



**To: Men's Gymnastics Community**  
**From: Dusty Ritter – Junior Olympic Program Coordinator**  
**Date: January 4, 2017**  
**Re: 2016-2020 Age Group Competition Program - Update #2**

In response to questions that have been submitted by coaches and judges following the fall 2016 judges courses, AGCP Update #2 is being issued to clarify interpretations of the rules as they should be applied to the Junior Olympic programs. It is important to note the following with respect to this update:

- Many questions that have been received are already addressed in either the FIG Code of points or the JO Program Manual and AGCP Update #1. These questions will not be revisited in this update. Refer to documents of precedence for clarification of the rules and direct future questions during the season to the JOVP and/or your JORTD. Interpretations of the FIG Rules as it relates to the Age Group Competition Program will be forwarded to the JOVP for appropriate clarification by the NGJA rules committee during the competitive season.
- Future updates will occur, if necessary, following the 2017 competitive season upon review of any issues that have been experienced during the competitive season. Replacement pages will be issued at that time amending the rules as necessary for the 2018 season.
- The highlights for Update #2 are in the magenta color. The highlights from Update#1 are in yellow. This should help in locating the corresponding page numbers and rule clarifications.

On the following pages the clarifications and interpretations of rules for the 2017 competitive season are divided into these categories and listed with reference to corresponding events and page numbers in the manual. These are in addition to the rules clarifications already stated in the JO Manual and AGCP Update # 1. These interpretations are provided as additional information for coaches and judges:

- General Rules
- Junior Developmental Optional Rules
- Optional Rules for AGCP Levels 8-10
- Compulsory Program Rules

The updates to the rules are not intended for the purpose of making sure that every detail of minutia as interpretation of the rules is in writing. These clarifications are intended to be a guide in applying the spirit of the rules. The sport of gymnastics and its evaluation are and always will be based upon judgments made by officials in real time. The rules are intended to guide coaches and judges with regard to proper routine construction and guidance in application of the rules of gymnastics on each event.

## 2016 – 2020 AGCP General Compulsory & Optional Update Contents

| Pg. #        | Event Table    | Clarifications/Interpretations, 1/3/2017 – Replacement pages in yellow   |
|--------------|----------------|--|
| 1.10         | General Rules  | Clarification: A panel mat or mat(s) may be used for mounting the Parallel Bars, Mushroom or Pommel Horse. A board may not be used to mount the Pommel Horse or Mushroom. A board may be used to mount the Parallel Bars. If it is placed inside the uprights it must be removed after the gymnast mounts.                                   |
| 1.8          | JD Opt Rules   | Clarification: A <u>pullover mount on HB</u> – Allowed without deduction. It is a recognizable “A” skill. There is no deduction for a stop.  |
| 1.8          | JD Opt Rules   | Clarification: <u>Extra Swings</u> – Extra swings will not be deducted in JD Optional but will not count for value towards six required parts in the routine. There will also be no deduction for <u>layaway or change of direction</u> in the JD Optional program. These are allowed. Execution is always deducted for any swing performed. |
| 1.8          | JD Opt Rules   | Clarification: Any recognizable “A” <u>acrobatic skill</u> may be used for a dismount in the JD optional program. Non-acrobatic skills may not be used as a dismount.  |
| 1.8          | JD Opt Rules   | Clarification: <u>JD Optional Vault values</u> : The Vault table in the compulsory section of the manual is not used in the JD optional program. JD Optional vault values are FIG with exceptions as noted in the AGCP rules.  |
| 1.4          | Optional Rules | Clarification: <u>Non-FIG ‘A’ dismounts for Partial Credit</u> – Non-FIG dismounts will receive partial credit in the optional program for Level 8 with the exception that Non-acrobatic dismounts are not allowed on Floor Exercise.  |
| 1.10<br>2.11 | Optional Rules | Clarification: <u>Landing mat on Floor Exercise</u> – One landing mat only (10cm) may be used on Floor Exercise for multiple flipping skills. It may not be removed or moved during the exercise.  |
| 2.11         | Optional Rules | Clarification: <u>Intent for Connection rules</u> – Connection is allowed on both sides of a multiple skill Floor Exercise combination. A skill cannot be repeated multiple times in connection (FIG). In the JO program a skill can be repeated one time for value outside of the connection.   |
| 2.7          | Optional Rules | Clarification: <u>Partial Credit for Travels on PH (FIG)</u> – In the JO Program the gymnast will receive credit for part of the travel or Russian wendeswing performed for value and element group credit. Example: Fall on Magyar - award of “B”(1/2 or 2/3) during execution.   |
| 2.7          | Optional Rules | Clarification: <u>FIG Rules for Tong Fei</u> – The JO program will follow FIG rules for awarding difficulty with regard to the Tong Fei.   |
| 2.7          | Optional Rules | Clarification: <u>“B” Spindle PH Level 8</u> – Award a value of a “B” spindle if the 180 degree turn is completed in one circle. (FG skills # 2.26 & 2.32)   |
| 2.7          | Optional Rules | Clarification: <u>“B” Czech or Stockli Level 8</u> – No orientation to either side support or cross support direction is required.   |
| 2.7          | Optional Rules | Clarification: <u>“C” Handstand dismount</u> – The gymnast may not push or jump off the horse to a handstand dismount (FIG). In this case, there is no value. The gymnast must repeat the dismount to receive value.   |
| 1.4          | Optional Rules | Clarification: <u>Flank Off dismount Level 8 PH</u> – A “flank off” should be performed in the back loop position as a dismount and meet FIG requirements regarding direction and position.  |
| 1.4          | Optional Rules | Clarification: <u>Swing to handstand requirement on Rings (FIG)</u> : FIG rules apply for Levels 9 & 10. It does not apply to Level 8.   |

