



## J.O. Update # 7

**Date:** August 1, 2006  
**To:** USA Men's Gymnastics Community  
**From:** Gil Elsass, Age Group Competition Committee Chairman  
**Re:** Rules Update # 7 for the 2005-2008 Men's Age Group Competition Program

### For Immediate Implementation.

### JO Update # 7 Changes are represented by → symbol

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 #7
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.

#### **Document Precedence:**

**With the many (and ongoing) changes to the FIG Code of Points it is important to note the order of document precedence when determining which rules or rule exceptions to follow. The order of document precedence is:**

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 NGJA/USAG Rules Interpretations (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>)

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

**Several changes in the Junior Olympic Age Group Program Rules have occurred during the last year due to the extreme changes in the 2006 FIG Code of Points.** The Junior Olympic Age Group Program rules were again reviewed in June and July of 2006 for further modification based on the FIG rules. Please note the following:

- The chart which follows is a synopsis view of the optional competitive levels. This chart is included for general review purposes only.
- The actual rule changes and exceptions can be found in the remainder of the update where they are incorporated into the actual program text. These changes will be marked by the ➔ symbol and appear in **bold** text.
- For simplicity sake some sections of the update have been deleted entirely. Deleted sections have been replaced by new updated text (marked with the ➔ symbol) or are individual skills that were previously rated by the committee, but are now covered by the new commonly seen skills ruling.

### Basic Format for All Optional Competition Levels

	Level 8	Level 9	Level 10
Age Group Divisions	13–15 16-18	12-13	14-15 16-18
Number of Highest Counting Value Parts for Difficulty Value <ul style="list-style-type: none"> <li>• Highest difficulty skill from each element group in order to fulfill EG requirement</li> <li>• Next highest skills up to a maximum of eight counting skills for Level 8 and 9 or ten counting skills for Level 10 - must include EG V</li> <li>• Maximum of 4 counting skills from one element group</li> </ul>	8	8	10
Difficulty Value A = 0.1, B = 0.2, C = 0.3 D = 0.4, E = 0.5, F = 0.6	2.0	2.5	3.2
Presentation Value Small Error = 0.1 Medium Error = 0.2 Large Error = 0.3 Fall = 0.5	6.5	5.5	4.3
Element Groups 0.5 per Element Group <ul style="list-style-type: none"> <li>• Must include EG #5</li> </ul>	3 = 1.5	4 = 2.0	5 = 2.5
Element Group Bonus for All 5 Element Groups Performed	0.3 Per Add. EG	0.3	NA
<ul style="list-style-type: none"> <li>• Dismount Value Required for Full Element Group V Credit</li> <li>• Element Group V Credit for lower level dismount</li> </ul>	A	B A = 0.3	C B = 0.3 A = 0.0
Vault: Will Use FIG Vault Tables as Published in March 2006 FIG Code of Points	Yes	Yes	Yes
Vault Bonus – As listed in Vault Bonus Chart and Stick Bonus Explanation – attached	1 Vault with Stick Bonus	Yes	Yes
Execution Bonus as listed in Execution Bonus Chart - attached	Yes	Yes	Yes
Other New JO Special Exceptions – See explanation in update	Yes	Yes	Yes

**Age Group Program Materials Corrections:**

**General:**

→ pages 1.1, 1.2, 2.6 and 2.7 Level Charts and B. 1 on p. 2.7: Change to - In order for a Level 8 to receive 0.3 or 0.6 bonus for performing four or five element groups, he must receive the full 2.0 or 2.5 Element Group credit. In either case he must perform an A or higher value dismount. In order for a Level 9 to receive 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. The maximum element group credit that the athlete may earn, even with the 0.3 or 0.6 element group bonus, is 1.5 for Level 8 or 2.0 for Level 9. The element group bonus is added to difficulty; however, difficulty may never exceed 2.0 for Level 8 or 2.5 for Level 9.

→ p 1.2, 2.7 Level 8 Program Charts should be changed to:

<b>LEVEL 8 (FIG OPTIONAL*)</b>	2.0 Maximum Difficulty Score**
13 - 15 STATE – REGIONAL 16 - 18 STATE – REGIONAL	1.5 Element Group Requirements ***
* Using Junior Olympic Program rule exceptions to the <i>FIG Code of Points</i>	6.5 Presentation
**8 highest value skills as per A Score rules including a dismount.	10.0 Maximum possible Start Value & Score
***3 FIG element groups worth 0.5 each. Element groups can be fulfilled using skills of any value.  0.3 Element Group Bonus per Element Group for Level 8 when four or all five element groups are performed – added to Difficulty  Stick bonus of 0.1 for dismounts which receive full Element Group V credit and landing at vault – added to Difficulty	

→ p. 1.2 Change the Level 8, 9 & 10 Presentation Deduction Chart to:

Small Error = 0.1  
Medium Error = 0.2  
Large Error = 0.3  
Fall = 0.5

→ p. 1.2 Add Chart: Junior Program Exception to A Score Calculation

The Junior Olympic Program will Calculate the A Score in the following manner for Levels 8, 9 & 10

- Highest difficulty skill from each element group in order to fulfill the Element 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

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. 2.5 #11: Add - A zero score will be given to an athlete who attempts two vaults when both attempts fail to contact the vault table for Levels 8, 9 or 10, or fail to contact the board at Levels 4, 5, 6 or 7.

