



Men's Junior Olympic Judging Guide

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This document was written as a guide for both coaches and judges. The purpose of this document is to provide some clarity to the Junior Olympic 2001-2004 competition rules. This is not an official Age Group Competition Committee document. This document has been created by the NGJA and is intended as an educational supplement to the official Age Group documents. The contents of this document have been reviewed by the Junior Olympic Age Group Competition Committee. This is a living document, so latter revisions will supersede previous revisions. Please note the revision number and date of this document.

General

1. Exceptions to the FIG, p.18 Rule #4 which discusses the value of low level skills not listed in the FIG says all skills appearing in the 2001-2004 compulsories will be recognized as A's with the exception of swings. Only fundamental gymnastic skills appearing in the compulsories should be recognized as A-valued parts. Gymnastic sense should tell you that a straddle stand on FX is not an A-valued part, nor leg cuts on PH, a pull-up on SR/HB, inverted hang on SR, skin-the-cat on SR, etc.
2. Virtuosity bonus can be awarded for strength and static skills such as presses, planches, scales, splits, etc. if they are performed flawlessly and in a manner that clearly stands out above the norm.
3. The 50% rule is to be used in compulsory events only. Credit is given only when more than 50% of the part has been performed, otherwise deduct 1.0 + execution. When determining what portion of the part was performed, consider only the basic skills described in the part. In other words, do not count steps in tumbling passes on FX or swings on SR, PB, HB unless they are the part. When a part is so poorly performed that it takes the appearance of another skill, just deduction 1.0 and execution, do not take an additional 0.5 for an added part.:

e.g. Class 5 FX part 9 - front handspring to front bounder.

- a. A gymnast only performs the front handspring, deduct 1.0 + execution.
- b. A gymnast performs front handspring front headspring, deduct 1.0 + execution. Do not take an additional deduction for an added part.

4. In JO competitions, the FIG non-commensurate dismount rule will not be recognized. Therefore, there is no non-commensurate dismount deduction for performing an A valued dismount. However, PH, SR, PB and HB have a Dismount Element Group requirement which can only be satisfied by a minimum B valued dismount. If a Class 1 or 2 gymnast performs an A valued dismount on those events there should be a 0.2 deduction for not satisfying the Dismount Element Group requirement. Note that FX does not have a Dismount Element Group requirement.

Floor Exercise

1. Required Skills Class 3

- a. Tumbling sequence containing a whipback and a second backward initiated somersault (does not have to be connected).

The second somersault may contain a twist such as a back with 1/2 turn. Arabian somersaults can satisfy this required skill.

There is no chronological order requirement here. The acrobatic pass just has to contain a whipback and a backward initiated somersault.

- b. 3 consecutive forward tumbling skills containing a (i) handspring or boulder and (ii) front salto with no twists.

The front salto skill can be tucked, piked or stretched, but it cannot contain any twists.

1. Front handspring-front tuck stepout-front handspring satisfies this requirement.
2. Front handspring stepout-front handspring-front layout satisfies the requirement.
3. Front handspring stepout-front handspring-front boulder does not satisfy the requirement since it is missing the front somersault.
4. Front handspring stepout-front handspring-front somersault with 1/2 twist does not satisfy the requirement because it must be a simple front somersault.
5. Front handspring-front tuck-front layout with a full twist satisfies the requirement.
6. Front handspring-front salto-full twist dive roll does not satisfy the requirement because the full twist dive roll is not a tumbling skill.

- c. Straight-arm press to handstand from any split with 2 second hold (split to V, Manna or planche and press to handstand acceptable).

A pirouette may be performed directly from the press as long as a handstand is held for 2 seconds after the pirouette. This requirement is not satisfied if there's no 2 second hold of a handstand or if the arms are bent more than 45 degrees during the press.

From split to straddle L and press to handstand does not satisfy the requirement.

2. Required Skills Class 4

a. Layout back somersault with no twists

1. A whipback does not satisfy this requirement.
2. A layout backward somersault with any twist does not satisfy this requirement.
3. A layout backward somersault stepout does not satisfy this requirement.

b. Front handspring- front boulder or front handspring- front salto with no twists

The front somersault may be tucked, piked or layout, but it may not have any twists.

c. Straight-arm press to handstand from any split with 2 second hold (split to V, Manna or planche and press to handstand acceptable).

A pirouette may be performed directly from the press as long as a handstand is held for 2 seconds after the pirouette. This requirement is not satisfied if there's no 2 second hold of a handstand or if the arms are bent more than 45 degrees during the press.

From split to straddle L and press to handstand, this does not satisfy the requirement.

3. Rule 6C p.19 concerning repetition on FX for Class 3 and 4. This rule was written as an exception to the FIG rule of taking a 0.2 deduction for repeating a skill more than 1x in direct succession. Therefore, e.g. front tuck-front tuck-front tuck is legal and will receive C+B difficulty credit without a 0.2 deduction for repetition. The 2nd and 3rd front tucks will be recognized. Front full-front full-front full will receive E+D credit.

