



## J.O. Update # 12

**Date:** December 12, 2007  
**To:** USA Men's Gymnastics Community  
**From:** Gil Elsass, Age Group Competition Committee Chairman  
**Re:** Rules Update # 12 for the 2005-2008 Men's Age Group Competition Program

### For immediate Implementation

**The Age Group Competition Committee met on December 12, 2007 by conference call to discuss final rule interpretations, changes, and clarifications for the 2008 competitive season. These changes are contained in this update. This will be the final update for the 2008 J.O. competitive season and the final rules update that will be drafted by this Age Group Committee.**

### JO Update # 12 Changes are represented by → symbol

This rules update constitutes all changes to the Junior Age Group Competition Program following the release of the new 2006 *FIG Code of Points*. Due to the extreme nature of change in the *FIG Code of Points* which precipitated the changes in the Junior Age Group Competition program rules, Sections I and II of the Age Group Competition Program Manual have been rewritten and are posted on the Men's Program Section of the USA Gymnastics web site as replacement pages. These sections are now part of the official text for the Junior Age Group Competition Program. Hence you will need to review three documents for this update:

1. Rules Update #12
2. Age Group Competition Program manual Replacement Pages Chapter 1, updated 11/10/05
3. Age Group Competition Program manual Replacement Pages Chapter 2, updated 11/10/05

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

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

### Document Precedence:

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

1. The USAG Age Group Competition Manual with Rules Updates published by this committee (Rules Updates are available online at <http://www.usa-gymnastics.org>)
2. →**The NGJA/USAG Rules Interpretations (available online at: <http://www.ngja.org>) (Latest edition #11 dated December 7, 2007 is now available.)**
3. The International Gymnastics Federation (F.I.G.) Code of Points with Rules Updates published by the F.I.G. Men's Technical Committee (Rules Updates [aka FIG MTC newsletters] are available online at: <http://www.ngja.org>) The latest edition of the FIG Code of Points dated December 2006 is now available. The latest FIG / MTC Newsletter #21 dated November 2006 is now available.

New Exceptions to the FIG Code of Points are noted in this document and take precedence over the FIG Code of Points. It is important to note that unless there is a specific exception written in a J.O. Rules update or in the USAG/ NGJA interpretations document that all FIG Rules do apply.

The Junior Olympic Age Group Program rules were again reviewed in June and July of 2007 for further modification based on the FIG rules. Please note the following:

- The chart which follows is a synopsis view of the optional competitive levels. This chart is included for general review purposes only.
- The actual rule changes and exceptions can be found in the remainder of the update where they are incorporated into the actual program text.
- For simplicity sake some sections that appeared in update #10 have been deleted entirely. Deleted sections have been replaced by new updated text or are individual skills that were previously rated by the committee, but are now covered by the new commonly seen skills ruling.

### Basic Format for All Optional Competition Levels

	Level 8	Level 9	Level 10
Age Group Divisions	12-14 15-18	12-13	14-15 16-18
Number of Highest Counting Value Parts for Difficulty Value: <ul style="list-style-type: none"> <li>• Highest difficulty skill from each element group to fulfill the Element Group requirements will be counted first.</li> <li>• Next highest skills up to a maximum of eight counting skills for Level 8 and 9 or ten counting skills for Level 10, but in all cases, no more than 4 skills from any one element group, will be counted next. The counting skills must include Element Group V.</li> </ul>	8	8	10
Presentation Value: Small Error = 0.1 Medium Error = 0.3 Large Error = 0.5 Fall = 0.8	10.0	10.0	10.0
Element Groups: 0.5 per Element Group • Must include EG #5	3 = 1.5	4 = 2.0	5 = 2.5
<b>→ Element Group bonus for additional element groups included:</b>	<b>0.3 per add. EG</b>	<b>0.3</b>	<b>N/A</b>
<ul style="list-style-type: none"> <li>• Dismount Value Required for Full Element Group V Credit</li> <li>• Element Group V Credit for lower level dismount</li> <li>• Stick bonus of 0.1 for all dismounts receiving full Element Group credit</li> </ul>	A	B A = 0.3	C B = 0.3 A = 0.0
<b>→ On any event, at any level, a deliberately performed dismount from any previously printed "FIG Code of Points" will receive minimum "A" value. It will also receive element group satisfaction that any other "A" dismount would normally receive in accordance with the table above.</b>			
Vault Bonus – As listed in Vault Bonus Chart and Stick Bonus Explanation – attached	1 Vault with Stick Bonus	Yes	Yes

