



# NATIONAL GYMNASTICS JUDGES ASSOCIATION, INC.

## Junior Olympic Course Notes

Ken Achiron - National Technical Secretary

v. 512 revised: December 30, 2007

### COMPETITION TABLE 2007 - 2008

Level 4 (Comp Only) (6-7,8-9,10-11,12& over)	Level 5 (Comp Only) (7-9, 10-11, 12 & over)	Level 6 (Comp Only) (8-9, 10-11, 12 & over)	Level 7 (Comp Only) (10-11, 12 & over)
9.2 Base Score	9.2 Base Score	9.2 Base Score	9.2 Base Score
0.4 Specified Bonus 0.2 Virtuosity 0.1 G.P.A. 0.1 Stick Bonus	0.4 Specified Bonus 0.2 Virtuosity 0.1 G.P.A. 0.1 Stick Bonus	0.4 Specified Bonus 0.2 Virtuosity 0.1 G.P.A. 0.1 Stick Bonus	0.4 Specified Bonus 0.2 Virtuosity 0.1 G.P.A. 0.1 Stick Bonus
10.0 Max. Score	10.0 Max. Score	10.0 Max. Score	10.0 Max. Score

Level 8 (FIG Modified Optional) Using Junior Olympic Program Rules (14 -18)	Level 9 (FIG Optional) Using Junior Olympic Program Rules (12-13)
8 highest values, including dismt for A-Score	8 highest values, including dismt for A-Score
1.5 FIG Element Groups (3 groups) EG5 req.	2.0 FIG Element Groups (4 groups) EG5 req.
+0.3 Bonus for each additional element group	+ 0.3 Bonus for each additional element group
Element groups can be fulfilled only using listed skills* of any value Also see exception rules for dismounts	Element groups can be fulfilled using skills listed skills* of any value with the exception of the dismount.
10.0 Presentation = B-Score (deductions)	10.0 Presentation = B-Score (deductions)
A value Dismount = +0.5 in Group 5 0.1 Stick Bonus on dismounts which receive full Group V credit - added to A - Panel	B dismt = +0.5, A dismt = +0.3 in E.G. 5 0.1 Stick Bonus on dismounts which receive full Group V credit - added to A- Panel
A Panel + B- Panel (10.0) = Start Value	A Panel + B- Panel (10.0) = Start Value

Level 10 (FIG Optional) (16-18, 14-15)	Special Optional Information Levels 8 - 9 - 10
10 highest values, including dismt for A-Score	<u>Difficulty:</u> A=0.1, B=0.2, C=0.3, D=0.4, E=0.5, F=0.6 count the best values - no chronology rules
2.5 Element Groups (5 groups)	<u>Element Groups:</u> Each: 0.5 any value, exc. dismt: .5/3/0
Element groups can be fulfilled only using listed skills of any value Also see exception rules for dismounts	<u>Short Routine</u> < 6 skills = -0.5 per mssing
10.0 Presentation = B-Score (deductions)	* <u>Listed values</u> =FIG skills + JO listed exceptions to fill EG
C dismt = +0.5, B dismt = +0.3, A= 0.0 in EG5 0.1 Stick Bonus on dismounts which receive full Group V credit - added to A-Panel	<u>Vault:</u> Lvl 8=1 w. stick / 9-10 see vault bonus
10.0 Max Start value, 10.0 Max score	<u>Dismounts:</u> deliberately performed dismt from any previously printed FIG Code= min "A" value + also <i>consideration as a valid "A" skill for EG5.</i>
	<u>Presentation Deductions (as per FIG) :</u> Sm = 0.1, Med= 0.3, L= 0.5 fall on or off = 0.8 Half int swing = 0.3 / full int swing = 0.5 Stick Bonus= 0.1 stuck when full Gr5 credited <i>These Course Notes include USAG Update #12</i>



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### USAG Update 11 & 12 moves to Modified Fig Rules, Drops the 10.0 Max and many exceptions

Unless listed in the USAG Update as an exception, all interpretations listed in the latest USAG / NGJA interpretations, are in full effect as written. Pay particular attention to turning elements on Horizontal Bar and its examples.

#### Calculating a Start Value for JO Routines

The Junior Olympic Program will Calculate the A Score in the following manner for Levels 8, 9 & 10

- Highest difficulty skill from each E.G.R in order to fulfill the EI 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 will be counted next. The counting skills must include Element Group V.
- A maximum of 4 skills from any one element group may be counted for the A score

#### Other Information - difficulty

- 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.
- 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.)
- Junior Skill Value Exceptions to the FIG Code of Points with the Corresponding Element Groups
- Note: Some previously JO rated A value skills have been eliminated. These skills are now covered by FIG.

#### Uniforms - Levels 6-10

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.

#### Vault Stick Bonus

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 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)

#### Unlisted Skills

.. 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](mailto:jrobinson@usa-gymnastics.org). He will have the skill evaluated by the NGJA / USAG Technical Comm.

.. 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.

#### New Score Range for Deductions, based only on B-Panel Scores

##### B Panel Range:

<b>0.1</b>	<b>for deductions of</b>	<b>0.00 – 0.40</b>
<b>0.2</b>	<b>for deductions of</b>	<b>&gt; 0.40 – 0.60</b>
<b>0.3</b>	<b>for deductions of</b>	<b>&gt; 0.60 – 1.00</b>
<b>0.4</b>	<b>for deductions of</b>	<b>&gt; 1.00 – 1.50</b>
<b>0.5</b>	<b>for deductions of</b>	<b>&gt; 1.50 – 2.00</b>
<b>0.6</b>	<b>for deductions of</b>	<b>&gt; 2.00 – 2.50</b>
<b>0.7</b>	<b>for deductions of</b>	<b>&gt; 2.50</b>

**This replaces the previous system and range.**



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### General Guidelines

NGJA JO Course Notes are *UNOFFICIAL*. Always refer to the USA Gymnastics Junior Olympic Program 2005--2008. 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](http://www.usa-gymnastics.org) Updates of the NGJA FIG Interpretations may be found at [www.ngja.org](http://www.ngja.org) *Judges are reminded that the goal of USAG is to achieve strict interpretation on all presentation items. Please see USAG Updates for additional performance guidelines on each event.*  
**Equipment All Specs are F.I.G. unless otherwise stated. Adapted specs in the program in are minimums, however FIG heights may not be exceeded, except where specified by F.I.G., (SR/PB - accommodate tall athlete)**  
**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

**Short Routine - Less than 6** skills deduct 0.5 from presentation per skill missing

**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:** (Need not recognize skill if gymnast could not have completed on his own)

- Incidental brushing or touching without interrupting the skill: . . . . no deduction
- Spotter assists the execution of the skill . . . . . Deduct 0.5 and presentation errors
- FX: spotted skill: normal JO deductions & -0.5 for presence of spotter
- **All spotting, required or general, must be done by a USAG Professional Member.** Adtl assistance may be given by assistant coach who is a Professional Member. **Required Spotter missing: Do not start routine.**
- **Spotter walks away where required: deduct 0.3, and warn that another infraction will disqualify all his athletes on that event that day. Spotter may not spot from surface higher than the allowable competition floor. DO NOT START EXERCISE.**
- **HB & Rings: Spotter required at ALL levels, required to be in position to safely spot entire performance.**
- **Vaulting: between board and vault table/landing area.**
- **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 0.5 (unpermitted spotter)
- **Behavior deductions are now 0.3, apparatus deductions are now 0.5**

**Uniforms: Out of Uniform (WITH warning): 0.3:** (taken from the All Around) (**Rules Include: NO Jewelry**)

- **Levels 10-5 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. **Levels 5-4** only require gymnastics short pants, team T-shirt, socks/shoes. FX, V may compete with or without footwear. See above for more info.
- **All gymnasts required** to wear shirt: all events during warm-ups & competition.

