### Level 4 (Comp Only) (6-7, 8-9, 10-11, 12 & over)
- Base Score: 9.2
- Specified Bonus: 0.4
- Virtuosity: 0.2
- G.P.A.: 0.1
- Stick Bonus: 0.1
- Max. Score: 10.0

### Level 5 (Comp Only) (7-9, 10-11, 12 & over)
- Base Score: 9.2
- Specified Bonus: 0.4
- Virtuosity: 0.2
- G.P.A.: 0.1
- Stick Bonus: 0.1
- Max. Score: 10.0

### Level 6 (Comp Only) (8-9, 10-11, 12 & over)
- Base Score: 9.2
- Specified Bonus: 0.4
- Virtuosity: 0.2
- G.P.A.: 0.1
- Stick Bonus: 0.1
- Max. Score: 10.0

### Level 7 (Comp Only) (10-11, 12 & over)
- Base Score: 9.2
- Specified Bonus: 0.4
- Virtuosity: 0.2
- G.P.A.: 0.1
- Stick Bonus: 0.1
- Max. Score: 10.0

### Level 8 (FIG Modified Optional) Using Junior Olympic Program Rules (14-18)
- Difficulty: 2.0 8 highest values, including dismount A-Score
- FIG Element Groups: 1.5 (3 groups) EG5 req.
- Presentation: 6.5 GPA of 0.1 for < - 0.5 in Pres.
- Stick Bonus: 0.1 on dismounts which receive full Group V credit added to difficulty
- Max Start value, 10.0 Max score

### Level 9 (FIG Optional) Using Junior Olympic Program Rules (12-13)
- Difficulty: 2.5 8 highest values, including dismount A-Score
- FIG Element Groups: 2.0 (4 groups) EG5 req.
- Presentation: 5.5 GPA of 0.1 for < - 0.5 in Pres.
- Stick Bonus: 0.1 on dismounts which receive full Group V credit added to difficulty
- Max Start value, 10.0 Max score

### Level 10 (FIG Optional) (16-18, 14-15)
- Difficulty: 3.2 10 highest values as per FIG A-Score (9 highest values plus the dismount)
- Element Groups: 2.5 (5 groups)
- Presentation: 4.3 GPA of 0.1 for < - 0.5 in Pres.
- Stick Bonus: 0.1 on dismounts which receive full Group V credit added to difficulty
- Max Start value, 10.0 Max score

### Special Optional Information
- Levels 8-9-10: Difficulty: A=0.1, B=0.2, C=0.3, D=0.4, E=0.5, F=0.6 GPA of 0.1 for < - 0.5 in Presentation
- Short Routine: > 6 skills = -0.5 per missing
- Element Groups: Each = 0.5 any value, exc. dismount
- Lvl 10=C dismount reqd B = +0.3 A= no group A = + 0.3 for Group V
- Presentation Deductions: small = 0.1, medium = 0.2, large = 0.3
- Stick Bonus = level 8, 9, 10 = 0.1 to diff

Includes USAG Update #10
Level 9 and 10 Execution Bonus: dropped in USAG 10

General Performance Award

page 2.8, under Special Bonus (page 2.7) Add: d. Execution Bonus It has become clear that the new system of awarding of Execution Bonus is problematic. For this reason, we will return to the General Performance Award (G.P.A.) as administered in the previous quadrennium. The General Performance Award is an award of 0.1 for any routine performed with 0.5 or less in execution errors. Vault is the only event that will not be eligible for the General Performance Award.

Unless listed in the USAG Update as an exception, all interpretations listed in USAG / NGJA interpretations #6, Dated January 4, 2007 are in full effect as written. Pay particular attention to item #17 (regarding turning elements on Horizontal Bar) and its examples.

Calculating a Start Value for JO Routines

The Junior Olympic Program will Calculate the A Score in the following manner for Levels 8, 9 & 10
• Highest difficulty skill from each E.GR in order to fulfill the El Group requirements will be counted first
• Next highest skills up to a maximum of eight counting skills for Level 8 and 9 or ten counting skills for Level 10 will be counted next. The counting skills must include Element Group V.
• A maximum of 4 skills from any one element group may be counted for the A score

Other Information - difficulty
• Change to – Any recognizable gymnastics skill which is not listed in the FIG Code of Points, NGJA/USA Gymnastics Interpretations, Junior Olympic Program Manual or Junior Olympic Program Update will receive an A value with no element group credit.
• The deduction for performing an exercise containing less than six parts (skills or elements) in level 8, 9 or 10 is 0.5 for each skill/element less than six, taken from the exercise presentation category. (example: 5 parts -0.5, 4 parts -1.0, etc.)
• Skills which have been given special Junior Olympic value will qualify for FIG connection bonus. Example: FX, Salto forward with 2/1 twists (FIG D value) + Front salto tuck (JO B value) = 0.1 in connection bonus
• Junior Skill Value Exceptions to the FIG Code of Points with the Corresponding Element Groups
• Note: Some previously JO rated A value skills have been eliminated. These skills are now covered by the rule change noted in the updates.

Uniforms - Levels 6-10
p. 1.4: B. Uniforms, #1: Change to: For levels 6-10 on Pommel Horse, Parallel Bars, Still Rings and Horizontal Bar, all gymnasts must wear long competition pants and footwear (socks and or gymnastics shoes). In Junior Olympic competition dark colored competition pants are allowed. On Floor Exercise and Vaulting, gymnasts may compete in short pants with or without footwear. A competition jersey must be worn in all competition.

Vault Stick Bonus

Vault Stick Bonus for Level 8, 9 and 10: A Gymnast will receive 0.1 in bonus for sticking his vault. This bonus can also be awarded to the second vault at Level 9 and 10 when two vaults are performed. However, the second vault must qualify for additional bonus through both difficulty and execution before stick bonus will be awarded. Note: The second vault must be from a different FIG vault family from the first vault to qualify for any bonus.

Unlisted Skills
.. p. 2.8, C, #3: Change to – Any recognizable gymnastics skill which is not listed in the FIG Code of Points, NGJA/USA Gymnastics Interpretations, Junior Olympic Program Manual or Junior Olympic Program Update will receive an A value with no element group credit. 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. New and original skills may be submitted (in electronic video form) directly to Jeff Robinson - Junior Olympic Program Coordinator jrobinson@usagymnastics.org. He will have the skill evaluated by the NGJA / USAG Technical Comm.

Pommel Horse
p. 2.10: Add #9: (Regarding NGJA/USAG Rules Interpretations #6, Dated January 4, 2007 – Pommel Horse, line item #20) The Junior program will only apply a deduction for angular deviation (skew) once per element, not once for each circle making up the element (example, Magyar travel). Note that if during the performance of an element, the element is performed incompletely or is broken up into two or more elements that the skew deduction will be applied to each of these elements.
General Guidelines

NGJA JO Course Notes are UNOFFICIAL. Always refer to the USA Gymnastics Junior Olympic Program 2005–2008. Official updates will come out from USAG with an official name attached, and will appear on the web. In determining rules to use, the USAG JO Program guide will take precedence, followed by the FIG Code of Points, used with NGJA interpretations. The most current updates for the JO Program may be found on the Web at www.usa-gymnastics.org Updates of the NGJA FIG Interpretations may be found at www.ngja.org

Judges are reminded that the goal of USAG is to achieve strict interpretation on all presentation items. Please see USAG Updates for additional performance guidelines on each event.