### Age Group Program Materials Corrections:

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

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

**General:**

Replacement pages 1.1 and 1.2 should be discarded

p. 1.4: B. Uniforms, #1: Change to: For levels 6-10 on Pommel Horse, Parallel Bars, Still Rings and Horizontal Bar, all gymnasts must wear long competition pants and footwear (socks and or gymnastics shoes). In Junior Olympic competition dark colored competition pants are allowed. On Floor Exercise and Vaulting, gymnasts may compete in short pants with or without footwear. A competition jersey must be worn in all competition.

***In the interest of simplicity, many of the deductions that are behavioral in nature or related to the apparatus itself are now to be changed to the FIG norms for each. This means that in both the compulsory and the optional program, behavioral deductions will be 0.3 and Apparatus deductions 0.5 each. Specific changes are given below.***

p. 1.4: B. Uniforms, #5: Change the deduction value from 0.2 to 0.3

p. 1.4: C. Spotting, #2: Change the deduction value from 0.2 to 0.3

p. 2.1: Section II: Judging Guidelines, Sub-Section I: General Judging Guidelines: C: Range of allowable scores, Replace with the following text and table: When using two judges, or a 4 or more judge panel, the point difference between both, or the middle scores, may not be greater than:

<b>Compulsory Final Score <u>or</u> Optional B-Panel Score</b>	<b>Allowable Deviat. By Judge</b>
9.60 – 10.00	0.10
9.40 - <9.60	0.20
9.00 - <9.40	0.30
8.50 - <9.00	0.40
8.00 - <8.50	0.50
7.50 - <8.00	0.60
<7.50	0.70

p. 2.1: Section II: Judging Guidelines, Sub-Section I: General Judging Guidelines, paragraph E. Spotting Deductions: #3: Change the deduction value from 0.2 to 0.3

p. 2.2: Section II: Judging Guidelines, Sub-Section I: General Judging Guidelines, paragraph G. General Presentation Deductions: #1: Change to: A fall off or on to the apparatus will be deducted 0.5 for a compulsory exercise and 0.8 for an optional exercise. A gymnast may repeat the skill to earn its value, both in the optionals and compulsories. The gymnast is permitted an additional skill to arrive at a starting position.

p. 2.2: Section II: Judging Guidelines, Sub-Section I: General Judging Guidelines, paragraph G. General Presentation Deductions: #2: Change the deduction value from 0.2 to 0.3

p. 2.2: Section II: Judging Guidelines, Sub-Section I: General Judging Guidelines, paragraph G. General Presentation Deductions: #3: Change the deduction value from 0.2 to 0.3

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

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

p. 2.6: Section III: Optional Judging Guidelines for levels 10, 9 and 8: Delete the charts in section A. Difficulty Charts for Levels 10, 9, and 8. and replace with the following text and chart:

### Junior Program Exception to A Score Calculation:

The Junior Olympic Program will not use the FIG Chronology Rule and will calculate the A Score in the following manner for Levels 8, 9 & 10

- Highest difficulty skill from each element group to fulfill the Element Group requirements will be counted first.
- Next highest skills up to a maximum of eight counting skills for Level 8 and 9 or ten counting skills for Level 10, but in all cases, no more than 4 skills from any one element group, will be counted next. The counting skills must include Element Group V.

p. 2.7 Under B Bonus Points:

- a. Delete this text
- b. Change to: Stick bonus of 0.1 will be awarded for levels 8, 9, and 10 for stuck dismounts that receive full element group credit.
- c. Vaulting Bonus #3, First Bullet Point: change to: The second vault must be from a different FIG vault family from the first vault performed but may have the same post flight. (i.e., First Vault Tsukahara stretched with 1/1 twist, Second Vault Yurchenko stretched with 1/1 twist would be eligible for vault bonus)

p. 2.8 Change the Vault Bonus Chart to the following:

