



J.O. Update # 5

Date: January 18, 2006
To: USA Men's Gymnastics Community
From: Gil Elsass, Age Group Competition Committee Chairman
Re: Rules Update # 5 for the 2005-2008 Men's Age Group Competition Program

JO Update # 5 Changes are represented by → symbol

For Immediate Implementation. Please note for competitions prior to January 23, when a conflict in rules arises between update #4 and #5, please rule in favor of the athlete's best interest. From January 23 on, only update #5 should be used.

This rules update constitutes all changes to the Junior Age Group Competition Program following the release of the new 2006 *FIG Code of Points*. Due to the extreme nature of change in the *FIG Code of Points* which precipitated the changes in the Junior Age Group Competition program rules, Sections I and II of the Age Group Competition Program Manual have been rewritten and are included as part of this update as replacement pages. Hence you will need to review three documents for this update:

1. Rule Update #5
2. Age Group Competition Program manual Replacement Pages Chapter 1, updated 11/10/05
3. Age Group Competition Program manual Replacement Pages Chapter 2, updated 11/10/05

Please note that all aspects of any changes to the rules for optional routines in Levels 8, 9 and 10 are contained in these replacement pages. Therefore you may discard the following pages: 3.24, 3.25, 3.26, 4.28, 4.29, 4.30, 5.19, 5.20, 5.21, 6.10, 6.11, 6.12, 7.18, 7.19, 7.20, 8.19, 8.20 and 8.21 as these pages are no longer necessary.

Also note that many of the compulsory items that were previously present in the JO Update # 3 have been incorporated into the new replacement pages for Chapters 1 and 2.

Special Note: Participation by USA Gymnastics non-citizen athlete members:

- Non-citizen USA Gymnastics athlete members are allowed to compete/participate in USA Gymnastics sanctioned events with full privilege and receive awards up to and including the Junior Olympic National Championships (no duplicate awards necessary)
- USA Gymnastics Junior Olympic, Junior Elite or Senior Elite USA Team members must be United States citizens.

→ The *FIG Code of Points* has been updated through presentations at the FIG Intercontinental Judges Course and the FIG Continental Courses. These changes will be reflected in a "soon to be released" updated *FIG Code of Points* which will be posted on the FIG Website (<http://www.fig-gymnastics.com>). Until the updated *Code of Points* is released the Junior Program will recognize the October 2005 version of the *Code of Points* along with the memo "Notes From Leipzig" (<http://www.usa-gymnastics.org/men/2006/m-USAGCode-rulesmemo09jan06.pdf>) to be the valid FIG rules. When the updated *FIG Code of Points* is released it will replace both these documents.

New Exceptions to the new *FIG Code of Points* are noted in this document and take precedence over the *FIG Code of Points*.

Age Group Program Materials Corrections:

General:

→ p 1.1, 2.6 Level Charts and p 2.7, B. 1: In order for a Level 8 or 9 athlete to receive the 0.3 bonus for performing all five element groups he must receive the full 2.5 Element Group credit. This means he must perform a B or higher value dismount.

→ p. 2.4: Add I. The junior program will allow judges to use deductions of 0.05 in order to better differentiate among performances.

→ p. 2.8 In the vault bonus chart, disregard the example vaults presented in the tables. The Sum of the Start Value and the Bonus Awarded portions of the vault bonus charts remain the same for Level 8 and 9. The new vault bonus chart for Level 10 is now:

Level 10 Junior Olympic Competition **Vault Bonus Chart**

Sum of the S V	Bonus Awarded
→17.2 to 17.6	0.2
17.7 to 17.9	0.3
18.0 to 18.2	0.4
18.3 to 18.5	0.5
18.6 to 18.7	0.6
18.8 & up	0.7

→ p. 2.8, C, #3: Add – Recognizable gymnastics type skills which do not have assigned value in either the Code of Points or Junior Program rules will not receive any credit nor will they receive any deductions as parts of no value. These skills are subject to presentation deductions.

→ p. 2.9 C, Add #5: The deduction for performing an exercise containing five or fewer elements in Level 8, 9 or 10 is 0.5 taken from the presentation category.

→ p. 2.9 D. Junior Skill Value Exceptions to the *FIG Code of Points* with the Corresponding Element Groups

Floor Exercise:

Skill	Value	Element Group
• Any forward roll	A	I
• Any backward roll	A	I
• → Cartwheel	A	No longer recognized
• → Round off	A	No longer recognized
• Straddle Planche hold	B	I
• Front salto tuck or pike	B	II
• Back salto tuck or pike	B	III
• Side salto tuck or pike	B	IV

Pommel Horse:

Skill	Value	Element Group
• Single leg travel	A	I
• False scissor forward	A	I
• False scissor backward	A	I
• Loop facing out to stand	A dismount	II
• Two loops facing out	B*	II
• 1/3 or 1/2 longitudinal travel	B	III
• 2/3 longitudinal travel	C	III
• Bailie	C **	IV

** see explanation on replacement page 2.9

Still Rings:

Skill	Value	Element Group
• Bent arm shoot to handstand (arm bend beyond 45°)	A	II
• Bent arm back uprise to handstand (arm bend beyond 45°)	A	II
• Shoulder stand held 2 seconds	A	IV
• Straddle straight arm bent body press to handstand hold	B	IV
• Front lever hold	B	IV
• <u>Lock arm</u> , bent body press to handstand, legs together or straddled C	C	IV

(any arm bend will result in B value with FIG presentation deductions)

Parallel Bars:

Skill	Value	Element Group
• Shoulder roll forward	A	II
• Shoulder roll backward	A	II
• → Back uprise to support	A	II
• → Straddle L support – 2 seconds	A	I
•		

Parallel Bars cont.