Equipment All Specs are F.I.G. unless otherwise stated. Adapted specs in the program in are minimums, however FIG heights may not be exceeded, except where specified by F.I.G., (SR/PB - accommodate tall athlete)

Judging: JO Judges perform both A and B panel tasks, except in competitions where there are 4 or more judges in a single panel. Minimum score is 1.0

Score Range (using two or more judges)
when not in A/B panels):

<table>
<thead>
<tr>
<th>Score Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.10 if the average is 9.50 and above</td>
</tr>
<tr>
<td>0.20 if the average is 9.00 - 9.45</td>
</tr>
<tr>
<td>0.30 if the average is 8.00 - 8.95</td>
</tr>
<tr>
<td>0.50 if the average is 6.00 - 7.95</td>
</tr>
<tr>
<td>0.80 in all other situations</td>
</tr>
</tbody>
</table>

Short Routine - Less than 6 skills deduct 0.5 from presentation per skill missing

Repeated Exercises: Interruption beyond Gymnast's control, repeat at discretion of Head Judge. Handguard tear during routine, gymnast may repeat, at the discretion of the Head Judge.

Spotting: (Need not recognize skill if gymnast could not have completed on his own)
- Incidental brushing or touching without interrupting the skill: ... no deduction
- Spotter assists the execution of the skill: ............... Deduct 0.5 and presentation errors
- FX: spotted skill: normal JO deductions & -0.5 for presence of spotter
- **All spotting, required or general, must be done by a USAG Professional Member.** Addl assistance may be given by assistant coach who is a Professional Member. Required Spotter missing: Do not start routine.
- Spotter walks away where required: deduct 0.2, and warn that another infraction will disqualify all his athletes on that event that day. Spotter may not spot from surface higher than the allowable competition floor. **DO NOT START EXERCISE.**
- HB & Rings: Spotter required at ALL levels, required to be in position to safely spot entire performance.
- Vaulting: between board and vault table/landing area.
- Required Spotter missing: Do not start routine. Additional USAG ProM spotters allowed w/o deduction.
- Spotter also allowed: all Classes on parallel Bars,
- Spotter appears on Floor Exercise or Pommel Horse/Mushroom events: deduct 0.5 (unpermitted spotter)

Uniforms: Out of Uniform (WITH warning): 0.2: (taken from the All Around) (Rules Include: NO Jewelry)
- Levels 10-5 PH,SR,PB,HB: Long solid colored pants and footwear. On FX, V may wear shorts, with or without footwear. All gymnasts must have a competition jersey. Levels 5-4 only require gymnastics short pants, team T-shirt, socks/shoes. FX, V may compete with or without footwear. See above for more info.
- All gymnasts required to wear shirt: all events during warm-ups & competition.

Age: Determined on Sept. 1. Must always be at least 6 yrs. May only move up 1 year based on Sept. 1st age; only if moving to higher competition level. **Exception for Level 9:** Athletes below required age of 12 for Level 9 may move up to Level 9 through Future Stars: See Official Program Guide/website postings for details. **Specialists:** permitted all levels.

General Presentation: Nominal Handstand: ±15° from vertical Speaking to gymnast: 0.2 once during routine.
- Falls off the apparatus: Deduct 0.5 + presentation errors, gymnast may repeat the part for credit plus additional skill to arrive at start position, Gymnast has 30 seconds to remount, judge will announce time. Coach may ask if skill was credited. Head judge say yes or no. No other discussion.
- JO Program will use FIG Rule concerning swings to or through handstand or strength holds.
- A nominal handstand is shown at plus or minus 15° from vertical.
- Coach speaks or obvious signal: deduct 0.2 once during routine.
- Judges may use 0.05 to better separate gymnasts.
JUDGING GUIDELINES

Compulsories

<table>
<thead>
<tr>
<th>Routine Errors</th>
<th>Deductions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Missing Part</td>
<td>1.0</td>
</tr>
<tr>
<td>2. Added part</td>
<td>0.5</td>
</tr>
<tr>
<td>3. Fall (defined as per FIG)</td>
<td>0.5</td>
</tr>
<tr>
<td>4. Large Error (defined as per FIG)</td>
<td>0.3</td>
</tr>
<tr>
<td>5. Medium Error (defined as per FIG)</td>
<td>0.2</td>
</tr>
<tr>
<td>6. Small Error (defined as per FIG)</td>
<td>0.1</td>
</tr>
<tr>
<td>7. Int. Swing: define per FIG but 0.2 half - 0.3 whole</td>
<td></td>
</tr>
</tbody>
</table>

Missing parts from Start Value

Added parts from Presentation

Added holds = possible rhythm error not added part.

Definitions:

A. A “part” is defined as the numbered skill/sequence.
B. A “Missing part” is either omitted or unrecognizable.
C. A “Partially completed part” (more than 50%) is credited and receives the appropriate FIG deduction (small - medium - large).

Positions: All swing & required positions are
a. Horizontal b. 45° c. Vertical

Holds-Required holds=2 sec.unless noted;
hold 1-2 sec = -0.1, hold 1 sec = -0.2 <1sec = 0.3

Momeryt holds=has definite stop, hold up to 1 sec.
Mom. hold w/o definite stop = no hold (per FIG= - 0.3)

Landings: Deduct as per FIG (for the landing itself)

FX: No specific number of steps in a run

Salto height: FX & dismts:Measure from C. of Gravity

Pommel Horse:

Single leg cuts top leg (cutting leg) at least horiz.
Pendulum Sw, scissors, false sciss: top leg at least horiz

• Still Rings
• Forward - The line from the shoulders to feet with body position hollow.
• Backward - The line from the shoulders to feet with body position in a tight arch.

Vaulting: No ZERO score, as long as the vaulter completes the run to or beyond the board. A zero as defined by FIG, allow a 2nd attempt for each class, deduct 1.0 from start value.

Only Level 10 allowed to do Roundoff Entry Vaults.

NO THIRD ATTEMPT. Minimum score awarded: 1.0 (except fail to contact table or board both times = 0.00.)

Optional Vault Values=March 2006 Code values+3.0

• Horizontal Bar: Tap swing req on all forw swings.
• HB conn Bonus:EG2 JO Values for D value or more
• No flight-flight for JO D/E/F +C or vice versa
• Flight-flight JOD/E/F/+ JO D/E/F = FIG Total 0.2
• Recognition/Connection for directly connected repeated C or better flight otherwise reg. Rep rule.

Bonus for Compulsories

- Specified Bonus: 0.2 per skill in Levels 4-7 for performance as in compulsory routine text w/o a single large deduction.
- Virtuosity Bonus: 0.2 total - only flawlessly executed - w. extreme amplitude - ea. skill 0.1 only
- Stick Bonus: 0.1 awarded for stuck dismount only
- General Performance Award: 0.1 back from execution when cumulative deductions in execution are 0.5 or less. Maximum score with any execution error = 9.95. Available on all events.
- No routine may score greater than 10.0

Bonus for Optionals

GPA replaced Execution-Bonus table

Stick Bonus

- Level 8 A or above = 0.1 Bonus
- Level 9 B or above = 0.1 Bonus
- Level 10 C or above = 0.1 Bonus

JO Valued Skills - okay for connection bonus

- J.O. Program Dismount Rule
  - Level 10: C dismt=full Element Group Credit
  - Level 9: B dismt = full EG / A = +0.3 for E.G.
  - Level 8: A dismt=Full element Group Credit

J.O. Optional Vault Bonus Table

(must be different families but may be same 2nd flight)

Bonus Awarded for Combined Start Value

Lev el 9 (No Yurchenko style vaults)

16.8 to 17.2 0.1
17.3 to 17.6 0.2
17.7 to 17.9 0.3
18.0 to 18.2 0.4
18.3 and above 0.5