Level 9 Vault Bonus		Level 10 Vault Bonus	
Sum of the SV	Bonus Awarded	Sum of the SV	Bonus Awarded
7.6 to 8.3	0.2	8.4 to 9.1	0.2
8.4 to 9.1	0.3	9.2 to 9.9	0.3
9.2 to 9.9	0.4	10.0 to 10.7	0.4
10.0 to 10.7	0.5	10.8 to 11.5	0.5
10.8 and above	0.6	11.6 & up	0.6

Note: The current rule that level 8 and 9 athletes are not allowed to perform round-off entry vaults will be maintained.

#### Vault Stick Bonus for Level 8, 9 and 10:

A Gymnast will receive 0.1 in bonus for sticking his vault. This bonus can also be awarded to the second vault at Level 9 and 10 when two vaults are performed. However, the second vault must qualify for additional bonus through both difficulty and execution before stick bonus will be awarded. Note: The second vault must be from a different FIG vault family from the first vault to qualify for any bonus.

p. 2.8, C, #1: Change to – The Junior Program will use the following Presentation Deductions  
Small Error = 0.1, Medium Error = 0.3, Large Error = 0.5, Fall = 0.8

p. 2.8, C, #3: Change to – Any recognizable gymnastics skill which is not listed in the FIG *Code of Points*, NGJA/USA Gymnastics Interpretations, Junior Olympic Program Manual or Junior Olympic Program Update will receive an A value with no element group credit. 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. New and original skills may be submitted (in electronic video form) directly to Jeff Robinson - Junior Olympic Program Coordinator jrobinson@usa-gymnastics.org. He will have the skill evaluated by the NGJA / USAG Technical Committee.

➔ p. 2.8, C, #4: **No Change!** – The J.O. Program will allow straddling of the legs on skills including a strength press or hold.

p. 2.9 C, Add #6: The deduction for performing an exercise containing less than six parts (skills or elements) in level 8, 9 or 10 is 0.5 for each skill/element less than six, taken from the exercise presentation category. (example: 5 parts -0.5, 4 parts -1.0, etc.)

p. 2.9 D. Junior Skill Value Exceptions to the *FIG Code of Points*: Replace all text in this section with the following:

#### Floor Exercise:

- ➔ **1 additional landing mat of up to 4” can be used for landings of “C”, “D”, “E” or “F” skills. The mat must be left in place throughout the routine.**
- Any Circle or Flair to handstand – “C” in element group I
- 0.1 bonus for any skill which includes a double salto with no large error in execution

#### Pommel Horse:

- Any Circle or Flair to handstand – “C” in element group II (if performed in the exercise) or V (if performed as a dismount). Any dismount that achieves a nominal handstand will receive full element group credit and a maximum of 0.5 in execution deduction.
- ➔ **The Junior Program will award a “C” Flop combination for Direct Stockli-B to Direct Stockli-B, Direct Stockli-B to Pommel Loop or Pommel loop to Direct Stockli-B.**

#### Still Rings:

- ➔ ~~Bent arm (more than 45° arm bent) shoot, uprise or giant to handstand either direction – “A” in element group II. Each direction (forward/backward) will have it’s own “virtual” code box (this is no longer necessary. Refer to NGJA/USAG Interps. #11, Still Rings at the top of page 15 item #16 for the most current international interpretation.)~~
- Any “B” value or higher strength element from element group III or IV will receive 0.1 in bonus with no large error in execution
- ➔ ~~Strength skills from Element Group IV can fulfill the element group requirement for either Element Group III or IV.~~

#### Vault:

- ➔ The junior program will use the contemporary FIG start values for each vault performed at levels 8 to 10. The most recent version of the “FIG Code of Points” is dated December 2006.
- ➔ The junior program will not give a zero score for any vault, with the exception of failure to attempt the vault at all (a scratch). For levels 8 to 10, a zero vault, as defined by the FIG, may be repeated once (with safety in mind and at the judge’s discretion) with a deduction of 1.00 from the score of the second attempt. No third attempts will be allowed. In any case, the minimum score for any attempted vault will be 1.00.

