



2019-2020
Metro Association Refresher
Judging Course

<http://www.ngja.org/>

Acknowledgments

- Prepared by:
 - Amanda Stroud
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- Special thanks to the following for their assistance with all of the JO Course materials
 - Dusty Ritter
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JO Program Contacts

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- JONALs - Head Judges on each event for JO Nationals
 - Floor - Tom Kutz
 - Pommel Horse - Tim Michaels
 - Still Rings - Andrew Brown
 - Vault - Reid Holbrook
 - Parallel Bars - Aaron Fortunato
 - High Bar - Amanda Stroud
- JORTD in your Region - Joe Rank

General Judging Guidelines

- Document Precedence
 - FIG Overview
 - 2016-2017 Code of Points Review
- Professionalism
- Symbols
- Updates to the JO Program
 - FIG vs Jr FIG
 - JO Update 6
 - NCAA Updates

Document Precedence

- FIG Code of Points is the basis for all rules
- Start with most recent applicable update then proceed through other sources sequentially

* USAG Jr. Competitions
^ USAG Sr. Competitions

FIG COMPETITIONS

MTC Newsletters
& FAQ Documents

CODE OF POINTS

USAG AGCP/JO Updates*

USAG AGCP/JO Rules*

USAG - NGJA Interpretation/Updates
^*

MTC Newsletters & FAQ Docs ^*

CODE OF POINTS ^*

- For updates, the most recent takes highest precedence!

General Judging Guidelines

- Professionalism
- Uniform
 - Navy Blazer, Grey Pants, Light Colored Shirt, Tie
- Preparation
 - Paper, Pencil, Manuals, Most Recent Updates
 - Knowledge of the event

Symbols

- FIG now requires the use of symbols
 - Code of Points lists each element's symbol in the code box
 - Increasing standardization throughout the world
 - Tested on the 2017 FIG theory exam
 - FIG symbols introduction: http://www.fig-gymnastics.com/publicdir/rules/files/en_MAG%20Element%20Symbols%20Booklet.pdf

Symbols (Cont.)

- Getting Started
 - Start small. Use the most common symbols on each event.
 - Notice that the same symbols for certain skills are used on multiple events (ie. Back salto is the same on FX, SR, PB, and HB)
 - Create symbols for compulsory routine skills. The repetition and practice will prepare you for more advanced symboling.
 - Simplify a symbol to be something that works for you
 - Practice, practice, practice.

FIG Overview

- FIG Code of Points:

http://www.fig-gymnastics.com/publicdir/rules/files/mag/CoP_MAG_2017-2020_ICI-e.pdf

- Updates: FIG, NGJA, and USAG websites
 - MTC Newsletters/Updates: After major CoP revisions and prior to major events like Olympics/World Championships
 - Latest: Newsletter #35 released March 2019

2018-2019: Code of Points News

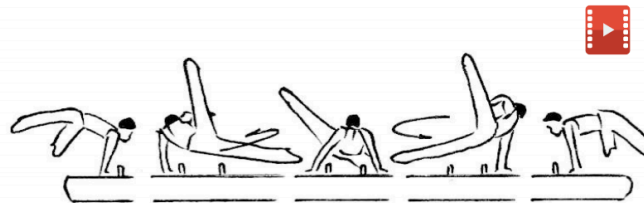
- FIG Newsletter #35 - March 2019
 - Compression Bandages
 - May not be worn except for Pbars on the biceps area
 - Can be worn for joint support
 - Recognition of Maltese Position
 - If the shoulder is completely above the top of the rings the element will be recognized as a Straight Planche
 - Czech Giant Clarification
 - A simple stoop may be used to exit Czech giants without an angular deduction, but it does not receive any value

2018-2019: Code of Points News

POMMEL HORSE

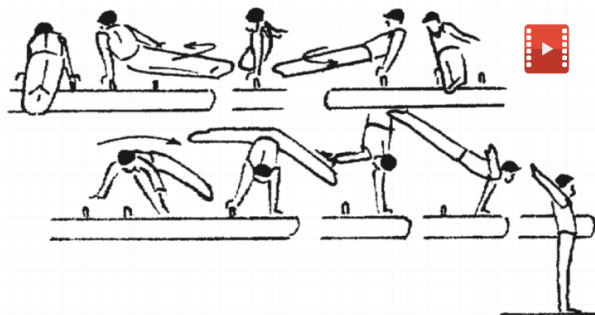
Saeedreza KEIKHA (IRI)

- *Direct Stockli A (DSA) outside pommels*
- D value (EG II) #52 Same box as **KEIKHA 3**
- Performed successfully for value in the Final of the 2018 Apparatus World Cup in Cottbus (GER),
- Name awarded: **KEIKHA 6**



David JESSEN (CZE)

- DSA with hop backward through handstand on the other end
- D Value (EG IV) # 16 - already listed in the Code of Points
- Performed successfully for value in the Qualification of the 2019 Apparatus World Cup in Doha (QAT)
- Name awarded: **JESSEN**



2018-2019: Code of Points News



2018-2019: Code of Points News

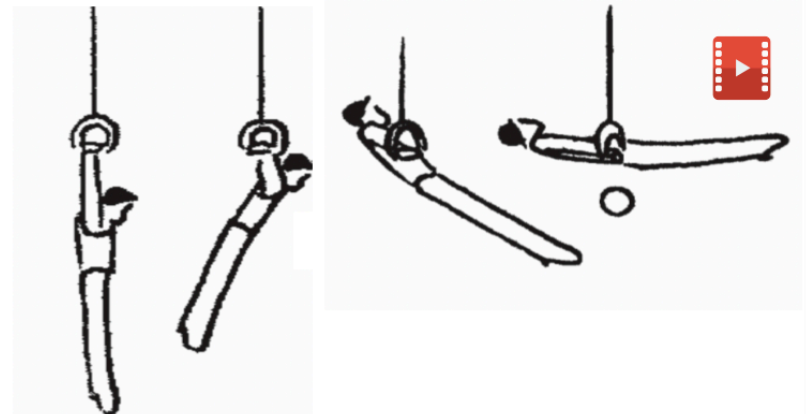


2018-2019: Code of Points News

RINGS

Courtney TULLOCH (GBR)

- From hang vertical pull up, slowly with straight arms through cross to inverted swallow (2 s.).
- F value (EG II) #66
- Performed successfully for value in the Apparatus Final of the 2018 European Championships in Glasgow (GBR)
- Name awarded: **TULLOCH 2**