Bonus Awarded for Combined Start Value

Lev el 10

17.6 to 17.9 0.1
18.0 to 18.2 0.2
18.3 to 18.5 0.3
18.6 to 18.7 0.4
18.8 and above 0.5

Stick Bonus (9/10) +0.1 on 1" & 2nd if qualifies for bonus

HB Skill Skill Exceptions

- Tuck, pike or layout flyaway forward or backward A EG5
- Back hip circle or any free hip circle A EG3
- Pike or straddle toe on, toe off, straddle A A EG3
- Blind Change to mixed grip A • Blind Change = B EG1
- Invert Giant C already in the Code
- Stoop in, dislocate to HS from 30’ to 45’ of vertical* B EG4
- Stoop in, dislocate to HS from 15’ to 30’ of vertical* C EG4
- Stoop in, dislocate to HS from 15’ of vertical* D EG4

A dislocate performed below 45’ will be given B value and deducted w. appropriate angles deducted per FIG: S - M - L.
EQUIPMENT SPECIFICATIONS - MATS

SEE THE 2005-2008 USA GYMNASTICS JUNIOR OLYMPIC PROGRAM
(All specifications of equipment and mats are FIG unless otherwise stated)

The following information regarding mats and landing surfaces is excerpted from the JO Program book. Check the Equipment Specifications for a thorough explanation of mats, apparatus heights, & requirements. While the JO Program has certain modified minimum heights, the FIG heights may not be exceeded, except as allowed by FIG.

Additional mats can be used by Level 10 and Level 9 as follows:

**Floor Exercise:** 1 additional 4" landing mat can be used for landings of “D” or better skills. However, the mats must be left in place throughout the routine.

**Pommel Horse:** An additional mat can be used to mount the apparatus.

**Still Rings:** The landing surface may be raised to height of 20". An additional safety cushion of up to 8" may be used in **ALL LEVELS** for landings.

**Vault:** An additional safety cushion of up to 8" may be used.

**Parallel Bars:** An additional safety cushion of up to 8" may be used.

**Horizontal Bar:** The landing surface may be raised to height of 20". An additional safety cushion of up to 8" may be used in **ALL LEVELS** for landings.

**Mounts:** Panel Mat acceptable all apparatus, A board may only be used at V & PB.

Board used inside PB uprights on mounts: must be removed immediately for safety or deduct 0.2 unsportmanlike..

Minimum Recommended Landing Mat Specifications for
J.O. Boys LEVELS 4 –10

<table>
<thead>
<tr>
<th></th>
<th>LEVEL 4</th>
<th>LEVEL 5</th>
<th>LEVEL 6</th>
<th>LEVEL 7</th>
<th>LEVEL 8</th>
<th>Jr. Elite 9</th>
<th>Jr. Elite 10</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Floor Exercise</strong></td>
<td>USAG (‘6x40’)</td>
<td>Minimum 1 1/4&quot; Thick</td>
<td>FIG (40’x40’’)</td>
<td>1 1/4” - 7” Thick</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Pommel Horse</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12’ x 12’ x 10cm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mushroom (Training Pod)</strong></td>
<td>10’ x 10’ x 10cm</td>
<td></td>
<td></td>
<td></td>
<td>N/A</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Rings</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8’ x 15 1/2’ x 20 cm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Vault</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8’ x 15 1/2’ x 30 cm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Parallel Bars</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>14’ x 16 x 20 cm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Horizontal Bar</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8’ x 30’ x 30 cm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

See the JO Program Guide for important equipment measurements for each event at each level. There are no minimum height requirements on all apparatus.
FIG Element Groups
Level 10 5, Groups, Level 9, 4 Groups, Level 8, 4 Groups require skill from each group of A or higher value

Floor Exercise
1. Non-Acrobat
2. Acrobatic Forward
3. Acrobatic Backward
4. Acrobatic side or Arabian
5. Dismount is required, not from Gr I.

Pommel Horse
1. Legwork, scissors
2. Circles, spindles
3. Travels
4. Kehres and wendeswings, flops
5. Dismounts

Still Rings
1. Kip and swing elements
2. Swing to handstands
3. Swing to strength holds
4. Strength hold elements
5. Dismounts

Parallel Bars
1. Support on 2 rails
2. Upper arm on bars
3. Giants - Glides - Moys
4. Baskets and Casts
5. Dismounts

Horizontal Bar
1. Long hang swings
2. Flight elements
3. In bar
4. Elgrip or dorsal
5. Dismounts

NOTES
Floor Exercise: E. Group
1. Straddle Planche hold B I
   1. Front salto tuck or pike B II
   2. Back salto tuck or pike B III
   3. Side salto tuck or pike B IV

   Pommel Horse:
   1. Loop facing out to stand A dismount - EG5
   2. Two loops facing out B* EG2
   3. 1/3 or ½ longitudinal travel B EG3
   4. 2/3 longitudinal travel C EG3
   5. Bailie C - EG 2
   6. Circle/Flair to HS & < 360 t or < 3/3 travel = C EG5
   7. B value spindle: 3 or less hand placements in 1 circle
   8. 1/4 1/4 spindle, more than 3 hand place, more than 1 circle = A + A spindle

   The PH handstand dismounts: If the gymnast’s legs reverse direction by going “up-down-up” or light touching of the horse by the feet or legs, dismount is recognized with a large deduction and devaluation of the dismount by one letter value. Legs clearly push off the horse, deduct 0.5 and dismount not recognized.

   Pause or momentary stop=rhythm deduction per FIG and would not result in the loss of one letter devaluation of the dismount.

   PH: Russian and all wende swing dismounts: No deduction for dismount horizontal or above as determined by the athlete’s shoulder height. For dismounts below horiz, deductions will be applied by application of the FIG angle deductions, which for the Junior Program will be: 1° to 15° = 0.1, 16° to 30° = 0.2 and below 30° = 0.3 and possible non-rec.

   Rings
1. Bent arm shoot to handstand A (arm bend > 45°) EG2
2. Bent arm back uprise to handstand A (arm bend > 45°) EG2
3. Front lever hold = B EG4
4. Lock arm, bent body press to HS, legs together or straddled C (any arm bend will result in A value press to HS)
5. Back Uprise Straddle L = B in EG3 (replacement pages)

   Parallel Bars
Kip up to support A (drop kip has an int swing) EG3
Straddle L support A EG1
   1. Back uprise to support = A = EG2
   2. Pike or straddle, bent arm, bent body press HS=A EG1
   3. Straddle bent body straight arm press to HB = B EG1
   4. V sit – 2 second hold B EG1 Manna, 2second hold = C EG1
   5. Stutzkehr* - 45° to 74° above horizontal = B EG1
   6. Back toss* - 45° to 74° above horizontal = B EG1
   7. Peachbasket* – From any support or from stand executed with straight arms to support up to 45° B EG
   8. Peachbasket * - From any support or from stand with straight arms to support up to 45° B EG
   9. Giant* - Backward giant swing’ executed from support and completed at horizontal up to 45° above
   10. Giant* completed between 45°> horiz and 90° = C