4. Repetition Rule for Class 1 and 2

Only a Dev D, FIG D, FIG E, or FIG Super E may be repeated for bonus and difficulty. Once a Dev D, FIG D, FIG E or FIG Super E skill has been repeated, the JO repetition rule has been used up, so no other Dev D, FIG D, FIG E or FIG Super E skill may be repeated for bonus or difficulty from that point on.

Each skill that makes up a tumbling sequence counts toward the repetition rule, not the final value of the sequence. The rule which states "A skill may be used only one time for bonus in a value-raised sequence (FX & HB)", is meant for skills that are not Dev D, FIG D, FIG E or FIG Super E.

- a. 1st pass: RO-FF-Whipback-Doubleback tuck (B+Dev D = D)
2nd pass: RO-FF-Doubleback tuck-Punch front tuck (Dev D+B = D)

The FIG value of the doubleback tuck is used to determine the value of a value-raised sequence (B+C = D). Since the doubleback is a Dev D in JO, it can be repeated 1 time.

After the 2nd pass, no other Dev D, FIG D, FIG E or FIG Super E can be repeated as the repetition rule has now been used up by repeating the doubleback.

- b. 1st pass: RO-FF-Whipback-Layout back with 2/1 twists (B+C = D)
2nd pass: RO-FF-Layout back with 2/1 twists-punch front (B)

The layout back with 2/1 twist is not recognized in the second pass because it is not a Dev D, FIG D, FIG E or FIG Super E skill and therefore it can not be repeated.

5. Class 5 Compulsory Specified Bonus Skill #6

For a pause or stop in the Straddle L position during the staldler to handstand, use the following guideline:

Break in rhythm or pause less than 1 second	0.1 deduction
Stop in straddle L of 1 second	0.2 deduction
Stop in straddle L greater than 1 second	0.3 deduction

Note that the skill is awarded credit in all cases.

6. Class 7 Compulsory part #4

It is okay to perform a front scale in place of the Arabesque stand.

Pommel Horse

1. Required Skills Class 3

- a. 1 or 2 back loops (legs together or flared)

A momentary front support position must be shown for credit. If performed as a mount, the skill is completed in either front cross support or front side support on the other side of the horse.

- b. Any skill with 3 hand placements on 1 pommel performed behind the back

Russian on 1 pommel does not satisfy this requirement.

- c. 2 consecutive minimum A-valued scissors

Front scissor-front scissor full satisfies this requirement.

2. Required Skills Class 4

a. 2 consecutive A-valued scissors

Front scissor-front scissor full does not satisfy this requirement.

b. 1 or 2 back loops (legs together)

A momentary front support position must be shown for credit. If performed as a mount, the skill is completed in either front cross support or front side support on the otherside of the horse.

c. 2 consecutive front loops (legs together or flared)

Flared loop-legs together loop does not satisfy this requirement.

3. Repetition Rule for Class 3 and 4

This rule essentially doubles the FIG limits on the number of flop sequences and longitudinal travels that will be recognized. Since you can repeat any skill once, a gymnast can get credit for 2 fops sequences, 2 flop-Russian sequences, 2 forward 3/3 longitudinal travels and 2 backwards 3/3 longitudinal travels.

The composition and/or value of a flop sequence, a flop-Russian sequence or a 3/3 longitudinal travel are not considered when counting flop, flop-Russian or 3/3 longitudinal travel sequences towards repetition.

4. Repetition rule for Class 1 and 2

The repetition rule temporarily overrides the FIG rule limiting the number of fops sequences, flop-Russian sequences or 3/3 longitudinal travels that will be recognized for bonus and difficulty in any one PH routine. Once the repetition rule has been used, the FIG rule is re-established. For example, a gymnast starts his routine with 8 fops on a pommel (E+E). The JO repetition rule has now been used up, so the FIG rules limiting a routine to at most 1 flop-Russian sequence and at most 2 3/3 longitudinal travels are back in effect. Furthermore, once any Dev D, FIG D, FIG E skill has been repeated, the remainder of the routine is judged per FIG repetition rule.

Still Rings

1. Required Skills Class 3

- a. Minimum A-valued press to handstand with 2 second hold.

No credit given if the hold is less than 1 second.

- b. Minimum B-valued static strength part with 2 second hold.

The gymnast may swing or press to the static strength part. No credit is given if the hold is less than 1 second.

- c. 1 inlocate or dislocate with shoulders at top of rings.

To use the 15 degree rule, one considers the angle the arms make with the horizontal line drawn between the bottoms of the rings. For the shoulders to reach a height even with the top of the rings, it would require an approximate arm angle of 30 degrees above the horizontal. Therefore, no deduction is taken if the shoulders are at the height of the top of the rings.