2018-2019: Code of Points News

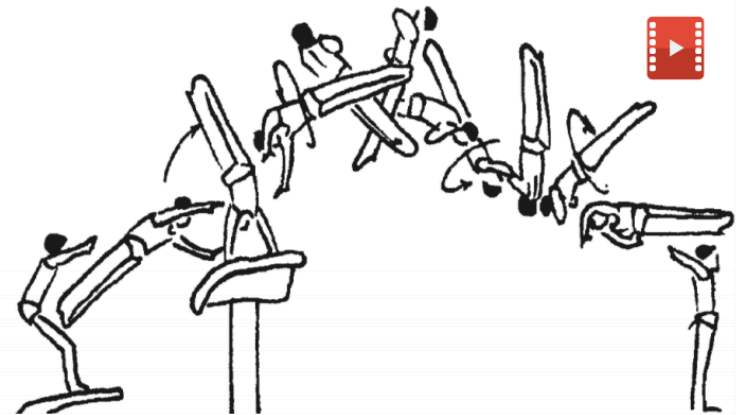


2018-2019: Code of Points News

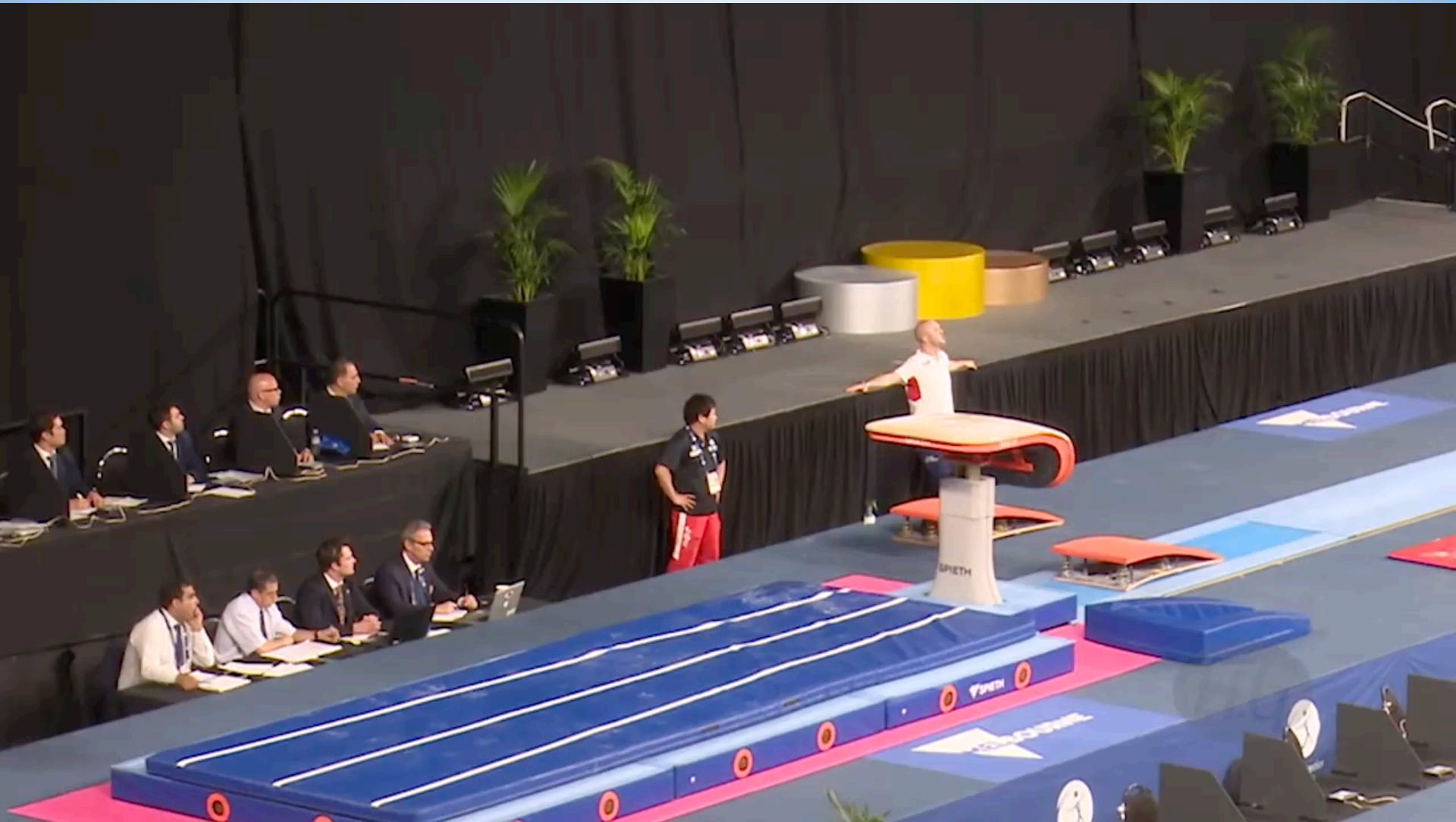
VAULT

Hidehobu YONEKURA (JPN)

- Kasamatsu straight with 5/2 turn or Tsukahara straight with 7/2 turn
- 6.0 Value, # 277 already listed in the Code of Points
- Performed successfully for value in the Apparatus Final of the 2019 World Cup in Melbourne (AUS)
- Name awarded **YONEKURA**