#### Parallel Bars:

- Stutzkehre - 45° to 74° above horizontal – “B” in element group I
- Back toss - 45° to 74° above horizontal – “B” in element group I
- ➔ **Giant swing - straight arms to any support position lower than nominal handstand – “B” in element group III**
- Peachbasket - straight arms to any support position lower than nominal handstand - “B” in element group IV
- There will be no deduction for an empty swing when moving from a value skill to a swing to an FIG Element Group III skill or any variation of a peach basket to support
- ➔ ~~Front or back salto dismount – “A” in element group V (This bullet point is no longer necessary as per the “deliberate dismount” statement in the table on page 2 of this update)~~

## Horizontal Bar:

- A maximum of up to 5 forward and backward body movements (of which the 5<sup>th</sup> must be a skill (i.e. stemme, free hip circle, Stalder, etc.) will be allowed without deduction. Inclusion of a 'back-uprise' action, even to partial support, on up to the 4<sup>th</sup> movement will be allowed without deduction.
- **→ Tuck, pike or layout flyaway forward or backward – "A" in element group V (This bullet point is no longer necessary as per the "deliberate dismount" statement in the table on page 2 of this update)**
- Releases – Bonus will be applied to group II elements (with no large error in execution) as follows:
  - Any "C" release – Bonus = 0.1
  - *Quintero to Elgrip (E)* or Any "D" release except the Kovacs – Bonus = 0.2
  - **→ Kovacs, Any "E" (Excluding Quintero to Elgrip) or Any "F" – Bonus = 0.3**
- Any "C" or higher release may be done a 2<sup>nd</sup> time if done at least once in direct connection with any other "C" or higher release. Otherwise normal repetition rules apply. This bonus will only be applied if neither element is performed with a large error in execution.  
Examples:
  1. Tkatchev Straddled to immediate Tkatchev Straddled would receive the following credit: "C" + 0.1 release bonus, "C" + 0.1 release bonus
  2. Straddled Tkatchev, Giant, Straddled Tkatchev to immediate Gienger = "C" + 0.1 release bonus, "A", "C" + 0.1 release bonus, "C" + 0.1 release bonus
  3. Straddled Tkatchev, Giant, Straddled Tkatchev, Giant, Gienger = "C" + 0.1 release bonus, "A", ("C" is a Repeated Element - Non Recognized), ("A" is a Repeated Element - Non Recognized), "C" + 0.1 release bonus
- The Junior Program will allow a gymnast upon catching a release skill to perform a swing with a ½ turn and change of grip on the subsequent front swing to a kip without deduction. This swing ½ turn has "A" value and no element group.

## Compulsory Changes and Clarifications:

The following changes affect Compulsory Levels 4 through 7 only:

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

p. 2.4 II. B. 2.: Eliminate wording "as per FIG"

p. 2.4 II. B. 3. A. Change to: Hold Deductions are:

0.1	for hold of 1 to 2 seconds
0.2	for 1 second
0.3	for less than 1 second

p. 2.5, II, B. 3. B.: Eliminate "FIG" from the sentence

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

p. 3.2- 4. REMOVE Special Performance Criteria of "90° or higher Arabesque"

p. 3.18 Change text in #5 and SB #5 Special Performance Criteria from "Prone fall or rebounding skill after front somersault not allowed" to "rebounding skill after front somersault not allowed."

p. 3.20- 6 Change text in Special Performance Criteria to read: Any movement is allowed.

p. 4.5 REPLACE- Special Performance Criteria second bullet point with 0.2 Bonus will be awarded if there is no single large error on the bonus routine.

