



Rhythmic Gymnastics Junior Olympic Program

Individual & Group Program

Coaches & Judges Handbook

2006-2012

3rd Edition – updated 01/2008

I. USA Gymnastics

II. Junior Olympic Rhythmic Gymnastics Program – Revised 7-16-2007

Level	2006	2007	2008	2009	2010	2011	2012
3	Floor Rope Ball	Floor Rope Ball	Floor Rope Ball	Floor Rope Ball	Floor Rope Ball	Floor Rope Ball	Floor Rope Ball
4	Floor Rope Ball	Floor Rope Ball	Floor Rope Hoop	Floor Hoop Ball	Floor Rope Ball	Floor Hoop Ball	Floor Rope Ball
5	Floor Rope Hoop Ball	Floor Rope Hoop Ball	Floor Rope Hoop Ball	Floor Rope Hoop Ball	Floor Rope Hoop Ball	Floor Rope Hoop Ball	Floor Rope Hoop Ball
6	Floor Hoop Ball Ribbon	Floor Hoop Ball Clubs	Floor Hoop Ball Ribbon	Floor Hoop Ball Clubs	Floor Rope Ball Ribbon	Floor Rope Hoop Clubs	Floor Hoop Ball Ribbon
7	Floor Rope Hoop Ribbon	Floor Rope Hoop Clubs	Floor Rope Hoop Ribbon	Floor Rope Ball Clubs	Floor Rope Hoop Ribbon	Floor Rope Ball Clubs	Floor Hoop Ball Ribbon
8	Floor Rope Ball Clubs	Floor Rope Ball Ribbon	Floor Rope Ball Clubs	Floor Rope Ball Ribbon	Floor Hoop Ball Clubs	Floor Rope Hoop Ribbon	Floor Rope Ball Ribbon
Beginner Group	Floor Ball	Floor Ball	Floor Ball	Floor Hoop	Floor TBA	Floor TBA	Floor TBA
Intermediate Group	Floor Rope	Floor Hoop	Floor Hoop	Floor Ball	Floor TBA	Floor TBA	Floor TBA
Advanced Group	Floor Hoop	Floor Hoop/Ball	Floor Hoop/Ball	Floor Ribbon	Floor TBA	Floor TBA	Floor TBA

Generalities - SPECIFICATIONS

A. Facility

1. FIG regulation for the interior dimension of the floor area is 13 X 13 meters for individual, Group, Trio and Duet Competition, with a security zone of a minimum of 1 meter wide.
The floor area must be clearly marked showing the outer boundary of the floor so that the material itself is in bounds. In other words, a gymnast must step over the line to receive an out of bounds deduction.
2. The official ceiling height, unobstructed, is a minimum height of 8 meters (26.2464 feet).
3. A physical barrier should be set up, with a recommended distance being at least 10 feet from the edge of the carpet (see Rules and Policies for additional specs).

B. Music

It is the responsibility of the coach to turn in her athletes' CD music (optional routines) appropriately cued. Only CD is allowed

*** A separate CD is required for each gymnast and for each of her routines even if the entire team uses the same music***

If the tape or CD is not properly cued, the appropriate deduction may be taken by the Assistant Judge. The music may be interpreted by one or several instruments including the voice used as an instrument without words.

C. Attire

The USA Junior Olympic Program utilizes all the FIG rules governing attire. (see Rules & Policies). Level 3 and Level 4 gymnasts must wear one (1) leotard for all routines. Level 5 through Level 8 may wear individual, optional leotards.

Group leotards must be identical in style and color, the only exception is in the case of a patterned fabric where slight variations are acceptable.

D. Apparatus – General Regulation

1. All apparatus must meet USA Gymnastics and FIG specifications.
2. An equipment check may be conducted at all USA Gymnastics sanctioned meets.
3. Apparatus specifications can be found in the Rules and Policies. Penalties taken by Head Judge. See Rules & Policies.