2018-2019: Code of Points News

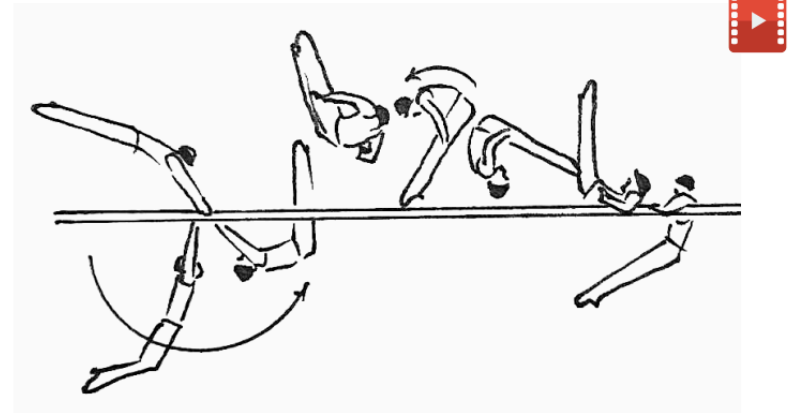


2018-2019: Code of Points News

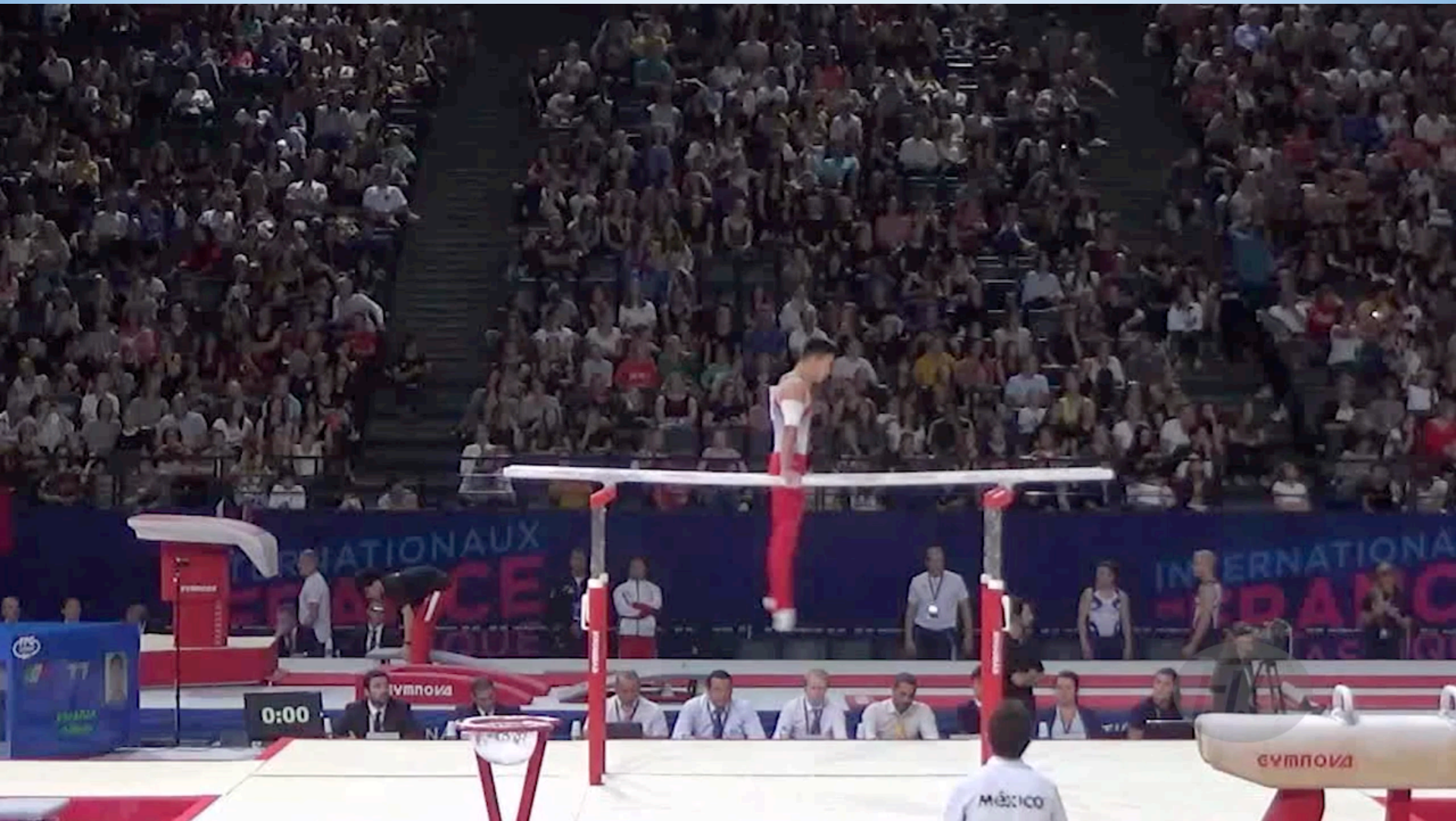
PARALLEL BARS

Orlando ESPARZA (MEX)

- Giant swing backward with $1/2$ t. and $3/2$ salto forward piked to upper arm hang.
- G value (EG III) #66
- Performed successfully for value in the Qualifications of the 2018 World Challenge Cup in Paris (FRA)
- Name awarded: **ESPARZA**



2018-2019: Code of Points News

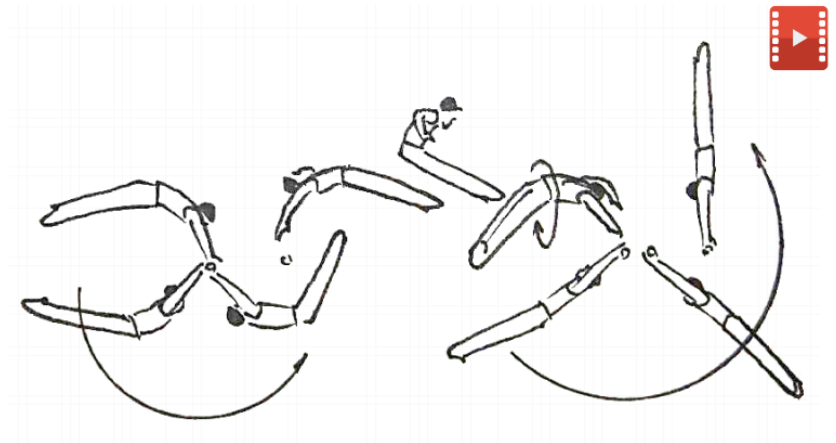


2018-2019: Code of Points News

HORIZONTAL BAR

Umit SAMILOGLU (TUR)

- Tkatchev piked with 1/2 turn to mixed el-grip into back uprise to handstand.
- D value (EG II) #16
- Performed successfully for value in the Qualifications of the 2018 World Challenge Cup in Mersin (TUR)
- Name awarded: **SAMILOGLU**



2018-2019: Code of Points News



FIG (NCAA) v. Jr. FIG

- Prohibited skills for Juniors are marked a with red dot in the CoP
 - Not allowed (no credit) in AGCP/JO Optional routines unless specific exception noted.
 - No D or E-panel deduction except for execution/form.
 - SR: Saltos bwd in hang (e.g., Gucozogy & Li Ning type swings)
 - PB: Regrasp in upper arm or bent arm support
- Element Counts: FIG = 9+Dismount v. JrFIG = 7+Dismount
 - AGCP L8-L10 dismount requirements are different.
- Special Requirements vary within FIG/Jr. FIG
 - FX: FIG requires double flipping skill; Jr. FIG does NOT
 - SR: Swing handstand skill required for both

Jr FIG and JO

- General: JO Level 8-10 judging differs from JrFIG as listed below
 - 6 counting elements are required
 - Routines having less than 6 is -1.0 per skill taken from the “D” Score as a NEUTRAL DEDUCTION
 - JO “A” value skills (any recognizable gymnastics skill) are still awarded difficulty but can not be awarded EG credit
 - Matting Violations will be deducted -0.3 in the JO Program
 - Level 8’s use Special Requirements instead of Element Groups
- Floor
 - Floor Routines will be timed per FIG (70 Seconds)
 - Level 8 is allowed to repeat one skill one time in connection
 - A 10cm landing mat is allowed for multiple flipping skills, but it must be left in place throughout the routine