→ p. 2.7 Under B Bonus Points:

- →a. Change to: In order for a Level 8 to receive 0.3 or 0.6 bonus for performing four or five element groups, he must receive the full 2.0 or 2.5 Element Group credit. This means he must perform an A or higher value dismount. In order for a Level 9 to receive 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. Add: The maximum element group credit that the athlete may earn, even with the 0.3 or 0.6 element group bonus, is 1.5 for Level 8 or 2.0 for Level 9. The element group bonus is added to difficulty; however, difficulty may never exceed 2.0 for Level 8 or 2.5 for Level 9.
- →b. Change the last sentence to: Stick bonus will be added to the Difficulty value which may not exceed 3.2 for Level 10, 2.5 for Level 9 or 2.0 for Level 8.
- Vaulting Bonus C, #3, First Bullet Point change to: The second vault must be from a different FIG vault family from the first vault performed but may have the same post flight. (i.e., First Vault Tsukahara stretched with 1/1 twist, Second Vault Yurchenko stretched with 1/1 twist would be eligible for vault bonus)

→p. 2.8 Change the Vault Bonus Chart to the following. Please note that the Vault Bonus Chart now includes Stick Bonus for Levels 8, 9 and 10. The Junior Program will use the FIG Vault Tables as Published in March 2006 FIG *Code of Points*.

**Level 9 Vault Bonus**

Sum of the S V	Bonus Awarded
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

**Level 10 Vault Bonus**

Sum of the S V	Bonus Awarded
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 & up	0.5

**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.

→page 2.8, under Special Bonus (page 2.7) Add: d. Execution Bonus

Execution Bonus is awarded in the following manner:

- Judge will have bonus chart for ease of implementation
- At the end of the exercise the judge will look to see if the Difficulty Value and Execution deductions performed would qualify for Execution bonus
- Execution Bonus will be added to final score to create a new final score
- Maximum of 10.0 for routine with no execution errors
- Maximum score of 9.95 for routines with any execution errors

Execution Bonus Charts continued on next page

**Level 10 Execution Bonus Chart:**

Difficulty Value	Execution Deductions	Bonus
3.0 and above and Full Credit for all 5 Element Groups	0.5 or less	.5
2.5 – 2.9 and Full Credit for all 5 Element Groups	0.5 or less	.3
Credit for 10 value parts and full credit for all 5 Element Groups	0.5 or less	.1

**Level 8 & 9 Execution Bonus Chart:**

Difficulty Value	Execution Deductions	Bonus
2.3 and above and 4 Element Groups including full credit for EG 5	0.5 or less	.5
1.8 – 2.2 and 4 Element Groups including full credit for EG 5	0.5 or less	.3
Credit for 8 value parts and 4 Element Groups including full credit EG 5	0.5 or less	.1

➔p. 2.8, C,:

- #1: Change to – The Junior Program will use the following Presentation Deductions Small Error = 0.1, Medium Error = 0.2, Large Error = 0.3, Fall = 0.5
- #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.

p. 2.9 C, Add #6: 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.)

p. 2.9 C, Add #7: 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

➔p. 2.9 D. 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 this update under changes to page 2.8, C, #3.**

**Floor Exercise:**

Skill	Value	Element Group
• 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
• Two loops facing out	B	II
• Bailie	C **	II
• 1/3 or 1/2 longitudinal travel	B	III
• 2/3 longitudinal travel	C	III
• Loop facing out to stand	A dismount	V

\*\* 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
• Front lever hold	B	IV
• <u>Lock arm</u> , bent body press to handstand, legs together or straddled	C	IV
(any arm bend will result in the press being evaluated as a A value press to handstand)		