   Back salto tuck dismount = A EG5
   Front Salto Tuck dismount = A EG5

Any Wende dismount = A EG5
# FLOOR EXERCISE

<table>
<thead>
<tr>
<th>LEVEL 4</th>
<th>9.2+0.8 bonus</th>
<th>LEVEL 6</th>
<th>9.2+0.8 bonus</th>
<th>LEVEL 7</th>
<th>9.2+0.8 bonus</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Run, hurdle to cartwheel fwd lunge: Don’t turn shoulders early</td>
<td>1. Run, Roundoff, back handspring, Spec Bon #8, run RO 2 flip flops before...</td>
<td>1. Run, Roundoff, flip-flop, layout back salto salto head height, note full twisting salto may be used instead</td>
<td>6. Open corner transition 7. Round off, flip - flop, flip flop tucked back salto salto head height Spec Bonus #7: Round off, whip back, flip-flop, tucked back salto salto head height</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. With either leg, step fwd &amp; kick to HS, straight arm roll out Momentary hold on HS required</td>
<td>2. Tucked back salto. Salto at head height</td>
<td>6. Handspring front salto -tuck or pike salto at shoulder height, prone fall or rebounding skill after front salto not allowed Spec Bon #5: Front Handspring, two foot take off front handspring, punch front salto salto at shoulder height, prone fall or rebounding skill after front salto not allowed</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Pike up to handstand Mom hold req, hold ok</td>
<td>3. Tuck/pike ext roll w. str. arms, lower to prone, raise hips bring leg fwd to split. 2 second hold of forward split</td>
<td>7. Open corner transition 1-2 hand placements allowed on pirouette.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Fwd 180° pirouette 1 or 2 hand placements</td>
<td>4. Press up to strad stand, or directly from split to stiff-stiff strad press to hs. Step down and face A. Mom hod req, 2 sec hold ok Spec Bon #4 from front split, roll fwd to Endo Roll to hs mom hold of hs req, hold on hs and strad L ok</td>
<td>8. Open corner transition</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Pike down to straight arm back ext roll, lower to pancake split Tuck or pike back ext roll thru hs Momentary hold of split req, hold ok</td>
<td>5. Run - punch front salto salto head height. Rebound into fwd roll not allowed</td>
<td>Any Movement Allowed</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Swing arms dwnd&amp;back up to power hurdle to RO, rebound to stand</td>
<td>6. Fwd roll to stand, deep squat &amp; jump press thru pike position to hs, with full 1/1 pirouette, roll to stand 3-4 hand place on piro</td>
<td>7. Round off, flip - flop, flip flop tucked back salto salto head height Spec Bonus #7: Round off, whip back, flip-flop, tucked back salto salto head height</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Patterns

<table>
<thead>
<tr>
<th>Level 4 (solid)</th>
<th>Level 5, 6, 7 (add dashed line )</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 4 (solid)</td>
<td>Level 5, 6, 7 (add dashed line )</td>
</tr>
</tbody>
</table>

## Level 10: 3.2 Diff + 2.5 E.Gr. (5 @ 0.5) + 4.3 Pres = 10.0 (9 best skills+dismount[10 skills]) 0.1 Stick Bonus add to difficulty (10.0 max start) 

Lvl 9: 2.5 Diff +2.0 E.Gr. (4 req @ 0.5) + 5.5 Pres =10.0 (7 best skills+dismount[8skills]) 0.1 Stick Bonus add to difficulty (10.0 max start) 

Lvl 8: 2.0 Diff +1.5 E.Gr. (3 req @ 0.5) + 6.5 Pres =10.0 (7 best skills+dismount[8skills]) 0.1 Stick Bonus add to difficulty (10.0 max start) 

Check Bonus table Lvl 9 & 10 Level 4-5-6-7; 9.2 Base Score+0.4 Specified Bonus+0.2 Virtuosity+0.1 G.P.A.+0.1 Stick Bonus = 10.0
Pommel Horse

Routines may be reversed in their entirety

Level 4 = 9.2 + 0.8 bonus = 10.0

<table>
<thead>
<tr>
<th>Routine</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pommel Horse</td>
<td>From stand w. legs together</td>
</tr>
<tr>
<td>1.</td>
<td>Jump to 2-3 straddle swings</td>
</tr>
<tr>
<td>2.</td>
<td>Cut left leg fwd to stride</td>
</tr>
<tr>
<td>3.</td>
<td>Cut right leg over to fd sup</td>
</tr>
<tr>
<td>4.</td>
<td>Cut right leg back</td>
</tr>
<tr>
<td>5.</td>
<td>Cut right leg back</td>
</tr>
<tr>
<td>Spec Bon#6 Release &amp; Regrasp the pommel on stride support swingin both #6/#8 Hand must receive and regrasp the receive the bonus (loss of contact with the apparatus)</td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>Cut left leg bwd</td>
</tr>
<tr>
<td>8.</td>
<td>Cut right fwd to sup</td>
</tr>
<tr>
<td>Level 4 Mushroom</td>
<td>Spec bonus: 2-3 ½ circles</td>
</tr>
<tr>
<td>0,2 bonus if no single large deduction on the bonus routine, more than 3 ½ circles ok</td>
<td></td>
</tr>
</tbody>
</table>

Level 5 = 9.2 + 0.8 bonus = 10.0

<table>
<thead>
<tr>
<th>Routine</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mushroom</td>
<td>4.6 + Pommel Horse 4.6 + 9.2</td>
</tr>
<tr>
<td>Spec bonus</td>
<td>0.2 +</td>
</tr>
<tr>
<td>Virt Bonus</td>
<td>0.2 + GPA Bonus =0.1</td>
</tr>
<tr>
<td>Stick Bonus</td>
<td>If both are stuck = 0.1</td>
</tr>
<tr>
<td>Pommels Horse</td>
<td>From stand legs together, facing horse w. one hand on end and one on pommel</td>
</tr>
<tr>
<td>1.</td>
<td>Jump to support while cutting left leg fwd</td>
</tr>
<tr>
<td>2.</td>
<td>Single leg travel up to pommels to df sup</td>
</tr>
<tr>
<td>3.</td>
<td>Left leg fwd to right false scissors</td>
</tr>
<tr>
<td>4.</td>
<td>Right leg bwd</td>
</tr>
<tr>
<td>5.</td>
<td>Cut right leg bwd to left false scissors</td>
</tr>
<tr>
<td>6.</td>
<td>Cut right leg bwd to stride swing</td>
</tr>
<tr>
<td>Spec Bon#6 From left false scissors in #5 cut right leg fwd to left scissors to #9 (dismt) cumulative deduction of 0.4 = no bonus, On scissors, top leg should be at least horizontal.</td>
<td></td>
</tr>
<tr>
<td>Level 6 = 0.8 bonus = 10.0</td>
<td></td>
</tr>
<tr>
<td>Mushroom</td>
<td>4.6 + Pommel Horse 4.6 + 9.2</td>
</tr>
<tr>
<td>Specified Bonus</td>
<td>(PH) 0.4 = 0.4</td>
</tr>
<tr>
<td>Virt Bonus</td>
<td>0.2 + Stick 0.1 + GPA =0.1</td>
</tr>
<tr>
<td>Total</td>
<td>10.0</td>
</tr>
<tr>
<td>Both dismnts must be stuck for stick bonus</td>
<td></td>
</tr>
<tr>
<td>Mushroom: routine written clockwise</td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td>Step to side &amp; jump to 1 double leg circle body should show a stretched position throughout, maintain 90° separation - flairs.</td>
</tr>
<tr>
<td>2.</td>
<td>One dble leg circle</td>
</tr>
<tr>
<td>3.</td>
<td>One dble leg circle</td>
</tr>
<tr>
<td>4.</td>
<td>Circle w. 90° counter turn left to front sup</td>
</tr>
<tr>
<td>5.</td>
<td>One dble leg circle</td>
</tr>
<tr>
<td>6.</td>
<td>One dble leg circle</td>
</tr>
<tr>
<td>7.</td>
<td>Immed straddle to 1 flair circle to front sup</td>
</tr>
<tr>
<td>8.</td>
<td>One flair to front sup</td>
</tr>
<tr>
<td>9.</td>
<td>One double leg circle to front support</td>
</tr>
<tr>
<td>10.</td>
<td>Half double leg circle with 90° turn right to dismount (flank dismount)</td>
</tr>
<tr>
<td>One complete circle needed for stick bonus.</td>
<td></td>
</tr>
<tr>
<td>Pommel Horse 1. FACING END: One loop circle Spec Bon#1 facing end: two loop circles gymnast's feet together when leaving floor</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Kehre to rear sup</td>
</tr>
<tr>
<td>3.</td>
<td>Right leg back</td>
</tr>
<tr>
<td>4.</td>
<td>Right leg bwd</td>
</tr>
<tr>
<td>5.</td>
<td>Right leg bwd to left false scissors</td>
</tr>
<tr>
<td>6.</td>
<td>R leg bwd to left scissors</td>
</tr>
<tr>
<td>7.</td>
<td>Right front false scissors</td>
</tr>
<tr>
<td>8.</td>
<td>Left front false scissors</td>
</tr>
<tr>
<td>9.</td>
<td>Curr fwd, right bwd, left fwd</td>
</tr>
<tr>
<td>10.</td>
<td>Lift right leg to feint on right pommel, ½ DCL w. 90° inward turn to left dismt to finish longitudinally w. horse</td>
</tr>
<tr>
<td>Spec Bon#10 Lift right leg to feint on right pommel, full DCL to dismunt facing horse, right hand must regrasp and show support before landing maxiomt may release pommels on landing</td>
<td></td>
</tr>
<tr>
<td>Level 6 - see value in prev column</td>
<td></td>
</tr>
<tr>
<td>Mushroom</td>
<td>1. Step to side and jump to one DCL body shows stretched position throughout</td>
</tr>
<tr>
<td>2.</td>
<td>One DCL</td>
</tr>
<tr>
<td>3.</td>
<td>Circle w. 90° counter turn left to front sup</td>
</tr>
<tr>
<td>4.</td>
<td>Circle w. 90° counter turn left to front sup</td>
</tr>
<tr>
<td>5.</td>
<td>One DCL</td>
</tr>
<tr>
<td>Spec Bon#5: from front sup in #4, one DCL, flair circle, one DCL</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>Half DCL w. 90° turn right to dismount</td>
</tr>
<tr>
<td>One complete circle needed for stick bonus.</td>
<td></td>
</tr>
</tbody>
</table>