CHAPTER TWO

EXECUTION OF THE EXERCISE (E)






Note: *Execution faults must be penalized every time and for each element at fault, except in cases of overall penalties.*

1. TECHNIQUE WITH THE APPARATUS			
Penalties	0,10	0,20	0,30 or more
GENERALITIES			Loss and immediate retrieval or after short travelling (1 step)
Loss of Apparatus			Loss and retrieval after travelling (more than 1 step) or with apparatus leaving the floor area: 0.50
			Loss of the apparatus and use of the replacement apparatus: 0.50
			Loss of the apparatus at the end of the exercise: 0.50
Technique with Apparatus		Imprecise trajectory and catch in flight with 1 step	Imprecise trajectory and catch in flight with 2 or 3 steps
	Incorrect catch or with the help of one hand		
		Clearly incorrect catch or with the help of the body	
	Involuntary contact with the body during the exercise with alteration of the trajectory		
ROPE			
Penalties	0,10	0,20	0,30 or more
Basic technique	Incorrect handling: for the amplitude, shape, work plane, or for the rope not held at both ends (each)		Incorrect handling during a large part of the exercise: 0.50
			Knot in the rope
Loss of an end of the rope		Loss of one end of the rope: with a short stop in the exercise	
Involuntary wrappings			Around the body or part of it with interruption of the exercise
Jumps/leaps and skips/hops		Feet caught in the rope	
HOOP			
Penalties	0,10	0,20	0,30 or more
Basic Technique	Incorrect handling: Alteration in the work plane - vibrations (each)		Incorrect handling during a large part of the exercise: 0.50
Rolls		Incorrect roll with bounce	
		Involuntary, incomplete roll over the body with bounce	
Rotations		Sliding onto the forearm	Sliding on the arm
	Irregular rotation on the vertical axis		
Throws and catches		Catch: contact with the forearm	Catch: contact with the arm
Passing through the hoop		Feet caught in the hoop	

BALL			
Penalties	0,10	0,20	0,30 or more
Basic Technique	Incorrect handling: Ball held against the forearm or ball "grasped" (for each)		Incorrect handling during a large part of the exercise: 0.50
Rolls		Incorrect roll with bounce	
		Involuntary incomplete roll over the body with bounce	
CLUBS			
Penalties	0,10	0,20	0,30 or more
Basic Technique			Incorrect handling during a large part of the exercise: 0.50
Small circles and mills	Irregular movements or interruption of the movement		
	Arms too far apart during the mills		
Throws and catches	Alteration of synchronization in the rotation of the clubs during the flight		
Asymmetric movements	Lack of precision in the work planes of the clubs		
Loss and retrieval of both clubs			Loss of both clubs and immediate retrieval or with small travelling (1 step max.): 0.40
			Loss of both clubs and retrieval with large travelling or with apparatus leaving the floor area (2 steps or more): 0.60
			Loss of both clubs at the end of the exercise: 0.60
RIBBON			
Penalties	0,10	0,20	0,30 or more
Basic Technique	Alteration of the pattern formed by the ribbon		Pattern formed by the ribbon not well defined during the exercise: 0.50
		Knot without interruption in the exercise	Knot with interruption in the exercise
			Incorrect handling during a large part of the exercise: 0.50
Involuntary wrappings			Around the body or part of it with interruption in the continuity of the exercise
Snakes and spirals	Loops or waves insufficiently tight		
	Loops or waves not of the same amplitude (height, length)		
Throws and tosses		The end of the ribbon stays on the floor involuntarily	

