

# WOMEN'S ARTISTIC GYMNASTICS JUNIOR OLYMPIC CODE OF POINTS



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# USA GYMNASTICS EXTENDS ITS DEEPEST APPRECIATION TO THE FOLLOWING CONTRIBUTORS TO THE 2018-2022 JUNIOR OLYMPIC OPTIONAL PROGRAM

For the design, preparation, and presentation of the Junior Olympic Optional rules and deductions for 2018-2022:

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## SECTION 1 – GENERAL INFORMATION – <u>JUDGING PANELS</u> – CHAPTER 1

# **CHIEF JUDGE (continued)**

0.20	<ul> <li>Incorrect attire (continued)</li> <li>10. Elastic waistbands traditionally worn as training aids are incorrect attire. (This does not include medically necessary bandages).</li> <li>11. Failure to wear a competitor number when required. <ul> <li>EXCEPTION: At Level 9 East / West and Level 10 JO National Championships, the Gymnast MUST wear her competitive number during the competition, unless she is performing a back spin on beam or floor, in which case the Coach must show the number to the judges.</li> <li>12. Hair should be secured away from the face, so as not to obscure her vision of the apparatus.</li> <li>13. Tennis shoes are not considered appropriate Gymnastics footwear.</li> </ul> </li></ul>
0.20	<ul> <li>Failure to observe specified warm-up time (after a warning).</li> <li>Deduction is taken from the Event score or may be taken from the Team score on that event at Junior Olympic Nationals or Team competitions.</li> <li>This deduction applies only to the practice of an element(s).</li> <li>✓ If a Gymnast is preparing for a skill or dismount when time is called, she may continue to finish the skill(s) and / or dismount without penalty.</li> <li>✓ There is no deduction for jumping on the board and / or briefly touching the apparatus immediately prior to competition on UB or BB.</li> <li>✓ Refer to VT and FX Sections for specific allowable procedures.</li> <li>If the Gymnast fails to leave the apparatus after "Time" has been called, the Timer must warn the Gymnast by announcing "Time Exceeded".</li> <li>If the Gymnast remains on the apparatus, the Timer reports the infraction to the Chief Judge, who then deducts 0.20 from the Average score.</li> </ul>
0.20	<ul> <li>Technical Verbal Cues by Coach or Teammate(s) to own Gymnast (after a warning).</li> <li>EXAMPLES of technical cues: "hollow", "pull" etc.</li> <li>EXCEPTION: If the Gymnast is competing on the apparatus and the Coach instructs her by giving specific information on what to do during the routine (for example, what comes next in the routine or to repeat a missed requirement), a deduction of <u>0.20</u> is taken from the Average without a warning.</li> <li>This deduction is only taken once, regardless of the number of cues given.</li> </ul>

## **CHIEF JUDGE (continued)**

0.20	<ul> <li>Excessive use of magnesia (Chalk) or Incorrect use of Tape</li> <li>Small chalk markings may be placed on the Beam (tape markings are not allowed).</li> </ul>
	<ul> <li>Spreading of magnesia on the Floor Exercise area is <u>not</u> allowed; only small marks are allowed.</li> </ul>
	<ul> <li>A single-line arc drawn in the corner of the floor is acceptable.</li> <li>No Velcro or tape markings are allowed within the Floor Exercise area.</li> </ul>
	Tape markings are allowed at the corners of the Floor Exercise area to indicate the boundary line in case the floor carpet uses two colors to mark the boundary line.
	<ul> <li>Use of tape or excessive magnesia (chalk) is <u>not</u> permitted on the Vault Table.</li> </ul>
	<ul> <li>Athletic tape, Velcro strips or small chalk marks may be placed on the Vault runway, provided that such markings are removed no later than the end of the rotation.</li> </ul>
	<ul> <li>✓ Maximum width of the Velcro strip or athletic tape is 5 cm. (2");</li> <li>✓ Maximum length is 3 feet.</li> </ul>
	✓ Judge must issue a warning, before taking a deduction if the measurement is exceeded or if the markings are not removed.
0.30	Use of unauthorized or Additional Mats, Springboard on unauthorized surface, or use of Hand Placement Mat for traditional approach Vaults
<u>0.30</u>	Lands UB / BB dismount or FX Acro Salto in Solid or Loose Foam Pit
0.30	Failure to remove the board after the mount
0.30	Failure to remove board or authorized spotting device after a release element
0.30	Using incorrect apparatus specifications, including incorrect spring configurations
0.50	Starting the exercise before the signal is given (deduct from repeated performance).
	<ul> <li>If the Gymnast starts the exercise before the signal is given, she should be asked to stop and repeat the performance immediately.</li> <li>Refer to Section II Vault for specifics.</li> </ul>
0.50	Coach on the Floor Exercise area inside the border marking
	<ul> <li>(LEVEL 6 / 7 / 8 / 9 / 10)</li> <li>No deduction if Coach is in the Floor Exercise area to remove an object fallen from Gymnast (i.e., metal hair clip, eyeglasses, etc.).</li> </ul>
	No deduction to adjust the placement or to remove a skill cushion.
1.00	Absence of music or music with words or song / speech Refer to Section V Floor Exercise for specifics.
1.00	Performance of a One-arm Vault:  • At least half of the vault panel must see that only one hand touched the Vault Table.
2.00	Short Exercises (applies to complete or incomplete routines)
	<ul> <li>Uneven Bar routine with less than 5 Value Parts</li> <li>Balance Beam and Floor Exercise routines – less than 30 seconds</li> </ul>
	EXCEPTION: Refer to LEVEL 6, Section 4 Balance Beam for specifics.

C. **GENERAL DEDUCTIONS** for faults in technique, execution, amplitude and artistry on UNEVEN BARS, BALANCE BEAM and FLOOR EXERCISE.

	each time <u>0.05</u>	Flexed / sickled feet during Value Part elements
	<u>0.05</u>	Lands Dismount with feet hip-width apart or closer but never joins the feet (heels)
	up to 0.10	Slight hop, or small adjustment on landing of elements or landing with feet staggered on UB / BB dismounts  • FX acro elements: a small step after landing to finish in a lunge is allowed with no deduction
SMALL	up to 0.10	Deviation from straight direction on landing
FAULTS	up to 0.10	Arm swings on landing to maintain balance
	up to 0.10	Legs crossed during Value Part elements with twist
	up to 0.10	Brush / touch of foot / feet on apparatus or mat
	each <u>0.10</u> (max <u>0.40</u> )	Steps on landing (per step - maximum of 4)
	<u>0.10</u>	Landing Bars / Beam Dismount with feet further than hip-width Apart.

	up to 0.20	Leg or Knee separations
	1- 0.00	Insufficient exactness of Body Positions
	up to 0.20	Insufficient Tuck position (Ideal = minimum of 90° bend in both hips and knees)
	up to 0.20	Insufficient Pike position (Ideal = minimum of 90° bend in the hips,
		91°-135° = insufficient pike)
	up to 0.20	Insufficient Stretched position (Ideal = straight 180° position),
MEDIUM		<ul> <li>but greater than 135° is considered stretched body position.</li> <li>Arch = up to 0.20</li> </ul>
FAULTS		<ul> <li>Hip angle (136°-179°) = up to 0.20</li> </ul>
	up to 0.20	Failure to maintain Stretched body position (pikes down)
	up to 0.20	Incorrect body posture on landing
	up to 0.20	Insufficient Split when required (Dance / non-flight acro elements)
	up to 0.20	Incomplete Turn / Twist
	up p to 0.20	Additional Trunk movements to maintain balance / control upon
		<ul><li>landing of UB / BB Dismounts and Floor acro elements.</li><li>Apply to "stuck" landings with trunk movements to avoid steps.</li></ul>
	0.20 (max <u>0.40</u> )	Large Step or Jump on landing (approximately 3 feet or more)

	up to 0.30	<ol> <li>Bent Arms in Support - on any one element (90° bend or greater – max 0.30)</li> <li>Bent Legs - on any one element (90° bend or greater – max</li> </ol>
		0.30)
	up to 0.30	Additional movements to maintain balance / control on the beam
LARGE	up to 0.30	Squat on landing (hips even with or lower than the knees)
FAULTS	up to 0.30	Brushes / Touches the mat with one (1) or two (2) hands (no support)
	up to 0.30	<ul> <li>Insufficient extension (open) of body prior to landing</li> <li>Applies to UB / BB Dismounts and BB / FX Acro in Tuck / Pike position</li> </ul>
	up to 0.30	Insufficient Height of Salto Dismount (UB / BB)
	<u>0.50</u>	Support on mat with one (1) or two (2) hands
	<u>0.50</u>	Fall on mat to Knee(s) or Hips
	<u>0.50</u>	Fall on or against apparatus
	<u>0.50</u>	Fall / Failure to land on the Bottom of the Feet First
VERY	· 	<ul> <li>No Value Part / No Special Requirement</li> <li>No Bonus / No Compositional credit</li> </ul>
LARGE	0.50	Spotting assistance upon Landing of Dismount element
FAULTS	·	Award Value Part and Special Requirement
		No Bonus / No Compositional credit
	<u>0.50</u>	<ul> <li>Spotting assistance during an Element</li> <li>No Value Part / No Special Requirement / No Bonus credit / No Compositional credit</li> </ul>
		Compositional Ground

#### D. CLARIFICATION ON STEPS ON LANDING:

- A step-close is considered one step and receives a <u>0.10</u> deduction.
   A very small step-close or other small foot movement would receive a <u>0.05</u> deduction.
   EXAMPLES of one step = -<u>0.10</u>
  - a. The Gymnast lands with feet together, then takes one step forward, sideward, or backward on the Right foot; then returns the Right foot to join the Left foot, OR
  - b. The Gymnast lands with feet together, then takes one step forward, backward, or sideward on the Right foot; then steps with the Left foot to join the Right foot.
- 2. If the Gymnast is out of control or has additional movements to maintain balance after the step(s), additional deductions may be applied.
- 3. There is a maximum deduction of  $\underline{0.40}$  for steps (regardless of size or number); however, if the steps result in a fall, deduct only  $\underline{0.50}$  for the fall.
  - a. If the Gymnast lands a Bar or Beam dismount with feet a maximum of hip-width apart, there is no deduction, provided she slides her heels together on the controlled extension. If the entire foot slides or is lifted off the mat to join, it is considered a small step.
  - b. If the Gymnast lands with feet apart or staggered and then continued to take steps, deduct only for the steps. The deductions for landing with feet apart / staggered are to be applied only when the Gymnast "sticks" the landing on Bar / Beam Dismounts, Vault and on an Isolated Salto or the Last Salto in an Acro Series on Floor Exercise.

#### SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

#### H. LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART

	up to 0.10	INCORRECT FOOT FORM (flexed / sickled)
		INCORRECT LEG FORM
	up to 0.10	Legs Crossed
FIRST	up to 0.20	Legs Separated
FLIGHT	up to 0.30	Legs Bent
PHASE		POOR TECHNIQUE
	up to 0.20	Hip Angle
	up to 0.20	Arched Body
	up to 0.30	INCOMPLETE LA TURN
		POOR TECHNIQUE
	up to 0.10	Staggered / Alternate Hand Placement on all Vaults,
		Except Group 3 Vaults and
		Except Group 5 Vaults with 3/4 turn on – 1/1 turn on Salto off
	up to 0.20	Shoulder Angle
	up to 0.20	Arched Body
	up to 0.20	Alternate Repulsion from Hands on all Vaults,
		Except Group 3 Vaults
		Except Group 5 Vaults with 3/4 turn on - 1/1 turn on Salto off
	up to 0.30	Legs Bent (in support) or Early Tuck (Salto Vaults)
	up to 0.30	PRESCRIBED LA TURN BEGUN TOO EARLY
	each <u>0.10</u>	ADDITIONAL HAND PLACEMENTS (steps / hops on hands)
CUDDODT /	(max <u>0.30</u> )	, , ,
SUPPORT /	up to 0.50	BENT ARMS (bent 90° or more = maximum deduction)
REPULSION		slight lead-arm bend allowed on Group 3 Vaults
PHASE	up to 0.50	TOO LONG IN SUPPORT
		LEVEL 8 / 9 / 10 NON-SALTO Vaults from any Group
	up to 1.00	ANGLE OF REPULSION APPLIES TO:
		LEVEL 8 / 9 / 10 NON-SALTO Vaults from any Group
		If the Gymnast leaves the Vault Table:
	No Deduction	By Vertical
	0.05 - 0.50	1° to 45° Past Vertical
	0.55 – 1.00	46° Past Vertical to Horizontal
	<u>1.00</u>	TOUCH WITH ONLY ONE HAND ON THE TABLE.
		Chief Judge takes the deduction if half of the Panel
		sees only one hand touch.
	2.00	HEAD CONTACTING TABLE during Support Phase
		Includes <u>0.50</u> deduction for extreme Arm Bend

NO HAND CONTACT ON THE TABLE

VOID

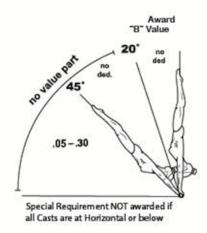
#### SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

## LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)

	up to 0.10	INCORRECT FOOT FORM (flexed / sickled)
		INCORRECT LEG FORM
	up to 0.10	Legs Crossed
	up to 0.20	Legs Separated
	up to 0.30	Legs Bent
		INSUFFICIENT EXACTNESS OF BODY POSITION
	up to 0.30	Insufficient TUCK = min. 90° bend in hip & knees
		Except twists in tuck position, allow open "puck" position
	up to 0.30	Insufficient PIKE = min. 90° bend in hips
		91° – 135° = insufficient pike
		Insufficient <u>STRETCH</u> = 180°(ideal)
		Greater than 135° is considered stretched position
	up to 0.30	Hip Angle 136° – 179° = Insufficient Stretch position or
SECOND		Arched Body Position
	up to 0.30	FAILURE TO MAINTAIN STRETCHED BODY
FLIGHT		(pike down of stretched Vaults to facilitate landing)
PHASE		INSUFFICIENT EXTENSION (OPEN) Before Landing
	up to 0.25	Insufficient and / or Late Extension (Tuck / Pike Vaults)
	0.30	Total Absence of Extension (Tuck / Pike Vaults)
	0.10	UNDER-ROTATION OF SALTO VAULTS
	up to 0.10	INSUFFICIENT EXACTNESS OF LA TURN
	up to 0.30	LATE COMPLETION OF THE TWIST
		Group 1 Vaults, Group 4 / 5 Vaults without Saltos
	up to 0.50	PRESCRIBED LA TURN BEGUN TOO LATE
	up to 0.20	BRUSH or HIT OF BODY ON TABLE during Post-Flight
	up to 0.30	INSUFFICIENT LENGTH
		When evaluating length, consider size of the Gymnast, type of Vault,
		where the hands contact the Table, where the feet land and overall trajectory (amplitude) of the 2nd flight phase; not just the distance from
		where the Gymnast lands in relation to the end of the Vault Table.
	up to 0.50	INSUFFICIENT HEIGHT

#### E. LEVEL 6 SPECIAL REQUIREMENTS and DIFFICULTY RESTRICTIONS

- 1. One (1) Cast a minimum of 45° above Horizontal (SR awarded when angle is above horizontal).
- 2. Minimum of One (1) Bar Change
- 3. One (1) 360° Clear Circling Element from Groups 3 / 6 / 7
- 4. Salto Dismount, Minimum of ("A")
- 1. One Cast a minimum of 45° above Horizontal (SR awarded when angle is above horizontal).
  - a. NO Amplitude Deduction for Cast if Angle is 45° from vertical or higher.
     Up to 0.30 amplitude deductions begin at BELOW 45° from Vertical.
     Maximum deduction of 0.30 is applied when Cast is at Horizontal.
  - b. If all Casts are at horizontal or below, deduct <u>0.50</u> for missing the Special Requirement plus <u>0.30</u> for Insufficient Amplitude of each Cast.
  - c. This is an exception to the rule that Special Requirements must be fulfilled with Value Part elements. (Casts more than 20° from Vertical have No Value.)



#### 2. Minimum of One (1) Bar Change

- a. Must perform Value Parts on both LB and HB to fulfill this requirement.
- b. No Bar Change = 0.50 deduction for Missing Special Requirement.
- c. See LEVEL 9 for specifics.

#### 3. One (1) 360° Clear Circling Element from Groups 3 / 6 / 7

- a. May NOT be performed with Hips on the bar during or at completion of Circle or with Feet on the bar at completion of Circle.
- b. Only Allowable ("C") Circle Elements for LEVEL 6 ("B") Value-Part credit:
  - 1) Clear Hip Circle to Handstand
  - 2) Stalder Circle Backward to Handstand
  - 3) Pike Sole Circle Backward to Handstand

NOTE: Circle finishes within 11° – 20° of Vertical. Deduction for insufficient amplitude of ("C") circles is NOT applied at LEVEL 6.

#### 4. Salto Dismount, Minimum of ("A")

Refer to the Bar Dismount Regulations section under Bars - General Information.

#### LEVEL 6 REQUIREMENTS and DIFFICULTY RESTRICTIONS (continued)

- 5. LEVEL 6 Difficulty Restrictions
  - a. Only ("A") and ("B") elements and
    - ONE (1) of the following selected ("C") elements are allowed:
    - 1) #3.304 ("C") Clear Hip Circle to Handstand
    - 2) #6.304 ("C") Back Stalder Circle to Handstand
    - 3) #7.309 ("C") Pike Sole Circle Backward to Handstand
  - b. All allowable ("C") elements:
    - 1) ("B") Value Part credit awarded.
    - 2) Special Requirements awarded, if applicable.
  - c. Any other ("C") / ("D") / ("E") element that is performed or attempted (even if the attempt is incomplete)

#### **EXAMPLES**:

- Release Element no contact of the hands on the bar
- Dismount does not land on the bottoms of the feet first
- 1) No Value-Part credit.
- 2) No Special Requirement credit awarded.
- 3) Deduct 0.50 from Start Value for Restricted Element.
- d. <u>Flight / Release</u> elements that transfer from HB  $\rightarrow$  LB or LB  $\rightarrow$  HB are <u>not</u> allowed, regardless of value.
- e. All appropriate Execution and Amplitude deductions would be applied to all elements performed, whether Value-Part credit is awarded or not.

