



NATIONAL GYMNASTICS JUDGES ASSOCIATION, INC.

Junior Olympic Course Notes

Ken Achiron - Regional Technical Director-East

v. 1.92 revised: January 26, 2004

COMPETITION TABLE 2001 - 2004

Class VII (Comp Only)	Class VI (Comp Only)	Class V (Comp Only)
9.7 Base Score	9.3 Base Score	9.3 Base Score
0.3 Bonus	0.7 Bonus	0.7 Bonus
10.0 Maximum Score	10.0 Maximum Score	10.0 Maximum Score

Class IV (Modified Optional)	Jr. Elite Class III (Modified Optional)
1.1 Difficulty (2B + 5A) = 7 Skills	1.5 Difficulty (1C + 2B + 4A) = 7 Skills
1.2 Required Skills (0.4 per skill)	1.2 Required Skills (0.4 per skill)
6.5 Presentation	6.1 Presentation
8.8 Base Score	8.8 Base Score
1.2 Bonus: (Difficulty + Special)	1.2 Bonus: (Difficulty + Special)
10.0 Maximum Score	10.0 Maximum Score

Jr. Elite II (FIG Optional) Using Junior Olympic Program Rules	Jr. Elite I (FIG Optional) Using Junior Olympic Program Rules
2.8 Difficulty (3C+3B+4A) = 10 skills	2.8 Difficulty (3C+3B+4A) = 10 skills
1.0 Special Requirements (5 FIG Element Groups @ 0.2 each)	1.0 Special Requirements (5 FIG Element Groups @ 0.2 each)
5.0 Presentation	5.0 Presentation
8.8 Base Score	8.8 Base Score
1.2 Bonus: (Difficulty + Special)	1.2 Bonus: (Difficulty + Special)
10.0 Maximum Score	10.0 Maximum Score



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General Guidelines

NGJA JO Course Notes are *UNOFFICIAL*. Always refer to the USA Gymnastics Junior Olympic Program 2001--2004. Official updates will come out from USAG with an official name attached, and will appear on the web. In determining rules to use, the USAG JO Program guide will take precedence, followed by the FIG Code of Points, used with NGJA interpretations. The most current updates for the JO Program may be found on the Web at www.usa-gymnastics.org Updates of the NGJA FIG Interpretations may be found at www.ngja.org *Judges are reminded that the goal of USAG is to achieve strict interpretation on all presentation items. Please see the USAG Updates for a list of performance guidelines for each event*

Equipment Specs in Sect. I #3 are minimums, however FIG heights may not be exceeded.

Judging: JO Judges perform both A and B panel tasks, except in competitions where there are 4 or more judges in a single panel. Minimum score is 1.0

Score Range (using two judges):

0.10	if the average is 9.50 and above
0.20	if the average is 9.00 - 9.45
0.30	if the average is 8.00 - 8.95
0.50	if the average is 6.00 - 7.95
0.80	in all other situations

Repeated Exercises: Interruption beyond Gymnast's control, repeat at discretion of Head Judge. Handguard tear during routine, gymnast may repeat, at the discretion of the Head Judge.

Spotting:

- Incidental brushing or touching without interrupting the skill: no deduction
- Spotter assists the execution of the skill Deduct 0.5 and execution errors
- FX: spotted skill: normal JO deduction & -0.2 for presence of spotter
(Need not recognize skill if gymnast could not have completed on his own)
- **All spotting, required or general, must be done by a USAG Professional Member.** Additional assistance may be given by an assistant coach who is a Professional Member.
- **Required Spotter missing: Do not start routine.**
- **Spotter walks away where required: deduct 0.2, and warn that another infraction will disqualify all his athletes on that event that day. (Section I, #2,C).) Spotter may not spot from surface higher than the allowable competition floor. (May not spot from block) (Judge may not let routine begin.)**

Spotter Requirements:

- **HB & Rings: Spotter required at ALL levels**, required to be in position to safely spot entire performance.
- **Vaulting: For all classes**, the coach must stand in close proximity (Arms Length) to the FIG vaulting table in position to best assist the athlete should the need arise.
- **Required Spotter missing: Do not start routine.** Additional USAG ProM spotters allowed w/o deduction.
- Spotter also allowed: all Classes on parallel Bars,
- Spotter appears on Floor Exercise or Pommel Horse/Mushroom events: deduct 0.2.

Uniforms: Out of Uniform (without warning): 0.2: (taken from the All Around)

- **Class 1-5 PH,SR,PB,HB:** Long solid colored pants and footwear. On **FX,V:** may wear shorts, with or without footwear. All gymnasts must have a competition jersey. **Class 6-7** only require gymnastics short pants, team T-shirt, socks/shoes. FX,V may compete with or without footwear.
- **All gymnasts required** to wear shirt: all events during warm-ups & competition. (No jewelry-Rules&Pol)

Age: Determined on Sept. 1. only move up 1 year based on Sept. 1st. age. Must always be at least 6 yrs.

Specialists: permitted in all classes of competition.

General Presentation: Nominal HS: $\pm 15^\circ$ from vertical **Speaking to gymnast or signals:** 0.2 once during routine.

- **Falls off the apparatus:** Deduct 0.5 + presentation errors, gymnast may repeat the part for credit plus additional skill to arrive at start position, Gymnast has 30 seconds to remount, judge will announce time. Coach may ask if skill was credited. Head or no. No other discussion.
- **Board used inside PB uprights on mounts:** must be removed immediately for safety or deduct 0.2 unsportmanlike..
- **JO Program will use FIG Rule** concerning swings to or through handstand or strength holds.



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JUDGING GUIDELINES

Compulsories

Routine Errors

- | | |
|--|-----|
| 1. Missing Part | 1.0 |
| 2. Added part | 0.5 |
| 3. Fall (as per FIG) | 0.5 |
| 4. Large Error (as per FIG) | 0.3 |
| 5. Medium Error (as per FIG) | 0.2 |
| 6. Small Error (as per FIG) | 0.1 |
| 7. Intermediate Swing: per FIG 0.2half - 0.3 whole
(Swings are not added parts) | |

Definitions:

- A. A "part" is defined as the numbered skill.
- B. A "Missing part" is either omitted or unrecognizable.
- C. A "Partially completed part" (more than 50%) is credited and receives the appropriate FIG deduction (small - medium - large).

JO: if a skill has its own JO value, it is a different box
Positions: All swing & required positions are

- a. Horizontal
- b. 45°
- c. Vertical

Holds-Required holds=2 sec.unless noted; deduct per FIG. **Momentary holds**=show definite stop, hold up to 1 sec. **Momentary hold** w/o definite stop = deduct for no hold (per FIG=0.3)

Landings: Deduct as per FIG (except for distance in Vault [per JO Prog])

Steps: No specific , no deduction too many/few steps.

Salto height: FX & dismounts:

Measure from Center of Gravity

Pommel Horse:

Single leg cuts top leg (cutting leg) at least horiz.

Pendulum Sw, false scissors, scissors: top leg at least horiz

Vaulting: No ZERO score, except failure to contact the horse. A zero as defined by FIG, allow a 2nd attempt for each class, deduct 1.0 from start value.

NO THIRD ATTEMPT. Minimum score awarded: 1.0 (except w/o contact of horse both times = 0.00.)

- **FIG Rules apply unless stated**
Previously Ruled (1997-2000)
- **Non-recognition for time** may result in only time deduction, not missing part (Compulsories).
- **No deduction** for hold parts held > than required.
- **Required Skills:** only as stated unless minimum
- **Lower Value** skills which don't count for diff. may count for the Class 3/4 minimum short routine rule.
- **Piked Moy:** ~~the gymnast must show a definite piking action prior to and through the lower vertical.~~
Give C credit if legs are straight in a Piked Moy..