Jr FIG and JO

- Pommel Horse
 - Partial credit will NOT be awarded for Russians, Travels, or any other listed skill (per FIG; reversal of previous exception)
 - No credit for Russians or traveling Russians that are not followed by a listed element
 - All circles/flairs to Handstand will be awarded a “C” regardless of execution
 - There is NO cap on execution deductions
 - A Global skewing deduction will apply to all “C” and higher longitudinal travels

Jr FIG and JO

- Still Rings
 - Swing to Handstand is required for Levels 9 and 10
- Vault
 - Yamashita = 1.6 Start Value
 - Yamashita $\frac{1}{2}$ = 1.8 Start Value
 - Front Handspring Pike $\frac{1}{2}$ = 3.6 Start Value
- Parallel Bars
 - An empty $\frac{1}{2}$ swing is allowed into any peach, giant, cast, or moy
- High Bar
 - Swing $\frac{1}{2}$ is allowed after any non flipping release
 - JO will continue to use modified credit for Adler skills

Old JO v. Jr. FIG Start Value Example

Value	B	A	A	C	D	JO A	B	B	C	C
2.0	0.2	0.0	0.1	0.3	0.4	0.1	0.2	0.2	0.3	0.3
E.G.	III	I	II	III	I	NA	I	I	I	IV
2.0	0.5	0.0	0.5		0.5					0.5

- Only E.G. II skill is an A, but you can choose it to the benefit of the gymnast since you have to count one A.

Value	B	B	A	C	D	JO A	B	B	C	C
2.1	0.2	0.2	0.0	0.3	0.4	0.1	0.2	0.2	0.3	0.3
E.G.	III	I	II	III	I	NA	I	I	I	IV
1.5	0.5	0.5	0.0							0.5

- Only E.G. II skill is an A. However, you have to choose the dismount the 7 highest valued skills first. Thus, no E.G. II.

Routine Construction #2

SKILL	EG	Value	Count (Y/N)	D-Value	E.G. Value
Scissor 1/2 3/3 travel	I	C	Y	0.3	0.5
Double scissor	I	B	Y	0.2	
Double scissor travel	I	C	Y	0.3	
Circle	II	A	N		
Loop	II	A	N		
Full Spindle (in 2)	II	D	Y	0.4	0.5
Stockli up (from cross support)	II	B	Y	0.2	
Czechkehre	II	B	Y	0.2	
Direct Stockli A	II	B	Y	0.2	
<i>Side Travel</i>	<i>III</i>	<i>A</i>	<i>N</i>		<i>X</i>
Schwabenflank	II	A	N		
Circle to Handstand	IV	JO C	Y	0.3	0.5
				2.1	1.5



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Routine Construction #3

SKILL	EG	Value	Count (Y/N)	D-Value	E.G. Value
Kip rev straddle to handstand	III	B	Y	0.2	0.5
Peach handstand	III	D	Y	0.4	
Giant handstand	III	C	Y	0.3	
Moy	III	C	Y	0.3	
Straddle cut to L	I	A	N		
Press handstand	I	B	Y	0.2	0.5
Stutz	I	C	Y	0.3	
Diamadov	I	C	Y	0.3	
<i>Lay away front uprise</i>	<i>II</i>	<i>A</i>	<i>N</i>		<i>X</i>
Layout front full	IV	C	Y	0.3	0.5
				2.3	1.5



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Routine Construction #4 (Level 8)

SKILL	EG	Value	Count (Y/N)	D-Value	S.R. Value
Whip	III	B	Y	0.2	0.5 (SR #3)
Bwd Layout 1/1 Twist	III	B	Y	0.2	X
Hopping Flr 1/1 Spindle up/ down	I	D	Y	0.4	
Gogoladze	I	C	Y	0.3	
Split	I	A	N		
Japanese Press Handstand	I	C	Y	0.3	
Front Handspring	II	A	N		
Fwd Front layout 1/1 Twist	II	C	Y	0.3	0.5 (SR #2)
Front Handspring	II	A	N		
Fwd Layout 3/2 Twist	II	C	Y	0.3	
Back handspring	III	A	N		
Bwd Layout 2/1 Twist	IV	C	Y	0.3	0.5 (SR #4)
				2.3	1.5



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JO Update #6

- Level 4 Age Determination
 - Athletes must be 6 years old by May 31
- Competition Apparel Clarification
 - Athletes may warm-up without a shirt if the warm-up hall is a separate area from the competition hall
 - Athletes must always be in full competition attire anytime they are in the competition area (field of play)
- Format Changes for JO Nationals
 - Nothing exciting

Junior Developmental Optional

- The Junior Developmental (JD) Program provides an opportunity for athletes who may not be able to commit the necessary time required to master more advanced skills on all six events to compete with their teams
- Division 2 - No Element Groups awarded
- Division 1 - Up to 3 FIG Element Groups
- No Bonus
 - No stick bonus, no execution bonus, no bonus skills awarded

Junior Developmental Optional

- Division 2
 - 6 value parts minimum = 5 skills + Dismount
 - Less than 6 skills = Neutral Deduction
 - Dismount may be a non-FIG JO “A”
 - Dismount on floor must be an acrobatic skill
 - All skills can be FIG or non-FIG JO “A”s
 - Start Value - “D” Score
 - 10.0 “E” Score + Difficulty
 - No Element Groups
 - Extra swings are allowed on all events and subject only to execution deductions

Junior Developmental Optional

- Division 1

- 6 value parts minimum = 5 skills + Dismount
 - Less than 6 skills = Neutral Deduction
- Dismount may be a non-FIG JO “A”
 - Dismount on floor must be an acrobatic skill
- All skills can be FIG or non-FIG JO “A”s
- Start Value - “D” Score
 - 10.0 “E” Score + Difficulty + Element Groups (up to 1.5)
- Extra swings are NOT allowed
- Twisting Yurchenkos are not allowed

Junior Developmental Optional

- Pommel Horse
 - FIG rule concerning utilization of all 3 parts of the horse will be applied
- Rings
 - No FIG swing to handstand is required
- Vault
 - Yamashita (1.6) and Yamashita $\frac{1}{2}$ (1.8) are allowed
 - Front Handspring Front Pike $\frac{1}{2}$ = 3.6
 - NO multiple flipping vaults
 - Only tuck, pike, or stretched Yurchenko (no twists)