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|-------------|----------------|---|
| 2.7         | Optional Rules | Clarification: <u>“C” Strength bonus and Locked arm press bonus</u> : The intent of ‘locked arm press bonus was for a pike or straddle press to handstand from an “L” or straddled “L”. Arms must be “locked”. A single large deduction nullifies <u>any</u> bonus. Otherwise, all other execution deductions apply.                  |
| 2.7         | Optional Rules | Clarification: <u>“B” swing requirement between strength skills</u> : There is no JO exception. FIG rules apply.  |
| 2.8         | Optional Rules | Clarification: <u>A Yamashita vault</u> will be considered the same as a handspring vault for value. A pike of 90 degrees or more is required for a Yamashita. If the pike does not reach 90 degrees it will be judged as a handspring with appropriate execution deductions.   |
| 2.8         | Optional Rules | Clarification: <u>Round-off vaults</u> : FIG rules apply with regard to round-offs that touch the horse. They may not be repeated.  |
| 2.8         | Optional Rules | Clarification: <u>PB Skills to support</u> : As defined these skills have no height requirement. Award value regardless of angle – (FIG).   |
| 2.8         | Optional Rules | Clarification: <u>PB Skills to one bar</u> : The FIG requirement of 1-second hold applies. Momentary holds showing control may be deducted as a short hold. Award value and bonus.  |
| 2.8<br>2.10 | Optional Rules | Clarification: <u>Maximum 2 same box Peach or Giant PB</u> : Intent is this is allowed one time only for each and for both during a routine. Both can be done.  |
| 2.8         | Optional Rules | Clarification: <u>Bonus award on PB</u> : Bonus is awarded only once for each skill. Example: Locked arm peach done twice (Award one time only).  |
| 1.4         | Optional Rules | Clarification: <u>Special Requirement #2 &amp; #3 HB Level 8</u> : ½ turns are intended to be from a long hang swing to a handstand. FIG requirement is to finish in a handstand. Angle deductions apply. Higher value skills from a long hang swing through a handstand can fulfill the requirement (Example: Quast from back giant) |
| 2.9         | Optional Rules | Clarification: <u>Repetition of “C” or higher value skills allowed in connection</u> : The JO program allow such a skill to be repeated one time only in connection for value. (Example: The intent is that a Tkatchev can only be done twice and one must be in connection with another release (i.e., Tkatchev to Gienger.)         |
| 2.9         | Optional Rules | Clarification: <u>5 swings to mount interpretation</u> : A maximum of 5 swings forward and backward of which the 5 <sup>th</sup> must be a skill (i.e., free hip, stemme) is allowed. The JO program will allow a change of direction on the 5 <sup>th</sup> skill without deduction.   |
| 2.9         | Optional Rules | Clarification: <u>Pullover mount HB</u> : The pullover is recognized as an “A” value part. In Levels 8 only – no element group credit. Continuous movement is required. A full stop is a (-0.5) deduction.  |
| 2.9         | Optional Rules | Clarification: <u>Entry position on Endo and Stalder</u> : The JO program will disregard the FIG requirement for entry from a handstand on an Endo or Stalder.  |
| 2.5         | Comp Rules     | Clarification: <u>In Division 2 – Attempted Bonus skills</u> are not a ‘routine construction error’. The gymnast may perform bonus skills. They will not receive the bonus award in Division 2 and will be judged for execution.  |
| 2.5         | Comp Rules     | Clarification: <u>Non-Recognizable Part</u> – There is no non-recognizable part deduction in the compulsory program.  |
| 3.4         | Comp Rules     | Clarification: <u>Level 5 FX “Lower with straight legs to stand”</u> – This is intended to be a “pike down” with both legs.   |