# **EXECUTION AND AMPLITUDE DEDUCTIONS** (continued)

	up to 0.30	Bent Arms in Support – on any one element
_	up to 0.30	(90° bend or greater = max <u>0.30</u> )  2. Bent Legs – on any one element (90° bend or greater = max <u>0.30</u> )
≥	up to 0.30	Insufficient Height (amplitude) of Salto Dismount
LARGE	up to 0.30	Squat on Landing (Hips even with or lower than Knees)
Ή	up to 0.30	Brush / Touch Landing surface with 1 or 2 Hands (no support)
П	up to 0.30	Insufficient Extension (Open) of Tuck / Pike body position
≥		prior to Landing Dismount
FAULTS	<u>0.30</u>	Grasp of Bar Apparatus to Avoid a Fall
).	each <u>0.30</u>	Intermediate Extra Swing / Cast
0,	(max <u>0.60</u> )	More than one (1) Extra Swing / Cast following an element
	<u>0.30</u>	Hit on Mat with Foot / Feet
	up to 0.40	Insufficient Amplitude of ("B") Clear Hip Circle

	0.50	Full Support on Foot / Feet on Mat during exercise
	<u>0.50</u>	Support on Mat with 1 or 2 Hands upon Landing
	<u>0.50</u>	Fall on Mat to Knee(s) or Hips
	<u>0.50</u>	Fall on or against the Apparatus
	<u>0.50</u>	Spotting Assistance during an Element
<u> </u>	No VP	
$\overline{\mathcal{D}}$	No SR	
VERY LARGE	No Bonus	
レレ	<u>0.50</u>	Spotting Assistance upon Landing the Dismount
	Award VP	
G	Award SR	
_	No Bonus	
F/	<u>0.50</u>	Fall after Spot
	Fall <u>0.50</u>	Fall / Failure to Land on the Bottom of the Feet First on Dismount
F.	No VP	If Salto <u>was</u> Initiated:
FAULTS	No SR No Bonus	
	Fall 0.50	Fall / Failure to Land on the Bottom of the Feet First on Dismount
	No VP	If Salto was Never Initiated
	No SR	
	No Bonus	
	<u>0.30</u>	Off Start Value for No Dismount

# **EXECUTION AND AMPLITUDE DEDUCTIONS** (continued)

	0.10	Coach standing Between the Bars throughout exercise
	0.20	Incorrect Padding (use of Heel / Hip Pads)
CHII UB DI		<ul> <li>Chief Judge notices the Heel Pads prior to the Mount, a Warning must be given.</li> <li>Deduction must be taken if Heel Pads are worn during the exercise (with or without Warning).</li> </ul>
田田	0.30	Failure to Remove Board / Spotting Block after Release or Mount
DU	<u>0.30</u>	Lands Dismount in Solid or Loose Foam Pit
೧ ⊑	No VP	
	No SR	
	No Bonus	
JUDGE ICTIONS	<u>2.00</u>	Complete or Incomplete Exercise
		Fewer than Five (5) Value Part elements
	Exercise	Exceeds 45-second Fall Time
	Terminated	

#### III. (D/E) BONUS - LEVEL 10 ONLY

#### A. ("D") or ("E") ELEMENTS MAY REPLACE:

- 1. Required Value Part of ("A") / ("B") / ("C").
- 2. (D/E) Bonus awarded.

#### B. (D/E) BONUS IS AWARDED WHEN:

- 1. ("D") and ("E") elements performed successfully.
- 2. Without Fall.
- 3. Without Spot.

#### C. MAXIMUM OF + 0.40 AWARDED for (D/E) Bonus.

- 1. ("D") elements each receive + 0.10 Bonus.
- 2. ("E") elements each receive + 0.20 Bonus.

# D. **SAME ("D") or ("E") ELEMENT** eligible for (D/E) Bonus One (1) Time Only. EXCEPTION: Same ("D") or ("E") element performed Two (2) Times.

1 First Time not newformed successfully

- 1. First Time not performed successfully.
- 2. Second Time with successful performance.
- 3. Value-Part credit awarded.
- 4. (D/E) Bonus awarded.

#### IV. ADDITIONAL BONUS + 0.10 - LEVEL 10 ONLY

#### A. ELIGIBLE TO EARN BONUS POINTS

- 1. Both Connection Value Bonus (CV) and (D/E) Bonus.
  - a. Minimum of + 0.10 for (D/E)
  - b. Minimum of + 0.10 for (CV)
- 2. Remaining <u>0.30</u> may be earned:
  - a. (D/E) or (CV) Bonus.
  - b. Maximum Start Value = 10.00.
- 3. Eligible for Additional Bonus + 0.10 (not included in Start Value).
  - a. Must have 10.0 SV
  - b. Total Bonus = +0.60 or more, and
  - c. Minimum of One ("E") element (no fall / spot)

#### B. ADDITIONAL BONUS - NOT INCLUDED IN START VALUE

- 1. Each Judge adds the Bonus to her / his score and must visibly indicate, by means of a placard or other signage, that the Bonus was awarded.
- 2. If using paper score slips, the Judge should also indicate in writing any Bonus awarded.

#### V. BONUS RESTRICTIONS

#### A. FALLS or SPOT:

- 1. During ("D") or ("E") element No (D/E)
- 2. On Connection Value element No (CV)

#### B. EXTRA SWING OCCURS BETWEEN ("C") or ("D") or ("E") ELEMENTS:

- 1. Will BREAK direct connection.
- 2. No Connection Value Bonus (CV) may be awarded.

#### C. REPEATED ("D") or ("E") ELEMENT:

- 1. (D/E) Bonus awarded One (1) Time.
- 2. Different Connection before / after No (D/E) Bonus for ("D") or ("E") a Second Time.

#### EXCEPTION: Same ("D") or ("E") element performed Two (2) Times.

- 1. First Time not performed successfully.
- 2. Second Time with successful performance.
- 3. Value-Part credit awarded.
- 4. (D/E) Bonus awarded.
- D. EXACT SAME CONNECTION REPEATED, (CV) BONUS NOT AWARDED.

#### E. LEVEL 10 ELIGIBLE for MAXIMUM BONUS CREDIT:

- 1. Maximum + 0.40 may be awarded for (CV).
- 2. Maximum + 0.40 may be awarded for (D/E).
- F. LEVEL 9 ELIGIBLE for 0.30 MAXIMUM CONNECTION VALUE BONUS (CV).

#### G. LEVEL 9 NOT ELIGIBLE for (D/E) BONUS

- 1. Allowed or Restricted No (D/E) Bonus.
- H. LEVEL 6 / 7 / 8 NOT ELIGIBLE for CONNECTION VALUE BONUS (CV).

#### REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS (continued)

#### 3. HOLDS

No two (2) second Hold in element with two (2) second Hold Requirement, award value of Root element.

#### **EXAMPLE:**

#1.311 ("C") Press Side Handstand – Lower to Planche Planche not held, award ("B") Value-Part credit for Press Handstand.

#### 4. LEAPS / JUMPS

a. <u>Split Leaps / Split Jumps</u> – Require 180° Leg Separation.



b. Split is Insufficient, evaluate as follows:

0.05 - 0.10	Missing 1° – 20° of the Split
0.15 - 0.20	Missing 21° – 45° of the Split
Award Lesser Value Part	Missing 46° or more of the Split

Note: Deduct for Insufficient Amplitude / Execution and Insufficient Split.

#### 5. FLIGHT ELEMENTS

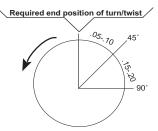
Flight element fails to show Flight (moment when both hands and feet are free of Beam), award Value-Part credit for actual element performed.

EXAMPLE: Flic-Flac with no Flight, recognize as Back Walkover ("A") Value Part.

#### 6. SALTO DISMOUNTS

a. Twisting Saltos – Incomplete Long Axis (LA) Turn / Twist:

0.05 - 0.10	Missing 1° – 44° of the Twist
0.15 - 0.20	Missing 45° – 89° of the Twist
Award VP performed	Missing 90° or more of the Twist



#### **EXAMPLE**:

Triple (3/1) Twist Dismount ("E") missing 90° of Twist.

- 1) Award ("D") Value-Part credit for 2½ Twist.
- 2) Deduct for Balance, Execution and Amplitude.

#### Completion of Twist Clarification:

- Placement of Front Foot upon landing = amount of twist completed.
- Twist completion determines Value-Part credit awarded.

#### b. Incomplete Breadth Axis (BA turn) Salto:

- 1) Salto Dismount does not land on bottom of feet first:
  - a) No Value-Part credit awarded.
  - b) No Special Requirement credit awarded.
  - c) Deduct <u>0.30</u> from Start Value for No Dismount, if no Salto action initiated. No Deduction, if Salto action was initiated.
  - d) Simultaneously landing on Feet / Hands or Feet / Buttocks, award Value-Part credit; give benefit of doubt to Gymnast

#### **REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS** (continued)

#### 7. SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS

- a. Any Jump, Press, or Swing to Handstand Mount:
  - Body must be Vertical with Hips over Shoulders in balanced position to award Value-Part credit.
    - If fall occurs after vertical is achieved, Value-Part credit is awarded.
  - 2) Legs may be Together or Split / Straddle / Stag / Double-Stag position.
  - 3) Two-second Hold is <u>not</u> required.
  - 4) If vertical position is <u>not</u> achieved, deduct for Insufficient Amplitude or, if applicable, recognize actual Value Part performed.
  - 5) Press Handstand and Handstands with Turn performed within the exercise do <u>not</u> require a Two-second Hold to receive Value-Part credit.
  - 6) Press Handstand within the exercise (not the mount) has No Hold Requirement. Can be used as first element in Acro Series for LEVEL 6 / 7 / 8.

#### b. #2.110 ("A") Tuck Jump:

- 1) Both Knees should be at Horizontal or above with 90° angle at Hips and Knees.
- 2) Deduct up to 0.20 for Knees lower than Horizontal (0.10) and / or greater than 90° angle at Knees (0.10).
- 3) Greater than 135° angle at Hips and greater than 90° at Knees, award credit for Value Part performed, ("A") Stretch Jump with abstract leg position.