JO General Updates

- FIG Rules concerning “Non-Recognition” - A large error related to deviation, holds, or angles will not automatically result in non-recognition of an element as long as the element is performed without a fall.
 - Elements will be given value and element group credit if its performance is recognizable as the code box it represents.
 - In all cases, the gymnast should be given the benefit of the doubt with regard to deviations, holds and angles in the execution of the element to preserve routine construction.
- Stick Bonus
 - Award as long as there is no movement of the feet upon landing and the heels can be brought together without lifting a foot off the ground. Excessive arm motions and unsteadiness can be assessed as execution deductions regardless of whether stick bonus is awarded.
- Less than 6 skills should be taken as a Neutral Deduction

JO Bonus

- Stick Bonus will be awarded for dismounts that meet the criteria for each level
 - No stick bonus on pommel horse
 - Stick Bonus may be awarded with other deductions for arm/body movement.
- Execution Bonus will be awarded for routines with ≤ 0.8 deductions that fulfill all EG/SR
 - No execution bonus on vault
- All event specific bonus skills are +0.2 (see revised table)
 - Exception: “C” Adler is worth +0.1
- Only Level 10’s are eligible for Vault Bonus (see table in Update 3)
- Junior Developmental gymnasts are NOT eligible for any bonus

JO Dismount Requirements

- Level 10
 - “C” Dismount Required
 - “D” = +0.1 Stick Bonus
 - “E or higher” = +0.2 Stick Bonus
- Level 9
 - “B” Dismount Required
 - “C” = +0.1 Stick Bonus
 - “D or higher” = +0.2 Stick Bonus
- Level 8
 - “A” or listed Dismount Required
 - “B” = +0.1 Stick Bonus (Except on Floor)
 - “C or higher” = +0.2 Stick Bonus
- No Stick Bonus on Pommel Horse

NCAA Dismount Requirements

- NCAA
 - “D” = Full +0.5 EG
 - “C” or “B” = Partial +0.3 EG
- All C Dismounts and Higher are eligible for +0.1 Stick Bonus Except PH
- A’s will no longer receive Partial Credit
- A’s and B’s will no longer receive Stick Bonus

General: JO Rules

- Uniforms - Out of Uniform = -0.3
 - Levels 4 and 5 are only required to wear shorts and a team t-shirt on all events (footwear is not required)
 - Levels 6-10 are required to wear a competition top at all times; Shorts for floor and vault, and long pants and footwear for all other events. Dark colored pants are allowed
- Coaches' Attire
 - Closed shoes, collared shirt, and slacks, hemmed shorts, or warm-up pants
 - NO Cargo style shorts, denim, or hats
 - NO backpacks or string bags while spotting

General: JO Rules

- Spotting
 - Required for High Bar, Still Rings, and Vault
 - The routine should NOT start without the required spotter in position. If the spotter walks away during the routine there is a -0.3 deduction and a warning that if they do it again the team will not be allowed to compete on that event the rest of the day
 - Allowed on Parallel Bars
 - -0.5 deduction for spotter present on Floor and Pommel Horse
 - If the spotter assists the deduction is -1.0 plus execution errors
 - There are some allowable spots in compulsory levels
 - If the coach brushes or touches the gymnast without interrupting or assisting there is no deduction

General: JO Rules

- Falls and Landing Deductions are per FIG
- If the coach speaks to the gymnast during his routine there is a one time -0.3 behavioral deduction
 - A coach may speak to the gymnast during a fall
- There is NO video review in the JO Program

General: JO Judging Duties

- Judges will perform both “D” and “E” Jury duties except in cases where there are four or more judges on a panel
 - On Floor and Vault JO Judges will also have the responsibility of Line Judge
 - On Floor JO Judges will also have the responsibility of time keeper
- Minimum Score in the JO Program is 1.00
- Only one attempt at a routine is allowed
 - A gymnast may repeat his routine at the discretion of the head judge if his routine was interrupted by circumstances outside his control (including a torn hand guard)

Range of Allowable Scores JO

"E" Panel Score	Allowable Deviation
9.30 - 10.0	0.10
9.00 - 9.30	0.20
8.60 - 9.00	0.30
8.20 - 8.60	0.40
7.70 - 8.20	0.50
7.20 - 7.70	0.60
<7.20	0.70



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General: Errors and Deductions

Error	Deduction
Compulsory	
Missing Numbered Part	1.0
Routine Composition Error	0.5 (once per routine)
Optional and Compulsory	
Fall	1.0
Large Error	0.5
Medium Error	0.3
Small Error	0.1
Empty Swing (1/2)	0.3
Intermediate Swing (full)	0.5



General: Common Concerns

- Repetition: A specific skill in a unique CoP box can only be performed once. All further uses are repetition (i.e., “salto fwd tucked and piked”).
- “Special Repetition” (higher value counted) v. “Basic Repetition” (chronological)
- Bringing heels together after all landings
- Multi-salto skills: Deductions per skill (toe flexion, legs apart), not per flip
- Front support as start/end point for circling skills
- Special Requirements (e.g. swing handstand on SR) must be in counting elements

NCAA Updates

- Stick Bonus
 - C and Higher Only
 - If a gymnast sticks where he cannot get his heels together, it is still a stick but can incur any landing deductions associated with his feet being too far apart (i.e. has to slide feet together since he cannot raise the heels and get his heels together; feet too far apart on landing.) If he does not fall, hop, step or slide, he will get stick bonus. However, if he slides his feet to bring them together he will get that deduction. If he lands with his feet greater than shoulder width, then he will get the stick bonus but will get that deduction for the width of the feet on landing and will also get a deduction if he slides his feet together after he sticks the landing.

NCAA Updates

- Equipment and Mat Allowances
 - Check NCAA Modifications Pages 10 and 11 before you judge
- Black Pants are Allowed
- NO zero vaults
- NCAA Added Skills
 - Under grip giant double roll to el-grip EGI B
 - Over grip giant hop to double under immediate roll to el-grip FIG Box 144 and above skill

Range of Allowable Scores NCAA

Execution Deductions	Allowable Deviation
0.0 - 0.4 10.0-9.6	0.10
>0.4 - 0.6 9.599-9.4	0.20
>0.6 - 1.0 9.399 - 9.0	0.30
>1.0 - 1.5 8.999 - 8.5	0.40
>1.5 - 2.0 8.499-8.0	0.50
>2.0 - 2.5 7.999-7.5	0.60
>2.5 >7.5	0.70

Floor

- Element Groups
 - 1. Non-Acro
 - Dismount may not come from Group 1
 - 2. Forward Acro
 - 3. Backward Acro