Deductions

Bonus for Compulsories

- **Specified Bonus:** 0.2 per skill in Class 5 & 6 for performance as in compulsory routine text w/o a single large deduction.
- **Virtuosity Bonus:** 0.2 total - only flawlessly executed - w. extreme amplitude - ea. skill 0.1 only
- **Stick Bonus:** 0.1 awarded for stuck dismount only
JE 1/2 ≥ C, JE 3 ≥ B, JE 4 ≥ A value dismount
- **General Performance Award:** 0.1 back from execution when cumulative deductions in execution are 0.5 or less. Maximum score with any execution error = 9.95. Available on all events, except Vault.
- No routine may score greater than 10.0

Bonus for Optionals

- Up to 1.2 in bonus from two general bonus categories (Maximum is 1.2 for bonus)
- **Difficulty and Connection Bonus**
 - Each "C" part in Class 3 or 4 = 0.1 Bonus
 - Each "Developmental D" part = 0.1 Bonus
 - Each FIG "D" = 0.2 Bonus
 - Each FIG "E" = 0.3 Bonus
 - Each FIG "Super E" = 0.4 Bonus
 - Difficulty Connection FIG D/E/SE = as per FIG
 - (May be connected to both sides of "FIG D/E/SE")
 - No connection bonus for Developmental D's
- **Special Bonus**
 - **Stick Bonus**
 - Class 4 A or above = 0.1 Bonus
 - Class 3 B or above = 0.1 Bonus
 - Class 1&2 C or above = 0.1 Bonus
 - **General Performance Award:** 0.1 back from execution when cumulative deductions in execution are 0.5 or less. Maximum score with any execution error = 9.95. Available on all events, except Vault.
- **Virtuosity Bonus** up to 0.2 based on:
 - only flawless execution
 - maximum 0.1 per skill
 - any flawless skill w. extreme amplitude 0.1
- **Originality Bonus** 0.1 original skill or sequence
- **Special HB Bonus - Class 3/4**
 - meet FIG dorsal/elgrip req: = +0.2, once
 - meet FIG flight req: = +0.2, once



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Optionals: Class I,II,III,IV

All Deduction FIG unless specified

- **Special Requirements**
 - Class 1 & 2 : use all 5 Element Groups at 0.2 each
 - Class 3 & 4: JO Special Requirements at 0.4 each
- Skills must be executed as to receive value under FIG

Exceptions to the FIG Code

Skills not in the Code or Interps given "A" credit.

Short routine = Class 1-2-3-4 If a routine has fewer than 7 parts deduct 0.5 per missing part from presentation. ~~No short routine deduction Class 1/2.~~

- **FX: Straddle planche, 2 sec. hold** = B
- **PH: 2 Consecutive Reverse Loops** = B
- **PH: 2 Consec Reverse Loops + flank off** = B+A
- **PH: 1/3 Longitudinal travel** = B
- **PH: 2/3 Longitud. travel (2 pom+1 end)** = C
- **PH: above must start crossways, sideways**=B
- **PH:Fwd 3/3 tr w. addl p.loop1122224455=BBC**
- **SR: B Press use 15°- 30°- 45° to evaluate** = B
- **SR: Press HS with arm bend >45°** = A
- **SR: Front lever, 2 sec. hold** = B
- **SR or PB: V-sit , 2 sec. hold** = B
- **SR: Back uprise straddle planche, 2sec.** = C
- **PB: any Moy to support - Straight legs** =C
- **PB: Stutz: 45-74° / Back Toss: 45-74°** = B
- **PB: Stutz: 75-90°** = C
- **PB: Back Toss: 75-90°** = Dev D
- **PB: Peach straight arms up to 45°** = B
- **PB: Peach straight arms 46-74°** = C
- **PB: Peach straight arms 75-90°** = Dev D
- **PB: Glide Rev Cut at end,=A+A, center** = A+B
- **PB:Back giant from >horiz to below 45°** = B
- **PB: Front upr, rev straddle cut (Gr I)** =A+B
- **HB: Blind Change to HS, double undgr** =B
- **HB: Legs closed toe-on-off HS fwd/bwd** =B
- **HB: Legs closed toe-on-off 1/1 to mix gr** = B+B

Commensurate Dismount JO: JE1/2:"B" dismount OK "A" dismt=-0.2 for missing Group 5, Less than "A" dismt: take 0.3 in Class I-IV + 0.2 for Group 5 on PH,SR,PB,HB in JE 1/2 (and always for any presentation)

Evaluation of non-listed skills: Any legitimate gymnastics skill, not listed in the FIG Code of Points will be awarded A value in the JO program. Skills given different values in JO program are different boxes. All skills in 2001-2004 JO Routines, not listed in the FIG Code, will have an "A" value in the age group program (except swings)

Spotting: see General Guidelines above

Class 3 and 4 FX Only: No Repetition or Non-Recognition due to repetition for acrobatic skills/acrobatic connections.

Pommel Horse - no more than two scissors of B,C,D,

or E may count for difficulty beyond A parts.

Pommel Horse - The exception to awarding 3/3 travels broken up by flops is eliminated.

Pommel Horse: A value circles and flairs (not B or C value) recognized as different with same value.

Vaulting: No ZERO score, except failure to contact the horse. A zero as defined by FIG, allow a 2nd attempt for each class, deduct 1.0 from start value.

NO THIRD ATTEMPT. Minimum score awarded: 1.0 (except w/o contact of horse both times = 0.00.)

J.O. Vault Values

FIG Vault	Vault Description	JO Value
III.6	Handspring front salto tucked	8.6
III.7	Handspring front salto tuck w 1/2 tw	8.9
III.11	Handspring front salto piked	8.9
III.12	Handspring front salto pike w 1/2 tw	9.2
	FIG handspring vault valued ≥ 9.2	Value+0.3

Class III and IV Optional vaults must come from **Group III** (Handspring) or **Group IV** (1/4 to 1/2 t in first flight phase).

Class III and IV: TWO Vaults, FIRST=Technical Vault.

This vault is a HANDSPRING (8.3+0.3 possible bonus=8.6).

Second= Optional Vault. If handspring-use FIG start value.

Final score = average of both, flash score after technical vault, flash final score after optional vault.

Tech.I Vault Rules NOT be used to evaluate optional vaults..

See Vault page for evaluation Rules.

Class I and II: may use vault from any category. **Group V** (RO Entry) **must** have the Safety Zone Mat & Vault Table

Parallel Bars: Giants swings may begin above horiz w/o deduct. ex: Glide kip, sw back above horiz to Moy, no deduction.

PB: No more than two B or C value reverse straddle cutting skill may count for difficulty. Third is not recognized for either difficulty, bonus or special requirements.

Stops: Class 1-2-3-4 as per FIG (no more than 3).

Additional stops on PB - deduct as per FIG

Repetition: as per FIG Article 16, except:

JE 1/2: may repeat 1 "**bonus skill**" 1x for diff & bonus: (Developmental D, FIG D, E, or Super E)

JE 3/4: may repeat all skills 1x for difficulty and bonus

Art 15.5a: (Non-Rec) is General Rule - cannot cover all things

- Non-Rec usually result of fall or below angle or time spec
- 0.3 usually leads to recognition of element but 0 bonus

Atypical Straddling: JO will not apply this FIG rule to strength press or strength hold skills.

- Bonus is capped at 1.2 even if more is shown
- Class 3/4 required skills - strict interpretation
- 50% rule: "If the judge can recognize the part was attempted"



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EQUIPMENT SPECIFICATIONS - MATS

SEE THE 2001-2004 USA GYMNASTICS JUNIOR OLYMPIC PROGRAM
 (All specifications of equipment and mats are FIG unless otherwise stated)

The following information regarding mats and landing surfaces is excerpted from the JO Program book. Check the Equipment Specifications (pages 10-11-12) for a thorough explanation of mats, apparatus heights, & requirements. While the JO Program has certain modified minimum heights, the FIG heights may not be exceeded, except as allowed by FIG.

Additional mats can be used at the Junior Elite I and Junior Elite II levels as follows:

- Floor Exercise:** 1 additional 4" landing mat can be used for landings of "D" or "E" skills. However, the mats must be left in place throughout the routine.
- Pommel Horse:** An additional mat can be used to mount the apparatus.
- Still Rings:** The landing surface may be raised to height of 20" for **Class II only**. An additional 8" safety cushion may be used in **ALL CLASSES** for landings.
- Vault:** An additional 8" safety cushion may be used.
- Parallel Bars:** An additional 8" safety cushion may be used.
- Horizontal Bar:** The landing surface may be raised to height of 20" for **Class II only**. An additional 8" safety cushion may be used in **ALL CLASSES** for landings.

Minimum Recommended Landing Mat Specifications for J.O. Boys Classes VII - I

	Class VII	Class VI	Class V	Class IV	Class III	Jr. Elite II	Jr. Elite I
Floor Exercise	USAG (6x40) Minimum 1 1/4" Thick		FIG (40'x40') 1 1/4" - 7" Thick				
Pommel Horse	12' x 12' x 10cm						
Mushroom (Training Pod)	10' x 10' x 10cm			N/A			
Rings	8' x 15 1/2' x 12cm					8' x 15 1/2' x 24cm	
Vault	8' x 15 1/2' x 12cm						
Parallel Bars	14' x 16' 10cm					14' x 16' x 20cm	
Horizontal Bar	8' x 30' x 12cm					8' x 30' x 24cm	

Mounts: Panel Mat acceptable all apparatus, A board may only be used at V & PB.

Parallel Bars: (Except Class VII) gymnast may not mount from stacked mats which would place that gymnast's shoulders above the bottom of the rails in a standing position. May use a board or mats to mount at PB but not both. **Class 7** on AAI Elite PB may use a **Board on Folded Mat**. If in center, must be immediately removed.