Body Technique Faults			
Penalties	0,10	0,20	0,30 or more
GENERALITIES	Incomplete movement		Incomplete movements during the exercise
Basic Technique	Body segment incorrectly held during a movement		Several body segments incorrectly held during the exercise
	Shape neither fixed nor well-defined during the difficulties		
	Lack of amplitude in the shape		
			Incorrect body movement technique during a large part of the exercise: 0.50
		Loss of balance: unnecessary movement without travelling	Loss of balance: unnecessary movement with travelling
			Loss of balance with support on one or both hands or on the apparatus: 0.40
			Total loss of balance with fall: 0.50
Jumps/leaps		Height slightly insufficient	
		Heavy landing	
Pivots		Support on the heel during the rotation	Axis of the body not at the vertical and ending with one step
Acrobatic elements		Imprecise plane or direction	
		Incorrect execution technique	
		Heavy landing	
Music			
Penalties	0,10	0,20	0,30
Music - movement	Loss of rhythm during execution (each time)		Absence of harmony between music and movement at the end of the exercise

Compulsory Body Groups

ROPE	HOOP	BALL	CLUBS	RIBBON
Jumps/Leaps 	4 groups 	Flexibility / Waves 	Balance 	Pivots 

Technical Movements for Balances and Flexibilities:

- Level 3 & Level 4: For all balances and flexibilities the apparatus must remain in motion.
- Level 5 & Level 6 For all balances, the apparatus must perform one (1) technical movement during the difficulty to be a valid difficulty. During Flexibilities, the apparatus must remain in motion and/or perform one (1) technical movement during stationary flexibilities.
- Level 7 & Level 8 All FIG rules for balances and flexibilities apply.

Reference: FIG Code of Points page 66 - Technical Movements

Basic Composition -- Artistry Deductions			
Penalties	0,10	0,20	0,30 or more
Musical Composition			Potpourris (excessive use of various musical themes in succession)
		Absence of unity between different musical themes	
		Abrupt interruption at the end of the exercise	
		Inappropriate noises	
	Musical introduction lasting more than 8 counts		
			Music used as background 0.50
Basic Composition	Absence of balance between different technical groups		
		Absence of contact between the gymnast and apparatus at the beginning and the end of the exercise (composition fault)	Insufficient handling of the apparatus (apparatus not always in motion)
	Overuse of non-typical elements of the apparatus		
	Lack of aesthetics		
		Starting position not justified by the initial movements of the apparatus	Overuse of non-compulsory body groups 0.50
	Insufficient use of the trunk and/or head		
			Statism of the Gymnast Statism of the Apparatus
		Absence of balance between the left and right hand work	
Acrobatic Elements		Authorized acrobatic element performed with an unauthorized technique	
		Acrobatic element without coordination with the apparatus	
		Repetition of authorized acrobatic elements whether in isolation or combination	
		Unauthorized acrobatic elements	
Variety	Absence in the variety in dynamics		
	Absence in the variety in directions		
	Absence in the variety in trajectories		
	Absence in the variety in use of space and levels		
	Absence in the variety in use of space: modes		

Difficulty Deductions

Penalties	0,10	0,20	0,30 or more
			If there are more than the maximum allowable difficulties 0.50
			If the routine has less than the required Compulsory body group Difficulties 0.50
			If there are more than 2 Difficulties from a non-compulsory group 0.50
			Hoop: Uneven use of Difficulties 0.50

Note: 2 or 3 successive difficulty elements with slow turn is not permitted.

FAULTS – Compulsory Routines

General – Composition

small change in Compulsory (identified) Skill	0.10
change to facilitate a Compulsory (identified) or Movement Skill	0.20
repeating a missed Compulsory(identified) or Movement Skill	0.20 + no credit

NEUTRAL DEDUCTIONS – Neutral deductions are taken by the Head Judge after the final score is calculated.