Level 7 + 0.8 bonus = 10.0

<table>
<thead>
<tr>
<th>Routine</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Section 1</td>
<td>4.6 + Section 2</td>
</tr>
<tr>
<td>Specified Bonus</td>
<td>(PH) 0.4</td>
</tr>
<tr>
<td>Virt Bonus</td>
<td>0.2 + Stick 0.1 + GPA =0.1</td>
</tr>
<tr>
<td>Total</td>
<td>10.0</td>
</tr>
<tr>
<td>Both dismnts must be stuck for stick bonus</td>
<td></td>
</tr>
<tr>
<td>Spec Bonus#1 Jump into 1 or 2 DCL &amp; Czechkehe</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>1/2 to 1 1/2 double leg circles</td>
</tr>
<tr>
<td>Body extended through circles</td>
<td></td>
</tr>
<tr>
<td>Max 3 DCL if no bonus prior to travel</td>
<td></td>
</tr>
<tr>
<td>Max 4 DCL if Czech done before travel</td>
<td></td>
</tr>
<tr>
<td>from beginning of set</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Side travel left to one side circle with 1/4 turn finishing in front support on end</td>
</tr>
<tr>
<td>Spec bonus#3 Direct Stockl B to one side circle with 1/4 turn to front sup on end</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Two front loops</td>
</tr>
<tr>
<td>5.</td>
<td>Two front hair loops</td>
</tr>
<tr>
<td>6.</td>
<td>Front loop to 1/2 turn dismunt over pommels, to longest stand parallel to horse. Front loop being in sup &amp; requires 2 hands placements prior to 1/2 turn</td>
</tr>
<tr>
<td>one complete circle needed for stick bonus.</td>
<td></td>
</tr>
</tbody>
</table>

Performance Criteria All:
All leg cuts, cutting leg should be min height of horizontal. 
On all false scissors and scissors, top leg horizontal 
Body Extended throughout loops 
Gymnast's feet must be together when they leave the floor

Optional Pommel Horse
1. "A" value circles & flairs are different skills 
2. Dismount must come from a value part to get credit (ex: 1 full circle)
### Levels 4, 6, and 7 Bonus Tables

**Level 4**

- Fr strght arm hang, pull up to flexed arm hang (head betw rings) mom hold req
- Spec Bon#1 from flexed arm hang #1, lower to straight arm hang, then pull up to a 2nd flexed arm hang mom hold req, hold allowed
- Lower to straight arm hang, raise legs to hanging “L”-hold 2 sec hold on “L”
- “Drop” legs and swing backward
  - Back swing to 45° below horiz
  - Swing forward swing to horizontal
  - Swing backward swing to horizontal
  - Swing fwd to str body inv hang (mom hold) momentary hold-inv hang
- Lower legs to piked inv hang (momentary hold) hold allowed
- Spec Bon#7 Extension from pike position showing a momentary hold back lever prior to extending to long hang position.
  - Hold allowed but not req for bonus
- Lower to long hang position (hold) 2 second hold - long hang
- Drop to landing

**Level 5**

- From stright arm hang with false grip, muscle up suppt spotter assist ok
  - SpecBonus#1: From stright arm hang same as #1 to support w/o assistance pike in hips ok
- Straight body support with the rings turned out (hold) 2 sec hold on support
- Roll bwd to inv hang bent arms ok
  - SpecBon#3 From piked inv hang, extend back horiz into back lever pos hold 2 sec
- Lower to long hang pos mom hold req
- Roll out to pike inv hang
- Cast to swing bwd, swing fwd sw fwd to horizontal
- Swing bwd to stright body inlocate, Swing bwd bwd swing to horiz
- Swing fwd, swing bwd. Sw f wd to horiz, sw b wd to horiz
- Swing fwd to tuck flyaway dismount
- Salto ring height (bottom of ring), flyaway must show rise

**Level 6**

- Bonus awarded only 1x for 8/9 (inlocates) or 10/11 (dislocates) = 0.2
- Lower to pike inv hang, then extend to back lever, 2 sec hold on back lever
- Lower to long hang, pull to pike inv hg
- Cast fwd to
- Immed back uprise to L support. Back uprise finish w str body and feet 45° below horiz, rings turn out on L just beyond parallel, 2 sec hold of L supp
- Pike press to shoulderstand 2 sec hold Spec Bon#6 From L, tuck, pike, straddle press w feet on inside of straps as hs is done. Hold Hs w feet touching inside of straps for 3 sec, then str leg, bent or str body lower to support and roll back topike inv hang in #7
- 3 sec hold with str body, rings turn out feet on inside of straps, no single large error, no more than 0.5 in presentation ded in press, presentation in the press not counted in score, present ded in hold counted in score - gymnast may elect not to use cables on handstand.
- Roll bwd from shoulderst to piked inv hang & cast fwd to bwd sing, f wd swing
- Straight body inlocate str body pos Spec Bon8 shoulders at / above ring ht
- Straight body inlocate str body pos Spec Bon9 shoulders at / above ring ht
- Sw bwd, sw Fwd, shoot to dislocate Spec Bon10 shoulders at / above ring ht 11. Dislocate Spec Bon11 shoulders at / above ring ht
- Swing to tucked or layout flyaway Salto ring height (bottom of ring), flyaway must show rise