#### c. #2.111 ("A") Wolf Hop or ("A") Wolf Jump:

- 1) Criteria for awarding Value Part is both Extended Leg and Thigh of Bent Leg are at or above Horizontal and Knees are together.
- 2) Greater than 135° angle at Hips and greater than 90° at Knees, award credit for Value Part performed, ("A") Stretch Jump with abstract leg position.
- 3) Deduct up to 0.10 for each error if the Extended Leg / Thigh of Bent Leg is below Horizontal.
- 4) Wolf Jump must take-off from Two (2) feet but may land on One (1) foot or Two (2) feet.
- 5) Forward Lean of body is acceptable during the Jump.

#### d. #2.201 ("B") Split Jump vs. #2.107("A") Sissonne:

- 1) Cross Split Jump has Two-foot take-off and landing, while Sissonne has Two-foot take-off and One-foot landing.
- 2) Cross Split Jump shows 180° Split with legs even, parallel to Beam. Sissonne requires 180° Split of legs, in diagonal position with
  - Front Leg Forward-Downward (Minimum of 45° from Beam) and
  - Back Leg Backward-Upward.
- 3) Deduct up to 0.10 for Insufficient Amplitude if Front Leg of Sissonne is lacking Minimum of 45° from Beam.

#### e. #2.202 ("B") Straddle Pike Jump or #2.302 ("C") Side Split Jump, also with 1/4 (90°) Turn:

- 1) Straddle Jump or Side Split Jump in Cross position awarded ("B") #2.202.
  - a) Cross stand, Straddle-Pike Jump or Side-Split Jump
    - Straddle position facing end of Beam,
    - then ¼ turns, closing legs
    - finish in Side stand, facing Sideward ("B").
  - b) Cross stand, Straddle Jump or Side-Split Jump
    - makes ¼ turn
    - to finish in Straddle-Pike or Side-Split position
    - facing Sideward ("C").

#### **REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS** (continued)

- m. #7.310 ("C") Flic-Flac ½ (90°) Turn Side Handstand #7.410 ("D") Flic-Flac ¾ (270°) Turn Side Handstand:
  - Must show Flight to Handstand position with body stretched in Vertical, Leg position optional and Two-second Hold not required.
  - 2) Insufficient Flight, recognize as Back Walkover with Turn and award appropriate Value-Part credit.
- n. #7.312 ("C") Tucked Chen Flic:
  - 1) Must show 90° angle in both Hips and Knees.
  - 2) Open Legs and Body to Stretched position, prior to swing down.
- o. #7.503 ("E") Free (Aerial) Cartwheel to Scale (Peko):
  - 1) Slight lowering of Free Leg acceptable with immediate lift to Minimum of Horizontal.
  - 2) Hold for Two (2) seconds.
- p. #8.402 ("D") Side Salto Tuck / Pike, One Leg Take-off, Forward / Sideward to Side stand:
  - 1) Forward take-off, ¼ (90°) Turn occurs as body lifts, body and shoulders facing Sideward throughout Salto and Landing phase.
  - 2) Forward take-off, ¼ (90°) turn occurs after body passes through Vertical, and body lands in Side position, considered as #7.403 ("D") Free (Aerial) Cartwheel, to Side landing.
- q. #8.504 ("E") Salto Backward Stretched with legs together:
  - 1) Must display good Height and Maintain Stretched body position past Vertical.
  - 2) Deduct up to 0.20 for Insufficient Stretch if body pikes down after Vertical.
- r. #9.209 ("B"), #9.309 ("C"), #9.409 ("D"), #9.509 ("E") Gainer Back Salto Dismounts off End:
  - 1) Required technique:
    - Take-off from One (1) foot, facing outward.
    - Salto performed like a Reverse Dive.
    - Salto rotates Backward toward end of Beam (not along Side of Beam).
  - 2) Deduct up to 0.30 for Directional errors.

#### I. CONTENT

#### A. EXERCISE COMPOSED from DIFFERENT GROUPS:

- 1. Acrobatic elements:
  - a. with or without Flight phase
  - b. in Forward
  - c. in Sideward
  - d. in Backward
- 2. Dance elements:
  - a. Turns
  - b. Leaps / Jumps / Hops
  - c. Balance elements
  - d. Body Waves

#### B. HARMONIOUS CHANGES between

- 1. Element Groups
- 2. Dance and Acrobatic Elements, particularly.

#### C. USE OF THE ENTIRE BEAM with

- 1. Dynamic Rhythm changes
- 2. Level changes.

# II. SPECIAL REQUIREMENTS and RESTRICTIONS Special Requirements (each worth 0.50)

#### A. LEVEL 8 / 9 / 10 - SPECIAL REQUIREMENTS

- 1. Acro Series (excluding Mount / Dismount)
- 2. One (1) Leap or Jump that requires 180° Cross or Side Split
- 3. Minimum of 360° Turn on One (1) Foot (Group 3)
- 4. Aerial / Salto Dismount (specific value for each LEVEL)

#### 1. Acrobatic Series Requirement

LEVEL 8	One (1) Acrobatic Series – Minimum of Two (2) elements, One (1) with Flight	
LEVEL 9	One (1) Acrobatic Series – Minimum of Two (2) Flight elements	
LEVEL 10	One (1) Acrobatic Series – Minimum of Two (2) Flight elements,	
	One (1) Minimum ("C") Flight, with or without hand support	
	OR	
	One (1) Non-Flight Acro ("A") element – Group 7 (Walkovers / Cartwheels)	
	directly connected to Acro Flight ("E") element.	
	EXAMPLE: Back Walkover ("A") + Back Salto 1/1 twist ("E")	

## I. EXECUTION and AMPLITUDE DEDUCTIONS

	each time 0.05	Flexed / Sickled Feet on Value Part Elements
ဟ	0.05	Land Dismount with Feet Hip-width apart or Closer but Never Join Heels
SMAL	up to 0.10	Slight Hop or Small Adjustment of Feet or Staggered Feet (One Foot in Front) on Landing Elements or Dismounts
	up to 0.10	Deviation from Straight Direction on Landing
₽ ₪	up to 0.10	Arm Swings on Landing to Maintain Balance
EXECU AULTS	up to 0.10	Legs Crossed during Salto Dismounts with Twist
S C	each up to 0.10	Hesitation During Jump / Press / Swing to Handstand
I	up to 0.10	Incorrect Body Posture / Alignment during Dance Value Parts
NOIT	<u>0.10</u>	Lands Too Close to Beam on Dismount
Z	each <u>0.10</u>	Steps on Landing
	(max. <u>0.40</u> )	

	each up to 0.20	Leg or Knee Separations
	up to 0.20	Additional Trunk Movements to Maintain Balance / Control upon
		Landing of Dismount
	up to 0.20	Insufficient Height on Leaps / Jumps / Hops
	up to 0.20	Insufficient Height of Aerials / Saltos / Acro Flight with Hand Support
	up to 0.20	Insufficient Split position (Deviation from 180°)
		$1^{\circ} - 20^{\circ}$ Missing = $0.05 - 0.10$
		$21^{\circ} - 45^{\circ}$ Missing = $0.15 - 0.20$
<b>Z</b>		46° or more Missing = Lesser Value Part
Ħ	up to 0.20	1 1
MEDIUM	up to 0.20	Insufficient Exactness of Tuck or Pike position in Value Part elements
M	up to 0.20	, , , , , , , , , , , , , , , , , , , ,
	up to 0.20	Insufficient Exactness of Stretched position
×		Arch
ြိ		• Hip Angle (136° – 179°)
EXECUTION FAULTS	up to 0.20	<u>Dance</u> : Incomplete Turn – Group 2 / 3 elements (with 360° or more Turn)
		1° – 44° Missing = 0.05 – 0.10 45° – 89° Missing = 0.15 – 0.20 90° or more Missing = Lesser Value Part
Ž		$45^{\circ} - 89^{\circ}$ Missing = $0.15 - 0.20$
╗		90° or more Missing = Lesser Value Part
≥	up to 0.20	
		$1^{\circ} - 44^{\circ}$ Missing = $0.05 - 0.10$
T		$45^{\circ} - 89^{\circ} \text{ Missing} = 0.15 - 0.20$
0,		90° or more Missing = Lesser Value Part
	up to 0.20	Insufficient Variation in Rhythm and Tempo throughout the Exercise
	up to 0.20	Incorrect Body Posture on Landing of Elements and Dismount
	up to 0.20	Insufficient Dynamics – <u>Consider</u> :
		Energy Maintained throughout the Exercise
		2. Makes Difficult Look Effortless
	up to 0.20	Insufficient Sureness of Performance throughout the Exercise
	<u>0.20</u>	Large Step / Jump on Landing (approximately three (3) Feet or more)
	(max. <u>0.40</u> )	