apparatus/gymnast touching outside the floor area	0.20
dress of gymnast not conforming to regulations – Individual	0.30
dress of gymnast not conforming to regulations – Group	0.50
apparatus not conforming to regulations – Individual & Group	0.30
early or late presentation of gymnasts	0.50
gymnast ending routine outside the floor area	0.50
gymnast warming up in the competition area	0.50
coach communicating with musician, gymnast or judge	0.50
failure to salute the judge	0.20
apparatus leaves the floor area and a replacement is used	0.20
replacement apparatus used/original apparatus is left on mat	0.50
use of replacement above the number allowed	0.50 ea.
more than one replacement apparatus placed around floor area	0.50
music not cued (optional music)	0.20
music not conforming to regulation	0.50
interruption of music during exercise	0.50
music – over time or under time	0.05 per sec.
Group – placing on floor area not conforming to regulation	0.20
Group – gymnast leaving the group during the exercise	0.50
Group – gymnast communicating verbally with each other during the exercise	0.50

STATIC

A. Apparatus – All difficulties must be done in conjunction with an apparatus movement. An apparatus is considered static if it is held for a long time. A long time would be more than one element of body movement. i.e.

- two or more successive traveling or connecting elements, even if they are of the same type (ex. Two waltz steps or two gallops, etc.).
- the element is performed as a preparation for a difficulty and the difficulty itself.
- two successive difficulties.
- a series of connecting elements of body movement.

Movement of the apparatus can happen at the beginning of the body movement, during the body movement or as the movement is completed. Any difficulty of the body movement performed with static apparatus or apparatus simply lying on the floor does not count as a difficulty. Any difficulty performed beside a rolling hoop or ball on the floor does not count as a difficulty.

B. Gymnast – The gymnast may not remain immobile when, momentarily, she is no longer in contact with the apparatus (ex. Throws, rolls, etc.). She is also considered static when work with the apparatus is performed with absolutely no body movement.

C. Penalties – taken by Artistry Judges

Static gymnast	0.30
Static apparatus	0.30

REPLACEMENT APPARATUS

Individual Routines: It is permitted to place one apparatus near the competition mat, to be used in case a replacement apparatus is needed. In the case of clubs, two clubs may be used.

Group: It is permitted to place two (2) apparatus near the competition mat, to be used in case a replacement apparatus is needed. In the case of clubs, 1 pair of clubs is counted as one apparatus.

Penalties:

use of a replacement apparatus, original apparatus out of bounds	0.50 Ex
	0.20 HJ
use of a replacement apparatus/original apparatus on mat	0.50 Ex
	0.50 HJ

BROKEN APPARATUS

If apparatus breaks during an exercise, the gymnast/group is not permitted to start again. They must take a replacement apparatus. The penalties for use of a replacement apparatus are list above.

CHAPTER THREE – Level 3

Purpose of Level 3

The rhythmic level 3 program is the first “evaluation” stage in an athlete’s competitive development. The goals of the Level 3 program are to focus attention on skill development, not the score of the exercise. Also an emphasis will be placed on proper self-presentation and the preservation of the athlete’s physical and emotional well-being.

- One judge per gymnast.
- Up to four gymnasts compete on the floor at the same time from the same club.
- Gymnasts compete all together in one category. Achievement ribbons will be given by event. No All Around Awards will be given.

10.0-8.50	Blue Ribbon
8.49-7.00	Red Ribbon
6.99-5.50	White Ribbon
5.49-4.00	Yellow Ribbon
3.99 & Below	Purple or Rainbow Ribbon

- The length of the music is 30 seconds to 1 minute in length.
- Apparatus will follow the rotation chart.

Judging Breakdown

Max Score: 10.00

Body Skills (5 skills @ 0.30 each)	1.50
Execution Faults	6.50
Basic Choreography (connections, transitions, levels, use of space floor pattern, choice of elements)	1.50
Musicality	0.50

Floor Routine – The floor routine is a pre-choreographed routine. The routine contains 5 skills (1 Balance, 2 Leap, 1 Pivot and 1 Flexibility)

Floor Skills:

1. A -- 360° Passe Pivot
2. Pre-A -- Sissone jump – at least 70°
3. Pre-A -- Split leap – not less than 160°
4. A -- Passe Balance
5. Pre-A -- Slide to split (hold split)

Optional Routine Composition:

- Music Length: 30 seconds to 1 minute
- All skills are Pre-A & A level difficulty
- All apparatus routines are optional choreography. The routine may contain a maximum of 5 skills (Pre-A & A Level only) and all optional routines from a club must have the same music. The routine may contain skills of value greater than Pre A & A, however, those skills are still judged by execution.