- Back salto tuck dismount A V
- Front salto tuck dismount A V

Horizontal Bar:

Skill	Value	Element Group
• Tuck, pike or layout flyaway forward or backward	A	V
• Back hip circle or any free hip circle	A	III
• Pike or straddle toe on, toe off, straddle	A	III
• Blind Change to mixed grip	A	I
• Blind Change	B	I
• Invert Giant All ready listed in the Code of Points	C	IV (FIG p128, #15)
• Stoop in, dislocate to handstand within 30° to 45° of vertical*	B	IV
• Stoop in, dislocate to handstand within 15° to 30° of vertical*	C	IV
• Stoop in, dislocate to handstand within 15° of vertical*	D	IV

Additional Event Changes or Clarifications

Pommel Horse:

→p. 2.9, 2: **Change to** - Any B value 1/2 spindle will receive credit only when performed with three or less hand placements and is completed within one circle. ¼, ¼ variations with more than three hand placements or in more than one circle will be **given A value**. (The second A is not recognized)

Parallel Bars:

→p. 2.11 **Change statement to #1; There is no deduction for an empty swing (1/2 swing only) when moving from a value skill, to a swing 45° above horizontal or higher, and then to any value skill. FIG angle deductions apply to swings of this nature performed below 45°.**

(Acceptable example: Front uprise swing back and lower to straddle L hold)

(Unacceptable example: Front uprise swing back to 45° and swing forward to Stutz – full swing)

→p. 2.11 **Add #2: There will be no deduction for change in direction for a swing to handstand position followed by a swing down or bail to another value skill. (Example: Front uprise, swing to handstand with no hold, Stutz to handstand)**

These changes affect Compulsory Levels 4 through 7 only.

→p. 2.4 II. A. 3,4,5,6,7: Eliminate wording “(as per FIG)”

→p. 2.4 II. B. 2.: Eliminate wording “as per FIG”

→p. 2.4 II. B. 3. A. **Change to: Hold Deduction are:** 0.1 for hold of 1 to 2 seconds
0.2 for 1 second
0.3 for less than 1 second

→p. 2.5, II, B. 3. B.: Eliminate “FIG” from the sentence

→p. 2.5, II, B. 3. C.: Eliminate wording “(as per FIG)”

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 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 regrasp 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.**”

Special Performance Criteria

- Body extended through circles
- Maximum 3 circles if no bonus prior to side travel
- Maximum 4 circles if Czechkehre is performed prior to side travel from beginning of routine.

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. 6.2. 6.4, 6.6, 6.8 REMOVE Note 1. and REPLACE with

1. The junior program will not give a zero score for any vault, with the exception of failure to contact the vault table at all in Levels 8 to 10, or at the compulsory level, if a vaulter fails to complete the run to or beyond the board. A zero vault may be repeated once with a deduction of 1.00 from the score of the second attempt. Otherwise the minimum score for any actual vault will be 1.00. 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. 7.12- 1. REPLACE WITH From run or stand, Jump to drop kip

p. 8.14 & 8.15 – The toe on toe off for Specified Bonus can be performed inbar or straddled.

Event Specific Clarifications:

Floor Exercise:

None

Pommel Horse:

1. Levels 5 and 6 Mushroom routine dismount and Level 7 Circle routine dismount the gymnast must complete one full circle to receive stick bonus.
2. Level 7 Pommel routine mount- gymnast is allowed to perform 1 to 2 swings before the first leg cut.
3. Level 7 Pommel routine- gymnast may perform ½ to 1 ½ circles prior to dismount.

Still Rings:

1. For Levels 4, 5 and 6, the Back Lever hand position is optional.
2. 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.

→3. Level 5, 6 & 7 under dismount Special Performance Criteria. Remove the statement: “Hands must release prior to swing through vertical axis.” Add: Flyaway must show rise.

Vault:

none

Parallel Bars:

1. Level 5 momentary pause is allowed on # 3.
2. Level 7 Moy to support with or without extra swing is allowed.

→3. Level 7, parts 7, 9 & 10 Add to Special Performance Criteria – Front swing hips above horizontal

Horizontal Bar:

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 addition 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 5th 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 4th movement will also be allowed without deduction.

3. 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.

4. Level 7- Gymnast may perform **1 to 3** giants in Specified Bonus parts 2, 4 and 6.

→5. Level 4, 6 & 7, #1: Add under Special Performance Criteria – Momentary pause after pullover to support allowed.

Respectfully Submitted,

Gil Elsass, Chairman – 2005-2008 Age Group Competition Committee

Approved by Dennis McIntyre, USA Gymnastics- Men’s Program Director