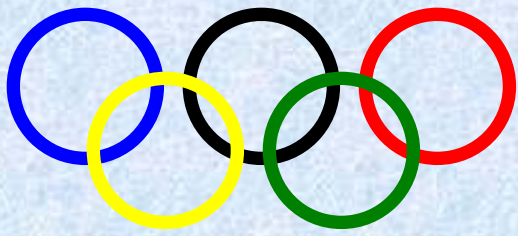


New Junior Olympic Rules

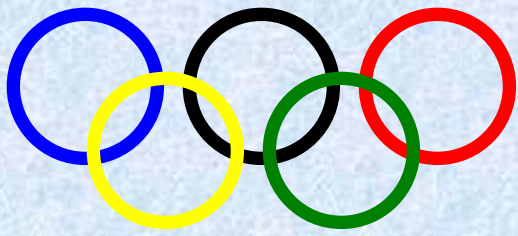
2009 - 2010





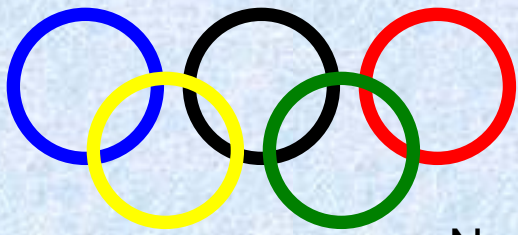
Vaulting

- Each level has their own vault table
- No changes to Level 7
- At Level 10, some of the twisting values have been lowered
- Some vaults now have a higher value at Level 9 than they do at Level 10
- Some Level 10 vaults can receive 0.1 bonus

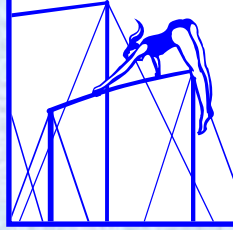


Level 10 Vault Bonus

- Vault must be valued at a 10.0, and must be performed successfully....no spot or fall
- The following vaults are excluded, and may not be awarded the 0.1 in bonus:
 - 3.407 $\frac{1}{2}$, $\frac{1}{2}$ front lay or Tsuk Lay $\frac{1}{2}$
 - 4.303 RO, FF on – Back Tuck 1 $\frac{1}{2}$ off
 - 4.306 RO, FF on – Bay lay 1/1
 - 4.309 RO, FF on – $\frac{1}{2}$ off front lay, or RO, FF on – Back lay $\frac{1}{2}$
 - 5.408 RO, FF 1/1 on – Back Tuck off
 - 5.309 RO, FF 1/1 on – Back Pike off



Level 10 Bars

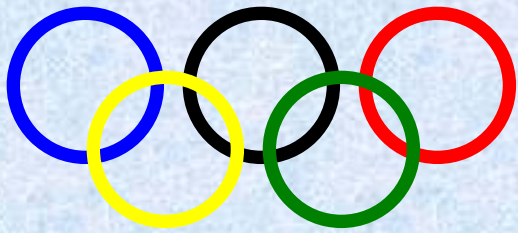


No Change in Special Requirements for Levels 8 and 9)

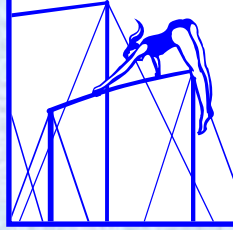
- **Special Requirements:**

- Flight element, minimum of “C”
- Second different flight element, minimum of “B”
- Element with LA turn, minimum of “C”
- Salto or hecht dismount, minimum of “C”

NEW



Level 10 Bars



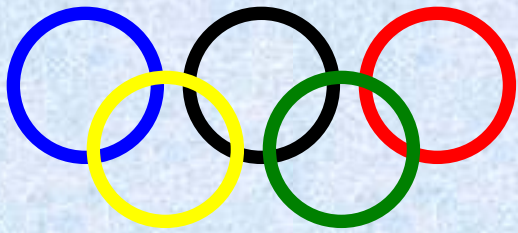
- New Bonus

- “C+C” = 0.1 bonus for 2 elements from groups 3, 6, or 7, turn or flight is not required if elements are different