**Parallel Bars:**

Skill	Value	Element Group
• Straddle L support – 2 seconds	A	I
• Pike or straddle, bent arm, bent body press to HS	A	I
• Straddle bent body straight arm press to handstand	B	I
• V sit – 2 second hold	B	I
• Manna – 2 second hold	C	I
• Stutzkehr* - executed 45° to 74° above horizontal	B	I
• Back toss* - executed 45° to 74° above horizontal	B	I
• Back uprise to support	A	II
• Kip Up to support* (see note below)	A	III
• Straight or bent leg Moy to upper arm	A	III
• Straight or bent leg Moy initiated below 15° of handstand to support	B	
• Giant* - backward giant swing executed from support and completed at horizontal up to 45° above horizontal (with appropriate deductions for angle below horizontal upon completion)	B	III
• Giant, same as above, completed between 45° above horizontal and 90° (handstand)	C	III
Note the removal of the asterisk in the C value giant as it refers to p 2.11		
• Peachbasket* – From any support or from stand executed with straight arms to <u>any</u> support <u>up to</u> 45° above horizontal	B	IV
• Peachbasket* - From any support or from stand executed with straight arms to support 45° to 74°	C	IV
• Back salto tuck dismount	A	V
• Front salto tuck dismount	A	V
• Any Wende dismount	A	V

\* A drop kip will be evaluated as an A move with a 0.3 deduction for containing an open swing.

**Horizontal Bar:**

Skill	Value	Element Group
• Blind Change to mixed grip	A	I
• Blind Change	B	I
• Back hip circle or any free hip circle	A	III
• Pike or straddle toe on, toe off, straddle	A	III
• <del>Invert Giant</del> <i>All ready listed in the Code of Points</i>	<del>C</del>	<del>IV</del> (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
• Tuck, pike or layout flyaway forward or backward	A	V

## 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+A value. (FIG *Code of Points*, PH, Element Group II #31 & #37)

→ p. 2.10: Add #6: Only skills listed as Element Group V skills by the Junior Olympic Age Group Program, NGJA or FIG may receive Element Group V credit. (Example 1: scissor to handstand, with or without turns or travels, to landing is not a listed dismount and would not receive Element Group V credit, Example 2: loop facing out to stand is listed in the JO Update as an A Value Element Group V skill and would receive Element Group V credit for Level 8 and partial (0.3) credit for Level 9)

### Vault:

p. 2.10 Add #4: 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. A zero score will be given to an athlete who attempts two vaults that fail to contact the vault table for Levels 8, 9 or 10, or fails to contact the board at Levels 4, 5, 6 or 7.

→ p. 2.10 Add #5: The Junior Olympic Program will use the FIG Vault Tables as Published in March 2006 *Code of Points*.

### 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 **that is initiated before the body reaches the lower vertical (center of gravity between the hands) position**. FIG angle deductions apply to swings of this nature performed below 45°.

(Acceptable examples: Front uprise or glide kip swing back to 45° above horizontal to giant, peach basket or lower to straddle L hold)

(Unacceptable example: Front uprise or glide kip 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)

### Horizontal Bar:

p. 2.12 Under Additional Horizontal Bar Rules and Clarifications: change back uprise statement to:

1. It is the position of the age group 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.

p. 2.12 Add: #2, at Horizontal Bar, FIG *Code of Points* skills #1 or #2 (straddle cut) in Element Group II, may be performed for credit from an under swing.

→ p. 2.12 Add: #3 Horizontal Bar Special Release Skill Bonus

1. Add 0.1 in difficulty to all Category II, C value and above skills with the exception of:

- Markelov (FIG EG II, #9)
- Yamawaki (FIG EG II, #10)
- Stalder ½ turn to rear vault (FIG EG II, #75)

**2. Connection Bonus for Connected C Value and above releases**

- **C + C = 0.1**
- **Listed FIG Release Connection Bonus + 0.1**  
D or E or F + C would receive FIG 0.1 + JO 0.1 = 0.2 total bonus  
D or E or F + D or E or F would receive FIG 0.2 + JO 0.1 = 0.3 total bonus

**3. Recognition and Connection Bonus for directly connected repeated C value or above release skills. Any FIG C value (or higher) release skill will receive difficulty credit each time it is performed, but only when the skill is performed twice in direct connection. Otherwise normal repetition rules apply.**

**Example: Tkatchev (Jr 0.4) + Tkatchev (Jr 0.4) would receive “Junior D” value credit for both performed skills and 0.1 in connection bonus**

**Compulsory Changes and Clarifications:**

**The following 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. 4.6, #6 – The Specified Bonus sequence in #6 includes the left false scissor from #5 as part of the evaluated sequence which must be performed with a cumulative deduction of less than 0.4. The illustration on p. 4.10 is incorrect.

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. 7.12 & 7.13 Level 7, parts 7, 9 & 10 Add to Special Performance Criteria – Front swing hips above horizontal
- p. 8.8, #9 – Add under Special Performance Criteria, The hips must reach horizontal on the back swing
- p. 8.2, 8.10 and 8.14 Level 4, 6 & 7, #1: Add under Special Performance Criteria – Momentary pause after pullover to support allowed.
- 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 after side travel.

***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.

**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 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. 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.

Respectfully Submitted,

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

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