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FIG Element Groups

JE 1 and 2 require 1 B from each
@ 0.2 each

Floor Exercise

1. Balance, Strength
2. Leaps, jumps, circles and flairs
3. Acrobatic forward
4. Acrobatic backward
5. Acrobatic side or Arabian

Pommel Horse

1. Legwork, scissors
2. Circles, spindles
3. Travels
4. Kehres and wendeswings, flops
5. Dismounts

Still Rings

1. Kip and swing elements
2. Swing to handstands
3. Swing to strength holds
4. Strength hold elements
5. Dismounts

Parallel Bars

1. Support on 2 rails
2. Upper arm on bars
3. Hang on 2 rails
4. Strength, elements on one rail, circles and flairs
5. Dismounts

Horizontal Bar

1. Long hang swings
2. Flight elements
3. In bar
4. Elgrip or dorsal
5. Dismounts

Developmental D Parts

Floor Exercise

1. Double back salto in tucked or piked.
2. Flaired circle to handstand & 360° turn in HS.
3. Planche (legs together) held 2 seconds.
4. Front salto stretched w. 3/2 twists (Rudi)

Pommel Horse

1. Bailie (with or without addl pommel loop) =Gr. II
2. 1/4 turn PLoop--PLoop 1/4 turn or vice versa (Gr II) or stepup-PLoop-PLoop 1/4 to side support (Group II)
3. Any 2 direct connected PLoops DSAs or DSBs on 1pom
4. Handstand dismount with 360° turn.
5. 720° Russian on the leather
6. Magyar / Sivado (1,1,2,2,4,4,5,5)
7. 360° Pommel Russian

Still Rings

1. Straight arm, bent hip press handstand, (straddled or legs together); executed flawlessly without touching the rings, straps, or cables - hold 2 sec.
2. Planche-legs together, - 2 second hold.
3. From HS: Lower to Inverted Cross, 2sec hold. up to 15° high-no deduct, 16-30° above=-0.1, 31-45°=-0.2, above 45° not rec.
4. From cross or L-cross w 2sec hold, pull to support.
5. Swing or kip to any cross, 2 second hold.
6. Stretched Honma no more than 15° pike
7. Shoot (fwd or bwd) to HS with straight arms, 2 sec. hold (straight arm swing throughout, up to .2 ded in handstand allowed for credit)
8. Double salto stretched, throughout, dismount.

Parallel Bars

1. Salto backward (back toss) to handstand.
2. Diamidov to handstand.
3. From a HS, giant swing to ending **betw 45° and HS** or giant swing with 1/2 turn to handstand.
4. Peachbasket 75-90° (handstand) w/o interruption of upward movement performed anywhere on the bars.
5. Front uprise immediate stutz to 45°
6. Healy to support

Horizontal Bar

1. Inverted giant
2. Either of: Tkachev, Gienger, Jaeger or Deltchev.
3. Free stoop circle forward or backward to handstand (Inside Stalder or Endo to HS)
4. Double salto stretched, throughout, dismount.



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Modified Optionals - Class 3 and 4 Required Skills

Class 4		Class 3		Notes
2B + 5A = 7 Skills		1C + 2B + 4A = 7 Skills		Required skills are only as written - no other substitutions. See event pages for skill specifications CI 3 FX: must be 3 connected skills of the right type, regardless of final values which due to value raising may only have 2 letters
Difficulty	1.1	Difficulty	1.5	
Required Skills (3)	1.2	Required Skills	1.2	
Execution	6.5	Execution	6.1	
Base Score	8.8	Base Score	8.8	
Bonus	1.2	Bonus	1.2	
Maximum Score	10.0	Maximum Score	10.0	
Floor Exercise				
1. 0.4 Layout Salto back - no twist		1. 0.4 Back pass w. whipback & w 2nd bwd initiated skill min B (Need not be immediate).		Repetition Exception: Class 3 / 4 FX Only: No Repetition or Non-Recog due to repetition for acrobatic skills/connections Class 3 #1: ending skill does not have to be immediate. Acceptable Substitute presses: (CI 3/4): split to V, Manna, or planche and press to handstand is acceptable (fwd saltos are with NO twisting)
2. 0.4 Front Handspring to 2 foot takeoff front handspring in direct connection or front handspring to front salto		2. 0.4 3 consec fwd tumbling skills include one each of: • Handspring or Frt Bounder • Frt. Salto - no twist		
3. 0.4 Str Arm press to HS from any split (2 sec) (not wide arm)		3. 0.4 Str arm press to HS from any split (2 sec) (not wide arm)		
Pommel Horse				
1. 0.4 2 consecutive A value scissors		1. 0.4 1 or 2 rev loops (legs closed/flaired)		Special Exception: No more than two scissors of B, C, D or E value may be counted for difficulty beyond A parts. Class 4 must be "A" scissors
2. 0.4 1 or 2 back loops legs together		2. 0.4 Any 3 hand placement skill done behind back		
3. 0.4 2 consecutive front loops, flaired or legs together		3. 0.4 2 consec scissors: A or higher		
Still Rings				
1. 0.4 L support with rings turned out, 2 sec hold.		1. 0.4 "A" value or higher press to handstand-hold 2 sec.		B press: no more than 45° arm bend or = A.(also deduct for bend) Shoot HS: arms bend >45° = A C value =(15°=S, 30°=M, 45°=L) Inlocate/disc at top of rings - use 15-30-45 to evaluate credit and exc.
2. 0.4 Bent or straight arm press to handstand-momentary hold		2. 0.4 "B" or higher static strength part 2 sec. (Gr III/ IV static ok)		
3. 0.4 2 continuous inlocates or dislocates (2nd must be straight body) Must show rise		3. 0.4 1 inlocate or dislocate shoulders at top of rings min or lock arm shoot HS (F or R)		
Parallel Bars				
1. 0.4 Forw or Rev Pirouette in Handstand		1. 0.4 front uprise to any swing pirouette or back uprise to nominal HS (Revised)		Special Exception: No more than two B or C reverse straddle cutting skill may be counted for difficulty, bonus or Special Requirements. Class 4 = Front uprise, immed swing pirouette to HS fulfills both Spec 1&2.
2. 0.4 Front uprise swing to or through nominal Handstand		2. 0.4 Min "B" value fwd stutz or back toss supp or Diamidov		
3. 0.4 Minimum "A" value giant, Moy, or cast		3. 0.4 Minimum "B" giant, Moy, peachbasket, or cast		
Horizontal Bar				
1. 0.4 blind turn to nom HS finishing in any grip		1. 0.4 From undergrip giant, early pirouette to HS finish any grip		Special Class 3 and 4 Bonus +0.2 for fulfilling FIG flight +0.2 fulfilling FIG dorsal/cubital grip requirement (Only one time for each above)
2. 0.4 free hip circle, Stalder or Endo, or toe on-toe off (straddle or pike) (only)		2. 0.4 from 1 giant, minimum fwd/back salto dismount		
3. 0.4 Fwd giant to ½ turn (pirouette)		3. 0.4 Stalder/Endo or legs together toe on-toe off (only)		



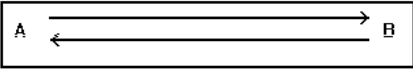
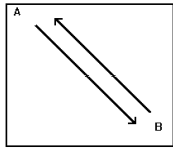
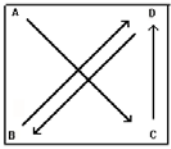
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FLOOR EXERCISE All arm positions are optional