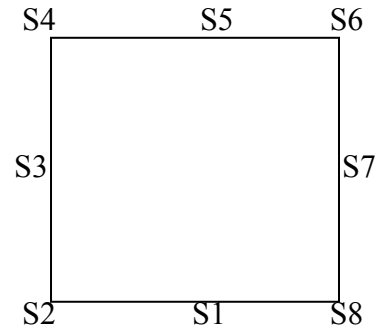
Rope	Hoop	Ball
2 Leaps 1 Balance 1 Pivot 1 Flexibility	1 Difficulty from each Body Group and no more than 2 from any Body Group	2 Flexibilities 1 Leap 1 Balance 1 Pivot

Level 3 Compulsory Floor Routine

Start Facing S1

Beginning pose

- L 5th position releve`
ARMS: Hands on hips
- Demi plie` in L 5th position
ARMS: Lower in front of body, rounded
- Open legs to 2nd position releve`
ARMS: Open to side
- Close feet in R 5th position demi plie`
ARMS: Lower in front of body, rounded
- Soutenue turning body to the L, finishing in L 5th position releve`, facing S1
ARMS: Extend forward, finish extended over head
- Starting with the R Leg, take 6 small steps backwards on releve`, on the 6th step lower L foot to flat, tondue R leg to side
ARMS: Lower side, softly extend forward, finish extended over head
- Side cartwheel R, towards S3, finish in first position, facing S1
ARMS: Remain stretched over head, finish extended over head



R= Right

L=Left

Rhythmic Steps

- Keep weight on L leg as R leg turns in (tap the top of the R foot on the floor), turn R leg out (tap R heel with flexed foot on the floor), change weight to R leg, lift L leg back (to 90⁰ angle, keeping knees together) as the body twist to the R leg
ARMS: Hands on hips, elbows open
- Lower L leg to close feet together, push hips back, pose, facing S8
ARMS: Push to front, palms forward, fingertips pointing up
- Forward Chasse R
ARMS: Opposition, L front, R side
- Forward Chasse L
ARMS: Opposition, R front, L side
- Step L out of chasse, turning body to the L, place R knee down, facing S5, execute a butt roll, finish on knees sitting up, facing S7
ARMS: Lower arms, hands down on floor for support, finish extended side
- Starting with the R leg, scoot 5 tiny steps forward on knees
ARMS: Wave to the side
- Sit on R hip, execute a side roll with middle splits, towards S1
ARMS: Extended side on floor
- Bend L leg under R, stand up on R foot, finish in R 5th position releve`
ARMS: Push to side
- R lunge, facing S8
ARMS: Lower down, lift front, extend over head, open side, L stays side, move R front, rounded

360° R Passe` Pivot

- Pivot 360° in a turned out passe` position (turning toward support leg), finish in L 5th position releve`, facing S1

ARMS: Rounded front, finish side

- Hitch Kick Step (Lift R knee, kick out L leg with a small hop), to face S3, step L, R, L

ARMS: L hand on L hip, R extends to L side, swings front finishing on R side (palm up)

70° R Sissone Jump

- R assemble, R sissone jump (R leg forward 10°, L leg back at 70°), finish in R 5th position releve`

ARMS: Lower down, lift L front, R side, finish extended side

- Cross R leg over L, push hips back, pose

ARMS: Lower down, lift L front, R side

- Soutenue to the L, finish with feet together releve`, facing S6

ARMS: Swing down, finish extended over head

160° R Split Leap

- Step L, Chasse R, Step R, L, split leap R, step L, R, finish in R 5th position releve`

ARMS: Lower side, swing front, swing back to side, lower down, extend L front, R side, lower down, finish extended side