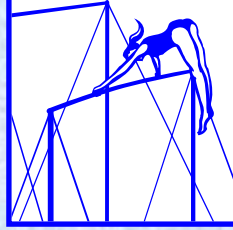
$$\begin{array}{c} \diagup \\ \diagdown \\ | \\ \bullet \end{array} + \begin{array}{c} \diagup \\ \diagdown \\ | \\ \bullet \end{array} = \bigcirc \quad \begin{array}{c} \diagup \\ \diagdown \\ | \\ \bullet \end{array} + \begin{array}{c} \cup \\ \diagdown \\ | \\ \bullet \end{array} = .1$$

- New Comp & Execution

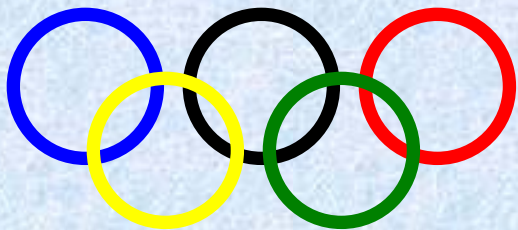
- Lack of 2 bar changes 0.2 (L10 only)
- Precision of handstands throughout → 0.1 (L10 only)
- Lack of elements that pass thru vertical → 0.2 (L8 only)



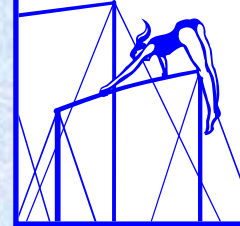
Bars



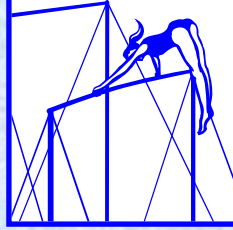
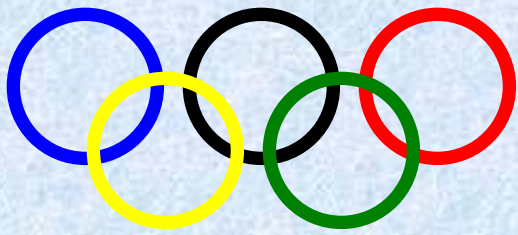
- New Comp & Execution Continued
 - Landing to close to bars on dismount = .1
 - Under rotation of release/flight elements → 0.1
 - Insufficient dynamics → 0.2 (Clarification)
 - Insufficient swingful execution throughout
 - Energy maintained throughout
 - Makes difficult look effortless