# **EXECUTION and AMPLITUDE DEDUCTIONS (continued)**

	up to 0.30	Bent Arms in Support - on any one element
		(90° bend or greater – max <u>0.30</u> )
	up to 0.30	2. Bent Legs - on any one element
		(90° bend or greater – max <u>0.30</u> )
5	up to 0.30	Additional Movements to Maintain Balance on the Beam
_ARGE		Squat on Landing (Hips even with or lower than Knees)
ଦ	up to 0.30	Lands Acro element in Squat position,
П	+ 0.50	then falls
₩	up to 0.30	Insufficient Height of Salto Dismounts
<u>@</u>	up to 0.30	Insufficient Extension (Open) of Tuck / Pike body position prior to Landing
EXECUTION		Acro elements / Dismount
∃	up to 0.30	Brush / Touch Landing Surface with One (1) or Two (2) Hands
0		(No Support)
	<u>0.30</u>	Use of Supplemental Support
F/		EXAMPLES:
		Foot / Feet remain on Mat / Board as Mount is completed.
F		2. Foot / Feet contact Mat in Cross Straddle Sit during Exercise
FAULTS		3. Foot / Feet / Leg using Base of the Beam for Support on
		Mount / on Beam
	(CJ) <u>0.30</u>	Lands Dismount in Solid / Loose Foam Pit
	No VP	
	No SR	
	No Bonus	

	<u>0.50</u>	Support on Mat / Apparatus with One (1) or Two (2) Hands upon Landing
	0.50	Fall onto Beam / off Beam onto Mat
<	<u>0.50</u>	Fall on or against the Apparatus
VERY	<u>0.50</u>	Spotting Assistance during an Element
~	No VP	
	No SR	
LARGE	No Bonus	
ଦ	<u>0.50</u>	Spotting Assistance upon Landing the Dismount
	Award VP	
	Award SR	
l E	No Bonus	
EXECUTION	<u>0.50</u>	Fall after Spot
<b>=</b>	<u>0.50</u>	Fall / Failure to Land on the Bottom of Feet First (Aerials / Saltos /
9	No VP	Dismounts)
	No SR No Bonus	
FAULTS	0.50	Fall with Simultaneously Landing on Bottom of Feet + Hands / Knees:
∣⊱	Award VP	Trail Mills Chimataneously Earlang on Bottom of Foot Frianco.
;	Award SR	If appropriate
0,	No Bonus	
	(CJ) <u>2.00</u>	Exercise Shorter than 30 Seconds (Complete or Incomplete)
	(CJ) <u>0.50</u>	EXCEPTION: LEVEL 6 with 10.0 SV

#### **II. SPECIFIC EXECUTION DEDUCTIONS**

	each up to	
	0.10	Failure to perform Group # 3 Turns in High Relevé
	each up to	Lack of Precision in Dance Value Parts
	•	
40	0.10	EXAMPLES:
SP		Lack of Definite Arm or Leg position on Turns / Leaps
m		2. Degree of Turn, <u>not</u> Exact
<u> </u>	each up to	Failure to Land with Feet / Legs Together on Jumps / Leaps that land on
ECIFIC	0.10	Two (2) Feet in Side position
		Concentration Pauses – Prior to Difficult Elements or Connections
BEAM	each <u>0.10</u>	1. Two (2) Seconds
A	each <u>0.20</u>	2. More than Two (2) Seconds
	up to 0.20	Relaxed / Incorrect Footwork on Non-Value Parts throughout Exercise
EXECUTION	up to 0.20	Lack of Tempo / Poor Rhythm between Elements:
E		(Dance Series / Mixed Series / Acro Series).
		Continuous, but Slow Connection:
1	No Deduction	Arms finish to Take-off immediately for 2nd Element (Legs in Plié / not
9		Pumping)
	0.05 - 0.10	Body moving but Arms Swing between Elements,
)E		Legs moving (Pumping) but do not completely Straighten
ם	0.15 - 0.20	Body Position Alters / Arms Swing between Elements
	<b>EXCEPTION</b>	Backward Acro Series with one (1) or more Flight Elements is Connected
1		or not Connected; Tempo Deduction does not apply.
DEDUCTIONS	each <u>0.20</u>	Support of One (1) Leg Against Side Surface of Beam to Maintain Balance
S	up to 0.30	Directional Error on Gainer Salto Dismounts off the End of Beam
	up to 0.30	Relaxed / Incorrect Leg Position / Body Posture and Insufficient
		Flexibility in Non-Value Parts throughout the Exercise
	<u>0.30</u>	Grasp of Beam to Avoid a Fall
	<u>0.50</u>	Third-Run Approach

 $\underline{\text{Note:}}$  Minimum Score of  $\underline{1.00}$  is awarded when Optional Routine Score is equal to or less than One (1.00) Point.

#### III. INSUFFICENT ARTISTRY THROUGHOUT THE EXERCISE

AR	0.05 – 0.10	Originality / Creativity of Choreography in Elements & Connections
TIST	0.05 – 0.10	Quality of Movement to Reflect Personal Style
RY	0.05 – 0.10	Quality of Expression (i.e. Projection, Focus)

#### I. CONNECTION VALUE BONUS (CV)

- A. ACHIEVED THROUGH UNIQUE AND DIFFICULT COMBINATIONS.
- B. ONLY DANCE ELEMENTS

that are listed in the Junior Olympic Code of Points or JO Updates may be used.

C. ONLY ACROBATIC ELEMENTS with FLIGHT

that are listed in the Junior Olympic Code of Points or JO Updates may be used.

D. ALL ELEMENTS MUST BE DIRECTLY CONNECTED TO RECEIVE (CV) (See clarifications regarding Series (Section 4 Beam – Chapter 2).

E. ONLY ELEMENTS THAT RECEIVE VALUE-PART CREDIT

may be used for Connection Value Bonus (CV).

F. VALUE PARTS MAY BE PLACED IN ANY ORDER

within a Connection, unless specified.

G. EXACT SAME CONNECTION may be used ONLY ONE (1) TIME FOR (CV)

Same element used in 2<sup>nd</sup> Connection, but performed in Different order, award (CV).

EXAMPLE: Both Connections receive (CV) +0.10 ("B") + ("C")

1<sup>st</sup> Connection: Straddle Jump + 1-arm Flic-Flac +

2<sup>nd</sup> Connection: 1-arm Flic-Flac + Straddle Jump.

\_\_\_\_\_

- H. ("D") / ("E") ELEMENT PERFORMED WITHIN A CONNECTION,
  - 1. LEVEL 10: eligible for both (D/E) Bonus and Connection Value (CV) Bonus
  - 2. LEVEL 9: any allowable ("D") / ("E") element:
    - a. awarded ("C") Value-Part credit.
    - b. awarded (CV) Bonus, if applicable.
- I. LEVEL 10: ("E") ELEMENT MAY REPLACE ("D") ELEMENT IN A CONNECTION, but the connection will receive the same Connection Value Bonus (CV).
- J. WITH THE CONNECTION OF THREE (3) OR MORE ELEMENTS,
  - 1. Second element (and those following) may be used two times,
    - a) First time as the Last element of a Connection Value (CV) and
    - b) Second time as the First element a new Connection Value (CV).
  - 2. This is applied only if all elements receive Value-Part credit.
- K. CONNECTIONS MAY BE AWARDED EITHER +0.10 or +0.20 BONUS, according to the applicable Principle.
- L. CONNECTIONS WILL BE AWARDED CONNECTION VALUE BONUS Each Element must be performed without a Fall or Spotting Deduction.
- M. THE MAXIMUM AWARDED FOR CONNECTION VALUE BONUS IS:
  - 1. 0.40 for LEVEL 10
  - 2. 0.30 for LEVEL 9
  - 3. LEVELS 6 / 7 / 8 are not eligible for Connection Value (CV).

#### SECTION 4 - BALANCE BEAM - BONUS - CHAPTER 4

#### **CONNECTIONS – THREE (3) or MORE ELEMENTS** (continued)

#### **EXAMPLES**:

Back Layout step-out (Last element of 1<sup>st</sup> connection) and (First element of 2<sup>nd</sup> connection).

- Connection of Two (2) Acro Flight elements excludes Dismount; therefore,
- No (CV) awarded for ("C") + ("B") Dismount connection.
- 8) Flic-Flac step-out ("B") +
  Back Salto Stretched with step-out ("C") +
  Flic-Flac step-out ("B") +
  Back Salto Stretched with 1/1 Twist Dismount ("B") + + + + + + +

   Award + 0.10 ("B") + ("C" Salto)

   Award + 0.10 ("C") + ("B") + ("B") Three (3) element connection Series
  Total = + 0.20 (CV)

# III. "D/E" BONUS (D/E) LEVEL 10 ONLY

#### A. "D/E" ELEMENTS MAY REPLACE

- 1. Required Value Part of ("A") / ("B") / ("C") and
- 2. Awarded "D/E" Bonus (D/E).

#### B. "D/E" BONUS (D/E) AWARDED

- 1. ("D") and ("E") elements performed successfully.
- 2. Without Fall.
- 3. Without Spot.

#### C. MAXIMUM OF + 0.40 AWARDED for "D/E" Bonus (D/E).

- 1. ("D") elements each receive + 0.10 Bonus.
- 2. ("E") elements each receive + 0.20 Bonus.

## D. **SAME "D/E" ELEMENT** eligible for "D/E" Bonus (D/E) One (1) Time Only.

EXCEPTION: Same "D/E" element performed Two (2) Times.

- 1. First Time not performed successfully.
- 2. Second Time with successful performance.
- 3. Value-Part credit awarded.
- 4. "D/E" Bonus (D/E) awarded.

#### E. "D/E" ELEMENT PERFORMED AT LEVEL 9

• Not eligible for "D/E" Bonus (D/E).