Rhythmic Steps

- Hop onto R leg, coupe` L foot behind R foot facing S7, step back onto L leg, repeat Rhythmic Step facing S1, step back on L leg, finish with feet in 1st position, push hips back, pose

ARMS: L hand on L hip, R extends front to side, R hand on R hip, L extends front to side, finish with a push to the side

R Passe` Balance

- Lift R leg to a turned out passé position, releve`, hold 2 counts, finish in R 5th position releve`

ARMS: Rounded in front, finish extended side

- Starting with the L leg, take 12 small steps backwards on releve` while executing a circular body wave (L, back, R, center), facing S8

ARMS: Follow circular body wave (L, back, R, center), finish with a wave to the side

R Slide into splits

- Tendu R leg front, slide into R splits, facing S3

ARMS: Push arms side, keep side, finish with a wave to the side

- Rotate body into middle splits, facing S1

ARMS: Hands on hips, elbows open

- In middle splits, flex R toe (tilt head to the R), flex L toe (tilt head to the L)

ARMS: Hands stay on hips

Ending Pose

- Slide body forward onto the floor, bring legs together in back, lift R foot bending at knee, push chest up (tilt head to the R)

ARMS: Slide forward onto the floor, bend arms into chest

CHAPTER FOUR – Level 4 Program

Purpose of Level 4

Level 4 is for the gymnast who can successfully perform the skills and routines from Level 3.

- A panel of two judges is required for State and Regional Competitions. One judge per gymnast can be used for local or invitational meets.
- 2 gymnasts from the same club will compete at the same time.
- Gymnasts compete all together in one category. Achievement Ribbons will be awarded for Event. All gymnasts will be Ranked and awarded all-around medals and ribbons up to 12 places.

10.0-8.50	Blue Ribbon
8.40-7.00	Red Ribbon
6.90-5.50	White Ribbon
5.40-4.00	Yellow Ribbon
3.90 & Below	Purple or Rainbow Ribbon

- The length of the music is 45 seconds to 1 minute 10 seconds in length.
- The routine will be comprised of 6 body skills (A value only) and optional choreography

Judging Breakdown

Max Score: 10.00

Body Skills (6 skills @ 0.30 each)	1.80
Execution Faults	6.20
Basic Choreography	1.30 + 0.20 bonus

****Bonus 0.20 for Front Walkover****

(connections, transitions, levels, use of space, floor pattern, choice of elements)

Musicality	.50
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Floor Routine – The floor routine is a pre-choreographed routine. The routine contains 6 skills (1 Balance, 2 Leap, 1 Pivot and 2 Flexibility)

Floor Skills:

1. A -- Forward Split Roll over
2. A -- Penche – two hands on floor – fix shape at least 170°
3. A -- 180° Arabesque Pivot– at least 80°
4. A -- Arabesque Balance – at least 80°
5. A -- Split leap – not less than 170°
6. A -- Single stag jump

Routine Composition:

- Music Length: 45 seconds to 1 minute 10 seconds
- All skills are “A” difficulty value.
- All apparatus routines are optional choreography. The routine may contain a maximum of 6 skills (A Level only) and all optional routines from a club must have the same music. The routine may contain skills of value greater than A value, however, those skills are still judged by execution.

Rope	Hoop	Ball
3 Leaps	1 Difficulty from each Body Group and no more than 2 from any Body Group	3 Flexibilities
1 Balance		1 Leap
1 Pivot		1 Balance
1 Flexibility		1 Pivot

Level 4 Compulsory Floor Routine

Start Facing S3

Beginning pose

- Sitting on floor, R leg is bent in, L leg is extended straight back

ARMS: Extended over head, cross R hand in front of L, palms together

- Arch back in beginning pose, contract forward, sit up onto both knees

ARMS: Push side, extend forward, extend over head with a small wave up

- Back body wave (arch back, contract forward, finish with body up right), extend R leg forward, slide into splits