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| 3.5        | Comp Rules | Clarification: <u>Compulsory FX Levels “Text requires run”</u> – A power hurdle may be performed instead of a run if the gymnast chooses.   |
| 3.5<br>3.6 | Comp Rules | Clarification: <u>“Headsprings and Front Saltos”</u> – A controlled landing is required for all skills unless otherwise stated in the text.   |
| 2.6        | Comp Rules | Clarification: <u>Mounting the mushroom or horse</u> – Disregard the position of feet and hands on the mount. The exercise begins when the feet leave the floor per FIG. Strike the line “gymnast must begin with both hands on the horse or mushroom” from the highlighted text in Update #1(Page 2.6 #9). |
| 2.6        | Comp Rules | Clarification: <u>Extra circles on PH in all compulsory levels</u> – extra circles are always allowed between skills and will be judged for execution.  |
| 4.8        | Comp Rules | Clarification: <u>Part #7 Level 7 PH Dismount</u> – The intent is for a circle to be performed from the front support at the completion of any skill prior to a flank off dismount. (Example: Russian, Magyar, Spindle). If circle is omitted deduct as routine composition error (-0.5)                    |
| 7.1        | Comp Rules | Clarification: <u>Parallel Bar dismounts:</u> Gymnast may not hold onto the rail upon landing of dismounts. Disregard incidental touches.   |
| 7.1        | Comp Rules | Clarification: <u>Compulsory Moy to Support or upper arm</u> – Bent knees are allowed in the compulsory program.  |
| 8.7        | Comp Rules | Clarification: <u>Level 6 HB SB#2 &amp; #3:</u> Bonuses are always separate and worth +0.5 each. They can be done together or separately. The intent is for a gymnast who falls attempting SB#2, he can re-mount and repeat SB#2 and add SB#3 or he can simply re-mount and execute SB#3.                   |

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

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

## III. Optional Levels 8 – 10 Judging & Rules Guidelines

### A. General Bonus:

#### 1. Execution Bonus:

Routines that have execution deductions equaling 0.0 - 0.8 will be awarded +0.1 in bonus. All four element groups must be fulfilled to receive this bonus.

#### 2. Stick bonus:

- Stick bonus of +0.1 will be awarded for stuck dismounts which receive full **Special Requirement** credit for Level 8 and full Element Group IV credit for Level 9 and 10. There is no stick bonus on pommel horse.
- Stick bonus of +0.1 will be awarded for stuck vaults at all levels. Stick bonus will also be awarded for Level 10 bonus vaults, see Vault Bonus Table to determine the amount awarded.
- "D" value dismounts in Level 10 will be awarded +0.2 for a stick. There is no stick bonus on pommel horse.
- Stick bonus will be added to the start value.

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

#### 1. Floor Exercise:

- "D" value multiple salto skills and double salto backward piked will receive +0.1 bonus.
- "D" or higher value multiple layout salto skills will receive +0.3 bonus.
- Any bounding connection equaling 0.5 or higher in total combined difficulty of the 2 connected saltos will receive +0.1 bonus. If the pass meets FIG Connection bonus criteria add appropriate FIG Connection bonus in addition.
  - Restriction: FIG rules apply – Only two bonus connections may be awarded per routine.
  - Special Exception: The FIG double salto requirement is not required in the Junior Program.**
- Any flair through handstand will receive +0.1 bonus.

#### 2. Pommel Horse:

- Circle or flair to handstand and return to circle or flair will receive +0.2 bonus.
- Any "D" or higher full spindle circle or flair will receive +0.1 bonus.**
- Any "D" scissor  $\frac{1}{4}$  to handstand on one pommel will receive +0.3 bonus. The gymnast is not required to change hands – swing to handstand and swing down from handstand on the same arm is allowed.
- Any  $\frac{3}{3}$  longitudinal travel with 6 hand placements in the saddle (3 circles) will receive +0.2 bonus.
  - Restriction: This bonus is not available for Level 8
  - Restriction: This bonus may be awarded one time only in an exercise
  - Special Exception: The same skill (i.e., Magyar or Sivado) with less than 6 hand placements will receive "D" value and will not be broken up into lesser value parts. Partial credit for travels or turns completed during execution of longitudinal travels or Russians may also be given.**
- Any FIG "E" flop sequence or "E" Combined Sequence flop (including Russian) will receive +0.2 bonus.
- Travel with a 360° turn or greater continuing to circle will receive +0.1 bonus. (Example: Mogilny, Belenki, Tong Fei, Roth, Wu to circles)
  - Restriction: A Russian may be connected directly to this skill but a circle out must be performed to receive bonus. No leg cut is allowed in connection to receive bonus.
- Circle or flair to handstand (includes dismount) will receive a "C" value.
  - Special Exception: The "C" value will be awarded regardless of execution. There is no cap on execution deductions in the performance of the skill.