Bars

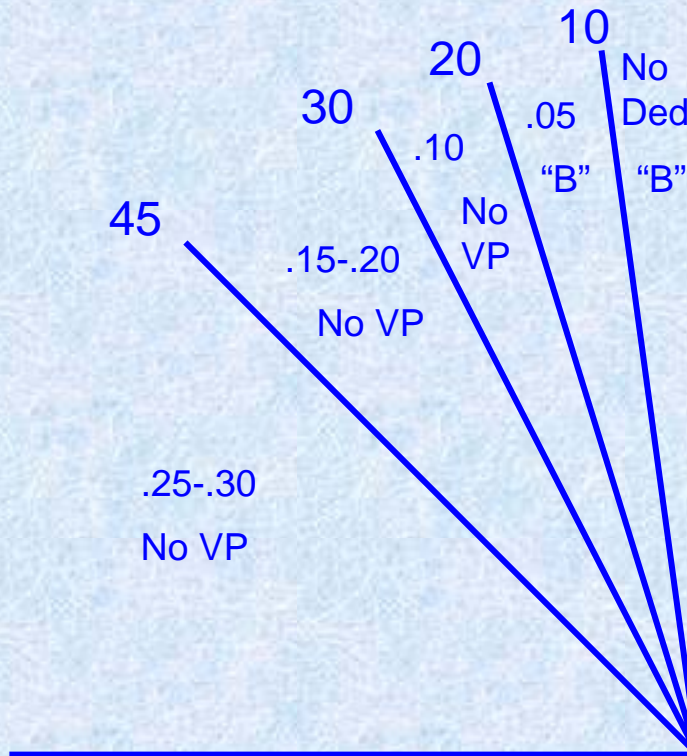


- New Cast requirements
 - There are NO “A” casts
 - Cast to 20 degrees is a “B”, under 20 has no value part
 - Cast to 45 but less than 20, with $\frac{1}{2}$ turn=“A”
- Clear hips circles
 - Completed below horizontal will be awarded “A” value part and will get a .05 to .20 deduction
 - Completed horizontal to 45 degrees is a “B” with .05 to .20 deductions
 - Completed 45 to 21 degrees is a “B” with NO deduction
 - Completed 20 to 10 degrees is a “C” with .05 deduction
 - Completed 10 degrees and higher is a “C” with no deduction

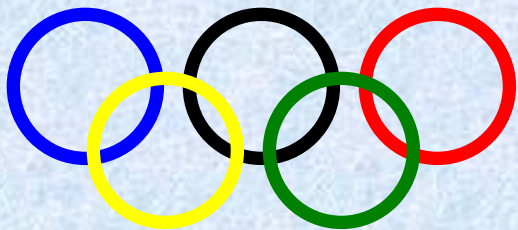


Bars

Handstands, levels 7 through 10



NEW



Bars: New Skills

Note: All large single bar release elements performed on the low bar will receive one difficulty value lower than if performed on the high bar.

New "E" Elements from FIG (Uneven Bars)

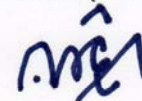
a. Giant circle fwd to handstand with initiation of 1/1 360° turn on one arm before handstand phase



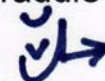
b. Giant circle fwd to handstand with 1½ turn (540°)



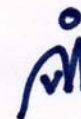
c. Jaeger salto (straddled) with ½ turn



d. On HB, Pike sole circle bkwd to counter-straddle-reverse hecht with ½ turn



e. Pike sole circle fwd in L-grip to handstand with 1/1 (360°) turn

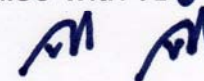


New "D" elements from FIG:

a. From HS, clear pike circle bkwd to rear inverted pike support



b. Pike sole circle fwd in L-grip to handstand, also with ½ turn



c. Dismount: Clear pike circle bkwd to salto forward stretched with ½ turn



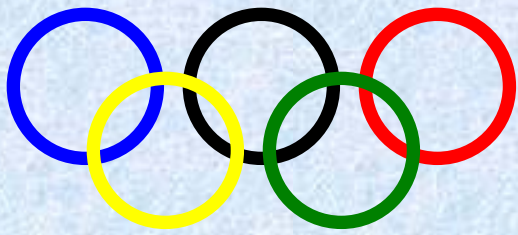
New "C" elements from FIG:

a. Clear pike circle bkwd on LB with release and counter flight to hang on HB

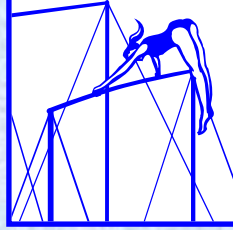


b. Clear pike circle bkwd with hecht flight to hang on HB

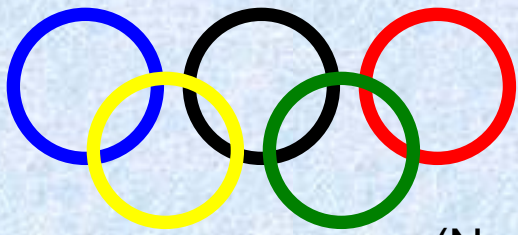




Bars

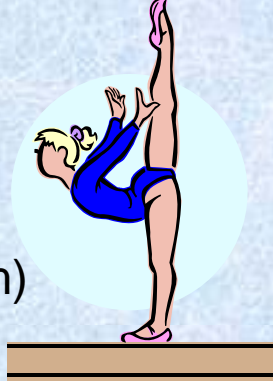


- Level 7 Special Requirements
 - One cast to a minimum of 45 degrees of vertical
 - Two clear circling elements, one must be a “B” and one must be from groups 3, 6, or 7. They may be the same if from groups 3, 6, or 7
 - Salto dismount, minimum of “A”