**Age:** Determined on Sept. 1. Must always be at least 6 yrs. May only move up 1 year based on Sept. 1st. age; only if moving to higher competition level. **Exception for Level 9:** Athletes below required age of 12 for Level 9 may move up to Level 9 through Future Stars: See Official Program Guide/website postings for details. **Specialists:** permitted all levels.

**General Presentation: Nominal Handstand:**  $\pm 15^\circ$  from vertical **Speaking to gymnast:** 0.3 once during routine.

- **Falls off the apparatus:** Deduct 0.8 + 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 judge say yes or no. No other discussion.
- **JO Program will use FIG Rule** concerning swings to or through handstand or strength holds.
- **A nominal handstand is shown at plus or minus  $15^\circ$  from vertical.**
- **Coach speaks or obvious signal: deduct 0.3 once during routine.**
- **Judges may use 0.05 to better separate gymnasts.**
- **Dismounts: deliberately performed dismount from any previously printed FIG Code= min "A" value + also consideration as a valid "A" skill for EG5. The Level determines what EG credit an "A" dismount will earn.**



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### JUDGING GUIDELINES

#### Compulsories

##### Routine Errors

- |  |     |
|--|-----|
| 1. Missing Part  | 1.0 |
| 2. Added part  | 0.5 |
| 3. Fall (defined as per FIG)                           | 0.5 |
| 4. Large Error (defined as per FIG)                    | 0.3 |
| 5. Medium Error (defined as per FIG)                   | 0.2 |
| 6. Small Error (defined as per FIG)                    | 0.1 |
| 7. Int. Swing: define per FIG but 0.2 half - 0.3 whole |     |

Missing parts from Start Value

Added parts from Presentation

Added holds = possible rhythm error not added part.

##### Definitions:

- A. A "part" is defined as the numbered skill/sequence.
- 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).

Positions: All swing & required positions are

a. Horizontal b. 45° c. Vertical

Holds-Required holds=2 sec.unless noted;

hold 1-2 sec = -0.1, hold 1 sec = -0.2 <1sec = 0.3

Momentary holds=has definite stop, hold up to 1 sec.

Mom. hold w/o definite stop = no hold (per FIG= - 0.3)

Landings: Deduct as per FIG (for the landing itself)

FX: No specific number of steps in a run

Salto height: FX & dismts: Measure from C. of Gravity

Pommel Horse:

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

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

- **Still Rings**
- **Forward** - The line from the shoulders to feet with body position hollow.
- **Backward** - The line from the shoulders to feet with body position in a tight arch.

Vaulting: No ZERO score, as long as the vaulter completes the run to or beyond the board. A zero as defined by FIG, allow a 2nd attempt for each class, deduct 1.0 from start value.

Only Level 10 allowed to do Roundoff Entry Vaults.

NO THIRD ATTEMPT. Minimum score awarded: 1.0 (except fail to contact table or board both times = 0.00.)

- **Optional Vault Values = Current FIG Code**
- **Horizontal Bar:** Tap swing req on all forw swings.

**HB Connection Bonus** Any "C" or higher release may be done a 2nd time if done at least once in direct conn.with any other "C" or higher release. Otherwise normal repetition rules apply. Bonus will only if both skills w/o a large error.

##### Deductions

#### Bonus for Compulsories

- **Specified Bonus:** 0.2 per skill in Levels 4-7 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
- **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.
- No routine may score greater than 10.0

#### Bonus for Optionals

**Level 8&9: +0.3 for each additional Element Group**

**FX:** +0.1 for each double salto w/o a large error

**Rings:** EG3 or EG4 B value or higher strength w/o large error

- **Stick Bonus** (must earn full EG5 credit)
  - Level 8 A or above = 0.1 Bonus
  - Level 9 B or above = 0.1 Bonus
  - Level 10 C or above = 0.1 Bonus
- **JO Valued Skills - okay for connection bonus**
- **J.O. Program Dismount Rule**
- Level 10: C dismt=full Element Group Credit  
B dismt = + 0.3, A = No EG credit  
Level 9 B dismt = full EG / A = +0.3 for E.G.  
Level 8 : A dismt=Full element Group Credit

#### J.O. Optional Vault Bonus Table

(must be different families but may be same 2<sup>nd</sup> flight)

Bonus Awarded for Combined Start Value

**Level 9** (No Yurchenko style vaults)

7.6 to 8.3	0.2
8.4 to 9.1	0.3
9.2 to 9.9	0.4
10.0 to 10.7	0.5
10.8 and above	0.6

Bonus Awarded for Combined Start Value

**Level 10**

8.4 to 9.1	0.2
9.2 to 9.9	0.3
10.0 to 10.7	0.4
10.8 to 11.5	0.5
11.6 and above	0.6

**Stick Bonus (9/10) +0.1 on 1<sup>st</sup> & 2<sup>nd</sup> if qualifies for bonus**

**HB Bonus Exceptions**

- Any C-Release (EG2) +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



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### EQUIPMENT SPECIFICATIONS - MATS

SEE THE 2005-2008 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 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 by Level 10 and Level 9 as follows:

- Floor Exercise:** 1 additional 4" landing mat can be used for landings of "D" or better 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". An additional safety cushion of up to 8" may be used in **ALL LEVELS** for landings.
- Vault:** An additional safety cushion of up to 8" may be used.
- Parallel Bars:** An additional safety cushion of up to 8" may be used.
- Horizontal Bar:** The landing surface may be raised to height of 20". An additional safety cushion of up to 8" may be used in **ALL LEVELS** for landings.

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

**Board used inside PB uprights on mounts:** must be removed immediately for safety or deduct 0.2 unsportmanlike..

#### Minimum Recommended Landing Mat Specifications for J.O. Boys LEVELS 4 -10

	LEVEL 4	LEVEL 5	LEVEL 6	LEVEL 7	LEVEL 8	Jr. Elite 9	Jr. Elite 10
<b>Floor Exercise</b>	USAG (6x40') Minimum 1 1/4" Thick		FIG (40'x40') 1 1/4" - 7" Thick				
<b>Pommel Horse</b>	12' x 12' x 10cm						
<b>Mushroom (Training Pod)</b>	10' x 10' x 10cm			N/A			
<b>Rings</b>	8' x 15 1/2' x 20 cm						
<b>Vault</b>	8' x 15 1/2' x 30 cm						
<b>Parallel Bars</b>	14' x 16 x 20 cm						
<b>Horizontal Bar</b>	8' x 30' x 30 cm						

See the JO Program Guide for important equipment measurements for each event at each level. There are no minimum height requirements on all apparatus.