ARMS: Circle back, extend forward, finish with a push to the side

R Front Splits with Side Roll 360⁰

- Lay body forward on front leg, grab R ankle, roll 360⁰ to the R, towards S5, end back in R splits, chest up

ARMS: Extend forward, grab ankle with both hands, finish extended forward

- In R splits arch back, finish with chest up

ARMS: Push to side, finish extended side

- Twist body to the L, bend L leg as you roll over, finish up on both knees, facing S1

ARMS: Place hands on floor for support, wave both arms R, to S3

170⁰ R Penche` 2 Hands on Floor

- Place both hands on floor facing S1, step up on R leg, extend L leg back into 170⁰ split with head up, fix position, lower L leg down, finish in R 5th position releve`

ARMS: Hands on floor for support, finish extended side

- Starting with the L foot, take 7 steps backwards on releve`, towards S4

ARMS: Reach back slowly, softly extend forward

- On the 7th step, lower L foot to flat, facing S6, tondue R leg forward

ARMS: Arms swing down, lift L side, R front, rounded

- Execute 2 chaines to S7, step R, L, lunge R, facing S1

ARMS: Round down by sides, lift front, extend over head, open side, L stays side, move R front, rounded

180⁰ R Arabesque Pivot with Back Leg at 80⁰

- Pivot 180⁰ in back arabesque position (turning toward support leg), leg at 80⁰, finish in allonge` (plie`, leg remains in arabesque), facing S7

ARMS: Extend over head, finish side

- Close L leg back to finish in R 5th position releve`, cross R leg over L, soutenu around to face S2

ARMS: R extended over head, L rounded down in front of body, windmill arms around, finish extended over head

- Starting with the L leg, take 7 steps backwards on releve`, towards S6, while executing a back body wave (arch back, contract forward, finish with body up right)

ARMS: Circle back, extend forward, finish extended over head

80⁰ R Arabesque Balance

- Step forward on R leg, facing S2, lift L leg back in arabesque, releve`, hold 2 counts, finish in R 5th position releve`

ARMS: Open side, wave side, finish extended side

170° R Split Leap

- Step R, L, chasse R, step R, L, split leap R immediately execute a R forward roll, continue into a roll over to the L with legs extended in front, finish sitting with both legs bent in front of the body with toes pointed, facing S2

ARMS: Lower down, swing front, swing side, lower down, extend L front, R side, hands on floor for both rolls, finish L hand on ground next to L hip, R extended over head

- Open legs shoulder width apart, push hips up off floor, arch back, finish with body up right, legs straight

ARMS: Use L hand to push hips off floor then extend to side, R stays extended over head and executes one small wave up

- Step R, L feet together, execute a front body wave (contract forward, push hips forward, arch back, finish with the body up right)

ARMS: L arm meets R arm extended over head, round forward, swing arms back, circle around and up over head

- Step R, extend L leg back in tondue, pose

ARMS: Reach in front, palms up on the diagonal

- Turn body to the L, facing S7, bring L leg into R, finish in L 5th position releve`

ARMS: Swing down, finish extended side

R Single Stag Jump with Back Leg at 80°

- Step L, assemble R, execute a R single stag jump (R leg bent at 90°, L leg extended back at a minimum of 80°) finish feet together in releve`

ARMS: Lower down, extend L front, R side, finish extended over head

- Step R, execute a Cartwheel, **(0.20 Bonus R Front Walkover)** step R, close feet in R 5th position releve`

ARMS: Stay extended over head

- Step R, L, feet together on top of toes, arch back, lower body down to knees

ARMS: Circle back, finish down by sides

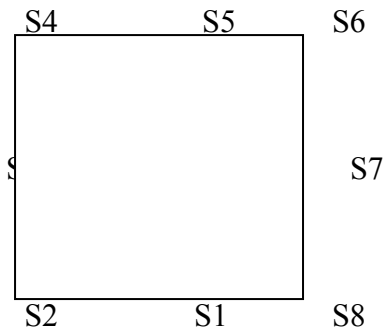
- Roll body forward into an arch over with legs extended over head, roll down, lift chest up to vertical position