# IV. ADDITIONAL BONUS + 0.10 LEVEL 10 ONLY

#### A. ELIGIBLE TO EARN BONUS POINTS

- 1. Both Connection Value Bonus (CV) and (D/E) Bonus,
  - a. Minimum of + 0.10 for (D/E)
  - b. Minimum of + 0.10 for (CV).
- 2. Remaining 0.30 may be earned
  - a. (D/E) Bonus or (CV) Bonus.
  - b. Maximum Start Value = 10.00.
- 3. Eligible for Additional Bonus + 0.10 (not included in Start Value).
  - a. Must have 10.0 SV
  - b. Total Bonus = +0.60 or more, and
  - c. Minimum of One ("E") Acro element (no fall / no spot).

#### B. ADDITIONAL BONUS - NOT INCLUDED IN START VALUE

- 1. Each Judge adds the additional Bonus to her / his score and must visibly indicate, by means of a placard or other signage, that the Bonus was awarded.
- 2. If using paper score slips, the Judge should also indicate in writing any Bonus awarded.

# V. COACH – ON FLOOR EXERCISE AREA / SPOTTING REGULATIONS

LEVEL 6 / 7 / 8 / 9 / 10

#### A. NO DEDUCTION - COACH ON FLOOR EXERCISE AREA:

- 1. When placing, adjusting or removing a mat.
- 2. During the exercise to remove any object:
  - a. Such as hair clips, eyeglasses, etc.
  - b. Which may impede or endanger the athlete.

#### B. COACH ON FLOOR EXERCISE AREA (without assisting Gymnast):

- 1. Chief Judge deducts 0.50 from Average Score for "Coach on the Floor".
- 2. Applied only one (1) time, regardless of the number of times Coach enters the area.

#### C. COACH ON FLOOR EXERCISE AREA (assists Gymnast during an element):

- 1. Each Judge deducts <u>0.50</u> for <u>Spot</u>.
- 2. If Fall occurs after Spot, each Judge deducts <u>0.50</u> for Fall.
- 3. No Value-Part or Special Requirement credit awarded, if applicable.
- 4. No ("D/E") or (CV) Bonus awarded, if applicable.
- 5. Chief Judge deducts <u>0.50</u> from Average Score for "Coach on the Floor".
- 6. "Coach on the Floor" deduction is applied <u>only</u> one (1) time, regardless of the number of times Coach enters the area.

#### D. COACH ON FLOOR EXERCISE AREA (assists Gymnast on landing an element):

- 1. Each Judge deducts <u>0.50</u> for the <u>Spot</u>.
- 2. If Falls after Spot, each Judge also deducts 0.50 for Fall.
- 3. Award Value-Part credit.
- 4. Award Special Requirement credit, if applicable.
- 5. No Bonus credit awarded, if applicable.
- 6. Chief Judge deducts <u>0.50</u> from Average Score for "Coach on the Floor".
- 7. "Coach on the Floor" deduction is applied only one (1) time, regardless of the number of times Coach enters the area.

# E. COACH OR TEAMMATE TOUCHES / PUSHES GYMNAST TO STOP MOMENTUM – RUNNING / FALLING OUT OF BOUNDS.

- 1. Each Judge deducts 0.50 for assisting the Gymnast.
- 2. If Gymnast falls after assistance, do not deduct for both assistance and fall.
- 3. No Bonus awarded, if applicable.
- 4. Chief Judge deducts 0.10 from Average Score for Line Violation.

#### F. STAND AROUND FLOOR EXERCISE AREA TO CHEER:

- 1. Gymnasts / Coaches are permitted.
- 2. Must not obstruct the view of Judges / Spectators.
- 3. Obstruction:
  - a. Chief Judge gives a warning.
  - b. If obstruction continues, Chief Judge deducts <u>0.20</u> for Unsportsmanlike Conduct.
    - 1) All-Around score of Gymnast creating obstruction, OR
    - 2) Team score of Team in violation.

#### VI. RECOGNITION OF VALUE PARTS

A. ANY FLOOR EXERCISE ELEMENT listed in the Junior Olympic Code of Points or JO Updates MAY RECEIVE VALUE-PART CREDIT TWO (2) TIMES:

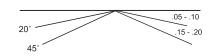
provided the element occurs in a Different Connection.

- (i.e., preceded or followed by a Different Value-Part Element).
- Leap / Jump / Hop not found in *Junior Olympic Code of Points:* a. May be awarded comparable Value-Part credit of the "Root" element.
  - b. May have Variations of Leg Position and Landing Position.
  - c. New elements not listed in Junior Olympic Code of Points:
    - 1) Must be evaluated by Regional Technical and Junior Olympic Committee Chairmen.
    - 2) Element Evaluation Form on <u>USA Gymnastics website</u> (Women Meet Forms).
- 2. Same ("D") or ("E") element is performed Second time in Different connection:
  - a. Receives Value-Part credit twice.
  - b. Eligible for Connection Value Bonus (CV) each time (if applicable).
  - c. Eligible for "D/E" Bonus only ONCE (LEVEL 10 only).
- 3. <u>Same element</u> is performed <u>Third time</u>, or performed <u>Second time in Exact Same connection:</u>
  - a. No Value-Part credit awarded.
  - b. All applicable Execution and Amplitude deductions are applied.
  - c. No Special Requirements awarded. Must receive VP credit to fulfill SR. <a href="EXCEPT"><u>EXCEPT</u>: Round-offs / Flic-Flacs / Front Handsprings in Acro series with Saltos.</a>
  - d. No Connection Value Bonus (CV) awarded with no Value-Part credit. <u>EXCEPTION</u>: Value-Part credit awarded for an element performed for the Third time if <u>not</u> previously awarded Value-Part credit <u>because</u>:
    - 1) Element lacked completion First or Second time performed, OR
    - 2) Element was used in Exact Same connection the Second time performed.
- 4. Saltos / Aerials <u>required to Land on Feet first</u> must land on any part of the Bottom of Foot / Feet First to receive Value-Part credit.
  - a. Deduct <u>0.50</u> for the Fall if landing Hands <u>and</u> Bottom of Feet <u>Simultaneously</u>. Value-Part credit will be awarded.
  - b. Deduct <u>0.50</u> for the Fall with failure to Land on Bottom of Feet first. Value-Part credit is <u>not</u> awarded.

#### E. REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS

#### 1. SPLIT LEAPS / SPLIT JUMPS

Split Leaps and Jumps require 180° leg separation. Insufficient Split - evaluate as follows:



0.05 - 0.10	missing 1° – 20° of the Split
0.15 - 0.20	missing 21° – 45° of the Split
Award VP performed	missing 46° or more of the Split
if applicable	

Note: Deduct for Insufficient Amplitude / Execution and Insufficient Split.

#### 2. TWISTING SALTOS - INCOMPLETE L.A. (LONG AXIS) TURN

0.05 - 0.10	missing 1° – 44° of the Twist
0.15 - 0.20	missing 45° – 89° of the Twist
Award VP performed	missing 90° or more of the Twist

# Required end position of turn/twist

#### **EXAMPLE:**

Triple (3/1) Twist ("E") missing 90° or more of the Twist:

- Award ("D") credit for 2½ (900°) Twist.
- Deduct for Balance and Execution errors.

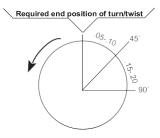
#### Completion of Twist Clarification:

- Placement of Front Foot upon landing determines the amount of twist completed.
- Twist completion determines Value-Part credit.

#### 3. TURNING JUMPS / LEAPS / HOPS AND TURNS on one (1) foot with 360° turn or more

0.05 - 0.10	missing 1° – 44° of the Turn
0.15 - 0.20	missing 45° – 89° of the Turn
Award VP performed	missing 90° or more of the Turn

Note: Deduct for Balance / Insufficient Amplitude / Execution



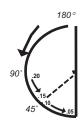
#### Completion of Turns Clarification:

- Heel drops = Turn completion.
- Value-Part credit awarded for Degree of Turn completed prior to Heel drop.

#### 4. JUMPS / LEAPS / HOPS WITH ½ (180°) TURN

EXAMPLE: Wolf Jump 1/2 ("B") and Wolf Jump = ("A")

- Degree of Turn completion upon Landing determines Value Part awarded.
- To receive higher value, Turn must finish closer to higher Degree of Turn.
- Minimum of 1° past halfway mark between the Two (2) values.
- Execution deductions for incomplete turn will be applied.



#### F. SPECIFIC ELEMENT TECHNIQUE CLARIFICATION

- 1. #1.101 ("A") Split Jump vs #1.110 ("A") Sissonne:
  - a. Cross Split Jump has Two-foot take-off and landing, while Sissonne has Two-foot take-off and One-foot landing.
  - b. Cross Split Jump shows 180° Split with legs even / parallel to Floor. Sissonne requires 180° Split of legs in diagonal position with Front Leg Forward-Downward (Minimum of 45° from Floor) and Back Leg Backward-Upward.
  - c. Deduct up to 0.10 for Insufficient Amplitude if Front Leg of Sissonne is lacking Minimum of 45° from Floor.

#### 2. #1.204 ("B") Split Leap forward with leg change (Switch-Leg Leap):

- a. First Leg should swing Forward (Minimum of 45°) prior to swinging Backward.
- b. First Leg does <u>not</u> reach 45°, award ("B") Value-Part credit. Deduct up to 0.10 for insufficient height of Leg Swing.
- c. Leg separation following Leg change is 180° Split.
- d. Deduct up to 0.20 for Insufficient Split after Leg change, if applicable.
- e. Split less than 135°, award ("A") Value-Part credit; no Special Requirement credit for Leap / Jump with 180°.
- f. Stag-Switch Leg Leap Stag first (swing) Leg, bent Minimum of 90° with no extension of Leg prior to Leg Switch, award ("A") Value-Part credit (Stag Leap).