Class VII 9.7+0.3 bonus =10.0	Class VI 9.3+0.7 bonus = 10.0	Class V 9.3+0.7 bonus = 10.0
1. Run, hurdle to cartwheel 2. Immed side chassé, cartwheel 1/4 t, close legs together at floor and 3. Tucked back roll to stand, 4. With either leg, step back, 180° t. to Arabesque stand (<i>2 sec hold</i>) Leg at 45° below horiz on Arabesque 5. Close legs to prone fall, & while rising 1/2 turn left/right to rear sup. lower to pike sit position, straddle legs, lower to 6. Pancake split Momentary hold of split, hold ok 7. Sit up facing A, close legs, roll back to candlestick position Show full body ext moving thru candlestick 8. Roll forward to stand 9. Lift either leg while turning 90°, & cartwheel, pivot 90° (face A) & immed 10 Kick to handstand No hold required 11 Roll fwd w. straight arms & jump w 1/1 turn to stand (No stop betw roll & turn)	1. Run, hurdle, front handspring Rebound allowed 2. With either leg, step forw & kick to handstand, straight arm roll out No hold on handstand 3. Pike up to handstand No hold on handstand 4. Forward 180° pirouette 1 or 2 hand placements 5. Pike down to straight arm back ext roll, lower to pancake split Tuck or pike back extension roll (nominal HS - no hold required) Momentary hold of split, hold ok 6. Sit up facing A, close legs, roll back through a candlestick, & immed Show full body ext moving thru candlestick 7. Roll forw to straddle stand, straight arm, straddle press to momentary HS Momentary hold of HS Spec Bon#7: from candlestick in #6, stalder roll to momentary HS Momentary HS, hold ok 8. Straight arm roll forw & jump w. feet together, to 2 foot takeoff front.headspring 9. Lift either leg while turning 90° to cartwheel, side chassé, cartwheel, 10 Lunge sidew, side scale (hold) step forw with lifted leg, while turning 270° bring legs together to finish facing B. 2 second hold of scale 11 Run, RO, flip-flop, rebound to stand Spec Bon#11: Run, RO, flip-flop, flip-flop, rebound to stand	Stand at point A facing point C 1. Run, Roundoff, back handspring, 2. Tucked back salto. salto at head height 3. W. either leg step back, turn 180°, Swed fl 4. Bring lifted leg down while executing a 180° turn to forward split (hold) 2 second hold of forward split 5. Bring legs together facing A, roll back to candlestick, and immed Show full body extens moving thru candlestick 6. Roll forw to straddle stand, straight arm, straddle press to HS 2 sec. hold of HS Spec Bon#6: from candlestick in #5, stalder roll momentary HS Momentary HS, hold ok 7. Step down, 45° turn to stand, run front salto tucked, controlled landing salto at shoulder height 8. Forw roll stand, step either leg, hitch kick, step to lunge. Slide back leg fwd while turning 135° to join back leg in stand On lunge: front foot slightly turned out, back leg straight, heel down 9. Run, hurdle, front handsprg, 2 foot frt handsprg, rebound, land w legs toghtr Spec Bon#9:Run, hrdle, frt handsprg SO, frt handsprg 2 foot frt handsprg, rebound, land w legs together. 10 Step w either leg-fwd chassé, fwd lunge, front scale (hold), step fwd w 180° turn bwdto stand legs together 2 second hold of scale, see lunge above 11 Run, hurdle, RO, FF, FF rebound.
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Class 6 / 7: minimum 6' x 40'</p> </div> <div style="text-align: center;">  <p>Class 6/7 Side or diagonal of 40'x40'</p> </div> <div style="text-align: center;">  <p>Class 5 Pattern may also be A,C,B, D,B</p> </div> </div>		

Class IV Modified Optionals Class III

1. 0.4 Layout Salto back - no twist 2. 0.4 Front Handspring to 2 foot takeoff front handspring in direct connection or front handspring to front salto 3. 0.4 Str Arm press to HS from any split (2 sec) (not wide arm)	1. 0.4 Back pass w. whipback & w 2nd bwd initiated skill min B (Need not be immediate). 2. 0.4 3 consec fwd tumbling skills include one each of: • Handspring or Frt Bouncer • Frt. Salto - no twist 3. 0.4 Str arm press to HS from any split (2 sec) (not wide arm)	Repetition Exception: Class 3 / 4 FX Only: No Repetition or Non-Rec due to repetition for acrobatic skills/ connections Class 3 #1: ending skill does not have to be immediate. Acceptable Substitute presses: (CI 3/4): split to V, Manna, or planche and press to handstand is acceptable (fwd saltos are with NO twisting)
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Developmental D skills

1. Double back salto in tucked or piked.
 2. Flaired circle to handstand & 360° turn in HS.
 3. Planche (legs together) held 2 seconds.
 4. Front salto stretched w. 3/2 twists (Rudi)
- **all: Straddle Planche = B**

JE 1/2: 2.8 Diff + 1.0 Sp Req (5 @ 0.2) + 5.0 Pres +1.2 Bonus = 10.0

CI 3: 1.5 Diff + 1.2 Sp Req (3 req @ 0.4) + 6.1 Pres +1.2 Bonus =10.0

CI 4: 1.1 Diff + 1.2 Sp Req (3 req @ 0.4) + 6.5 Pres +1.2 Bonus =10.0

(2B + 5A = 7 Skills) 1.2 Bonus includes Difficulty and Special

Spotted on FX skill: normal JO deduction & -0.2 for presence of spotter

(Class I and II: any one skill box may only be used one time in a value raised sequence)



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Pommel Horse

Routines may be reversed in their entirety

Class VI & V: Perform on Mushroom divided in quadrants & pommel horse in either order

Class VII	Class VI	Class V
<p>9.7 Base score + 0.3 Bonus = 10.0 Total</p> <p>1. On pommels: jump to 2-3 straddle swings <i>For the entire exercise:</i> 1. <i>On all leg cuts, cutting leg should be horizontal</i></p> <p>2. Cut left leg forward to stride support 3. Cut left leg backward 4. Cut right leg forward to stride support 5. Cut right leg backward 6. Cut left leg forward 7. Single leg travel down to end 8. Cut left leg forward finish in stride support on end of horse 9. Cut right leg forward to dismount landing with back to horse</p> <p><i>Class VI and Class V - Special Performance Criteria for Pommel Horse</i> <i>For the entire exercise:</i> 1. <i>On all leg cuts, cutting leg should be at least horizontal</i> 2. <i>All stride sup & false scissors and scissors: top leg should be at least horizontal</i></p> <p><i>Class VI and V - all spindles spindle should be initiated w. sup on right hd</i></p> <p><i>Class V Mushroom - entire exercise</i> <i>Should show a stretched position on circles</i> <i>Legs should maintain a 90° separation on flair circles</i></p>	<p>Mushroom 4.6 + Pommel Horse 4.7 = 9.3 Bonus 0.3 + Bonus 0.3 = 0.6 Stick Bonus 0.1 = 0.1 Total = 4.9 5.1 = 10.0</p> <p>Both dismnts must be stuck for stick bonus Mushroom: The routine is written for clockwise circles.</p> <p>1. Step to side & jump to 1 double leg circle <i>The body should show a stretched position throughout the exercise.</i></p> <p>2. One double leg circle 3. Circle w. 90° counter turn left to front sup 4. Circle w. 90° counter turn left to front sup. 5. One double leg circle SpecBonus#5: From front sup in #4, one Dbl Leg Circ -Flair Circle-Dbl Leg Circ 6. Half double leg circle with 90° turn right to dismount (flank dismount)</p> <p>Pommel Horse</p> <p>1. Jump to 2 or 3 front straddle sup swings 2. Cut left leg fwd to right false scissor 3. Cut left leg fwd to stride swing 4. Cut left leg backward 5. Cut right leg fwd to left false scissor 6. Cut right leg fwd to stride swing SpecBonus#6: From left false scissor in #5, cut right leg fwd to left scissor to #9 (dismt) cumulative deduction of 0.4=no bonus On scissor - top leg should be horizontal 7. Cut right leg backward 8. Cut left leg forward 9. Cut right leg fwd, legs join in front to stand facing away from the horse.</p>	<p>Mushroom 4.6 + Pommel Horse 4.7 = 9.3 Bonus 0.3 + Bonus 0.3 = 0.6 Stick Bonus 0.1 = 0.1 Total = 4.9 5.1 = 10.0</p> <p>Both dismnts must be stuck for stick bonus Mushroom: The routine is written for clockwise circles.</p> <p>1. Step side and jump to 1 double leg cir 2. One double leg circle 3. One double leg circle 4. Circle w. 90° spindle left to front sup. 5. Circle w. 90° spindle left to front sup. 6. One double leg circle to front support 7. Immed straddle to 1 flair cir to front sup 8. One flair circle to support SpecBonus#8 From front sup in #6, 1 Fl Cir to sup, 1 FL spindle with 90 to 180° turn (counter turn should be started on right hand) 9. One double leg circle 10 Half double leg circle with 90°t right dismt</p> <p>Pommel Horse</p> <p>1. Facing end: one loop circle (feet together when leaving the floor) SpecBonus#1: Facing end: two loop circles (body extended throughout) 2. ¾ loop cir to rear sup w left hand on pom 3. Right leg cut back, left leg cut back 4. Right leg cut fwd, single leg travel to front support on pommels 5. Cut right leg fwd to left front false scissor 6. Cut right leg fwd to left scissor 7. Right front false scissor 8. Cut left leg fwd to right scissor 9. Left leg fwd, right leg back, left leg back 10 Right leg feint on right pommel, 1/2 cir w. 90° inward turn to left dism finish facing longitudinally (left hand may be in contact with pommel on landing)</p>

Class IV Modified Optionals Class III

<p>1. 0.4 2 consecutive A value scissors 2. 0.4 1 or 2 back loops legs together 3. 0.4 2 consecutive front loops, flaired or legs together</p>	<p>1. 0.4 1or2 rev loops (legs closed/flaired) 2. 0.4 Any 3 hand placement skill done behind back 3. 0.4 2 consec scissors: A or higher</p>	<p>Special Exception: No more than two scissors of B, C, D or E value may be counted for difficulty beyond A parts.</p>
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Developmental D skills