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

- p. 4.19 Specified Bonus #10 Change the last sentence to read: the right hand must regrasp and show support before landing
- p. 4.22-1 Specified Bonus #1 Replace with “Jump into one or two circles and a Czechkehre.”
- p. 4.22- 2 Replace with “One or Two Circles.”  
Special Performance Criteria
- Body extended through circles
  - Maximum 3 circles if no bonus prior to side travel
  - Maximum 4 circles if Czechkehre is preformed prior to side travel from beginning of routine.
- p. 5.2 Specified Bonus #7 CHANGE- Extension from the pike position showing a momentary hold on the lever prior to lowering to long hang position
- p. 5.9 ADD- Special Performance Criteria bullet point to # 6
- Gymnast may elect not to use cables on handstand.
- p. 5.10 – Specified Bonus’s # 8 & 9 change text to: Shoulders at or above the bottom of ring height on any inlocate or dislocate.
- p. 5.14 ADD- Special Performance Criteria bullet point to # 7
- Gymnast may elect not to use cables on handstand.
- p. 5.11 & 5.16 – REFINE positioning of the SB daggers and diamonds in the illustrations
- p. 5.17 – REMOVE the first bullet under Special Performance Criteria for Specified Bonus #7
- ➔ p. 6.2. 6.4, 6.6, 6.8 REMOVE Note 1. and REPLACE with: 1. The junior program will not give a zero score for any vault, with the exception of failure to attempt the vault at all (a scratch). For levels 4 – 7, A balked attempt or incomplete vault, may be repeated once (with safety in mind and at the judge’s discretion) with a deduction of 1.00 from the score of the second attempt. No third attempts will be allowed. In any case, the minimum score for any attempted vault will be 1.00.**
- p. 6.2- 3. Special Performance Criteria CHANGE to Semi-circle action must show hands circling under the height of the shoulders.
- p. 7.12- 1. REPLACE WITH From run or stand, Jump to drop kip
- p. 7.12 & 7.13 Level 7, parts 7, 9 & 10 Add to Special Performance Criteria – Front swing hips above horizontal
- p. 8.8, #9 – Add under Special Performance Criteria, The hips must reach horizontal on the back swing
- p. 8.2, 8.10 and 8.14 Level 4, 6 & 7, #1: Add under Special Performance Criteria – Momentary pause after pullover to support allowed.
- p. 8.14 & 8.15 – The toe on toe off for Specified Bonus can be performed inbar or straddled.

***Event Specific Clarifications:***

***Floor Exercise:*** None

**Pommel Horse:**

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

**Still Rings:**

1. For Levels 4, 5 and 6, the Back Lever hand position is optional.
2. If a Level 6 gymnast attempts a handstand for bonus (in place of shoulderstand) and falls, do not deduct full value of skill. Only deduct .5 for the fall.
3. Level 5, 6 & 7 under dismount Special Performance Criteria. Remove the statement: "Hands must release prior to swing through vertical axis." Add: Flyaway must show rise.

**Vault:** None

**Parallel Bars:**

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

**Horizontal Bar:**

1. In an effort to clarify the Level 5 Kip on Horizontal Bar the following should be noted:
  - If the kip is spotted, the automatic deduction will be .5 in addition to execution deductions such as bent knees, toe point, etc.
  - If the kip is attempted, but missed, the automatic deduction will be .5. There will be no additional deductions taken for execution of the kip itself. Also, there will be no additional deduction taken to get the gymnast to the support position on the bar. The only additional deduction would be if there was a fall after the missed attempt. To count as an attempt, the kip must show a kip action with the shoulders reaching at least bar height. If the kip does not meet these criteria, the coach must spot the kip and the deduction will be as under #1. Otherwise, the gymnast will not be given credit for the skill.
  - If the kip is successful, a maximum execution deduction of .3 may be taken. This is the only option where bonus will be allowed if the cast is performed immediately out of the kip.
2. It is the position of this committee that the generation of strong 'stemming' or a free hip circle in the mount sequence of a typical horizontal bar routine is difficult and problematic for young athletes. Therefore, a maximum of up to 5 forward and backward body movements (of which the 5<sup>th</sup> must be a skill i.e. stemme, free hip circle, Stalder, etc.) will be allowed without deduction. Furthermore, inclusion of a 'back-uprise' action, even to partial support, on up to the 4<sup>th</sup> movement will also be allowed without deduction.
3. Level 5 - 3 backward swings after the underbar shoot (part #7) must be performed before either the drop to stand dismount or a swing forward to flyaway dismount.
4. Level 7- Gymnast may perform 1 to 3 giants in Specified Bonus parts 2, 4 and 6.

**Respectfully Submitted,**

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

**Approved by Jeff Robinson, USA Gymnastics- Men's Junior Olympic Program Coordinator**