Deduct 0.1 if the shoulders only rise to the center of the rings.

Deduct 0.2 if the shoulders only rise to the bottom of the rings.

Deduct 0.3 if the shoulders only rise to just below the bottom of the rings.

Any shoulder rise not reaching at least 1/2 ring width below the bottom of the rings will not get credit for this required skill.

2. Required Skills Class 4

- a. "L" support with rings turned out, 2 second hold.

The rings must be turned out any degree from parallel throughout the hold for no deductions to be taken for ring position. Deduct 0.1 if the rings are parallel. Use the 15 degree rule for deductions of 0.2, 0.3 and non-recognition for no credit.

- b. Bent or straight arm press to handstand with momentary hold.

The handstand position must be shown for credit. A momentary hold is 1 second.

- c. 2 consecutive inlocates or dislocates (second inlocate/dislocate must be straight body and must show rise).

No credit is given if the second inlocate/dislocate has a body pike of less than 135 degrees.

Vault

1. Judges should be aware of the new vault spotting rule. For all classes Junior Elite 1 through Class 7, a spotter is now required to stand in close proximity (arms length away), to the vaulting table in position to assist the athlete should the need arise. If the coach is not in close proximity to the vault table or the judge feels that the coach is not prepared to give assistance, the judge should not allow the gymnast to begin his run. The rule does not require the coach to be in a specific area in relation to the vault table (i.e. between the board and the vault table). This new rule allows the coach some flexibility in deciding where his gymnast may need assistance.

Parallel Bars

1. Required Skills Class 3

- a. Front uprise to immediate swing pirouette OR back uprise to or through a handstand

Use the following guideline to determine whether or not the front uprise swing to handstand and pirouette should receive credit.

Immediate swing pirouette	0.0 deduction
With slight break in rhythm before pirouette	0.1 deduction
Definite pause less than 1 second before pirouette	0.2 deduction
Pause 1 second before pirouette	0.3 deduction
Pause greater than 1 second before pirouette	no credit

Use the 15 degree rule to determine execution deductions for not completing the pirouette in a handstand.

Back uprise pirouette satisfies this requirement.

- b. A minimum B-valued front stutz, back toss or Diamidov to support

For clarity, any front stutz skill, back toss skill or Diamidov to support skill of B or higher value satisfies this requirement.

A Makuts, Makuts to upper arm support or Diamidov to upper arm support does not satisfy this requirement. A Diamidov to upper arm support is a prohibited skill.

- c. A minimum B-valued giant, Moy, peach basket or cast

For clarity, any giant skill, Moy skill, peach basket skill or cast to support skill of B or higher value satisfies this requirement.

2. Required Skills Class 4

a. Forward or reverse pirouette

Use the 15 degree rule to determine the appropriate deduction for not completing the pirouette in a handstand.

b. Front uprise swing to or through nominal handstand

No hold is required. Front uprise swing pirouette will satisfy this requirement.

c. Minimum A valued Moy, cast, giant or peach basket skill

Any FIG listed A value skill within these categories will fulfill the requirement

3. Deductions for layaways. A gymnast performs a glide kip between the bars swings backwards above horizontal and layaways to a streuli. Deduct 0.2 for the layaway since it did not precede a giant swing skill.

Horizontal Bar

1. Required Skills Class 3

a. From undergrips, early pirouette to handstand finishing in any grip

The gymnast does not need to go over the top to receive credit. The pirouette must be completed by the time the handstand is reached for no deduction. If the pirouette is not completed by the vertical position, use the FIG rule for deviations during swing to handstand or swing to strength holds (Art 22 #12).

Pirouette initiated at the vertical	0.1 deduction
Pirouette initiated up to 15 degrees past the vertical	0.2 deduction
Pirouette initiated beyond 15 degrees past the vertical	no credit + 0.3 ded

Judges should be aware of the potential for virtuosity when an early and well executed pirouette is performed as this is not very common.

b. From at least 1 giant, any forward or backward somersaulting dismount

c. Stalder OR Endo OR legs together toe on-toe off

The gymnast must go over the top to receive credit. The skill must be performed to a handstand for no deductions in amplitude.

Stoop stalder or stoop Endo does not satisfy this requirement.

Stalder pirouette or Endo pirouette does not satisfy this requirement.

Legs together toe on-toe off pirouette does not satisfy this requirement.

2. Required Skills Class 4

a. Blind turn to nominal handstand finishing in any grip

The gymnast does not need to go over the top to receive credit.

b. Toe on-toe off (straddled or piked) OR free hip handstand OR Stalder OR Endo

The gymnast must go over the top to receive credit. Either skill must be completed in a handstand for no deductions in amplitude.

Stoop stalder or stoop Endo does not satisfy this requirement.

Stalder pirouette or Endo pirouette does not satisfy this requirement.

c. Front giant to pirouette

The pirouette must be completed within the nominal handstand position for no deductions in amplitude.