for any optional vault.
2. Continue to encourage handspring vaults for long term development by using the special values for handspring vaults from the last quadrennium:

FIG Vault #	Vault Description	Jr. Vault Value
III.6	Handspring front salto tucked	8.6
III.7	Handspring front salto tucked with ½ twist	8.9
III.11	Handspring front salto piked	8.9
III.12	Handspring front salto piked with ½ twist	9.2
Any FIG handspring vault valued 9.2 or above		Value + 0.3

### **Parallel Bars**

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1. A glide kip immediate reverse straddle cut to support will receive A+A if done on the end of the bars and A+B if done in the middle of the bars. (The 'B' reverse cut would satisfy only element group I) Likewise, a front uprise immediate reverse straddle cut will receive A+B. (the 'B' reverse cut would satisfy only element group I)
2. Junior Program values for skills not listed in the FIG Code of Points:
  - Shoulder roll forward = A
  - Shoulder roll backward = A
  - Reverse straddle cut on end of bars = A
  - Any Wende dismount = A
  - Glide kip, reverse straddle cut between the uprights = A+B
  - V sit = B
  - Straddle bent body press to handstand for B value
  - Stutzkehr\* - executed 45° to 74° above horizontal = B value
  - Back toss\* - executed 45° to 74° above horizontal = B value
  - Peachbasket\* – From any support or from stand executed with straight arms to support up to 45° = B value, 46° to 74° above horizontal = C
  - Straight leg Moy from any height to upper arm = B
  - Straight leg Moy from any height to support = C
  - Giant\* - backward giant swing° executed from support above horizontal and completed below 45 ° above horizontal = B (with appropriate deductions for angle upon completion); completed between 45° above horizontal and 90° (handstand) = C. (with appropriate deductions for angle upon completion)

\* Note: The skills listed with an asterisk above, when executed below 75°, must be valued as B skills and cannot be considered as C value skills with deductions.

In addition, the FIG 15° degree rule will begin for B value skills at 45° which results in the following: 31° to 44° = -0.1, 16° to 30° = - 0.2, Horizontal to 15° = -0.3. Below horizontal, with exception of the peach to support, results in non-recognition, 0.3 in deduction and no B credit.

→3. Level 5 # 3: Replace Special Performance Criteria - add the words **”is allowed”**:  
“Momentary pause in cast position **is allowed.**”

→4. Level 7: Moy to support with or without extra swing is allowed.

### ***Horizontal Bar***

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The Level 5 routine needs some clarification for the kip skill. Below is an attempt to clarify the deductions.

1. In an effort to clarify the Level 5 Kip on Horizontal Bar the following should be noted:
  - If the kip is spotted, the automatic deduction will be .5 in addition to execution deductions such as bent knees, toe point, etc.
  - If the kip is attempted, but missed, the automatic deduction will be .5. There will be no additional deductions taken for execution of the kip itself. Also, there will be no additional deduction taken to get the gymnast to the support position on the bar. The only additional deduction would be if there was a fall after the missed attempt. To count as an attempt, the kip must show a kip action with the shoulders reaching at least bar height. If the kip does not meet these criteria, the coach must spot the kip and the deduction will be as under #1. Otherwise, the gymnast will not be given credit for the skill.
  - If the kip is successful, a maximum execution deduction of .3 may be taken. This is the only option where bonus will be allowed if the cast is performed immediately out of the kip.
2. It is the position of this committee that the generation of strong ‘stemming’ or a free hip circle in the mount sequence of a typical horizontal bar routine is difficult and problematic for young athletes. Therefore, a maximum of up to 5 forward and backward body movements (of which the 5<sup>th</sup> must be a skill i.e. stemme, free hip circle, Stalder, etc.) will be allowed without deduction. Furthermore, inclusion of a ‘back-uprise’ action, even to partial support, on up to the 4<sup>th</sup> movement will also be allowed without deduction.
3. A “toe-on toe-off immediate full pirouette to mixed grip” will be valued as a B+B. The “B” value toe-on toe-off is a J.O. exception to the F.I.G. Code of points and will satisfy element group III only. The full pirouette will satisfy element group I only.
4. A gymnast may use back uprise to handstand to a listed skill (i.e., free hip or Stalder) as a mount in the junior program. Appropriate FIG deductions for angle will be taken for a back uprise not performed to a handstand.
5. Junior Program values for skills not listed in the FIG Code of Points:
  - Tuck, pike or layout flyaway forward or backward = A
  - Back hip circle or any free hip circle = A
  - Blind Change = B
  - →Blind Change to mixed grip = A
  - Toe-on toe-off, straddle = A, pike = B Note: toe on skills cannot value raise through use of pirouettes, etc.
  - Invert Giant = C
  - Stoop in, dislocate to handstand within 15° of vertical = D
  - Stoop in, dislocate to handstand within 15° to 30° of vertical = C
  - Stoop in, dislocate to handstand within 30° to 45° of vertical = BA dislocate performed below 45° will be given B value and deducted with appropriate angle deductions per FIG: small, medium and large.

6. Levels 8, 9 and 10 may repeat one C value or higher release skill one time for value and bonus. In addition, if C value or higher release skills are performed consecutively, a bonus of +0.1 will be awarded (Example: straddle Tkatchev to straddle Tkatchev: D 0.2 + 0.1 connection bonus = 0.3 total bonus).
- 7. Level 5: **3 backward swings** after the underbar shoot (part #7) must be performed before either the drop to stand dismount or a swing forward to flyaway dismount.
- 8. Level 7: Gymnasts may perform **1 to 3** giants after Specified Bonus parts 2, 4 and 6.

Respectfully Submitted,

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2005-2008 Age Group Competition Committee

Approved by Bo Morris, USA Gymnastics Men's Program Manager