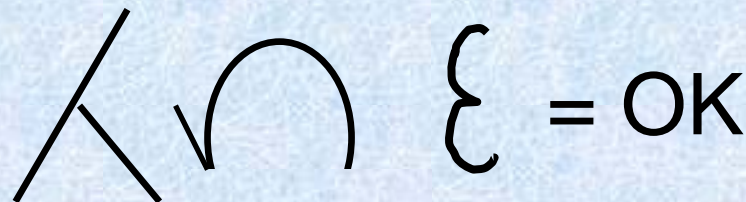
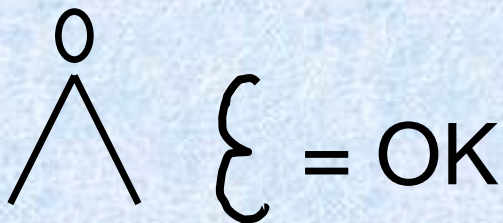
Level 10 Beam

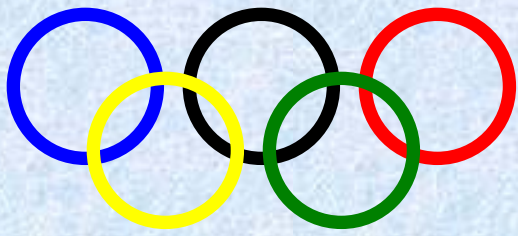
(No changes in Special Requirements for 7-10 on Beam)



- Special Requirements

- Acro series with 2 flight elements, one must be a “C” (with or without hand support) also A nonflight +E flight
- Leap or jump with 180 split, cross or side
- Full turn on one foot
- “C” dismount, or a “B” dismount that is connected to a “C” dance or acro skill, or is connected to an acro series that contains an acro “C”.

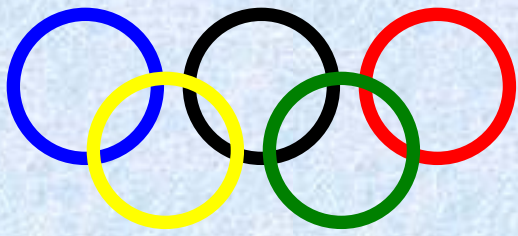




Optional Beam



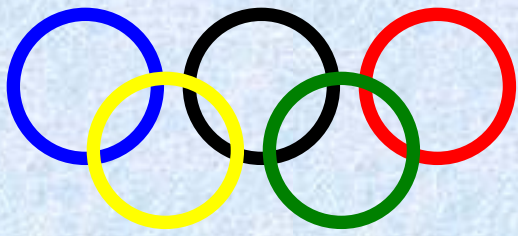
- New Bonus
 - Flight acro series: “B” + “C” salto = 0.1
 - Excludes mount and dismount
 - Turns: “A” + “C” or reverse = 0.1
- New Composition
 - More than 2 pivot turns = 0.1
 - Failure to show choreography/movement in different directions (fwd/side/back) = → 0.1



Optional Beam



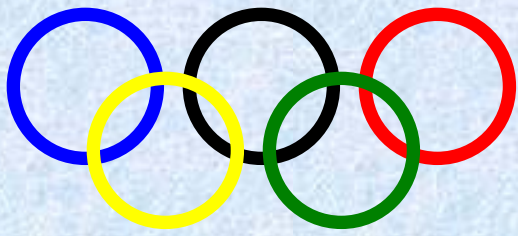
- New Execution Deductions:
 - Landing too close to the beam = 0.1
 - Legs not parallel to beam in split or straddle pike positions = \rightarrow 0.2
 - Insufficient sureness of performance = \rightarrow 0.2
 - Relaxed or incorrect footwork in non-value parts throughout = \rightarrow 0.2
 - Relaxed, incorrect, or insufficient leg pos, body posture, flexibility in non-value parts throughout = \rightarrow 0.3