**Level 7**

- Bonus awarded only 1x for #3/4 or either (dislocate in #8 Max = 0.2
- Lift body to straight inv hang
- Lower to pike inv hang then cast out to
- Straight body inlocate straight body Specified Bon 3 or 4: shoulders above rings on inlocate: Shoulders above ring on any inlocate or dislocate - award 1x only = 0.2
- Back uprise to L support Back uprise finish w str body and feet 45° below horiz, rings turn out on L just beyond parallel, 2 sec hold of L supp
- Press to tucked/straddle planche, return to L support momentary hold of planche straight arms, hips lift away from shoulders, 2 sec hold on L sit
- Tuck, pike, straddle press w feet on inside of straps as hs is done. Hold Hsw feet touching inside of straps for 3 sec 3 sec hold with str body, rings turn out feet on inside of straps Up to large error allowed for leaning into straps, no ded. Deduct only above 0.3 Using the feet prior to arriving at HS = up to 0.3 may elect not to use cables on HS SpecBon7 Pike or Straddle press as above, then remove feet from straps and hold HS 3 sec w/o the straps
- Straight leg bent or straight body, lower down to support, rotate bwd to pike inv hang and shoot to dislocate continuous rhythm, no stop or hesitation Spec Bon 9: Shoulders above rings on dislocates Shoulders above rings on any inlocate or dislocate. Awarded once=.2
- Dislocate 10. Swing to tucked or layout flyaway “B” dismount allowed Salto ring height (bottom of ring), flyaway must show rise

---

Lvl 4: 3.2 Diff + 2.5 E.Gr.(5 @ 0.5) + 4.3 Pres = 10.0 (9best skills+dismount(10 skills)) 0.1 Stick Bonus add to difficulty (10.0 max start)
Lvl 9: 2.5 Diff +2.0 E.Gr. (4 req @ 0.5) + 5.5 Pres =10.0 (7 best skills+dismount (8skills)) 0.1 Stick Bonus add to difficulty (10.0 max start)
Lvl 8: 2.0 Diff +1.5 E.Gr. (3 req @ 0.5) + 6.5 Pres =10.0 (7 best skills+dismount (8skills)) 0.1 Stick Bonus add to difficulty (10.0 max start)
Check Bonus table Lvl 9 & 10 Level 4-5-6-7: 9.2 Base Score+0.4 Specified Bonus+0.2 Virtuosity+0.1 G.P.A.+0.1 Stick Bonus = 10.0
# Vaulting

<table>
<thead>
<tr>
<th>LEVEL 4 = 9.7 + 0.3 = 10.0</th>
<th>LEVEL 6 = 9.7 + 0.3 = 10.0</th>
<th>LEVEL 7 = 9.7 + 0.3 = 10.0</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Run from minimum 20 to maximum 40 feet run must show acceleration</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Coordinated kinetic running movement = a fixed bent arm swing with elbow rise in front and rear with arms moving in a parallel plane</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Hurdle and underarm swing when approaching the spring board feet must be front of hips on contact with springboard underarm swing= Semi circle action must show hands circling under the height of the shoulders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Straight jump to mats mats 30- 50 cm high</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Straight arms must reach vertical at or before peak of height hips must show distinct rise</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Landing: all landing deductions as per FIG, no distance or axis deductions</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Level 6 and Level 7**

**Hhandspring Vault - see specific deductions pages following**

Mats: minimum of 30cm

There is stick bonus available for optional vaults- Levels 8-9-10.

---

## Spotting Rules for All Levels

For all LEVELS, the coach must stand between the board and the landing area. Do not allow his run if the coach not in position.

Only Level 10 gymnasts may use FIG Category V “Round - off Entry Vaults” and must have the vault collar in place.

### Missed Vault Rule

No ZERO score, if vaulter completes the run to or beyond the board. Minimum score for any actual vault is 1.00 For a zero as defined by FIG, allow a 2nd attempt for each LEVEL, deduct 1.0 from start value of the second vault.

**NO 3rd ATTEMPT.** Minimum score is 1.0 (except w/o completing the run).
## Level 4 Vault ** Straight Jump ** Deduction Table

<table>
<thead>
<tr>
<th>Deductions for approach to springboard</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A. Run: Minimum 20 feet maximum 40 feet</strong></td>
<td></td>
</tr>
<tr>
<td>1. Run doesn’t fulfill distance requirement</td>
<td>deduct 1.0</td>
</tr>
<tr>
<td>2. Failure to accelerate during the run</td>
<td>up to 0.3</td>
</tr>
<tr>
<td>3. Failure to use proper arm motion</td>
<td>up to 0.3</td>
</tr>
<tr>
<td><strong>B. Hurdle and Underarm Swing:</strong></td>
<td></td>
</tr>
<tr>
<td>1. Failure to use underarm swing</td>
<td>up to 0.3</td>
</tr>
<tr>
<td><strong>C. Punch and straight jump with controlled landing:</strong></td>
<td></td>
</tr>
<tr>
<td>1. Failure to have feet in front of knees on contact with springboard.</td>
<td>up to 0.3</td>
</tr>
<tr>
<td>2. Failure to show hip rise</td>
<td>up to 0.3</td>
</tr>
<tr>
<td>3. Failure to maintain straight body position throughout flight phase</td>
<td>up to 0.3</td>
</tr>
<tr>
<td>4. Failure to have arms reach vertical at or before the peak height of straight jump.</td>
<td>up to 0.3</td>
</tr>
<tr>
<td>5. All other form deductions as per FIG</td>
<td></td>
</tr>
<tr>
<td>6. All other landing deductions as per FIG</td>
<td></td>
</tr>
<tr>
<td>No distance or axis deductions</td>
<td></td>
</tr>
</tbody>
</table>

| Base Score | 9.7 |
| Virtuosity Bonus (0.2) |  |
| Stick Bonus (0.1) |  |

| Total Deductions |  |
| Final Score |  |
# Level 5 Vault ** Front Salto ** Deduction Table

**Gymnast’s Number**

**Deductions for approach to springboard**

**A. Run: Minimum 20 feet maximum 40 feet**

1. Run doesn’t fulfill distance requirement  **deduct 1.0**
2. Failure to accelerate during the run  **up to 0.3**
3. Failure to use proper arm motion  **up to 0.3**

**B. Hurdle and Underarm Swing:**

1. Failure to use underarm swing  **up to 0.3**

**C. Punch and straight jump with controlled landing:**

1. Failure to have feet in front of knees on contact with springboard.  **up to 0.3**
2. Failure reach shoulder height in salto  **up to 0.3**
3. Failure to show 90° minimum hip bend  **up to 0.3**
4. Failure to show 90° minimum knee bend.  **up to 0.3**
5. Failure to show extension before landing  **up to 0.3**
6. All other form deductions as per FIG
7. All other landing deductions as per FIG

No distance or axis deductions

| Base Score | 9.7 |
| Amplitude and Virtuosity Bonus (0.2) |  |
| Stick Bonus (0.1) |  |