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### FIG Element Groups

Level 10 5, Groups, Level 9, 4 Groups, Level 8, 3 Groups  
require skill from each group of A or higher value  
**Always count the dismount first** (important in FX & PH)

#### Floor Exercise

1. Non-Acrobatic
2. Acrobatic forward
3. Acrobatic backward
4. Acrobatic side or Arabian

(5) Dismount is required, not from Gr I.

Count skill as Gr5, but still for total skills in orig Grp..

#### 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. Giants - Glides - Moys
4. Baskets and Casts
5. Dismounts

#### Horizontal Bar

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

### NOTES

#### Floor Exercise:

- 1 additional landing mat of up to 4" can be used for landings of "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/Flair to HS – "C" in EG2 (during) or EG5 (if 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 or Direct Stockli-B to Pommel Loop

#### Rings

- Bent arm shoot now covered by NGJA Interps as per FIG
- Any "B" value or higher strength element from EG3 or EG4 will receive 0.1 in bonus with no large error in execution
- ~~EG4 Strength skills can fulfill the EG req for either EG3/EG4~~

#### Parallel Bars

- Stutzkehr\* - 45° to 74° above horizontal =B EG1
- Back toss\* - 45° to 74° above horizontal =B EG1
- Peachbasket\* – From any support or from stand with straight arms to support below nominal HS = B EG4
- 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
- Giant Swing - straight arms to any support position lower than nominal HS = B in EG3
- Front and Back salto dismounts now under the JO dismount rule

#### Horizontal Bar

- Max of up to 5 fwd and bwd body movements (of which the 5th must be a skill (i.e. stemme, free hip circle, Stalder, etc.) allowed w/o deduction. Inclusion of a 'back-uprise' action, even to partial support, on up to the 4th movement will be allowed w/o deduction.

- flyaways fwd and bwd now under the JO dismount rule.
- 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 2nd 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 performed with a large error in execution.

- JO 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.



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### FLOOR EXERCISE

All arm positions are optional

LEVEL 4	9.2+0.8 bonus	LEVEL 6	9.2+0.8 bonus =10.0	LEVEL 7	9.2+0.8 bonus
<ol style="list-style-type: none"> <li>Run, hurdle to cartwheel fwd lunge: <i>Don't turn shoulders early</i></li> <li>Immed side chassé, cartwheel 1/4 t, close legs together at floor and</li> <li>Tucked piked or ext back roll to stand, <i>str arms thru bwd roll</i></li> </ol> <p><b>Spec Bon#3 Back Roll w. str arms</b></p> <ol style="list-style-type: none"> <li>With either leg, step back, 180° t. to Arabesque stand (2 sec hold) <b>90° or higher on Arabesque</b></li> <li>Close legs to prone fall, &amp; while rising 1/2 turn left/right to rear sup. lower to pike sit position, straddle legs, lower to</li> <li>Pancake split <i>Momentary hold of split, hold allowed, not required</i></li> <li>Sit up facing A, close legs, roll back to candlestick position <i>Show full body ext moving thru candlestick</i></li> <li>Roll forward to stand</li> <li>Press to head stand/roll out to stand <i>2 sec hold req (on bonus hold allowed)</i></li> </ol> <p><b>SpecBon#9 Strad Press HS, roll out to stand</b></p> <ol style="list-style-type: none"> <li>Swing arms dnwrd&amp;back upw to power hurdle to RO, rebound to stand</li> </ol>		<ol style="list-style-type: none"> <li>Run, Roundoff, back handspring, <b>Spec Bon #1, run RO 2 flip flops before...</b></li> <li>Tucked back salto. <i>salto at head height</i></li> <li>Tuck/pike ext roll w. str arms, lower to prone, raise hips bring leg fwd to split. <b>2 second hold of forward split</b></li> <li>Press up to strad stand, or directly from split to stiff-stiff strad press to hs. Step down and face A. <b>Mom hod req, 2 sec hold ok</b></li> </ol> <p><b>Spec Bon #4 from front split, roll fwd to Endo Roll to hs mom hold of hs req, hold on hs and strad L ok</b></p> <ol style="list-style-type: none"> <li>Run - punch front salto <i>salto head height. Rebound into fwd roll not allowed</i></li> <li>Fwd roll to stand, deep squat &amp; jump press thru pike position to hs, with full 1/1 pirouette, roll to stand <b>3-4 hand place on piro</b></li> <li>Step either leg, fwd lunge to front scale, step fwd with lifted leg, 180° bwd turn &amp; bring legs together facing B <i>Lunge: frt foot slight turn out bk heel dn</i> <b>2 second hold of scale, chest&amp;leg horiz</b></li> <li>Run, hurdle, front handsprg, 2 foot frt handsprg, rebound, land w legs toghtr</li> </ol>		<ol style="list-style-type: none"> <li>Run, Roundoff, flip-flop, layout back salto <i>salto head height, note full twsiting salto may be used instead</i></li> <li>Tuck/pike ext roll to early 180° reverse pirouette to prone position. <b>Pirouette initiated prior to nom HS. 1-2 hand placements allowed on pirouette.</b></li> <li>Move either leg forw to split. <b>2 sec hold</b></li> <li>From any split: stiff-stiff strad press to hs. optional transition in corner, Step down and face A. <b>2 sec hold of hs</b></li> <li>Handspring front salto -tuck or pike <i>salto at shoulder height, prone fall or rebounding skill after front salto not allowed</i></li> </ol> <p><b>Spec Bon #5: Front Handspring, two foot take off front handspring, punch front salto</b> <i>salto at shoulder height, prone fall or rebounding skill after front salto not allowed</i></p> <ol style="list-style-type: none"> <li>Open corner transition <b>1 non-acro FIG "A" listed skill)</b> <b>Any Movement Allowed</b></li> <li>Round off, flip - flop, flip flop tucked back salto <i>salto head height</i></li> </ol> <p><b>Spec Bonus #7: Round off, whip back, flip-flop, tucked back salto salto head height</b></p>	
	<p><b>LEVEL 5</b>      <b>9.2+0.8 bonus =10.0</b></p> <ol style="list-style-type: none"> <li>Run, hurdle, front handspring <b>Rebound allowed</b></li> <li>With either leg, step fwd &amp; kick to HS, straight arm roll out Momentary hold on HS required</li> <li>Pike up to handstand <b>Mom hold req, hold ok</b></li> <li>Fwd 180° pirouette <b>1 or 2 hand placements</b></li> <li>Pike down to straight arm back ext roll, lower to pancake split <b>Tuck or pike back ext roll thru hs</b> <i>Momentary hold of split req, hold ok</i></li> <li>Sit up facing A, close legs, roll back through a candlestick, &amp; immed <i>Show full body ext moving thru candlestick</i></li> <li>Roll forw to straddle stand, straight arm, jump to straddle press to momentary HS <i>Momentary hold of HS reqd</i></li> </ol> <p><b>Spec Bon#7: from candlestick in #6, either: stiff-stiff from straddle stand or Endo roll to mom hs</b> <b>Momentary HS, hold ok on HS and Strad L</b></p> <ol style="list-style-type: none"> <li>Straight arm roll fwd &amp; jump w. feet together, to 2 foot takeoff front headspring</li> <li>Lift either leg while turning 90° to cartwheel, side chassé, cartwheel,</li> <li>Lunge, front scale (hold) step forw with lifted leg, while turning 180° bring legs together to finish facing B. <i>Lunge: frt foot slight turn out bk heel dn</i> <b>2 second hold of scale, chest&amp;leg horiz</b></li> <li>Run, RO, flip-flop, rebound to stand</li> </ol> <p><b>Spec Bon#11: Run, RO, flip-flop, flip-flop, rebound to stand</b></p>	<p><b>Patterns</b></p> <p>Level 4 (solid) A B A</p> <p>Level 5,6,7 (add dashed line ) A B A B</p>			