Optional Beam



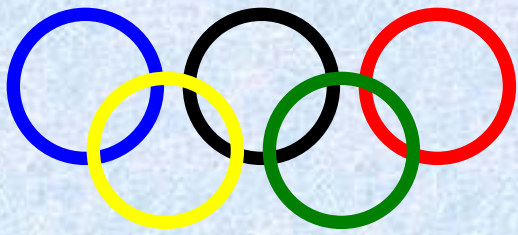
- New Execution Deductions:
 - Incorrect rhythm during a dance or mixed series = each \rightarrow 0.1
 - Incorrect rhythm during a non-flight series, or a fwd/side/counter acro series = \rightarrow 0.3
 - (above applies to connections that are slow but continuous)



Optional Beam



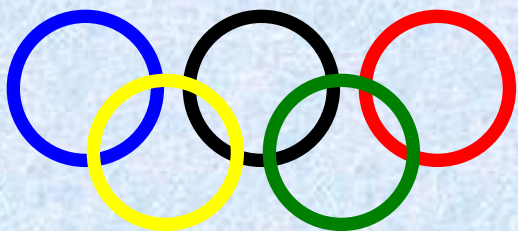
- New Execution Deductions cont.
 - Incorrect rhythm in a backward acro series:
 - No deduction, series is broken
 - Broken when there is a delay in the immediate take off of the second element
 - Broken when the arms move as low as the thighs or further
 - Broken when the connection is slow moving



Optional Beam



- New Skill Values
 - Straddle jump in cross position = “B”
 - Straddle jump in cross position with $\frac{1}{4}$ turn, and side straddle jumps remain at “C”
 - Back layout step out = “C”
 - Gainer back layout remains a “D”
 - Front aerial and kickover salto done with a leg swing through to scale = “E”
 - Gainer layout with $\frac{1}{2}$ twist dismount off the side = “B”
 - Handstand forward roll = “B”
 - Valdez = “B”
 - Back walkover split through = “C”
 - One foot take off front salto piked = “E”



Level 10 Floor Ex

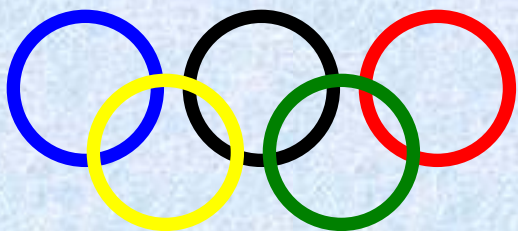


(Dance pass definition is the only change for levels 7-10)

- Special Requirements

- Acro series with 2 saltos OR 2 directly connected saltos, same or different
- 3 different saltos
- Dance pass with 2 different group 1 elements, one of which is a leap with a 180 split
- Minimum “C” salto dismount

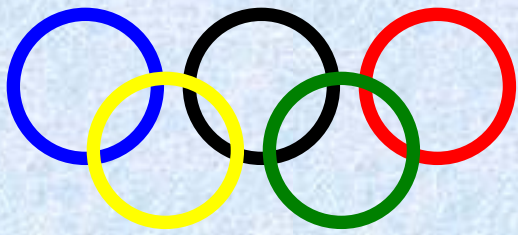
NEW



Floor Exercise

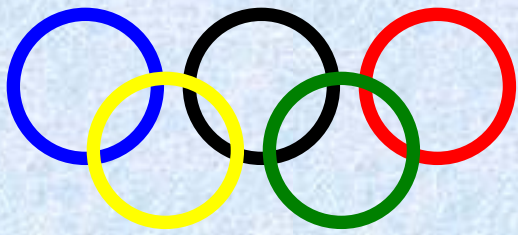


- Dance Pass Requirement
 - Connection may direct or indirect
 - No pauses or stops
 - Pivot turns or full turns on one foot not permitted, chaine turns are okay
 - Leaps and hops may land on one or both feet as the first or second element
 - JUMPS must land on 1 foot if used as the 1st element. May land on 1 or 2 for the 2nd.
(so..... 1st element may NOT go 2 feet to 2 feet)
 - If 180 leap is done in cross position, the front leg must be extended. Staggered rear leg is OK



Floor Exercise

- Dance Pass Examples
 - Split leap, run-run-run, split leap = No
 - Switch leg side leap, Popa = OK
 - Switch leg leap, step on free leg, full turn = No
 - Cat leap, cat leap with half turn = No
 - Wolf jump, straddle jump = No
 - Switch leg leap, run-run-run tour jete = OK
 - Popa, split ring jump = No
 - Cat leap, split sissone = No (not a leap!)