**Total Deductions**

| Final Score |  |
Level 6 and Level 7 Vault

**Handspring Vault** - 9.7 Base Score + 0.3 Bonus = 10.0

<table>
<thead>
<tr>
<th>Description</th>
<th>Error</th>
<th>Deduct</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PRE-FLIGHT</strong></td>
<td>From the time that the gymnast leaves the board up to the instant that his hands leave the vault table.</td>
<td></td>
</tr>
<tr>
<td>Incorrect position of the legs, feet, and body in the Preflight.</td>
<td>Small 0.1</td>
<td>Leg, foot &amp; Body Position</td>
</tr>
<tr>
<td>Evaluate for leg separations, bent knees, toe point, and/or incorrect body position.</td>
<td>Medium 0.2</td>
<td></td>
</tr>
<tr>
<td>Emphasize the hollow-arch technique off the board.</td>
<td>Large 0.3</td>
<td></td>
</tr>
<tr>
<td>From the board, the gymnast should be in an upright, hollow body (slight pike in the hips) position. Just prior to and throughout contact with the horse, the body should “release” from the hollow (with a slight hip pike) to a tight arch position.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Bent arms at contact with the horse</strong></td>
<td>From the time that the hands leave the horse until the feet contact the mat.</td>
<td></td>
</tr>
<tr>
<td>Evaluate for the maximum amount of arm bend while the hands are still in contact with the vault table.</td>
<td>Small 0.1</td>
<td>Arms</td>
</tr>
<tr>
<td></td>
<td>Medium 0.2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Large 0.3</td>
<td></td>
</tr>
<tr>
<td><strong>POST-FLIGHT</strong></td>
<td>From the time that the hands leave the horse until the feet contact the mat.</td>
<td></td>
</tr>
<tr>
<td>Body position in the postflight:</td>
<td>As Per FIG</td>
<td></td>
</tr>
<tr>
<td>A tight arch should be maintained throughout the Postflight phase.</td>
<td>Small 0.1</td>
<td>Body Position</td>
</tr>
<tr>
<td>Deviations from the tight arch position in the post flight should be evaluated for both hollow/ pike and for excessive arch. The objective is to encourage maintaining the tight arched (straight body) position all the way through the postflight.</td>
<td>Medium 0.2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Large 0.3</td>
<td></td>
</tr>
<tr>
<td><strong>Rise in the postflight:</strong></td>
<td>The hips should show a definite rise from a strong blocking action.</td>
<td></td>
</tr>
<tr>
<td>Hips rise 0 to 1/4 of the gymnast’s body height</td>
<td>Small 0.1</td>
<td>Rise</td>
</tr>
<tr>
<td>Hips do not rise (0)</td>
<td>Medium 0.2</td>
<td></td>
</tr>
<tr>
<td>Hips drop from vertical</td>
<td>Large 0.3</td>
<td></td>
</tr>
<tr>
<td><strong>BONUS:</strong> Hips rise more than 1/3 of the gymnast’s body height</td>
<td>0.1 Bonus</td>
<td></td>
</tr>
</tbody>
</table>

**LANDINGS**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LEVEL 6 / 7</strong></td>
<td>Landing more than 1 meter from the horse</td>
</tr>
<tr>
<td><strong>LEVEL 6 / 7</strong></td>
<td>Landing 0.5 - 1.0 meter from the horse</td>
</tr>
<tr>
<td><strong>LEVEL 6 / 7</strong></td>
<td>Landing less than 0.5 meters from the horse</td>
</tr>
</tbody>
</table>

**Landings and Axis**

<table>
<thead>
<tr>
<th>As per FIG</th>
<th>Landing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Base Score</td>
<td>9.7</td>
</tr>
<tr>
<td>Amplitude and Virtuosity</td>
<td>(Bonus=0.2)</td>
</tr>
<tr>
<td>Stick bonus on Compulsory</td>
<td>(Bonus=0.1)</td>
</tr>
<tr>
<td>Total Deductions</td>
<td></td>
</tr>
<tr>
<td>Final Score</td>
<td></td>
</tr>
</tbody>
</table>
### Parallel Bars

<table>
<thead>
<tr>
<th>Level 4</th>
<th>9.2+0.8 bonus = 10.0</th>
<th>Level 6</th>
<th>9.2+0.8 bonus = 10.0</th>
<th>Level 7</th>
<th>9.2+0.8 bonus = 10.0</th>
</tr>
</thead>
</table>
| 1. From stand, jump to suppt & swing fwd with opened hips  
   **Fwd swing 45° below horizontal**  
   2. Swing Bwd Bwd swing horiz  
   3. Swing Fwd Fwd swing horiz  
   4. Swing Bwd Fwd swing horiz  
   5. Swing Fwd to straddle leg pos. on bars  
   6. Immed reach hands in front of legs & lift legs off bars (straddle travel), swing fwd to L position (hold)  
   2 second hold on “L.”  
   **Spec Bon #6 Press from Straddle sit to L** position arms must be straight on press - Press to HS ok  
   7. Swing Bwd Bwd swing 45° below horiz  
   8. Swing Fwd Fwd swing horiz  
   9. Swing Bwd Bwd swing 45° below horiz  
   10 Swing Fwd Fwd swing horiz  
   11 Swing bkwdr to dismt over either rail 45° above horiz at peak of swing, may move hand to other bar on dismt  
   **Spec bonus #11 Swing Bwd to HS dismt over either rail mom hold of HS ok**  

<table>
<thead>
<tr>
<th>Level 5</th>
<th>9.2 + 0.8 Bonus = 10.0</th>
</tr>
</thead>
</table>
| 1. From stand/short run, long hang swing forward (Tap swing **not** glide swing)  
   **Fwd long hang swing to 45° below horiz (bent knees allowed)**  
   2. Swing backward to upper arm hang 45° below horiz (bent knees allowed)  
   3. Swing fwd in upper arm hang to upper arm “cast” pos.  
   **(mom pause in cast is allowed)**  
   4. Cast fwd to back uprise to support  
   **Back uprise finish feet at bar height**  
   5. Swing fwd, swing bwd sw to horiz  
   6. Swing fwd body extended  
   7. Swing bwd body 45° above horiz  
   **Spec Bonus #7: (2 24°) sw to nominal HS arms must be straight when body reaches HS, line is shoulders-feet**  
   8. Swing fwd body extended  
   9. Swing bwd to nominal HS  
   **Spec Bon #9 (3 24°) swing bwd in #9 goes to HS 2 second hold**  
   10. Push off to the side dismt - may move hand to other rail on dismt  

| Level 10 | 3.2 Diff + 2.5 E.Gr.(5 @ 0.5) + 4.3 Pres = 10.0 (9 best skills+dismount|10 skills|) 0.1 Stick Bonus add to difficulty (10.0 max start)  
Lvl 9: 2.5 Diff +2.0 E.Gr. (4 req @ 0.5) + 5.5 Pres =10.0 (7 best skills+dismount|8 skills|) 0.1 Stick Bonus add to difficulty (10.0 max start)  
Lvl 8: 2.0 Diff +1.5 E.Gr. (3 req @ 0.5) + 6.5 Pres =10.0 (7 best skills+dismount|8 skills|) 0.1 Stick Bonus add to difficulty (10.0 max start)  
**Check Bonus table Lvl 9 & 10 Level 4-5-6-7: 9.2 Base Score+0.4 Specified Bonus+0.2 Virtuosity+0.1 G.P.A.+0.1 Stick Bonus = 10.0**
### Horizontal Bar