FIG Floor

- All 4 Corners Must Be used
 - No limit on diagonal use
- A maximum of 2 circle, flair, or Russian elements may be counted
- A maximum of 2 strength elements may be counted
 - Elements 1.1-1.48 are considered strength elements except: 1.19 Handstand and 1.31 1/2 or 1/1 turn in Handstand
- Dismount Counts as EGIV (and EGII or EGIII)
 - Dismount counts FIRST except in the case of basic repetition

JO Floor: Updates

- Floor Routines will be timed
 - 70 seconds max time with an audible warning at 60 seconds
 - Any timing device or signal may be used, and should be mentioned in the pre-meet instructions
- Counter Saltos will NOT fulfill Level 8 SR#3
- A 10cm mat is allowed for multiple flipping skills
 - Must remain in place (-0.3 deduction)
- An Endo Roll to the Press will NOT be allowed in Level 5

Floor: Updates

- Jump to prone: Allowed after ***controlled*** landing (part of no value, no E.G. credit, because it's not a skill)
- Level 8 is allowed to repeat one skill one time in connection
- Connection Bonus on Floor is now per FIG
 - “B” or “C” + “D” or higher = +0.1
 - “D” or higher + “D” or higher = +0.2
 - Connected skills do not have to be in counting skills to get bonus There is NO double flipping skill requirement for Juniors
- The full floor area must be used. The gymnast must go to or from each corner
 - -0.3 neutral deduction

Floor: Level 8

- Skills can not fulfill more than one Special Requirement
- Special Requirements - Worth 0.5 each
 - 1. Minimum “B” value layout salto backwards
 - Multiple flipping skills fulfill this requirement
 - Whip back does NOT fulfill
 - 2. Minimum “B” value salto forward
 - 3. Two saltos in direct connection
 - Repetition of a salto is allowed one time. Chronology rules do not apply
 - Counter Saltos do NOT fulfill
 - 4. Minimum FIG “A” value dismount
 - Non-FIG dismount will receive partial SR credit (0.3) (must be acrobatic)
 - Must be acrobatic

Floor: Level 8

Athlete receives credit for skills in GREEN and does not receive credit for the skills in RED

This is “One skill, one time”

Pass 1: Run - Front Tuck - Front Tuck

Pass 2: Run - Front Tuck

Pass 1: Run - Front Layout 1/1 - Front Tuck

Pass 2: Run - Front Tuck

Pass 1: Run - Front Layout 1/1 - Front Tuck

Pass 2: Run - Front Tuck

Pass 3: Run - Front Layout 1/1

Pass 1: Run - Front Layout 1/1

Pass 2: Run - Front Layout 1/1 (& no Special Requirement #3)

Pass 1: Run - Front Layout 1/1 - Front Tuck

Pass 2: Run - Front Layout 1/1 - Front Tuck

Pass 1: Run - Back Layout

Pass 2: Run - Back Layout - Front Tuck (& no Special Requirement #3)



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JO Floor: Bonus

- +0.2 each time
- EGIII “D” or higher layout multiple salto
 - Only these listed skills:
 - Double Salto Bwd Stretched (3.52)
 - Tamayo (3.53)
 - Double Salto Bwd Stretched w 3/2 (3.54)
 - Double Salto Bwd Stretched w 1/1 (3.58)
 - Double Salto Bwd Stretched w 2/1 (3.59)
 - Double Salto Bwd Stretched w 5/2 (3.65)
 - Double Salto Bwd Stretched w 3/1 (3.71)

Pommel Horse

- Element Groups

- 1. Single leg swings and scissors
- 2. Circles and flairs, with and/or without spindles and handstands, Kehrswings, Russian wendeswings, flops and combined elements
- 3. Travel type elements, including Krolls, Tong Fei, Wu, Roth, and traveling spindles
- 4. Dismounts

FIG Pommel Horse

- A maximum of 2 Russians are allowed INCLUDING the dismount
- A maximum of 2 Handstand elements are allowed EXCLUDING the dismount
- A maximum of 2 3/3 Cross Support Travels are allowed
 - Skills: 3.41, 3.45, 3.46, 3.47, 3.51, 3.57, 3.58, 3.59
- There is no Stick Bonus on L8-L10 Pommel Horse

FIG Pommel Horse

- All scissors through handstand on one pommel require a change of arm or pommel to receive value
- Amplitude (per element) v pike/hip break (per circle). No more global amplitude deduction
- Start positions/orientation of the skill matters
 - $\frac{1}{4}$ czech turn into Russian = start counting Russian after $\frac{1}{4}$ turn
 - Wende dismount always starts facing in = the last 180° of the Russian is the wende

Pommel Horse: Updates

- The Level 8 Pommel-less Horse Table has been updated to the current FIG Code Numbers
 - Skills list has NOT changed
- A half pendulum swing is allowed prior to the undercut at the beginning of the 15-18 Technical Sequence.
 - The Sequence may be preformed with or without this half swing
- Level 8 Half Turns (Kheres, Stocklis) must be done without intermediate circles for credit
- Level 4 mushroom - The deductions for incomplete circle are in addition to the fall

JO Pommel Horse

- NO STICK BONUS on PH
- A global skewing deduction will apply to all “C” and higher value longitudinal travels
- Partial credit will not be awarded for Russians, travels, or any other listed element
- In order to further simplify the rules regarding falls, all listed elements in EGII and EGIII, except elements through handstand and lower to support with straddle legs, require a listed CoP element afterwards for value.
 - If fall occurs on the follow-up skill, credit for the previously completed element is awarded (i.e., Tong Fei to circle out w/ fall on circle still receives Tong Fei credit)

Pommel-less Horse: Level 8

- All allowable skills are listed on L8 pommel-less horse skills table
 - All FIG code numbers updated
- Special Requirements = Worth 0.5 each
 - 1. Minimum $\frac{1}{2}$ longitudinal travel forward or backward
 - Must be done in cross support
 - 2. Kehre or Stockli - Minimum $\frac{1}{2}$ turn
 - $\frac{1}{2}$ turn must be completed without intermediate circles
 - 3. Spindle or Russian - minimum $\frac{1}{2}$ turn
 - $\frac{1}{2}$ turn must be completed in ONE circle and must continue to circles/flairs
 - Any listed pommel-less horse dismount
 - There are NO non-listed dismounts for partial credit

Pommel Horse: Bonus

- All Bonus is +0.2 for each eligible skill performed
 - ***EGII (Any E or Higher including E Flops)***
 - Any E Flop
 - Any Side Support 1/2 Spindle w hand support to other side and return (2.29)
 - Side Support 1/1 Spindle w both hands outside pommels (2.30)
 - Cross Support 1/1 Spindle w both hands between the pommels (2.35)
 - 1/1 Spindle on the pommels (2.41)
 - Busnari (2.54) (eligible for level 8)
Exception: Busnari skill that ends in a leg cut does not receive bonus
 - Sohn (2.65)
 - Bezugo (2.83)
 - 1080° Russian on one pommel or between the pommels (2.113)
 - ***EGIII (Any E or Higher Travel with 360° or greater turn)***
 - Wu (3.83) (eligible for level 8)
 - Vammen - Cross Support on the leather Russian 360° or 540° over both pommels (3.89)