Floor Exercise

- New Bonus

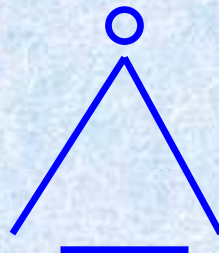
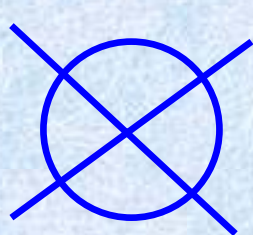
- “D” salto + “A” jump = + 0.1

- This order only

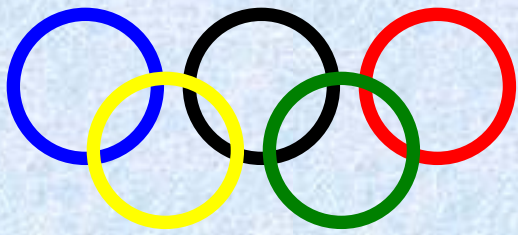
- “A” jumps include: split jump, wolf, tuck, jump $\frac{1}{2}$ or $\frac{1}{1}$ turn, sissone

- Dance series/mix series bonus

- Can no longer get connection bonus for a turn followed by a jump (If jump precedes turn, OK)

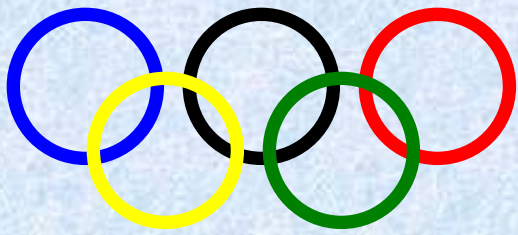


= No bonus



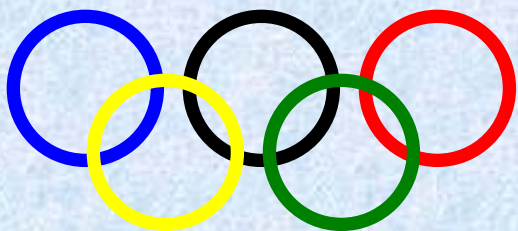
Floor Exercise

- Value Changes:
 - Stretch / arch jump deleted
 - Any leap with a 360 turn and 180 split = “C”
 - Switch leg leap full turn = “D”
 - Full turn with free leg held upward with hand in 180 split position = “B”
 - 1 ½ turn with free leg held upward with hand in 180 split position = “C”



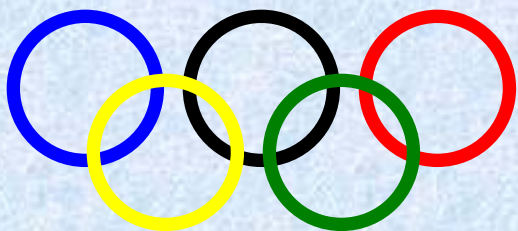
Difficulty Restrictions

- Level 9
 - A maximum of one “D” or “E” element is allowed. It will receive “C” value part credit
 - It may be used for special requirement
 - Will be used as a “C” in connection bonus
 - An additional “D” or “E” will get NO value part credit and cannot be used for special requirement. It will get a 0.5 deduction off the start value.
 - Warning! If your second “D/E” is your dismount, you lose .5 for the 2nd “D/E” plus .5 for no dismount



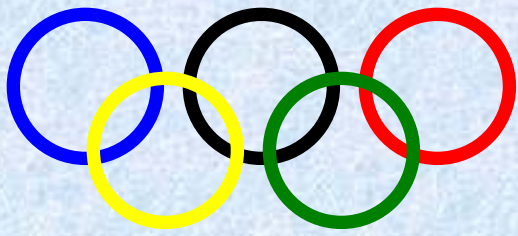
Difficulty Restrictions

- Level 8
- Bars: The only allowable “C” skills are
 - Cast handstand $\frac{1}{2}$ turn
 - Clear hip to handstand
 - Clear hip to handstand with $\frac{1}{2}$ turn
- Beam and Floor: The only allowable “C” skills are dance elements
- If an unallowed “C” is performed:
 - No value part, no special requirement
 - 0.5 deduction off the start value