Level 10: 10 skills+ 5 EG (2.5) / Level 9: 8 skills + 4 EG (2.0) / Level 8: 8 skills + 3 EG (1.5) all must have EG5, short routine = < 6, 0.5 ea  
Level 8 & 9: +0.3 Bonus in Start Value for each additional Element Group depending on Level.

Level 4-5-6-7: 9.2 Base Score+0.4 Specified Bonus+0.2 Virtuosity+0.1 G.P.A.+0.1 Stick Bonus = 10.0



# NATIONAL GYMNASTICS JUDGES ASSOCIATION, INC.

## Junior Olympic Course Notes

Ken Achiron - National Technical Secretary

v. 5.12 revised: December 30, 2007

### Pommel Horse

Routines may be reversed in their entirety

Level 4 = 9.2 + 0.8 bonus = 10.0	Level 6 + 0.8 bonus = 10.0	Level 7 + 0.8 bonus = 10.0
<p><b>Pommel Horse</b> From stand w. legs together</p> <p>1. Jump to 2-3 straddle swings</p> <p><i>For the entire exercise:</i></p> <p><i>On all leg cuts, cutting leg should be minimum height of horizontal</i></p> <p>2. Cut left leg fwd to stride 3. Cut left leg bwd</p> <p>4. Cut right leg forward to stride support</p> <p>5. Cut right leg backward 6. Cut left leg fwd</p> <p><b>SpecBon #6 Release &amp; Regrasp the pommel on stride support swingin both #6/#8 Hand must release &amp; regrasp to receive the bonus (loss of contact with the apparatus</b></p> <p>7 Cut left leg bwd 8 Cut right fwd stride sup</p> <p><b>SpecBon #8 Release &amp; Regrasp the pommel on stride support swingin both #6/#8 Hand must release &amp; regrasp to receive the bonus (loss of contact with the apparatus</b></p> <p>9. Cut right leg bwd</p> <p>10. Cut left leg fwd and right leg fwd to dismt. Land with back to horse. <i>Regrasp of pommel during dismt is allowed.</i></p> <p><b>Level 4 Mushroom</b></p> <p><b>Spec bonus:</b> 2-3 ½ circles: <i>no presentation deductions taken, 0.2 bonus if no single large deduction on the bonus routine, more than 3 ½ circles ok</i></p>	<p><b>Mushroom 4.6 + Pommel Horse 4.6 = 9.2</b></p> <p><b>Specified Bonus (PH) 0.4 = 0.4</b></p> <p><b>Virt Bonus = 0.2+Stick 0.1+GPA=0.1= 0.4</b></p> <p><b>Total= 10.0</b></p> <p><b>Both dismnts must be stuck for stick bonus</b></p> <p><b>Mushroom: (routine written clockwise)</b></p> <p>1. Step to side &amp; jump to 1 double leg circle <i>body should show a stretched position throughout, maintain 90° separation - flairs.</i></p> <p>2. One dble leg circle. 3. One dble leg circle</p> <p>4. Circle w. 90° counter turn left to front sup <i>counter trn initiated on right hnd in #4 &amp; #5</i></p> <p>5. Circle w. 90° counter turn left to front sup.</p> <p>6. One double leg circle</p> <p>7. Immed straddle to 1 flair circle to front sup</p> <p>8. One flair to front support</p> <p>9. One double leg circle to front support</p> <p>10. Half double leg circle with 90° turn right to dismount (flank dismount)</p> <p><i>one complete circle needed for stick bonus.</i></p> <p><b>Pommel Horse 1. Facing end: One loop circle</b></p> <p><b>Spec Bon#1 facing end: two loop circles</b> <i>gymnast's feet together when leaving floor</i></p> <p>2. Kehre to rear sup w. left hand on pommel</p> <p>3. Right leg back, left leg back</p> <p>4. Right leg fwd, single leg travel to front sup</p> <p>5. Right leg fwd to left false scissor</p> <p>6. R leg fwd to left scissor</p> <p>7. Right front false scissor</p> <p>8. Left leg forward to right scissor</p> <p>9. Cur left fwd, right bwd, left fwd</p> <p>10. Lift right leg to feint on right pommel, ½ DLC w. 90° inward turn to left dismt to finish longitudinally w. horse</p> <p><b>Spec. Bon#10 Lift right leg to feint on right pommel, full DLC to dismt facing horse, right hand must regrasp and show support before landing</b> <i>gymnast may release pommels on landing</i></p> <p><b>Level 5 - see value in prev column</b></p> <p><b>Mushroom</b></p> <p>1. Step to side and jump to one DLC <i>body shows stretched position throughout</i></p> <p>2. One DLC</p> <p>3. Circle w. 90° counter turn left to front sup <i>counter turn be initiated w. sup on right hand</i></p> <p>4. Circle w. 90° counter turn left to front sup <i>counter turn be initiated w. sup on right hand</i></p> <p>5. One DLC</p> <p><b>Spec Bon#5: from front sup in #4, one DLC, flair circle, one DLC</b></p> <p>6. Half DLC w. 90° turn right to dismount <i>one complete circle needed for stick bonus.</i></p>	<p><b>Section 1 4.6 + Section 2 4.6 = 9.2</b></p> <p><b>Specified Bonus (Section 1) 0.4 = 0.4</b></p> <p><b>Virt Bonus = 0.2+Stick 0.1+GPA=0.1 = 0.4</b></p> <p><b>Total= 10.0</b></p> <p><b>Both dismnts must be stuck for stick bonus</b></p> <p><b>Both sections done immediately, no rest, no re-chalking, No salute required for section2</b></p> <p>1. Jump to 1 DLC (clockwise)</p> <p><b>Spec Bonus#1 Jump into 1 or 2 DLC &amp; Czechkehre</b></p> <p>2. 1/2 to 1 1/2 double leg circles <i>Body extended through circles</i> <i>Max 3 DLC if no bonus prior to travel</i> <i>Max 4 DLC if Czech done before travel from beginning of set</i></p> <p>3. Side travel left to one side circle with 1/4 turn finishing in front support on end</p> <p><b>Spec bonus#3 Direct Stockl B to one side circle with 1/4 turn to front sup on end</b></p> <p>4. Two front loops</p> <p>5. Two front flair loops.</p> <p>6. Front loop to ½ turn dismount over pommels, to longit stand parallel to horse. <i>Front loop beings in front sup &amp; requires 2 hand placements prior to ½ turn one complete circle needed for stick bonus.</i></p> <p><b>Section 2</b></p> <p><b>Allowed 1-2 swings before first leg cut</b></p> <p>1. Jump to support cutting right leg fwd to left false scissor, cut right leg fwd to left scissor</p> <p>2. Right leg front false scissor, cut left leg fwd to right scissor</p> <p>3. Immed left scissor, cut right leg over to dismount landing w. back facing horse.</p>
<p><b>Level 5 = 9.2 + 0.8 bonus = 10.0</b></p> <p><b>Mushroom = 4.6 + Pommel Horse = 4.6 = 9.2</b></p> <p><b>Spec bonus = 0.2 + 0.2 = 0.4</b></p> <p><b>Virt Bonus = 0.2 GPA Bonus = 0.1</b></p> <p><b>Stick Bonus (if both are stuck) = 0.1 = 10.0</b></p> <p><b>Pommels Horse</b></p> <p>From stand legs together, facing horse w. one hand on end and one on pommel:</p> <p>1. Jump to support while cutting left leg fwd</p> <p>2. Single leg travel up to pommels to frt sup</p> <p>3. Left leg fwd to right false scissor Cut left leg fwd to stride swing. 4. Cut left leg bwd</p> <p>5. Cut right leg fwd to left false scissor</p> <p>6. Cut right leg fwd to stride swing</p> <p><b>Spec Bon#6 From left false scissor in #5 cut right leg fwd to left scissor to #9 (dismt)</b> <i>cumulative deduction of 0.4 = no bonus, On scissor, top leg should be at least horizontal.</i></p> <p>7. Cut right leg bwd 8. Cut left leg fwd</p> <p>9. Cut right leg fwd with legs joining in front to stand facing away from horse (<i>regrasp ok</i>)</p>	<p><b>Performance Criteria All:</b></p> <p><i>All leg cuts, cutting leg should be min height of horizontal.</i></p> <p><i>On all false scissors and scissors, top leg horizontal</i></p> <p><i>Body Extended throughout loops</i></p> <p><i>Gymnast's feet must be together when they leave the floor</i></p>	