#### 3. #1.208 ("B") Schushunova

- a. Must show 180° Side Split position, rotate legs rearward to horizontal stretched body position in the air before landing.
- b. Slight forward lean, rather than strict vertical torso, is acceptable.

#### 4. #1.210 ("B") Ring or Stag-Ring Leap / Jump

- a. Head Release Backward past Vertical line must be shown to be considered "Ring" position.
- b. Expected Amplitude of Rear Foot is to the Top of Head.
- c. Deduct up to 0.10 for Insufficient Arch.
- d. Deduct up to 0.10 if Rear Foot is at Shoulder or Upper Back Height.
- e. Rear Foot at Hip-height or No Backward Head Release (regardless of height of Leg) considered Split Leap with Bent Back Leg #1.101 ("A") or Sissonne #1.110 ("A").
- f. Ring Jump expectations are:
  - 1) Front Leg must be Minimum of 45° from Floor.
  - 2) Forward-Downward Diagonal position.
  - 3) Deduct up to 0.10 for Insufficient Amplitude of Front Leg.
- g. Ring Leap expectations are:
  - 1) Front Leg should first brush / extend close to Horizontal.
  - 2) Front Leg must be a Minimum of 45° from the floor when Ring shape is executed.
  - 3) Deduct up to 0.10 for Insufficient Amplitude of Front Leg.
- h. Stag-Ring Jump or Stag-Ring Leap expectations are:
  - 1) Front Leg bent a Minimum of 90° with no extension of Leg.
  - 2) 180° Leg separation from Front Knee to Back Knee.

# **EXECUTION AND AMPLITUDE DEDUCTIONS** (continued)

	up to 0.30 up to 0.30	<ol> <li>Bent Arms in Support – on any one element (90° bend or greater – max <u>0.30</u>)</li> <li>Bent Legs – on any one element (90° bend or greater – max 0.30)</li> </ol>
Į į	up to 0.30	Insufficient Extension (Open) of Tuck / Pike body position prior to Landing Acro elements
M M	up to 0.30	Squat on Landing (Hips even with or lower than Knees)
LARGE EXECUTION FAULTS	up to 0.30	<ol> <li>Insufficient Height of <u>Salto</u> elements</li> <li>Does <u>not</u> apply to accelerating element in directly connected <u>Forward Acro</u> Series.</li> <li>Front Handspring + <u>Front Layout</u> + Front Layout 1/1</li> </ol>
<u> </u>		Front Layout = accelerating element.
JLT	up to 0.30	Brush / Touch Landing Surface with One (1) or Two (2) Hands (No Support)
S	(CJ) <u>0.30</u>	Lands Acro element in Solid / Loose Foam Pit
	No VP No SR	
	No Bonus	
	(CJ) <u>0.10</u>	Line Violation

	<u>0.50</u>	Support on Mat with One (1) or Two (2) Hands upon Landing
	<u>0.50</u>	Fall on Mat with Knee(s) or Hips
	0.50	Fall / Failure to Land on the Bottom of Feet First (Aerials / Saltos)
	No VP	
	No SR	
m	No Bonus	
×	0.50	Fall with Simultaneously Landing on Bottom of Feet + Hands / Knees:
	Award VP Award SR	if appropriate if appropriate
ë ¶	No Bonus	парргорнате
		Cnatting Assistance during an Element
	<u>0.50</u>	Spotting Assistance <u>during</u> an Element
Z >	(CJ) <u>0.50</u>	Coach on the Floor Area
ᅵᇃᄶᅵ	No VP	
	No SR	
VERY LARGE EXECUTION FAULTS	No Bonus	
S	0.50	Spotting Assistance upon landing an Element
	(CJ) <u>0.50</u>	Coach on the Floor Area
	Award VP	
	Award SR	
	No Bonus	
	<u>0.50</u>	Fall after Spot

#### SPECIFIC FLOOR EXERCISE – EXECUTION DEDUCTIONS II.

	each	Incorrect Rhythm during direct connections
	up to 0.10	
	each	Lack of Precision in Dance Value Parts
	up to 0.10	EXAMPLES:
		Lack of Definite Arm or Leg position on Turns / Leaps
		2. Degree of Turn, not Exact
_	each	Fail to Land with Fact / Lang Tagether on Jumps / Lange to Two (2) Fact
×	up to 0.10	Fail to Land with Feet / Legs Together on Jumps / Leaps to Two (2) Feet
	each	Fail to perform Group # 2 Turns in High Relevé
≃ ¥P	up to 0.10	
	each <u>0.10</u>	Concentration Pauses – Two (2) second pause prior to Difficult
		Elements or Acrobatic Series
SPECIFIC	up to 0.20	Poor relationship of Music and Movement (throughout the exercise)
E 판	up to 0.20	Relaxed / Incorrect Footwork on Non-Value Parts
<u> </u>   0		(throughout the exercise)
SPECIFIC FLOOR EXECUTION DEDUCTIONS	up to 0.30	Relaxed / Incorrect Leg position / Body Posture and Insufficient Flexibility in Non-Value Parts (throughout the exercise)
9	up to 0.30	Missing Synchronization of Movement with Musical Beat
S		(throughout the exercise)
	<u>0.05</u>	each time
	0.10	at the end
	(CJ) <u>1.00</u>	Absence of Music or
	(CJ) <u>1.00</u>	Music with Words / Song (whistles, animal / human sounds are allowed)
	(CJ) <u>0.50</u>	Coach on the Floor Exercise mat (LEVEL 6 / 7 / 8 / 9 / 10)
	(CJ) <u>2.00</u>	Exercise Shorter than 30 Seconds (Complete or Incomplete)

# A. <u>Clarification on Landings – Isolated Acro element / Last element in Acro Series</u>: 1. No penalty for landing with feet maximum of Hip-width apart provided:

- - a. heels slide together, or
  - b. small, controlled step Forward (from Forward Acro), or
  - c. small, controlled step Backward (from Backward Acro) to Lunge.
- 2. Do not deduct unless landing position appears out of control.

#### B. Minimum Score of 1.00

Awarded when Optional Routine Score is equal to or less than One (1.00) Point.

#### INSUFFICENT ARTISTRY THROUGHOUT THE EXERCISE III.

AR	0.05 – 0.10	Originality / Creativity of Choreography in Elements & Connections
TSI	0.05 – 0.10	Quality of Movement to Reflect Personal Style
TRY	0.05 – 0.10	Quality of Expression (i.e., Projection, Focus)

#### **INDIRECT ACROBATIC CONNECTIONS** – (continued) TWO (2) or more SALTOS / AERIALS (acro elements without hand support) (continued)

#### "D / E" - SALTO SERIES

"A" + "D / E" + 0.10

#### **EXAMPLE 1:**

Front Salto Tuck step-out ("A"), Round-Off, Flic-Flac, Double Salto Backward Tuck ("D")

#### **EXAMPLE 2:**

Front Aerial ("A"), Round-off, Flic-Flac, Double Salto Backward Tuck ("D")



- 1) NOTE: Series awarded + 0.10 (CV) Bonus.
- 2) No Special Requirement #2 awarded (two-Salto series) Front Aerial is not a Salto.

#### **EXAMPLE 3:**

Round-off, Whip Salto ("A"), Straddle Jump, Flic-Flac, Double Salto Backward Tucked ("D")



- 1) No Connection Value (CV) awarded ("A") → ("D") Straddle Jump breaks connection.
- 2) No Special Requirement #2 awarded (two-Salto series)

	"B" + "D / E"	+ 0.10
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#### **EXAMPLE:**

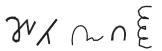
Front Salto Pike step-out ("B"), Round-off, Flic-Flac, Double Salto Backward Pike ("D")



"A / B" + "A / B" + "D / E"	+ 0.10
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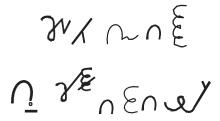
#### **EXAMPLE 1:**

Front Salto Pike step-out ("B"), Round-off, Whip Salto ("A"), Flic-Flac, Salto Backward Stretched 3/1 (1080°) twist ("E")



#### **EXAMPLE 2:**

Front Handspring, Front Salto Stretched 11/2 twist ("D"), Flic-Flac, Back Salto Stretched 1/1 twist ("B"), Flic-Flac, Back Salto Stretched step-out ("A")



"C" + "D / E"	+ 0.20
(or more difficult)	1 0.20

#### **EXAMPLE 1:**

Round-off, Flic-Flac,

Backward Salto Stretched 1½ (540°) twist ("C"),

Round-off, Flic-Flac, Double Salto Backward Tuck ("D")

10 \$ 1080.