Rings

- Element Groups

- 1. Kip and swing elements & swings through or to handstand (2sec)
- 2. Strength elements and hold elements (2sec)
- 3. Swing to strength hold elements (2sec)
- 4. Dismounts

FIG Rings

- Max of 1 final strength position from each E.G. (i.e., one E.G. II cross and one E.G. III cross permitted). *Choose higher valued if repeated within E.G.*
- Minimum swinging E.G. I “B” required to breakup sequence of more than three E.G. II and E.G. III skills
- Back uprise straddle L (E.G. I #68) can break E.G. II & III sequence; that straddle L is NOT considered final strength position for repetition purposes

JO Rings: Updates

- Back Uprise Straddle Planche will NOT receive JO Bonus for “C” or Higher EG II or III skills
- For Level 8 SR#3 Count the highest value inlocate/dislocate skill
 - Do not use chronological order

Rings: Updates

- Swing to handstand with 2 sec hold required (D-panel deduction = 0.3); even for Jr. FIG
- Level 8 is only allowed one Honma type skill from EGI and one Honma type skill from EGII
 - Levels 9, 10, and JD do not have a restriction on the number of Honma Skills

Rings: Level 8

- No FIG swing handstand is required at level 8
- Special Requirements
 - 1. Handstand
 - 2. Minimum FIG “A” value skill in support
 - 3. Inlocate or Dislocate with shoulders at ring height or Giant
 - Skills below ring height will receive partial SR credit (0.3)
 - Use Highest Value skill
 - 4. Minimum FIG “A” value dismount
 - Non-FIG dismount will receive partial SR credit (0.3)

Rings: Bonus

- All Bonus is +0.2 for each eligible skill performed
- Any EGII or EGIII “C” or higher value strength skill
 - EXCEPT Back Uprise Straddle Planche

Vault: Updates

- JD Division 1 gymnasts are allowed to do Yurchenko vaults
 - No Twisting Yurchenkos allowed
- Technical Sequence (15-18)vaults should not be allowed to compete without proper matting in place
 - If the vault is done without proper matting there is a 2.0 deduction
- Technical Sequence vaults that do not land feet first will no receive a 0.0 vault
 - Gymnast may repeat the vault with 1.0 deduction or receive a 2.0 deduction without repeating

Vault: Updates

- There is no Execution Bonus on vault
- Levels 8 and 9 are not allowed to perform multiple flipping vaults
- Level 8 is only allowed to do tuck, pike, or stretched Yurchenko (no twists)
- Yamashita (1.6) and Yamashita $\frac{1}{2}$ (1.8) are allowed vaults
- Front Handspring Front Pike $\frac{1}{2}$ = 3.6

Vault: Bonus

- Level 10 ONLY
- A Single Vault of 5.0 Start or two vaults where the second vault meets the following criteria:
 - The first vault is scored normally. If the first 5.0 SV vault has a single large or greater error the gymnast may elect to do a second vault for bonus
 - The second vault must be immediately following the first
 - Vault must be from different FIG groups, but may have the same second flight
 - Both vaults must have a salto in the second flight
 - The second vault can not have a single large error

Vault: Bonus

- One vault below the 5.0 SV is only eligible for +0.1 Stick Bonus

Sum of Start Values for 2 Vaults	Vault Bonus	Stick Bonus
7.6 - 8.7	+0.2	+0.1 each vault
8.8 and higher	+0.4	+0.1 each vault
Single Vault Start Value 5.0+	Vault Bonus	Stick Bonus
5.0 or higher	+0.6	+0.2

Parallel Bars

- Element Groups

- 1. Elements in support or though support on 2 bars
- 2. Elements starting in upper arm position
- 3. Long swings in hang on 1 or 2 bars and under swings
- 4. Dismounts

FIG Parallel Bars

- On all Moy and Giant Bwd. Swings, legs may not bend until body is horizontal
- Flipping/regrasping skills must exhibit both open/prep & control (may incur both errors):
 - Lack of extension at horizontal regrasping after saltos: 0.1 or 0.3
 - Uncontrolled regrasping after saltos: 0.3 or 0.5
- Special Repetition: Max 2 Giants to handstand & Max 2 Peach to Handstand

Parallel Bars: Updates

- No variation of EGIII Box 58 (Giant bwd and salto 1/2 to upper arm or hang) is allowed in the Junior Program
- Level 7 is not required a certain amount of swings when performing the bonus
- For compulsory routines any combination of stacked mats and a springboard is allowed

Parallel Bars: Updates

- For levels 8 and 9 a Stutz to support is a “B” EGI
- For levels 8 and 9 a Giant to support is a “B” EGIII
 - These “virtual” skills can not be done in addition to their real counterparts in the code. A routine that contains a JO “B” stutz and a FIG “C” stutz will only get credit for the FIG “C”
- For all levels an empty $\frac{1}{2}$ swing is allowed before any giant, peach, cast, or moy

Parallel Bars: Level 8

- Special Requirements - Worth 0.5 each
 - 1. Minimum “B” value long hang or basket skill
 - 2. Minimum FIG “A” value upper arm skill
 - 3. Minimum FIG “A” value $\frac{1}{2}$ turn or more in or through support
 - 4. Minimum FIG “A” value dismount
 - Non-FIG dismount with receive partial SR credit (0.3)

Parallel Bars: Bonus

- All Bonus is +0.2 for each eligible skill performed
- ***EGI D or higher***
 - Diamidov w 1/4 or 1/2 to Handstand (1.22)
 - Makuts to Upper Arm (1.28)
 - Makuts to Support (1.29)
 - Zonderland (1.30)
 - Back Toss to One Rail Connected to a Healy Element (1.40)
 - Healy (1.70)
 - Healy following a B or higher swing element to one bar (1.71)
 - Gatson 1 (1.76)
 - Gatson 2 (1.77)
- 5/4 Salto fwd Straddle through support to hang or directly to hang (1.95)
- ***Any EGIII E or higher***
 - Bhavsar (3.05)
 - Giant Diamidov w ¼ or ½ to HS (3.29)
 - Giant Diamidov to 1 rail connected to a Healy Element (3.35)
 - Basket w ¼, ¾, or ½ to HS (3.107)
 - Basket w 5/4 to HS (3.108)
 - Basket w 1/1 to HS (3.114)
 - Basket through HS to Makuts (3.120)

High Bar

- Element Groups

- 1. Long hang swings with and without turns
- 2. Flight elements
- 3. In bar and Adler elements
- 4. Dismounts

High Bar: Updates

- Any flight element with salto over the bar requires a giant swing afterward or -0.3 (E-jury deduction)
- Any empty swing 1/2 turn is allowed after non-flipping releases
- Connection Bonus - Flight Elements Only
 - C value + C or higher = +0.1
 - D or higher + D or higher = +0.2
 - Connected skills do NOT have to be in counting skills
- Endo, Stalder, WEILER must come from Handstand
- El-grip giant swing (Element I.68) only require going over the top of the bar in el-grip to receive their listed value.