Level 10: 10 skills+ 5 EG (2.5) / Level 9: 8 skills + 4 EG (2.0) / Level 8: 8 skills + 3 EG (1.5) all must have EG5, short routine = < 6, 0.5 ea

Level 8 & 9: +0.3 Bonus in Start Value for each additional Element Group depending on Level.

Level 4-5-6-7: 9.2 Base Score+0.4 Specified Bonus+0.2 Virtuosity+0.1 G.P.A.+0.1 Stick Bonus = 10.0



# NATIONAL GYMNASTICS JUDGES ASSOCIATION, INC.

## Junior Olympic Course Notes

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v. 5.12 revised: December 30, 2007

### Rings

Level 4 = 9.2 + 0.8 bonus = 10.0	Level 6 = 9.2 + 0.8 bonus = 10.0	Level 7 = 9.2 + 0.8 bonus = 10.0
<p>1. Fr strght arm hang, pull up to flexed arm hang (<i>head betw rings</i>) <i>mom hold req</i> <b>Spec Bon#1 from flexed arm hang in #1, lower to straight arm hang, then pull up to a 2<sup>nd</sup> flexed arm hang</b> <i>mom hold req, hold allowed</i></p> <p>2. Lower to straight arm hang, raise legs to hanging "L"-hold <i>2 sec hold on "L"</i></p> <p>3. "Drop" legs and swing backward <i>Back swing to 45° below horiz</i></p> <p>4. Swing forward <i>swing to horizontal</i></p> <p>5. Swing backward <i>swing to horizontal</i></p> <p>6. Swing fwd to str body inv hang (<i>mom hold</i>) <i>momentary hold-inv hang</i></p> <p>7. Lower legs to piked inv hang (<i>momentary hold</i>) <i>hold allowed</i> <b>Spec Bon#7 Extension from pike position showing a momentary hold back lever prior to extending to long hang position.</b> <i>Hold allowed but not req for bonus</i></p> <p>8. Lower to long hang position (hold) <i>2 second hold - long hang</i></p> <p>9. Drop to landing</p>	<p><i>Bonus awarded only 1x for 8/9 (inlocates) or 10/11 (dislocates) = 0.2</i></p> <p>1. Lift body to straight inv hang</p> <p>2. Lower to pike inv hang, then extend to back lever, <i>2 sec hold on back lever</i></p> <p>3. Lower to long hang, pull to pike inv hg</p> <p>4. Cast fwd to</p> <p>5. Immed back uprise to L support. <i>Back uprise finish w str body and feet 45° below horiz, rings turn out on L just beyond parallel, 2 sec hold of L supp</i></p> <p>6. Pike press to shoulderstand <i>2 sec hold</i> <b>Spec Bon#6 From L tuck,pike, straddle press w feet on inside of straps as hs is done. Hold Hs w feet touching inside of straps for 3 sec, then str leg, bent or str body lower to support and roll back</b> <b>topike inv hang in #7</b> <i>3 sec hold with str body, rings turn out feet on inside of straps, no single large error, no more than 0.5 in presentation</i> <i>ded in press, presentation in the press not counted in score, present ded in hold counted in score - gymnast may elect not to use cables on handstand.</i></p> <p>7. Roll bwd from shoulderst to piked inv hang &amp; cast fwd to bwd sing, fwd swing</p> <p>8. Straight body inlocate <i>str body pos</i> <b>SpecBon8 shoulders at / above ring ht</b></p> <p>9. Straight body inlocate <i>str body pos</i> <b>SpecBon9 shoulders at / above ring ht</b></p> <p>10. Sw bwd, sw fwd, shoot to dislocate <b>SpecBon10 shoulders at / above ring ht</b></p> <p>11. Dislocate <b>SpecBon11 shoulders at / above ring ht</b></p> <p>12. Swing to tucked ot layout flyaway <i>Salto ring height (bottom of ring), flyaway must show rise</i></p>	<p><i>Bonus awarded only 1x for #3/4 or either (dislocate in #8 Max = 0.2</i></p> <p>1.Lift body to straight inv hang</p> <p>2.Lower to pike inv hang then cast out to</p> <p>3. Straight body inlocate <i>straight body</i></p> <p>4. Straight body inlocate <i>straight body</i> <b>Specified Bon 3 or 4: shoulders above rings on inlocate:Shoulders above rings on any inlocate or dislocate - award 1x only = 0.2</b></p> <p>5. Back uprise to L support <i>Back uprise finish w str body and feet 45° below horiz, rings turn out on L just beyond parallel, 2 sec hold of L supp</i></p> <p>6. Press to tucked/straddle planche, return to L support <i>momentary hold of planche straight arms, hips lift away from shoulders, 2 sec hold on L sit</i></p> <p>7. Tuck,pike, straddle press w feet on inside of straps as hs is done. Hold Hsw feet touching inside of straps for 3 sec <i>3 sec hold with str body, rings turn out feet on inside of straps Up to large error allowed for leaning into straps, no ded. Deduct only above 0.3 Using the feet prior to arriving at HS = up to 0.3 may elect not to use cables on HS</i> <b>SpecBon7 Pike or Straddle press as above, then remove feet from straps and hold HS 3 sec w/o the straps</b></p> <p>8. Straight leg bent or straight body, lower down to support, rotate bwd to pike inv hang and shoot to dislocate <i>continuous rhythm, no stop or hesitation</i> <b>Spec Bon 9: Shoulders above rings on dislocatesShoulders above rings on any inlocate or dislocate. Awarded once= .2</b></p> <p>9. Dislocate</p> <p>10. Swing to tucked or layout flyaway <b>"B" dismount allowed</b> <i>Salto ring height (bottom of ring), flyaway must show rise</i></p>
<p><i>Level 5 = 9.2 + 0.8 bonus = 10.0</i></p> <p>1. From straight arm hang with false grip, muscle up suppt spotter assist ok <b>SpecBonus#1: From straight arm hang same as #1 to support w/o assistance</b> <i>pike in hips ok</i></p> <p>2. Straight body support with the rings turned out (hold)<i>2 sec hold on support</i></p> <p>3. Roll bwd to inv hang <i>bent arms ok</i> <b>SpecBon#3 From piked inv hang, extend back horiz into back lever pos</b> <i>hold 2 sec</i></p> <p>4. Lower to long hang pos <i>mom hold req</i></p> <p>5. Pull out to pike inv hang</p> <p>6. Cast to swing bwd, swing fwd <i>sw fwd to horizontal</i></p> <p>7. Swing bwd to straight body inlocate, Swing bwd <b>bwd swing to horiz</b></p> <p>8. Swing fwd, swing bwd. <i>Sw fwd to horiz, sw bwd to horiz</i></p> <p>11Swing fwd to tuck flyaway dismount <i>Salto ring height (bottom of ring), flyaway must show rise</i></p>	<div style="border: 1px solid black; padding: 5px;"> <p><b>Definition-Swing/Height</b></p> <p><i>Lvl 4/5 Forward-The line from shoulders to feet with body position hollow.</i> <i>(Lvl 5)The swing must show some lifting of shoulders</i></p> <p><i>(LVL 4/5)Backward-The line from shoulders t feet with body position in a tight arch.</i></p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p><i>Lvl 4-5-6: Back lever hand pos optional</i> <i>Lvl 4-5-6 Moving from Straddle L to L seat is acceptable.</i> <i>Lvl 6 - attempted HS for bonus and fall - deduct 0.5, not value of shoulderstand.</i></p> </div>