- Bailie (Group 2 - update 6a)
- 1/4 tu PLoop-PLoop 1/4 tu or vice versa (Gr2)
Or stepup-PLoop-PLoop ¼ t to side sup(Gr2)
- Any 2 direct conn PLs, DSAs, DSBs on 1 p.
- Handstand dismount with 360° turn.
- 720° Russian on the leather
- Magyar / Sivado (1,1,2,2,4,4,5,5)
- 360° Pommel Russian

JE 1/2: 2.8 Diff + 1.0 Sp Req (5 @ 0.2) + 5.0 Pres +1.2 Bonus = 10.0

(3C + 3B + 4A = 10 Skills) 1.2 Bonus includes Difficulty and Special

CI 3: 1.5 Diff + 1.2 Sp Req (3 req @ 0.4) + 6.1 Pres +1.2 Bonus = 10.0

(1C + 2B + 4A = 7 Skills) 1.2 Bonus includes Difficulty and Special

CI 4: 1.1 Diff + 1.2 Sp Req (3 req @ 0.4) + 6.5 Pres +1.2 Bonus = 10.0

(2B + 5A = 7 Skills) 1.2 Bonus includes Difficulty and Special

• **all: 2 consec. rev. loops= B, 2 consec. rev. loops to dismt= B+A**

all: 1/3 longitudinal travel = B, 2/3 = C

Class IV & up: all dismounts must land longitudinally (cross stand)



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Still Rings

Class VII 9.7+0.3 bonus =10.0	Class VI 9.3+0.7 bonus = 10.0	Class V 9.3+0.7 bonus = 10.0
<ol style="list-style-type: none"> Fr strght arm hang, pull up to flexed arm hang (head betw rings) hold 2 sec hold Lower to straight arm hang, raise legs to hanging "L"-hold 2 sec hold on "L" "Drop" legs and swing backward Back swing to 45° below horiz Swing forward swing to horizontal Swing backward swing to horizontal Swing fwd to str body inv hang (mom hold) momentary hold-inv hang Lower legs to piked inv hang (momentary hold) momentary hold - inverted hang Lower to long hang position (hold) 2 second hold - long hang Drop to landing 	<ol style="list-style-type: none"> From straight arm hang with false grip, muscle up to support (spotter assistance allowed) SpecBonus#1: From straight arm hang same as #1 to support w/o assistance Straight body support with the rings turned out (hold)2 sec hold on support Piked fwd roll down to hanging "L" (hold), lower legs to str body hang 2 second hold on hanging "L" Pull w. bent arms & bent body to strt body inverted hang (straight arms/and or body allowed) Pike & lower to long hang pos. (hold) 2 sec. hold on long hang SpecBonus#5: From inv hang in #4, pike & extend to back lever (hold) & lower to long hang 2 sec hold lever, mom hold - lg hng Pull up to inverted hang Cast to swing backward swing to horiz Swing forward swing to horiz Swing bk to straight body inlocate Swing backward swing to horiz Swing fwd to tuck flyaway dismount Salto ring height (bottom of ring) 	<ol style="list-style-type: none"> From str arm hang, pull to head betw the rings, "bounce" to front lever pos, return to head betw rings pull up pos. SpecBonus#1: same as #1 w. min. 1 sec hold front lever min1 sec hold-lever Lift body to straight body inv hang Lower to pike inv hang, then extend body to back lever 2 sec hold on back lever Lower to long hang position & Pull to piked inverted hang pos. Cast to straight body inlocate Straight body inlocate Back uprise to support Bk uprise should finish w. strght body & feet at 45° below horiz L position (hold) 2 second hold Press shoulderstand (hold) 2 sec. hold SpecBonus#9: Press to handstand Roll backward to pike inverted hang, cast to bwd swing, fwd swing bwd swg to horiz with tight arch Straight body dislocate Shoulders should show rise Straight body dislocate Shoulders should show rise Layout flyaway dismount Flyaway at ring height
<p>VII-VI-V Definition-Swing/Height Forward-The line from shoulders to feet with body position hollow. Backward-The line from shoulders to feet with body position in a tight arch. Class VI - V: The swing must show some lifting of shoulders</p>		

Class IV Modified Optionals Class III

<ol style="list-style-type: none"> 0.4 L support with rings turned out, 2 sec hold. 0.4 Bent or straight arm press to handstand-momentary hold 0.4 2 continuous inlocates or dislocates (2nd must be straight body) Must show rise 	<ol style="list-style-type: none"> 0.4 "A" value or higher press to handstand-hold 2 sec. 0.4 "B" or higher static strength part 2 sec. (Gr III/ IV static ok) 0.4 1 inlocate or dislocate shoulders at top of rings min or lock arm shoot HS (F or R) 	<p>B press: no more than 45° arm bend or = A.(also deduct for bend) Shoot HS: arms bend >45° = A C value =(15°=S, 30°=M, 45°=L) Inlocate/disc at top of rings - use 15-30-45 to evaluate credit and exc.</p>
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Developmental D skills

- Straight arm, bent hip press handstand, (straddled or legs together); executed flawlessly without touching the rings, straps, or cables - hold 2 sec.
- Planche-legs together, - 2 second hold.
- From HS: Lower to:Inv Cross, 2sec hold. up to 15° high-no deduct, 16-30° above=-0.1, 31-45° = -0.2, above 45° not rec.
- From cross / L-cross ,2 sec, pull to support
- Swing to any cross, 2 second hold.
- Stretched Honma no more than 15° pike

- Shoot (fwd or bwd) to HS with strgt arms, 2 sec. hold (straight arm swing throughout, up to .2 ded in handstand allowed for credit)
- Double salto stretched, throughout, dismt.

JE 1/2: 2.8 Diff + 1.0 Sp Req (5 @ 0.2) + 5.0 Pres +1.2 Bonus = 10.0
(3C + 3B + 4A = 10 Skills) 1.2 Bonus includes Difficulty and Special

CI 3: 1.5 Diff + 1.2 Sp Req (3 req @ 0.4) + 6.1 Pres +1.2 Bonus =10.0
(1C + 2B + 4A = 7 Skills) 1.2 Bonus includes Difficulty and Special

CI 4: 1.1 Diff + 1.2 Sp Req (3 req @ 0.4) + 6.5 Pres +1.2 Bonus =10.0
(2B + 5A = 7 Skills) 1.2 Bonus includes Difficulty and Special

- all: Front lever =B, V-sit 2 sec = B, Back rise straddle planche = C**

(B press and Shoot HS information apply to Classes 1-2-3-4: see above)



NATIONAL GYMNASTICS JUDGES ASSOCIATION, INC.

Junior Olympic Course Notes

Ken Achiron - Regional Technical Director-East

v. 1.92 revised: January 26, 2004

Vaulting

Class VII - VI - V: Evaluate Handsprings as per Technical Vault with Exception of Landing Distance.