#### **B. DIRECT CONNECTION -**

TWO (2) or more SALTOS / AERIALS (Acro elements without hand support) (continued)

"A" + "C"	+ 0.10
EXAMPLE 1: Whip Salto ("A") Salto Backward Stretched 2/1 (720°) twist ("C")	2
EXAMPLE 2: Salto Backward Stretched 1½ (540°) twist ("C") Front Salto Tucked ("A")	ME EY
EXAMPLE 3: Salto Backward Stretched with 2/1 (720°) twist ("0 Front Salto Tucked ("A")	C") E~
EXAMPLE 4: Round-off, Flic-Flac, Salto Backward 1½ (540°) twist step-out ("C") Front Aerial ("A")	10804
"B" + "B"	+ 0.10
EXAMPLE 1: Front Handspring, Front Salto Stretched ("B") Front Salto Stretched ("B")	Q 7/8
EXAMPLE 2: Salto Backward Stretched 1/1 (360°) twist ("B") Front Salto Pike ("B")	E W
EXAMPLE 3: Whip Salto ½ (180°) twist ("B") Front Salto Piked ("B")	~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

"A" + "A" + "C"	+ 0.10
Receives same Bonus ("A") + ("C")	. 0.10

E	X	Α	MP	LE	<u>1</u> :
		_	_		

Whip Salto ("A")

Whip Salto ("A")

Salto Backward Stretched 2/1 (720°) twist ("C")

#### **EXAMPLE 2:**

Front Salto Stretched 1/1 (360°) twist ("C")

Front Salto Tucked ("A")

Front Salto Tucked ("A")

mme VE Y

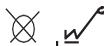
#### C. DIRECT CONNECTIONS TWO (2) DANCE OR TWO (2) DANCE / ACROBATIC ELEMENTS (or reversed)

- 1. Elements must be directly connected.
- Acro elements must be Saltos OR Flight elements (with / without hand support).
- 3. Dance Series / Mixed Series Plié Connection:
  - a. Lands first element in plié on two (2) feet.
  - b. Totally straightens legs and pliés again to initiate jump into next element.
  - c. Total straightening of legs will break Series.
- 4. Turn connected to Jump take-off from two (2) feet:
  - a. Performed (Turn to Jump) only.
  - b. Not eligible for Connection Value (CV) Bonus.
- 5. Turn connected to Hop take-off from one (1) leg.
  - a. Can be directly connected.
  - b. May be eligible for Connection Value (CV) Bonus.
- 6. Jump connected to Turn take-off from two (2) feet:
  - a. Jump landing on one (1) foot can be directly connected to Turn.

EXAMPLE 1: - AWARD (CV)

Double 2/1 (720°) Turn ("C") +

Wolf Hop 1/1 (360°) Turn ("C")



EXAMPLE 2: - AWARD (CV)

Wolf Jump 1/1 (360°) Turn (land on one leg) ("C") + Double 2/1 (720°) Turn ("C")



EXAMPLE 3: = NO (CV)

Double 2/1 (720°) Turn ("C") +

Straddle Jump with 1/1 (360°) Turn ("C")



"C" + "C"

(Same / Different) – (Group 1 or 2)

+ 0.10

**EXAMPLE 1:** 

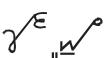
Switch-Leg Ring Leap ("C") +

Tour Jeté Ring Leap ("C")



**EXAMPLE 2:** 

Front Salto Stretched with 1/1 twist ("C") + Wolf Jump 1/1 (360°) Turn ("C")



**EXAMPLE 3:** 

Double 2/1 (720°) Turn ("C") + Double 2/1 (720°) Turn ("C")



**EXAMPLE 4:** 

Cat Leap 1½ Turn ("C),

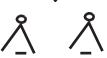
Cat Leap 1½ Turn ("C")



**EXAMPLE 5**:

Straddle Jump 1/1 (360°) Turn (Popa - "C") +

Straddle Jump 1/1 (360°) Turn (Popa – "C")



#### **DIRECT CONNECTIONS** – (continued)

### TWO (2) DANCE OR TWO (2) DANCE / ACROBATIC ELEMENTS (or reversed) (continued)

"D" / "E" Salto + "A" Jump	+ 0.10
(this order only)	. 0.10

#### **EXAMPLE:**

Round-off, Flic-Flac

Double Salto Tucked ("D") + Sissonne ("A")



"B" + "D" / "E"	+ 0.10

#### **EXAMPLE 1:**

Switch-Leg Leap ("B") +

Cat Leap 2/1 (720°) Turn ("D")

#### **EXAMPLE 2:**

Tuck Jump 2/1 (720°) Turn ("D") + Flic-Flac 1/1 (360°) twist ("B")



#### **EXAMPLE 3:**

Round-off, Flic-Flac,

Double Salto Backward Tucked ("D")

Straddle Jump ("B")

Front Salto Tucked ("A")



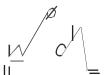
#### Award +0.10 (CV) for Acro / Dance connection ("D") + ("B").

- 1) Straddle Jump breaks connection.
- 2) No Connection Value (CV) Bonus awarded ("D")  $\rightarrow$  ("A").
- 3) No Special Requirement #2 awarded (two-Salto series).

"C" + "D / E"	+ 0.20
(or more difficult)	1 0.20

#### **EXAMPLE 1:**

Wolf Jump (2-foot take-off) 1½ (540°) Turn ("D") + Schushunova 1/1 (360°) twist ("C")



#### **EXAMPLE 2:**

Double 2/1 (720°) Turn ("C") + Triple 3/1 (1080°) Turn ("D")



#### III. "D/E" BONUS (D/E) - LEVEL 10 ONLY

#### A. ("D") / ("E") ELEMENTS MAY REPLACE

- 1. Required Value Part of ("A") / ("B") / ("C") and
- 2. Awarded "D/E" Bonus (D/E).

#### B. "D/E" BONUS (D/E) AWARDED

- 1. ("D") and ("E") elements performed successfully.
- 2. Without Fall.
- 3. Without Spot.

#### C. MAXIMUM OF + 0.40 AWARDED for "D/E" Bonus (D/E).

- 1. ("D") elements each receive + 0.10 Bonus.
- 2. ("E") elements each receive + 0.20 Bonus.

# D. **SAME ("D") / ("E") ELEMENT** eligible for "D/E" Bonus (D/E) One (1) Time Only. EXCEPTION: Same "D/E" element performed Two (2) Times,

- 1. First Time not performed successfully,
- 2. Second Time with successful performance,
- 3. Value-Part credit awarded,
- 4. "D/E" Bonus (D/") awarded.

#### E. ("D") / ("E") ELEMENT PERFORMED AT LEVEL 9

1. Not eligible for "D/E" Bonus (D/E).

#### IV. ADDITIONAL BONUS + 0.10 - LEVEL 10 ONLY

#### A. ELIGIBLE TO EARN BONUS POINTS

- 1. Both Connection Value Bonus (CV) and "D/E" Bonus (D/E),
  - a. Minimum of + 0.10 for (D/E)
  - b. Minimum of + 0.10 for (CV).
- 2. Remaining 0.30 may be earned
  - a. (D/E) Bonus or (CV) Bonus.
  - b. Maximum Start Value = 10.00.
- 3. Eligible for Additional Bonus + 0.10 (not included in Start Value).
  - a. Must have 10.0 SV
  - b. Total Bonus = +0.60 or more, and
  - c. Minimum of One ("E") Acro element (no fall / spot).

#### B. ADDITIONAL BONUS - NOT INCLUDED IN START VALUE

- 1. Each Judge adds the Bonus to her / his score and must visibly indicate, by means of a placard or other signage, that the Bonus was awarded.
- 2. If using paper score slips, the Judge should also indicate in writing any Bonus awarded.

#### V. BONUS RESTRICTIONS

#### A. FALLS or SPOT:

- 1. During ("D") / ("E") element No (D/E)
- 2. In Connection Value element No (CV)

EXCEPTION: Connection of Three (3) or Four (4) Value Parts, Fall on Last Element:

- a. First Two (2) or Three (3) elements eligible for Connection Value (CV) Bonus.
- b. Award (CV) Bonus for successfully completed connections.

#### **EXAMPLE:**

Round-off, Flic-Flac Whip Salto ("A") Flic-Flac

Double Salto Backward Tucked ("D") Front Salto ("A") – Falls on Front Salto. 10 moler

("A")  $\rightarrow$  ("D") ("A") FALL Award + 0.10 (CV) Indirect connection Whip Salto("A")  $\rightarrow$  Double Salto Backward Tuck ("D")

#### B. **REPEATED ("D") / ("E") ELEMENT**:

- 1. "D/E" Bonus (D/E) awarded One (1) Time.
- 2. Different Connection before / after No "D/E" Bonus (D/E) a Second Time.

EXCEPTION: Same "D/E" element performed Two (2) Times,

- 1. First Time not performed successfully.
- 2. Second Time with successful performance.
- 3. Value-Part credit awarded.
- 4. "D/E" Bonus (D/E) awarded.

#### C. EXACT SAME CONNECTION REPEATED, (CV) BONUS NOT AWARDED.

#### D. LEVEL 10 ELIGIBLE for MAXIMUM BONUS CREDIT:

- 1. Maximum + 0.40 may be awarded for (CV).
- 2. Maximum + 0.40 may be awarded for (D/E).

#### E. LEVEL 9 ELIGIBLE for 0.30 MAXIMUM CONNECTION VALUE (CV) BONUS.

#### F. LEVEL 9 NOT ELIGIBLE for "D/E" BONUS (D/E):

- 1. Allowed or Restricted,
- 2. No "D/E" Bonus (D/E).
- 3. Connection Value (CV) Bonus using ("D") or ("E")
  - a. Receives ("C") Value-Part credit
  - b. (CV) possible with principle using ("C") instead of ("D") or ("E").

#### **EXAMPLE: FLOOR**

Double Front Salto Tucked ("E") + Pike Jump ("B")

- LEVEL 10 awarded + 0.20 (CV) Bonus AND + 0.10 for (D/E) Bonus.
- LEVEL 9 Not eligible for (CV) due to no ("C")" + ("B") CV principle. Not eligible for (D/E) Bonus.

#### G. LEVEL 6 / 7 / 8 NOT ELIGIBLE for CONNECTION VALUE (CV) BONUS.