**Level 10: 10 skills+ 5 EG (2.5) / Level 9: 8 skills + 4 EG (2.0) / Level 8: 8 skills + 3 EG (1.5) all must have EG5, short routine = < 6, 0.5 ea**  
**Level 8 & 9: +0.3 Bonus in Start Value for each additional Element Group depending on Level.**  
**Level 4-5-6-7: 9.2 Base Score+0.4 Specified Bonus+0.2 Virtuosity+0.1 G.P.A.+0.1 Stick Bonus = 10.0**



# NATIONAL GYMNASTICS JUDGES ASSOCIATION, INC.

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v. 5.12 revised: December 30, 2007

### Vaulting

LEVEL 4 = 9.7 + 0.3 = 10.0	LEVEL 6 = 9.7 + 0.3 = 10.0	LEVEL 7 = 9.7 + 0.3 = 10.0
<p>1. Run from minimum 20 to maximum 40 feet <i>run must show acceleration</i></p> <p>2. Coordinated kinetic running movement = <i>a fixed bent arm swing with elbow rise in front and rear with arms moving in a parallel plane</i></p> <p>3. Hurdle and underarm swing when approaching the spring board <i>feet must be front of hips on contact with sprngboard underarm swing= Semi circle action must show hands circling under the height of the shoulders</i></p> <p>4. Straight jump to mats <i>mats 30- 50 cm high</i></p> <p>5. Straight arms must reach vertical at or before peak of height <i>hips must show distinct rise</i></p> <p>6. Landing: <i>all landing deductions as per FIG, no distance or axis deductions</i>  <b>Level 4 and 5</b>  <i>Coach must stand between board and landing area to spot</i>  <i>Board set at a maximum of 12 in from mats</i>  <i>Base mat is 6 x 12 x 30cm addl.</i></p> <p><b>Level 5= 9.7 + 0.3 = 10.0</b></p>	<p><b>Level 6 and Level 7</b>  <b>Handspring Vault - see specific deductions pages following</b>  <b>Mats: minimum of 30cm</b></p>	
<p>1. Run from minimum 20 to maximum 40 feet</p> <p>2. Coordinated kinetic running movement = <i>a fixed bent arm swing with elbow rise in front and rear with arms moving in a parallel plane</i></p> <p>3. Hurdle and underarm swing when approaching the spring board <i>feet must be front of hips on contact with sprngboard underarm swing= Arm circle action must show hands circling under the hieght of the shoulders</i></p> <p>4. Punch front salto <i>show lift and smooth rotation, knees together</i></p> <p>5. Landing: <i>all landing deductions as per FIG, no distance or axis deductions</i></p>	<p style="text-align: center;"><b>There is stick bonus available for optional vaults- Levels 8-9-10.</b></p> <p style="text-align: center;"><b><u>Spotting Rules for All Levels</u></b>  <b>For all LEVELS</b>, the coach must stand between the board and the landing area. Do not allow his run if the coach not in position.</p> <p><b>Only Level 10 gymnasts may use FIG Category V “Round - off Entry Vaults” and must have the vault collar in place</b></p> <p style="text-align: center;"><b>Missed Vault Rule</b>  <b>No ZERO</b> score, if vaulter completes the run to or beyond the board . Minimum score for any actual vault is 1.00 For a zero as defined by FIG, allow a 2nd attempt for each LEVEL, deduct 1.0 from start value of the second vault.  <b>NO 3rd ATTEMPT.</b> Minimum score is 1.0 (except w/o completing the run).</p>	







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Level 6 and Level 7 Vault			
<b>Handspring Vault - 9.7 Base Score + 0.3 Bonus = 10.0</b>			
DESCRIPTION	ERROR	DEDUCT	
<b>PRE-FLIGHT</b> From the time that the gymnast leaves the board up to the instant that his hands leave the vault table.			
<p><b>Incorrect position of the legs, feet, and body in the Preflight.</b> Evaluate for leg separations, bent knees, toe point, and/or incorrect body position.</p> <p><b>Emphasize the hollow-arch technique off the board.</b> 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, foot & Body Position
	Medium	0.2	
	Large	0.3	
<p><b>Bent arms at contact with the horse</b></p> <p>Evaluate for the maximum amount of arm bend while the hands are still in contact with the vault table.</p>	Small	0.1	Arms
	Medium	0.2	
	Large	0.3	
<b>POST-FLIGHT</b> From the time that the hands leave the horse until the feet contact the mat.			
<p><b>Body position in the postflight:</b> <b>As Per FIG</b> <b>A tight arch should be maintained throughout the Postflight phase.</b></p> <p>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><b>Rise in the postflight:</b> <b>The hips should show a definite rise from a strong blocking action.</b></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	
<b>BONUS: Hips rise more than 1/3 of the gymnast's body height</b>	<b>0.1</b>	<b>Bonus</b>	
<b>LANDINGS</b>			
Distance			Distance
LEVEL 6 / 7	Landing more than 1 meter from the horse	No Error	0.0
LEVEL 6 / 7	Landing 0.5 - 1.0 meter from the horse	Medium	0.2
LEVEL 6 / 7	Landing less than 0.5 meters from the horse	Large	0.3
<b>Landings and Axis</b>			<b>As per FIG</b>
Base Score			9.7
Amplitude and Virtuosity			(Bonus=0.2)
Stick bonus on Compulsory			(Bonus=0.1)
Total Deductions			
Final Score			