Class VII	Class VI	Class V																																																																											
<p>Choice of 3 vaults using either <u>Vault Table or Traditional Horse</u> (12-13-02 clarify from Bo Morris)</p> <ul style="list-style-type: none"> • 9.0: Squat on - Straight jump off • Squat over <p>9.4 Base + 0.3 Bonus = 9.7 Total</p> <p>1. Preflight <i>Full extension of the body must be shown in the pre-flight</i></p> <p>2. Postflight <i>The center of gravity must rise after the hands leave the horse.</i></p> <p>3. Landing</p> <table> <tr><td>2.0 - 2.5 meters</td><td>Bonus</td><td>+0.2</td></tr> <tr><td>1.5 - 2.0 meters</td><td>Bonus</td><td>+0.1</td></tr> <tr><td>1.0 - 1.5 meters</td><td></td><td>0.0</td></tr> <tr><td>0.5 - 1.0 meters</td><td></td><td>-0.2</td></tr> <tr><td>less than 0.5 meters</td><td></td><td>-0.3</td></tr> </table> <p>Stick Landing Bonus +0.1</p> <ul style="list-style-type: none"> • Handspring <p>9.7 Base + 0.3 bonus = 10.0 Total</p> <p>1. Pre-flight</p> <p>2. Postflight <i>The center of gravity must rise after the hands leave the horse.</i></p> <p>3. Landing</p> <table> <tr><td>2.0 - 2.5 meters</td><td>Bonus</td><td>+0.2</td></tr> <tr><td>1.5 - 2.0 meters</td><td>Bonus</td><td>+0.1</td></tr> <tr><td>1.0 - 1.5 meters</td><td></td><td>0.0</td></tr> <tr><td>0.5 - 1.0 meters</td><td></td><td>-0.2</td></tr> <tr><td>less than 0.5 meters</td><td></td><td>-0.3</td></tr> </table> <p>Stick Landing Bonus +0.1</p> <p>General Rules</p> <ol style="list-style-type: none"> 1. Side horse may be set at any height 2. No zero except no contact. See Right 3. Vault Table: (see *** on steps) 	2.0 - 2.5 meters	Bonus	+0.2	1.5 - 2.0 meters	Bonus	+0.1	1.0 - 1.5 meters		0.0	0.5 - 1.0 meters		-0.2	less than 0.5 meters		-0.3	2.0 - 2.5 meters	Bonus	+0.2	1.5 - 2.0 meters	Bonus	+0.1	1.0 - 1.5 meters		0.0	0.5 - 1.0 meters		-0.2	less than 0.5 meters		-0.3	<p>(12-16-02 clarify from Bo Morris)</p> <p><u>Vault Table</u> (3 choices)</p> <ul style="list-style-type: none"> • 8.8: Squat on - Straight jump off • Squat over 9.2+0.3 Bonus=9.5 tot • Handspring 9.7+0.3 bonus=10.0 <p><u>Traditional Side Horse</u> (2 choices)</p> <ul style="list-style-type: none"> • Handspring see evaluation below • Squat over 9.2+0.3 Bonus=9.5 tot <p>(Squat over)1. Preflight: Body must be above horizontal at hand contact <i>Full extension of the body must be shown in the pre-flight</i></p> <p>2. Postflight - The center of gravity must rise after hands leave horse.</p> <p>3. Landing</p> <table> <tr><td>2.0 - 2.5 meters</td><td>Bonus</td><td>+0.2</td></tr> <tr><td>1.5 - 2.0 meters</td><td>Bonus</td><td>+0.1</td></tr> <tr><td>1.0 - 1.5 meters</td><td></td><td>0.0</td></tr> <tr><td>0.5 - 1.0 meters</td><td></td><td>-0.2</td></tr> <tr><td>less than 0.5 meters</td><td></td><td>-0.3</td></tr> </table> <p>Stick Landing Bonus +0.1</p> <ul style="list-style-type: none"> • Handspring <p>9.7 Base + 0.3 bonus = 10.0 Total</p> <p>1. Pre-flight</p> <p>2. Postflight -The center of gravity must rise after hands leave horse.</p> <p>3. Landing</p> <table> <tr><td>2.0 - 2.5 meters</td><td>Bonus</td><td>+0.2</td></tr> <tr><td>1.5 - 2.0 meters</td><td>Bonus</td><td>+0.1</td></tr> <tr><td>1.0 - 1.5 meters</td><td></td><td>0.0</td></tr> <tr><td>0.5 - 1.0 meters</td><td></td><td>-0.2</td></tr> <tr><td>less than 0.5 meters</td><td></td><td>-0.3</td></tr> </table> <p>Stick Landing Bonus +0.1</p> <p>General Rules</p> <ol style="list-style-type: none"> 1. Side horse may be set at any height 2. No zero except no contact. See Right 3. Vault Table: (see *** on steps) 	2.0 - 2.5 meters	Bonus	+0.2	1.5 - 2.0 meters	Bonus	+0.1	1.0 - 1.5 meters		0.0	0.5 - 1.0 meters		-0.2	less than 0.5 meters		-0.3	2.0 - 2.5 meters	Bonus	+0.2	1.5 - 2.0 meters	Bonus	+0.1	1.0 - 1.5 meters		0.0	0.5 - 1.0 meters		-0.2	less than 0.5 meters		-0.3	<p><u>Vault Table or Traditional Horse</u> <u>Long Horse Vault</u></p> <ul style="list-style-type: none"> • Handspring Vault <p>9.7 Base Score + 0.3 bonus = 10.0 Total</p> <p>1. Pre-flight</p> <p>2. Postflight <i>The center of gravity must rise after the hands leave the horse.</i></p> <p>3. Landing</p> <table> <tr><td>2.0 - 2.5 meters</td><td>Bonus</td><td>+0.2</td></tr> <tr><td>1.5 - 2.0 meters</td><td>Bonus</td><td>+0.1</td></tr> <tr><td>1.0 - 1.5 meters</td><td></td><td>0.0</td></tr> <tr><td>0.5 - 1.0 meters</td><td></td><td>-0.2</td></tr> <tr><td>less than 0.5 meters</td><td></td><td>-0.3</td></tr> </table> <p>Stick Landing Bonus +0.1</p> <p>General Rules</p> <ol style="list-style-type: none"> 1. Long horse any height 2. No zero except failure to contact. See Below. <p>***Vault Table Squat - Levels 6-7</p> <p>1 step on top allowed 0.1 per extra step on table</p> <p>Missed Vault Rule No ZERO score, except failure to contact the horse. Minimum score for any actual vault is 1.00 For a zero as defined by FIG, allow a 2nd attempt for each class, deduct 1.0 from start value of the second vault. NO 3rd ATTEMPT. Minimum score is 1.0 (except w/o contact of horse.)</p> <p>All Classes Deviation from the axis: as per FIG Distance measured from end of vault table surface.</p>	2.0 - 2.5 meters	Bonus	+0.2	1.5 - 2.0 meters	Bonus	+0.1	1.0 - 1.5 meters		0.0	0.5 - 1.0 meters		-0.2	less than 0.5 meters		-0.3
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New Spotting Rule for All Classes

For all classes, the coach must stand in close proximity (Arm's Length) to the FIG vaulting table in position to best assist the athlete should the need arise. Do not allow his run if the coach not in position.

Class I, II, III, and IV Vault Rules

1. Technical Vault: Handspring with Start Value of 8.3+0.3 Must be first vault. Use Technical Vault Criteria	
2. Optional V: FIG Rules but use JO Missed Vault Rule. (not tech vault criteria) Choices below: (JE I/II use 1 meter line)	
Class 3-4: Only Gr 3 (Hndsprg)/Gr 4 (¼ to ½ t in 1st phase).	Class 1-2: Any vault. Group 5 MUST have both Safety Zone Mat and Vault Table only to be done.
3. Final Score: Average of Technical and Optional Vaults	No zero vault except failure to contact. see Box above.

"The Technical Vault landing rules for distance at the bottom of P.91 in the JO Program Manual will not be used in the evaluation of any optional vault in the Junior Program."



NATIONAL GYMNASTICS JUDGES ASSOCIATION, INC.

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Ken Achiron - Regional Technical Director-East

v. 1.92 revised: January 26, 2004

Technical Vault Evaluation				
Handspring Vault - 8.3 Start Score + 0.3 Bonus = 8.6				
DESCRIPTION	ERROR	DEDUCT		
PRE-FLIGHT From the time that the gymnast leaves the board up to the instant that his hands leave the horse				
<p>Incorrect position of the legs, feet, and body in the Preflight. Evaluate for leg separations, bent knees, toe point, and/or incorrect body position. <i>Emphasize the hollow-arch technique off the board.</i> From the board, the gymnast should be in an upright, hollow body (slight pike in the hips) position. Just prior to and throughout contact with the horse, the body should "release" from the hollow (with a slight hip pike) to a tight arch position.</p>	Small	0.1	Leg & Body Position	
	Medium	0.2		
	Large	0.3		
<p>Bent arms at contact with the horse Evaluate for the maximum amount of arm bend while the hands are still in contact with the horse.</p>	Small	0.1	Arms	
	Medium	0.2		
	Large	0.3		
POST-FLIGHT From the time that the hands leave the horse until the feet contact the ground.				
<p>Body position in the postflight: As Per FIG <i>A tight arch should be maintained throughout the Postflight phase.</i> Deviations from the tight arch position in the post flight should be evaluated for both hollow/pike and for excessive arch. The objective is to encourage maintaining the tight arched (straight body) position all the way through the postflight.</p>	Small	0.1	Body Position	
	Medium	0.2		
	Large	0.3		
<p>Rise in the postflight: <i>The hips should show a definite rise from a strong blocking action.</i></p>			Rise	
Hips rise 0 to 1/4 of the gymnast's body height	Small	0.1		
Hips do not rise (0)	Medium	0.2		
Hips drop from vertical	Large	0.3		
BONUS: Hips rise more than 1/3 of the gymnast's body height	0.1	Bonus		
LANDINGS				
Distance			Distance	
Class 3 & 4	Landing 2.5 - 3.0 meters from the horse	0.2		Bonus
Class 3 & 4	Landing 2.0 - 2.5 meters from the horse	0.1		Bonus
Class 3 & 4	Landing 1.5-2.0 meters from the horse	No Error		0.0
Class 3 & 4	Landing 1.0-1.5 meters from the horse	Medium		0.2
Class 3 & 4	Landing less than 1.0 meters from the horse	Large		0.3
Landings	As per FIG		Landing	

No Stick Bonus available on any optional vault.



NATIONAL GYMNASTICS JUDGES ASSOCIATION, INC.