**Level 4**  
9.2 + 0.8 bonus = 10.0

1. From hang with overgrip, pullover to support continuous rhythm  
   Momentary pause after pullover allowed  
   Spec Bonus #1 Pullover done without stop or hesitation to support
2. Cast, back hip circle Cast -toes at/above bar  
   Spec Bonus #2 Cast to free hip circle
3. Undershoot
4. Swing Backward and hop (simultaneous release) both hands Bwd swing & hop at 45° below horiz w hollow body at peak
5. Swing fwd fwd swing at 45 below horiz - toes leading at peak of swing
6. Swing bwd bwd swing at 45 below horiz - toes leading at peak of swing
7. Swing fwd fwd swing at 45 below horiz - toes leading at peak of swing
8. Swing bwd bwd swing at 45 below horiz - toes leading at peak of swing
9. Swing fwd w. ½ turn to mixed grip fwd & bwd & push against bar to release bar & drop dismount to stand fwd swing @ 45 below horiz toes lead @ peak, ½ @ 45° below horiz w hollow body @ peak

**Level 5** 9.2 + 0.8 Bonus = 10.0
1. From hang/small prelim swing in overgrip, cast fwd to swing bwd Bwd swing 45° below horiz w. hollow body pos at peak
2. Swing fwd w. ½ to mixed grip fwd sw at 45 below horiz - toes lead @ peak of sw.
3. Swing fwd in mixed grip fwd swing at 45 below horiz - toes leading at peak
4. Swing bwd in mixed grip, changing hands to double overgrip at top of swing bwd swing at 45 below horiz - toes leading at peak
5. Swing fwd and kip to support no tap swing req on fwd sw to kip, stop ok, if kip is performed independently but fails to make support, max deduction=0.5, including spot, spotting from start= 0.5 (assist), plus present.
Spec Bonus #5: Kip to immed cast no bonus if any deduction for spotting kip, cast at or above horizontal - max deduct of 0.3 ok
6. Cast to back hip circle cast at/above horiz
Spec Bonus #6 Cast to free hip circle backward Free hip circle, hips must show daylight between hips and bar
7. Undershoot and swing bwd Hollow body swing must be hollow at peak
8. Tap swing fwd and bwd swing must be horiz - toes lead at peak - each time
9. Tap swing fwd and swing bwd to release & drop dismount to stand release at top of swing Alternate Dismount - not a bonus skill:
   Swing fwd to tuck/layout flyaway hips bar height at release, open body before land, max deduction =0.3 for incorrect position, pike flyaway not allowed
   (3 backward swings before either dismount)

**Level 6** 9.2 + 0.8 bonus = 10.0
1. From hang in undergrip, pullover to support continuous rhythm  
   Momentary pause after pullover allowed  
   Spec Bonus #2 Cast fwd to nominal HS to 3/4 front giant
2. Hop to overgrip body at or above horizontal upon release
3. Swing fwd to immed ½ turn swing fwd in mixed grip Toes lead, str arms, hollow thru ½ t.
4. Swing backward in mixed grip, changing to double overgrip at end of swing swing must be horizontal
5. Swing forward and kip to support stop allowed
6. Cast to 3/4 giant (baby giant) cast to horizontal
Spec Bonus #7 Cast to 2 complete back giants before the 3/4 giant deductions will not be taken on the giants - bonus given as long as neither giant has a single large error
8. Undershoot
9. Bwd Swing swing must be horiz  
10 Tap Swing fwd to tuck/layout flyaway hips bar height at release, open body before land, max deduction =0.3 for incorrect position, pike flyaway not allowed

**Level 7** 9.2 + 0.8 bonus = 10.0
Notes:
1. Stalder, Free hip circle or Endo must be initiated from a nominal HS for no deduction and must be completed above 45° for no deduction.
2. 5 possible options of Specified Bonus: Can only receive Specified Bonus for 2 of the options (free Hip HS, Endo, Stalder, Toe-on Toes, either direction
3. Toe-on Toe may be stooped or straddled
1. From hang in undergrip, pullover to support continuous rhythm  
   Momentary pause after pullover allowed  
   Spec Bonus #2 Cast fwd to nominal HS to 3/4 front giant
2. Cast fwd to nominal HS to 2 or 3 front giants
Spec Bonus #2 Gymnast may choose to do Endo or forward Toe-on Toe-off
   1 - 3 front giants may come before/after Endo or Toe-on-off if used for bonus
3. Pirouette Pirouette must be completed within 15° of HS
4. 2 or 3 Back giants
Spec Bonus #4 Free hip Circle, Stalder, or Back Toe-on toe-off with one or two additional giants 1 - 3 back giants may come before/after Stalder, Free Hip, or Toe-on-off if used for bonus
5. ½ turn OR hop ½ t at least 45° above horiz
6. 2 or 3 back giants
Spec Bonus #6 Free hip Circle, Stalder, or Back Toe-on toe-off with one or two additional giants 1 - 3 back giants may come before/after Stalder, Free Hip, or Toe-on-off if used for bonus
7. Tuck/layout Flyaway, Undershoot to extra swing before flyaway is ok
No pike allowed
Alternate Dismount - not a bonus skill: “B” or higher valued dismount from back giants “B” valued dismount must come from giants - no bonus for alternate dismount.

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**High Bar Mounts - Options**

A maximum of 3 forward and backward body movements (of which the 5th must be a stemme or free hip circle) will be allowed without deduction.

Also, inclusion of a ‘back-uprise’ action, even to partial support, on the 4th movement will also be allowed without deduction.
### F.I.G. Vault Values Table of March 2006

*For Use in the J.O Program Only 2006 - 2007*

#### Add 3.0 to Start Value

**I. Direct Vaults**

1. **Stoog 4.5**
2. **Stoog w 1/2 t 4.5**
3. **Hecht 4.6**
4. **Hecht w 1/2 t 5.0**
5. **Hecht w 3/2 t 6.0**
6. **Hecht w 2t 6.2**
7. **Hecht w 3/2 t 6.6**
8. **Hecht w 2/1t 6.8**
9. **Hecht w 1/1t 7.0**

**II. Vault w 1/1t 1st Flight**

1. **Stoog 1/1 t 5.6**
2. **Stoog w 1/1 t 5.8**
3. **Stoog w 2/1 t 6.0**
4. **Hecht w 1/2 t 6.2**
5. **Hecht w 1/1 t 6.4**
6. **Hecht 1/1t 6.6**

**III. Handspring/Yamashita**

1. **Stoog 1/1t 5.6**
2. **Stoog w 1/1 t 5.8**
3. **Stoog w 2/1 t 6.0**
4. **Hecht w 1/2 t 6.2**
5. **Hecht w 1/1 t 6.4**
6. **Hecht 1/1t 6.6**

**IV. Vault 1/4-1/2t 1st Flight**

1. **Stoog 1/4 t 5.0**
2. **Stoog w 1/4 t 5.2**
3. **Stoog w 1/2 t 5.4**
4. **Stoog w 1/1 t 5.6**
5. **Stoog w 2/1 t 5.8**

**V. Roundoff Entry Vaults**

1. **Stoog 1/1 t 5.6**
2. **Stoog w 1/2 t 5.8**
3. **Stoog w 1/1 t 6.0**
4. **Stoog w 2/1 t 6.2**

**JO Optional VT Bonus Table**

1. **Stick Bonus**
2. **Bonus for Combined SV**

### Level 9

**16.8 to 17.2 = 0.1**
**17.3 to 17.6 = 0.2**
**17.7 to 17.9 = 0.3**
**18.0 to 18.2 = 0.4**
**18.3 and above = 0.5**

**2. Bonus for Combined SV**

**16.8 to 17.2 = 0.1**
**17.3 to 17.6 = 0.2**
**17.7 to 17.9 = 0.3**
**18.0 to 18.2 = 0.4**
**18.3 and above = 0.5**