High Bar: Updates

- Endo, Stalder, Weiler do not have to come from handstand
- Max 2 Adler skills
- Adler elements do NOT have to enter from a handstand position

Adler to Handstand	FIG “C” Value	No Angle Deduction
Adler from 15° to 45°	JO “B” Value	No Angle Deduction
Adler from 44° to Horizontal	JO “A” Value	No Angle Deduction
Adler below Horizontal	JO “A” Value	Angle Deduction (-0.5)



High Bar: Level 8

- There is no change in direction deduction for level 8
- A pullover mount is allowed for a JO “A” value (no SR credit).
 - Continuous movement is required. A Full stop (-0.5)
- Special Requirements - Worth 0.5 Each
 - 1. Minimum FIG “A” value in-bar circling skill
 - 2. Minimum FIG “A” value swing beginning from $\frac{1}{2}$ turn or more done from overgrip
 - 3. Minimum FIG “A” value swing beginning from $\frac{1}{2}$ turn or more done from undergrip
 - For #2 and #3 they must go to handstand, but can change direction
 - 4. Minimum FIG “A” value dismount
 - Non-FIG dismounts receives partial SR credit (0.3)

High Bar: Bonus

- EGIII D or higher Adler = +0.2
 - Adler with $\frac{1}{2}$ turn through handstand (3.64)
 - Adler with 1/1 turn through handstand in undergrip (3.65)
 - Adler with 1/1 turn through handstand in mixed grip (3.76)
- A FIG “C” Adler to handstand = +0.1

Compulsory: Updates

- A required momentary hold that does not stop
= -0.3
- Showing control of a handstand fulfills the requirement for momentary hold
- Clarifications for allowable extra swings
 - PH and SR extra swings/circles are allowed
 - PB No extra swings are allowed
 - HB extra giants are allowed (not basic swings)
- Angular deviation is a judgement call by the official. A large error results in no bonus

Compulsory: Updates

- Floor
 - Level 5 is not allowed to End roll into the press
 - Level 6 - A jump prior to the headspring is not allowed
 - Level 7 - A rebound is not allowed after the layout (or bonus full) the landing is judged pre FIG
 - Level 7 - Any “B” FIG press handstand is allowed for the press bonus including a drag press from prone

Compulsory: Updates

- Angular deviation (skew) is a judgement call by officials. Skew resulting in a large error will also result in no bonus awarded
- Level 6 -The language used for the Czechkehre has been update
- Level 4 - The deductions listed in the graphic are in addition to the -1.0 for a fall
- Level 5 - A 1/2 spindle may be done in one or two circles
- Level 7 - The video is not an official version of the routine. The text is correct

Compulsory: Updates

- Still Rings

- Level 6 - The definition of 'rise' for the inlocate has been clarified. At ring level is no deduction. No rise = -0.5 and no bonus awarded
- Level 7 - Tucked planche to "L" - both must show 2 second hold

- Vault

- Level 5 - Arms may not be overhead during board strike
- Level 7 - The video is not an official version of the routine. The text is correct

Compulsory: Parallel Bars Updates

- Level 7 gymnasts are not required a certain number of swings when performing the bonus
- Momentary holds for handstands - if a gymnast shows control of the handstand position he has met the requirement for momentary hold
- Level 6 - Moy to support - no intermediate swing is allowed, gymnast must layaway on swing backward from rear support
- Level 6/7 - A gymnast who is too tall to do a giant with bars at FIG max height may substitute a cast, including a cast to support for bonus
- Level 7 - Specified Bonuses #2 and #3 may be done in any order following Part 9

Compulsory: High Bar Updates

- Level 4 - Failure to execute a “hop” will be a -0.5 routine composition error instead of a missing part since the entire part has not been omitted
- Level 5 - Either a 3/4 giant or a swinging pullover (hips on the bar) is allowed
- Level 5/6 - An extra swing is not allowed before the kip
- Level 5 - There is a -0.3 deduction for no spotter present on the flyaway
- Level 6 - If Specified Bonuses #2 and #3 are performed Part 7 must be: Cast to free hip circle, two giant swings backward, and 3/4 giant swing backward
- Level 5/6 - There is no angle specified for the free hip. Hip must be free and clear of the bar

Level 4

Scoring Elements	Score Values
Base Score	9.5
Identified Virtuosity (+0.1 each)	0.3
Stick Bonus	0.2
Total Max Score Division 2	10.0
Specified Bonus	1.0
Total Max Score Division 1	11.0

Level 5

Scoring Elements	Score Values
Base Score	9.5
Identified Virtuosity (+0.1 each)	0.3
Stick Bonus	0.2
Total Max Score Division 2	10.0
Specified Bonus	1.5
Total Max Score Division 1	11.5

Level 6

Scoring Elements	Score Values
Base Score	9.5
Identified Virtuosity (+0.1 each)	0.3
Stick Bonus	0.2
Total Max Score Division 2	10.0
Specified Bonus	1.5
Total Max Score Division 1	11.5

Level 7

Scoring Elements	Score Values
Base Score	9.5
Identified Virtuosity (+0.1 each)	0.3
Stick Bonus	0.2
Total Max Score Division 2	10.0
Specified Bonus	2.0
Total Max Score Division 1	12.0

Level 7: Vault

- Identified Virtuosity

- Acceleration during run to hurdle (Part 1)
- Feet in front of hips on board contact (Part 2)
- Distinct vertical rise from the board (Part 3)

Level 7 Vault Table				
Vault	Base Score	Virtuosity	Stick Bonus	Max Score
Divisions I and II				
Front Handspring	9.0	0.3	0.2	9.5
Side Handspring w ¼ twist	9.0	0.3	0.2	9.5
Yamashita	9.0	0.3	0.2	9.5
Division I Only				
Front Handspring 1/1 twist	9.5	0.3	0.2	10.0
Yamashita ½ twist	9.5	0.3	0.2	10.0



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