Junior Olympic Course Notes

Ken Achiron - Regional Technical Director-East

v. 1.92 revised: January 26, 2004

Parallel Bars

Class VII 9.7+0.3 bonus = 10.0	Class VI 9.3+0.7 bonus = 10.0	Class V 9.3+0.7 bonus = 10.0
<ol style="list-style-type: none"> From stand, jump to suppt & swing fwd Fwd swing 45° below horizontal Swing Backward Backward swing horizontal Swing Forward Forward swing horizontal Swing Backward Backward swing horizontal Swing fwd to straddle leg pos. on bars Immed reach hands in front of legs & lift legs off bars (straddle travel), swing fwd to L position (hold) 2 second hold on "L." Swing Backward Backward swing 45° below horiz. Swing forward Forward swing horizontal Swing backward to dismount over either rail 45° above horiz at peak of swing <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p align="center">Special JO Values</p> <ul style="list-style-type: none"> • Straddle/Pike Press HS, 2 sec. hold = B • Stutz: 45-74° / Back Toss: 45-74° = B • Stutz: 75-90° = C • Back Toss: 75-90° = Dev D • Peach straight arms up to 45° = B • Peach straight arms 46-74° = C • PB: Peach straight arms 75-90° = Dev D </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>All Classes (except class 7): May not mount lowered rails with shoulders above rails</p> </div>	<ol style="list-style-type: none"> From stand/short run, long hang swing forward (Tap swing not glide swing) Fwd long hang swing to 45° below horiz (bent knees allowed) Swing backward to upper arm hang 45° below horiz (bent knees allowed) Swing fwd in upper arm hang to upper arm "cast" position (body pos optional) Extend body fwd & swing back to back uprise to support Back uprise finish feet at bar height SpecBonus#4: from cast pos. in #3, extend body fwd, sw bk to back uprise to supp, arms straight at horiz. arms must be straight when body reaches horiz, body line is shoulders to feet Swing forward Fwd swing -extended- feet above bars Swing back body horizontal SpecBonus#6: from sw fwd in #5, sw to momentary HS (Hold allowed) Swing fwd Fwd swing hips above horiz Swing back to hop with both hands Hop at 45° above horiz Swing fwd Fwd swing hips above horiz Swing back to 45° above horiz Swing fwd to "Stutz" dismount over either rail inlocate Body should remain stretched during the turn. Turn should be completed at horizontal. 	<ol style="list-style-type: none"> From stand/short run, glide kip to suppt Swing backward and bail Backward swing to horiz prior to bail SpecBonus#2: From supp in #1, swing back to above horiz and bail body must be extended above horiz Moy to upper arm hang hips bar height at catch, open or pike Back uprise to support feet above rails, arms straight at completion of bk uprise Swing fwd Fwd swing hips above horiz • Back swing to 45° above horiz prior to leg separation for straddle L. • 2 second hold - straddle L. SpecBonus#6: Fr swing fwd in #5, sw back to momentary hs, lower to strad L hold allowed- HS, 2 sec hold on strad L Straight arm, bent body, straddle press to handstand (hold) 2 second hold • press out below horiz = - 1.0 • press out 45° to horiz = - 0.3 • press out 45° to vertical = - 0.2 • Press w momentary hold = -0.1 Swing fwd Fwd swing hips above horiz Swing back to hop with both hands Hop at 45° above horizontal Swing fwd Fwd swing hips above horiz Swing backward through handstand with release of either hand and 180° turn over opposite bar to stand (straight body Wende Swing dismt)

Class IV Modified Optionals Class III

<ol style="list-style-type: none"> 0.4 Forw or Rev Pirouette in Handstand 0.4 Front uprise swing to or through nominal Handstand 0.4 Minimum "A" value giant, Moy, or cast 	<ol style="list-style-type: none"> 0.4 front uprise to any swing pirouette or back uprise to nominal HS (Revised) 0.4 Min "B" value fwd stutz or back toss supp or Diamidov 0.4 Minimum "B" giant, Moy, peachbasket, or cast 	<p>Special Exception: No more than two B or C reverse straddle cutting skill may be counted for difficulty, bonus or Special Requirements.</p> <p>Class 4 = Front uprise, immed swing pirouette to HS fulfills both Spec 1&2.</p>
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Developmental D skills

- Salto backward (back toss) to HS.
- Diamidov to handstand.
- From a HS, giant swing to 45°- HS or giant swing with 1/2 turn to HS.
- Peachbasket 75-90° (handstand) w/o interruption of upward movement performed anywhere on the bars.
- Front uprise to immed stutz 45°
- Healy to support

JE 1/2: 2.8 Diff + 1.0 Sp Req (5 @ 0.2) + 5.0 Pres + 1.2 Bonus = 10.0
(3C + 3B + 4A = 10 Skills) 1.2 Bonus includes Difficulty and Special

CI 3: 1.5 Diff + 1.2 Sp Req (3 req @ 0.4) + 6.1 Pres + 1.2 Bonus = 10.0
(1C + 2B + 4A = 7 Skills) 1.2 Bonus includes Difficulty and Special

CI 4: 1.1 Diff + 1.2 Sp Req (3 req @ 0.4) + 6.5 Pres + 1.2 Bonus = 10.0
(2B + 5A = 7 Skills) 1.2 Bonus includes Difficulty and Special

- all: PB: V-sit , 2 sec. hold = B Glide Rev Cut at end = A+A
- all: PB: Stutz: 45-74° / Toss: 45-74° = B
- all: PB: Stutz: 75-90° = C Glide Rev Cut center = A+B
- all: PB: Peach straight arms up to 45° = B Rev cut in center = GrI
- all: PB: Peach straight arms 46-74° = C



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Horizontal Bar

Class VII 9.7+0.3 bonus = 10.0	Class VI 9.3+0.7 bonus = 10.0	Class V 9.3+0.7 bonus = 10.0
<ol style="list-style-type: none"> From hang with overgrip, pullover to support Cast, back hip circle Cast - horizontal Undershoot Swing Backward and hop (simultaneous release) both hands Backward swing and hop at 45° below horizontal with hollow body Swing fwd with 1/2 turn to mixed grip 1/2 turn completed at 45° horizontal with hollow body Swing forward in mixed grip Forward swing 45° below horizontal Swing Backward in mixed grip, at peak of swing, drop to stand. 	<ol style="list-style-type: none"> From hang or small prelim swing in overgrip, cast fwd to swing backward Backward swing 45° below horizontal with hollow body position Swing forward kip to support with spotter assistance SpecBonus#3: From swing fwd in #2, kip up w/o spotter assistance Pause and/or extra swing NOT allowed after kip & before cast Cast to free hip circle backward cast-horiz, slight brushing of bar ok on free hip Undershoot Hollow body position in undershoot Swing backward Backward swing 45° below horizontal Swing forward Swing backward Backward swing - horizontal Swing 1/2 turn to mixed grip and push against the bar to release of bar and drop dismt to stand 45° below horiz at completion of turn 1/2 turn done in hollow position SpecBonus#9: from sw back in #8: swing 1/2 turn and "block" the bar (shift wrist and push against the bar) to release of bar & drop dismt to stand Horiz at completion of turn, 1/2 w hollow 	<ol style="list-style-type: none"> From hang in overgrip, pullover to support cast to free hip circle Completion of cast above horiz Horiz at completion of free hip Straight arms and hollow throughout Tap swing forward Basic Tap (hollow - tight arch - hollow) 1/2 turn to mixed grip Toes lead, str arms, hollow thru 1/2 t. Tap swing forward in mixed grip Basic Tap (hollow - tight arch - hollow) Swing backward in mixed grip, changing to dble ovgrgp at end of swing Swing forward and kip to support (momentary pause and/or 1 extra swing allowed) SpecBonus#7: From swing bwd in #6, forward sw, kip to supp, immediate cast to #8. No bonus if no giant in #8 Tap swing fwd to 3/4 giant to supp demonstrate wrist shift thru supp phase of 3/4 giant, brushing bar on undershoot allowed Specbonus#8: From cast in #7: 2 back giants to 3/4 giant w less than 0.5 deduction giant executed w proper tap Undershoot & swing bwd Body hollow on undershoot Swing forward to flyaway dismt Basic Tap swing Head neutral at release of bar tuck or layout flyaway allowed

High Bar Mounts - Optionals

A maximum of 5 forward and backward body movements (of which the 5th must be a stemme or free hip circle) will be allowed without deduction.

Also, inclusion of a 'back-uprise' action, even to partial support, on the 4th movement will also be allowed without deduction.