# NATIONAL GYMNASTICS JUDGES ASSOCIATION, INC.

## Junior Olympic Course Notes

Ken Achiron - National Technical Secretary

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### Parallel Bars

LEVEL 4	9.2+0.8 bonus = 10.0	LEVEL 6	9.2+0.8 bonus = 10.0	LEVEL 7	9.2+0.8 bonus = 10.0
<p>1. From stand, jump to suppt &amp; swing fwd with opened hips <i>Fwd swing 45° below horizontal</i></p> <p>2. Swing Bwd <i>Bwd swing horiz</i></p> <p>3. Swing Fwd <i>Fwd swing horiz</i></p> <p>4. Swing Bwd <i>Bwd swing horiz</i></p> <p>5. Swing Fwd to straddle leg pos. on bars</p> <p>6. Immed reach hands in front of legs &amp; lift legs off bars (straddle travel), swing fwd to L position (hold) <i>2 second hold on "L."</i></p> <p><u>Spec Bon#6 Press from Straddle sit to L position arms must be straight on press - Press to HS ok</u></p> <p>7. Swing Bwd <i>Bwd swing 45° below horiz</i></p> <p>8. Swing Fwd <i>Fwd swing horiz</i></p> <p>9. .Swing Bwd <i>Bwd swing 45° below horiz</i></p> <p>10 Swing Fwd <i>Fwd swing horiz</i></p> <p>11 Swing bkward to dismt over either rail <i>45° above horiz at peak of swing, may move hand to other bar on dismt</i></p> <p><u>Spec bonus#11Swing Bwd to HS dismt over either rail mom hold of HS ok</u></p> <p><b>Level 5 9.2 + 0.8 Bonus = 10.0</b></p> <p>1. From stand/short run, long hang swing forward (Tap swing <b>not</b> glide swing) <i>Fwd long hang swing to 45° below horiz (bent knees allowed)</i></p> <p>2. Swing backward to upper arm hang <i>45° below horiz (bent knees allowed)</i></p> <p>3. Swing fwd in upper arm hang to upper arm "cast" pos. <i>(mom pause in cast is allowed)</i></p> <p>4. Cast fwd to back uprise to support <i>Back uprise finish feet at bar height</i></p> <p>5. Swing fwd, swing bwd <i>sw to horiz</i></p> <p>6. Swing fwd <i>body extended</i></p> <p>7. Swing bwd <i>body 45° above horiz</i></p> <p><u>SpecBonus#7: (2<sup>nd</sup>) sw to nominal HS arms must be straight when body reaches HS, line is shoulders-feet</u></p> <p>8. Swing fwd <i>body extended</i></p> <p>9. Swing bwd to nominal HS</p> <p><u>Spec Bon#9 (3<sup>rd</sup>) swing bwd in #9 goes to HS 2 second hold</u></p> <p>10. Push off to the side dismt - <i>may move hand to other rail on dismt</i></p>	<p>1. From stand/short run, glide kip to support</p> <p>2. Swing backward and bail <i>backward swing to horiz prior to bail</i></p> <p>3. Moy to upper arm hang <i>hips bar height at catch, open or pike</i></p> <p>4. Back uprise to support <i>feet above rails, arms straight at completion of bk uprise</i></p> <p>5. Swing fwd Swing bwd &amp; lower to Straddle L- hold <i>body extended w. hips horiz, Back swing to 45° above horiz prior to leg separation for straddle L 2 sec hold - straddle L.</i></p> <p>6. Press out of Strad L above horiz <i>hold ok</i></p> <p><u>Spec Bon #6 Straight arm bent body press to HS mom hold req, hold allowed</u></p> <p>7. Swing fwd, swing bwd to HS <i>2sec hold</i></p> <p>8. Swing fwd, Swing back to hop with both hands <i>Hop at 45° above horizontal</i></p> <p><u>Spec Bonus#8 Swing bwd and hop to nominal HS hold allowed</u></p> <p>9. Swing fwd <i>body extended w. hips at horizontal</i></p> <p>10. Swing backward through handstand with release of either hand and 180° turn over opposite bar to stand (straight body Wende Swing dismt) <i>Wende must start before nominal HS and be done w/o hesitation</i></p>	<p>1. From <b>run or</b> stand, jump to drop kip</p> <p>2. Swing bwd to horizontal and bail to <i>swing bwd to horiz before bail</i></p> <p>3. Moy to upper arm hang <i>hips bar height at catch, open or pike</i></p> <p><u>Spec Bon#3 Moy to support with or without extra swing to L sit (option1)</u></p> <p><u>OR Bail to giant swing (Option #2) with turnover to L sit (skip to skill 5) may finish giant in el-grip prior to hand movement and no angle required at completion of giant</u></p> <p><i>2 second hold of L sit</i></p> <p>4. Back uprise to L support <i>feet above rails with arms straight at end of uprise</i></p> <p><i>2 second hold of L sit</i></p> <p>5. Pike or straddle press to handstand <i>2 second hold on hs</i></p> <p>6. Swing forward and swing backward</p> <p>7. Layaway to front uprsie <i>front swing hips above horizontal</i></p> <p>8. Swing backward to nominal HS</p> <p>9. Swing fwd, swing bwd to pirouette in either direction.</p> <p><u>Spec Bon #9 Swing bwd to early pirouette, forward or reverse pirouette must start before nominal HS and be performed without hesitation, finishing in the HS.</u></p> <p><i>front swing hips above horizontal</i></p> <p>10. Option 1: Swing fwd, swing bwd through HS and 180°turn either direction, (Wende swing dismount) <i>front swing hips above horizontal</i> <i>Wende must start before nominal hs and finish without hesitation</i></p> <p>Option 2: swig fwd swing bwd, swing fwd to tucked or layout back salto. <i>Back salto must show lift off the bar</i></p>			

Level 10: 10 skills+ 5 EG (2.5) / Level 9: 8 skills + 4 EG (2.0) / Level 8: 8 skills + 3 EG (1.5) all must have EG5, short routine = < 6, 0.5 ea

Level 8 & 9: +0.3 Bonus in Start Value for each additional Element Group depending on Level.