#### 3. Still Rings:

- A locked arm press to handstand with no deduction for arm bend will receive +0.2 bonus.**
  - Special Exception: Deductions in the held handstand will not be counted against the press for the purpose of awarding bonus.
- In Element Group II & III – Any "C" or higher strength skill will receive +0.2 bonus.
- A "C" value locked arm giant to handstand in either direction will receive +0.2 bonus.**
  - Restriction: This bonus may be awarded one time only in an exercise
- Any "D" or higher dismount will receive +0.1 bonus.
  - Restriction: This bonus excludes FIG code box # 4.40 (Double salto backward with  $\frac{3}{2}$  twists).
- Additional Restrictions:
  - Restriction: Level 8 and 9 gymnasts may only perform one Honma (Yamawaki) type skill from EG I. Level 8 and 9 gymnasts may perform one additional Honma type skill from EG III.
  - Restriction: Level 8, 9 and 10 gymnasts are not allowed to perform Guczoghy or Li Ning skills.

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

### 4. Vault:

Level 10 gymnasts may earn vault bonus for either performing a single vault with a start value of 5.0 or higher or for performing two vaults where the second vault meets the following criteria:

- The gymnast's first vault is scored normally by the judging panel.
- If the gymnast elects to perform a second vault for bonus he will do so immediately following the first vault. His coach must inform the judges of his intention as well as the name and start value of the second vault. A gymnast cannot receive both the two-vault bonus and the single vault bonus.
- Both vaults must be from different FIG vault groups but they may have the same second flight.
- Both vaults must have a salto in the second flight.
- The judging panel must agree that the second vault, as performed, did not receive a single large execution deduction or greater.
- The judging panel will determine the sum of the start values for the two vaults and then the amount of bonus to be awarded based on the Vault Bonus Table:

| Vault Bonus Table – Level 10 only |               |                      |
|-----------------------------------|---------------|----------------------|
| Sum of start values for 2 Vaults: | Bonus Awarded |                      |
| 6.8 – 7.5                         | 0.2           | Stick bonus 0.1 each |
| 7.6 – 8.7                         | 0.4           | Stick bonus 0.1 each |
| SV value for 1 Vault 5.0 or >:    | Bonus Awarded |                      |
| or 2 Vaults 8.8 or higher         | 0.6           | Stick bonus 0.2      |

- If all criteria are met and bonus is awarded it will be added to the start value of the first vault.
- If the gymnast balks on his first attempt, the 1.0 deduction will be taken from his execution score on the first vault and will not affect his eligibility for bonus if all other criteria are met.
- Stick bonus of +0.1 will be awarded for sticking each vault that meets the criteria.
- If the gymnast elects to do a single vault of 5.0 value or higher it must be performed without a single large deduction or greater to receive the bonus.
  - Special Exception: Any single 5.0 value vault will be awarded stick bonus of +0.2.
- Vault Restrictions and Special Exceptions:
  - Restriction: Level 8 & Junior Developmental may not perform round-off entry vaults.
  - Restriction: Level 9 & Junior Developmental may not perform vaults with multiple flips.
  - Special Exceptions: \*A Yamashita vault will be allowed and has the same value as a handspring. Handspring Pike front salto with ½ twist will receive a 3.6 start value.