Class IV Modified Optionals Class III

<ol style="list-style-type: none"> 0.4 blind turn to nom HS finishing in any grip 0.4 free hip circle, Stalder or Endo, or toe on-toe off (straddle or pike) 0.4 Fwd giant to 1/2 turn (pirouette) 	<ol style="list-style-type: none"> 0.4 From undergrip giant, early pirouette to HS finish any grip 0.4 from 1 giant, minimum fwd/back salto dismount 0.4 Stalder/Endo or legs together toe on-toe off 	<p>Special Class 3 and 4 Bonus</p> <p>+0.2 for fulfilling FIG flight</p> <p>+0.2 fulfilling FIG dorsal/cubital grip requirement</p> <p>(Only one time for each above)</p>
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Developmental D skills

- Inverted giant
- Any of the following flight elements; Tkachev, Gienger, Jaeger or Deltchev.
- Free stoop circle forward or backward to HS (Inside Stalder / Endo to HS)
- Double salto stretched, throughout, dismt.

JE 1/2: 2.8 Diff + 1.0 Sp Req (5 @ 0.2) + 5.0 Pres + 1.2 Bonus = 10.0
(3C + 3B + 4A = 10 Skills) 1.2 Bonus includes Difficulty and Special

CI 3: 1.5 Diff + 1.2 Sp Req (3 req @ 0.4) + 6.1 Pres + 1.2 Bonus = 10.0
(1C + 2B + 4A = 7 Skills) 1.2 Bonus includes Difficulty and Special

CI 4: 1.1 Diff + 1.2 Sp Req (3 req @ 0.4) + 6.5 Pres + 1.2 Bonus = 10.0
(2B + 5A = 7 Skills) 1.2 Bonus includes Difficulty and Special

- all: HB: Blind Change to HS, double undgrip = B**
- all: HB: Legs closed toe-on-off HS fwd/bwd = B**
- toe-on-toe-off immed 1/1 pirouette to mixed grip = B+B**
- back upr hs - immed overgr stalder allowed deduct angle short hs**

(any 1 skill box used 1x in a value raised sequence)



2002 F.I.G. VAULTING TABLE

v.3.00

(unofficial) Judging Aide ← Vault Groups →

July 12, 2002
Ken Achiron

I. Direct Vaults	II. Vault 1/1 tu 1st Flight	III. Handspring/Yamashita	IV. Vault 1/4-1/2t 1st Flight	V. Roundoff Entry Vaults
1. Stoop 7.5	1. Jump fwd 1/1 t. hdspr 8.2	1. Handspring Fw 8.0	1. Handspr sw w ¼ t 8.0	1. RO, Handspr Bwd 8.0
2. Stoop w 1/2 t 7.5	2. Jump fwd 1/1 t. hdspr w 1/2 t 8.4	2. Yamashita 8.0	2. Handspr sw w ¾t 8.2	2. RO, Handspr Bwd 1/2t. 8.2
6. Hecht 7.6	3. Jump fwd 1/1 t. hdspr w 1/1 t 8.6	3. Handspr Fw 1/2 t 8.2	3. Handspr sw 5/4 t 8.4	3. RO, Handspr Bwd 1/1t. 8.4
7. Hecht w 1/2 t 8.0	6. Jump fwd 1/1 t-salto fwd tuck 8.8	4. Yamashita 1/2 t 8.2	4. Hdspr sw 1/4t - salto fwd tuck 8.4	5. <u>Yurchenko str 5/2 t</u> 9.9
8. Hecht w 1/1 t 8.6	7. Jump fwd 1/1t hdspr-salto fwd tu w 1/2 t 9.0	5. Fw Handspr 1/1 8.4	5. Hdspr sw 1/4 t - salto fwd pike 8.6	6. Yurchenko tuck 8.4
9. Hecht w 3/2 t 9.0	11. Jump fwd 1/1 t hdspr-salto fwd pike 9.2	6. Hdspr-salto fwd tu 8.4	6. Tsukahara tuck 8.4	7. Yurchenko tuck 1/2 t 8.6
10. Hecht w 2/1t 9.2		7. Hdspr-salto ½ t tuck or Cuervo tuck 8.6	7. Tsukahara tu w ½ t 8.6	8. Yurchenko tuck 1/1 t 8.8
		8. Hdspr salto fw tu 1/1 t or Cuervo tu w 1/2 t 8.8	8. Kasamatsu tuck 8.8	9. Yurchenko tuck 3/2 t 9.0
		9. Hdspr fw 1/1 t and salto fwd tu 9.2	9. Tsukahara tuck 3/2 t or Kasamatsu tu 1/2 t 9.0	10. Yurchenko tuck 2/1t 9.2
		10. Hdspr salto fwd tu 3/2 t or Cuervo tu 1/1 t 9.0 (Kroll)	10. Tsukahara tu 2/1 t (Barbieri) 9.2	11. Yurchenko pike 8.5
		11. Hdspr-salto pike 8.6	11. Tsukahara pike 8.5	13. Yurchenko pike 1/1 t 8.9
		12. Hdspr salto fw pike w 1/2 t or Cuervo pike 8.8	13. Tsukahara pike 1/1t 8.9	14. <u>Yurchenko-salto bwd tucked (Melissinidis)</u> 9.8
		13. Hdspr salto fw pike 1/1t or Cuervo pike 1/2 t 9.0	16. Tsukahara stretch 8.9	15. <u>Yurchenko-salto bwd Piked (Melissinidis)</u> 10.0
		14. Hdspr fwd w 1/1 t and salto fwd pike 9.4	17. Tsukahara str 1/2 t 9.1	16. Yurchenko stretched 8.9
		15. Hdspr salto fw pike 3/2 t or Cuervo pike 1/1t 9.2	18. Tsukahara str 1/1t or Kasamatsu str 9.3	17. Yurchenko stre 1/2 t 9.1
		16. Hdspr salto fw str 9.2	19. Kasamatsu str 1/2 t or Tsukahara str 3/2 t 9.5	18. Yurchenko stre 1/1 t 9.3
		17. Hdspr salto fw str w 1/2 t or Cuervo str 9.3	20. Kasamatsu str 1/1 t or Tsuk str 2/1 t 9.7 (Akopian)	19. Yurchenko stre 3/2 t 9.5
		19. <u>Hdspr salto fw str w 1/1 turn</u> 9.5	21. Hspr sw ¼ t- salto fwd stretched 9.2	20. Yurchenko stre 2/1 t 9.7
		20. Hdspr salto fw str w 3/2 t or Cuervo str w 1/1 turn (Lou Yun) 9.6	28. Tsuk-salto bwd tu (Yeo) 9.8	21. RO ½ t. hdspr fwd 8.2
		21. Yamashita 1/1 8.4	34. Tsuk-salto bwd piked (LuYuFu) 10.0	22. RO ½ t. hdspr fwd pi 8.2
		22. Fw Handspr 3/2 t. 8.6	36. Kasamatsu str 3/2 t (Driggs) 9.9	23. RO ½ t hdspr fw 1/2t 8.4
		23. Yamashita 3/2 t. 8.6	37. Kasamatsu str 2/1t (Lopez) 10.0	24. RO ½ t hdspr fw ½t pi 8.4
		24. Hdspr fw w 2/1 t 8.8		25. RO ½ t hdspr fw 1/1t 8.6
		25. Yamashita w 2/1 t 8.8		26. RO ½t hdspr salto fw tu 8.6
		26. Hdspr salto fw tu w 2/1t or Cuervo tuck w 3/2 turn (Canbas) 9.2		27. RO ½t hdspr salto fw tu w. ½ turn 8.8
		27. Hdspr-double salto fw tuck (Roche) 9.8		31. RO ½t hdspr salto fw piked 8.8
		28. Roche w. 1/2 t (Dragulescu) 10.0		32. RO ½t hdspr salto fw piked w. ½ turn (Nemov) 9.0
		33. <u>Hspr salto fw. tu w ½t & salto bwd.=</u> Zimmerman 10.0		36. RO ½t hdspr salto fwd stretched 9.4
		36. <u>Hspr salto fw str 2/1t</u> 9.9		37. RO ½t hdspr salto fw str w ½ turn (Hutcheon) 9.5
		37. Hdspr-salto fwd str w 5/2 turn 10.0		38. RO ½t hdspr salto fw str w 1/1turn 9.7
				39. RO ½t hdspr salto fw str w 3/2 turn 9.8
				41. RO jump bwd 1/1 back hdspr 8.2
				42. RO jump bwd 1/1 back hdspr w 1/2 t. 8.4
				43. RO jump bwd 1/1 back hdspr w 1/1 t. 8.6
				46. RO jump bwd 1/1 back hdspr -salto bwd tu 8.6
				47. No.46 with salto 1/2t 8.8
				48. No.46 with salto 1/1t 9.0
				49. No.46 with salto 3/2t 9.2
				50. No.46 with salto 2/1t 9.4
				51. RO jump bwd 1/1 back hdspr -salto bwd pike 8.7
				56. RO jump bwd 1/1 back hdspr -salto bwd str 9.1 (Scherbo)
				57. Sherbo w 1/2 t 9.3
				58. Sherbo w 1/1 t 9.5
				59. Sherbo w 3/2 t 9.7
				60. Sherbo w 2/1 t 9.9

newly added FIG vaults are underlined