Difficulty Restrictions

- Level 7
- Bars: The only allowable “C” skills are
 - Cast handstand $\frac{1}{2}$ turn
 - Clear hip to handstand
 - Clear hip to handstand with $\frac{1}{2}$ turn
- Beam and Floor: Only “A”s and “B”s are allowed
- If any “C” is performed:
 - No value part, no special requirement
 - 0.5 deduction off the start value



New General Bonus Rule

- Skill bonus for “D” and “E” skills and for connections will be awarded regardless of execution deductions.
- Bonus will NOT be awarded in the event of a fall.

Prep Optional Summary Sheet

	Novice (2.0 deduction for any "C" or "D" element)	Intermediate (2.0 deduction for any "C" or "D" element)	Advanced (2.0 deduction for any "D" element)
Vault	Handspring = 10.0	Group 1 vaults with no more than a total of a full twist. Start value is a 10.0	Use the Level 8 vault chart. Any round off entry vault is VOID
Bars	7 "A"s @ .5 each Two Special Requirements @ .5 each: 1. Must use both bars 2. Must have a dismount There is a 1.0 deduction for performing "B" releases, Giants, or "B" dismounts Swingful execution & rhythm = .3 Dynamics = .2	6 "A"s & 1 "B" @ .5 each Three Special Requirements @ .5 each: 1. Must use both bars 2. 1 kip (LB or HB) 3. "A" or "B" dismount There is a 1.0 deduction for a "B" release. Swingful execution & rhythm = .3 Dynamics = .2	5 "A"s and 2 "B"s @ .5 each Four Special Requirements @ .5 each: 1. Must use both bars 2. 1 kip (LB or HB) 3. 1 circling skill minimum of "A" 4. Min "A" salto dismount Swingful execution & rhythm = .3 Dynamics = .2
Beam	7 "A"s @.5 each Two Special Requirements @ .5 each: 1. A Leap/Jump Series - no split required 2. 1 Acro Element There is a 1.0 deduction for performing a "B" acro element or "B" dismount Artistry = .3 Dynamics = .2	5 "A"s and 2 "B"s @ .5 each Three Special Requirements @ .5 each 1. A leap/jump series, 120 degree split in 1 element 2. 1 acro element that passes thru vertical 3. "A" or "B" dismount Artistry = .3 Dynamics = .2	4 "A"s and 3 "B"s @ .5 each Four Special Requirements @ .5 each: 1. A leap or jump series min 150 split in one skill 2/3. 2 "A" or "B" acro skills connected or alone 4. Minimum "A" salto dismount Artistry = .3 Dynamics = .2
Floor	7 "A"s @ .5 each Two Special Requirements @ .5 each: 1. A leap or jump series -no split required 2. An acro series with 2 or more flight or non-flight elements There is a 1.0 deduction for performing a "B" acro element Artistry = .3 Dynamics = .2	5 "A"s and 2 "B"s @ .5 each Three Special Requirements @ .5 each: 1. leap or jump series with a 120 split in 1 skill 2. A fast flight acro series with a minimum of 3 acro elements 3. minimum of 1 "A" salto Artistry = .3 Dynamics = .2	4 "A"s and 3 "B"s @ .5 each Four Special Requirements @ .5 each: 1. Leap or jump series with a 180 split in 1 skill 2. A fast flight acro series with a minimum of 3 acro elements 3. forward acro series, flight or nonflight, min 2 elements 4. Minimum 1 "A" or "B" salto Artistry = .3 Dynamics = .2

Beam and Floor times are maximum 1:30. Warm up time is 1:30. Follow Level 7 rules for other competition regulations.

Bars: In addition to the "A" elements listed in the code, the novice gymnast may also perform the following skills for "A" credit:

- Pull over the low bar
- Single leg shoot thru
- Single leg out back to front support
- Mill circle
- Cast above horizontal