### 5. Parallel Bars:

- "D" or higher Healy or Makuts to straight arm full support will receive +0.2 bonus.
- "D" or higher Giant skills (Diamidov(s), Belles, Tanaka) will receive +0.2 bonus. Giant to one bar will receive "D" credit with required 1 second hold – no Healy is required.
  - Restriction: This bonus includes FIG code box #'s 3.22, 3.28, 3.29, 3.52, 3.53 and 3.60 only.
  - Special Exception: There is no restriction on the number of giant skills that can be performed for value in an exercise as long as they are from different FIG boxes or virtual code box.
  - Special Exception: Two giant skills from the same box in succession are allowed and both skills will receive value. This giant repetition exception from the same box is allowed one time only (i.e., 'giant – giant' or 'giant Diamidov – giant Diamidov'). Hold in the handstand is allowed between the skills. Giant to one bar is allowed only once in a routine.
  - Special Exception: For all levels, an empty ½ swing is allowed going into a giant skill. Moy to support is included.
  - Special Exception: For Levels 8 and 9, a giant to support will receive a "B" value (EG III).
- A locked arm peach to handstand will receive +0.1 bonus
  - Restriction: This bonus may be awarded one time only during an exercise.
  - Special Exception: There is no restriction on the number of peach basket skills that can be performed for value in an exercise as long as they are from different FIG boxes or virtual code box.
  - Special Exception: Two peach baskets in succession from same box are allowed one time only and both skills will receive value. Hold in handstand is allowed between the skills.
  - Special Exception: For all levels, an empty ½ swing is allowed going into a peach basket skill.
- Any "E" basket or higher skill will receive +0.3 bonus.
- Any "E" or higher EG II skill will receive +0.2 bonus.
- Additional Special Exceptions:
  - Special Exception: A forward uprise with ½ turn (Stützkehr) to support will receive a "C" value (EG II)
  - Special Exception: Levels 8 and 9, a Stützkehr forward to support receives a "B" value (EG I).

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

### 6. Horizontal Bar:

a. Any "D" Adler skill will receive +0.2 bonus.

- Special Exception: For All Levels, a "C" value jam to handstand will receive +0.1 bonus.
- Special Exception: For All Levels, the following values will be awarded for a jam:

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

b. Any Kovacs or "E" or higher flight element will receive +0.3 bonus

c. Any "D" flight element will receive +0.1 bonus.

- Restriction: A Yamawaki will not receive the bonus.

d. Any connected flight elements receiving the FIG connection bonus will also be awarded an additional +0.1 bonus.

- Special Exception: A flight element may be repeated only if used in connection with another flight element.

a. Restriction: A swing half turn is allowed after non-flipping release skills or flipping release skills that do not go over the bar in the JO program. FIG rules apply to flipping release skills that go over the bar. (Flipping release = FIG #'s, 246 – Xiao Ruizhi, 252 – Gaylord tucked, 254 – Pegan, 259 – Gaylord Piked, 260 – Pegan Piked, 266 – Cassina, 276 & 277 – Gaylord 2, 282 & 283 Kovacs, 284 – Bretschneider, 289 – Kohlman, 296 – Kohlman 3/2 (Maras). All other release skills are classified as non-flipping and a ½ swing turn is permitted in the JO program in addition to FIG rules.

e. Other exceptions:

1. A maximum of 5 swings forward and backward of which the 5<sup>th</sup> must be a skill (i.e., free hip, stemme) is allowed. The JO program will allow a change of direction on the 5<sup>th</sup> skill without deduction.
2. A pullover is allowed as a mount in Level 8 for "A" value. No element group credit. Continuous movement is required. A full stop is a (-0.5) deduction.
3. The JO Program will disregard the FIG "entry from handstand" requirement for Endos and Stalders.

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

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



## C. General Exceptions to the FIG Code of Points:

### 1. Recognizable Gymnastics Skills:

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

### 2. Short Routine:

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

### 3. Element Group Requirement:

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

### 4. General Restrictions and Special Exceptions:

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

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

### 6. Application of Bonus Rules:

- a. One skill may be awarded for only one bonus. The higher value bonus qualified will be awarded.
- b. No bonus will be awarded if there is a single large deduction in the execution of the skill.
- c. When repeating a skill in direct connection chronology rules do not apply.
- d. Junior Developmental athletes are not eligible for added bonus listed in the bonus table. **These bonus rules are for Junior Olympic and Junior Elite Divisions only.**
- e. **Connection on Floor Exercise is awarded on both sides for multiple flipping combinations. A 'same box' skill cannot be repeated for value more than once and one must be used in connection.**

### 7. Additional Exceptions:

- a. A swing half turn is allowed after non-flipping release skills or flipping release skills that do not go over the bar in the JO program. FIG rules apply to flipping release skills that go over the bar.
- b. A single global skewing deduction for longitudinal travels on Pommel Horse will be applied in the JO program. (Not FIG per section)

### C. Basic Technique – continued:

#### 3. Spindle (Continued)

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

#### 4. Czechkehre (Moore)

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

#### 5. Direct Stockli A (DSA, back Moore)

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

#### 6. Russian Wendeswing with 360°

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

#### 7. Flank Dismount (Level 7)

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

#### 8. Schwabenflank

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

### D. Level 4

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

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

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

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

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

#### **G. Level 7:**

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