Level 4-5-6-7: 9.2 Base Score+0.4 Specified Bonus+0.2 Virtuosity+0.1 G.P.A.+0.1 Stick Bonus = 10.0



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### Horizontal Bar

LEVEL 4 9.2+0.8 bonus = 10.0	LEVEL 6 9.2+0.8 bonus = 10.0	LEVEL 7 9.2+0.8 bonus = 10.0
<p>1. From hang with overgrip, pullover to suppt <i>Momentary pause after pullover allowed</i> <b>Spec Bonus #1 Pullover done without stop or hesitation to support</b></p> <p>2. Cast, back hip circle <i>Cast -toes at/above bar</i> <b>Spec Bonus#2 Cast to free hip circle</b></p> <p>3. Undershoot</p> <p>4. Swing Backward and hop (simultaneous release) both hands <i>Bwd swing &amp; hop at 45° below horiz w hollow body at peak</i></p> <p>5. Swing fwd <i>fwd swing at 45° below horiz - toes leading at peak of swing</i></p> <p>6. Swing bwd <i>bwd swing at 45° below horiz - toes leading at peak of swing</i></p> <p>7. Swing fwd <i>fwd swing at 45° below horiz - toes leading at peak of swing</i></p> <p>8. Swing bwd <i>bwd swing at 45° below horiz - toes leading at peak of swing</i></p> <p>9. Swing fwd w. ½ turn to mixed grip <i>sw fwd &amp; bwd &amp; push against bar to release bar &amp; drop dismt to stand fwd swing @ 45° below horiz toes lead @ peak, ½t @ 45° below horiz w hollow body @ peak</i></p>	<p>1. From hang in <b>undergrip</b>, pullover to support <i>continuous rhythm</i> <i>Momentary pause after pullover allowed</i></p> <p>2. cast fwd to ¾ front giant <i>full extension of body at or above horizontal</i> <b>Spec Bonus#2 Cast fwd to nominal HS to ¾ front giant</b></p> <p>3. Hop to overgrip <i>body at or above horizontal upon release</i></p> <p>4. Swing fwd to immed ½ turn swing fwd in mixed grip <i>Toes lead, str arms, hollow thru ½ t.</i></p> <p>5. Swing backward in mixed grip, changing to double overgrip at end of swing <i>swing must be horizontal</i></p> <p>6. Swing forward and kip to support <i>stop allowed</i></p> <p>7. Cast to ¾ giant (baby giant) <i>cast to horizontal</i> <b>Spec Bonus#7 Cast to 2 complete back giants before the ¾ giant deductions will not be taken on the giants - bonus given as long as neither giant has a single large error</b></p> <p>8. Undershoot</p> <p>9. Bwd Swing <i>swing must be horiz</i></p> <p>10. Tap Swing fwd to tuck/layout flyaway <i>hips bar height at release, open body before land, max deduction =0.3 for incorrect position, pike flyaway not allowed</i></p>	<p><b>Notes:</b></p> <p>1. Stalder, Free hip circle or Endo must be initiated from a nominal HS for no deduction and must be completed above 45° for no deduction.</p> <p>2. 5 possible options of Specified Bonus: Can only receive Specified Bonus for 2 of the options (free Hip HS, Endo, Stalder, Toe-on Toeoff, either direction)</p> <p>3. Toe-on Toe may be stooped or straddled</p> <p>1. From hang in undergrip, pullover to support <i>continuous rhythm</i> <i>Momentary pause after pullover allowed</i></p> <p>2. cast fwd to nominal HS to 2 or 3 front giants <b>Spec Bonus#2 Gymnast may choose to do Endo or forward Toe-on Toe-off</b> <i>1 - 3 front giants may come before/after Endo or Toe-on-off if used for bonus</i></p> <p>3. Pirouette <i>Pirouette must be completed within 15° of HS</i></p> <p>4. 2 or 3 Back giants <b>Spec Bonus #4 Free hip Circle, Stalder, or Back Toe-on toe-off with one or two additional giants</b> <i>1 - 3 back ginats may come before/after Stalder, Free Hip, or Toe-on-off if used for bonus</i></p> <p>5. ½turn OR hop ½ t at least 45° above horiz</p> <p>6. 2 or 3 back giants <b>Spec Bonus #6 Free hip Circle, Stalder, or Back Toe-on toe-off with one or two additional giants</b> <i>1 - 3 back ginats may come before/after Stalder, Free Hip, or Toe-on-off if used for bonus</i></p> <p>7. Tuck/layout Flyaway, Undershoot to extra swing before flyaway is ok <i>No pike allowed</i></p> <p><b>Alternate Dismount - not a bonus skill:</b> "B" or higher valued dismount from back giants <i>"B" valued dismount must come from giants - no bonus for alternate dismt.</i></p>
<p><b>Level 5 9.2 + 0.8 Bonus = 10.0</b></p> <p>1. From hang/small prelim swing in overgrip, cast fwd to swing bwd <i>Bwd swing 45° below horiz w. hollow body pos at peak</i></p> <p>2. Swing fwd w. ½ t to mixed grip <i>fwd sw at 45° below horiz - toes lead @ peak of sw.</i></p> <p>3. Swing fwd in mixed grip <i>fwd swing at 45° below horiz - toes leading at peak</i></p> <p>4. Swing bwd in mixed grip, changing hands to double overgrip at top of swing <i>bwd swing at 45° below horiz - toes leading at peak</i></p> <p>5. Swing fwd and kip to support <i>no tap swing req on fwd sw to kip, stop ok, if kip is performed independently but fails to make support, max deduction=0.5, including spot, spotting from start= 0.5 (assist), plus present.</i> <b>Spec Bonus#5: Kipf to immed cast no bonus if any deduction for spotting kip, cast at or above horizontal - max deduct of 0.3 ok</b></p> <p>6. Cast to back hip circle <i>cast at/above horiz</i> <b>Spec Bonus#6 Cast to free hip circle backward</b> <i>Free hip circle, hips must show daylight between hips and bar</i></p> <p>7. Undershoot and swing bwd <i>Hollow body, swing must be hollow at peak</i></p> <p>8. Tap swing fwd and bwd <i>swing must be horiz - toes lead at peak - each time</i></p> <p>9. Tap swing fwd and swing bwd to release &amp; drop dismt to stand <i>release at top of swing</i> <b>Alternate Dismount - not a bonus skill:</b> Swing fwd to tuck/layout flyaway <i>hips bar height at release, open body before land, max deduction =0.3 for incorrect position, pike flyaway not allowed</i> (3 backward swings before either dismt)</p>	<p><b>Level 4-5 General:</b> Tap swing required on all forward swings.</p> <p><b>High Bar Mounts - Optionals</b> 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.</p> <p>Also, inclusion of a "back-uprise" action, even to partial support, on the 4th movement will also be allowed without deduction.</p>	<p><b>Level 7</b> <i>Gymnasts may do 1 to 3 giants after specified bonus in parts 2,4, and 6.</i></p>

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Level 8 & 9: +0.3 Bonus in Start Value for each additional Element Group depending on Level.

Level 4-5-6-7: 9.2 Base Score+0.4 Specified Bonus+0.2 Virtuosity+0.1 G.P.A.+0.1 Stick Bonus = 10.0