ARMS: On floor for support, finish extended over head

Ending Pose

- Roll L, bending R leg in, finish on knees in a stag position (R leg forward, L leg back on floor)

ARMS: Lift from the floor, softly extend front with L hand over R, finish with one small wave front



R= Right

L=Left

CHAPTER FIVE– Level 5 Program

Purpose of Level 5

Level 5 is for the gymnast who can successfully perform the skills and routines from Level 4. Gymnasts will compete one at a time. The routines incorporate critical rhythmic skills that, when learned, will enable the gymnast to move easily and successfully into more advanced optional work.

- All routines should be judged with one panel of two judges with both judges judging everything (Composition and Execution/Artistic Value). Each judge will judge independently & the 2 scores are averaged.
- Event Awards will be given by age category and ranking. All gymnasts will be ranked age category and awarded all-around medals and ribbons up to 12 places.
- The length of the music is 1 minute to 1 minute 30 seconds in length.
- The routine will be comprised of 8 body skills and optional choreography
- Gymnasts compete 1 at a time
- Apparatus will follow the rotation chart.

Judging Breakdown

Max Score: 10.00

Identified Skills (8 skills A & B value only) (Substitute Passe Back Scale – A value – 0.10)	1.60
Execution Faults	6.40
Basic Choreography (connections, transitions, levels, use of space floor pattern, choice of elements)	1.50
Musicality	.50

Floor Skills:

1. B – 360° Pencil jump
2. B – Split leap
3. B – Double Stag leap
4. B – Back Scale or substitute Passe Back Scale = A - 0.10
5. B – Arabesque Balance
6. B – Side Balance with Assistance
7. B – 360° Arabesque Pivot
8. B – Penche (Chest down) – Preparation with hands on the floor

Optional Routine Composition:

- Music Length: 1 minute to 1 minute 30 seconds
- Difficulty Level – A & B
- All apparatus routines are optional choreography and music. The routine may contain a maximum of 8 skills (A & B Level only). The routine may contain skills of value greater than A & B value, however, those skills are still judged by execution.

Rope	Hoop	Ball
4 Leaps	2 Flexibilities	4 Flexibilities
1 Balance	2 Leaps	1 Leap
1 Pivot	2 Balances	1 Balance
1 Flexibility	2 Pivots	1 Pivot
1 Optional		1 Optional

Level 5 Compulsory Floor Routine

Start Facing S2

Beginning Pose

- R leg turned out, L leg extended back in tondeue

ARMS: L extended over head, R bent, holding onto L elbow

- Slide L leg behind R to close R 5th position releve`, facing S8

ARMS: R extends over head, L crosses in front of body and extends to the R

360⁰ Vertical Jump

- Plie`, execute a 360⁰ vertical jump rotating to the L, finish feet together in releve`, facing S8

ARMS: Swing down to the L, finish extended over head

- Lower L foot to flat, tondeue R foot to side

ARMS: L extended over head, R rounded in front of chest

- Side Body Wave (Tilt head and body to the R, hips stay L, push hips to R side, body and head tilts L, weights on R leg, L leg in tondeue to side)

ARMS: L circles down to the R side while R lifts up to the R side, finish with a small wave to the R

- Slide L leg into L 5th position releve`, facing S8

ARMS: Extend side

R Split Leap

- Step L, chasse R, step R, L, split leap R, step L, execute a tuck jump with knees and hips twisting to the L side, land on two feet in plie`, rise to R 5th position releve`, facing S1

ARMS: Lower down, swing forward, swing back to side, lower down, extend L front, R side, lower down, lift up over head on the diagonal, finish over head on the diagonal

Rhythmic Steps

- Lower weight onto L flat foot, R leg (with a bent knee) rotates in, then out, pose (L leg straight, R leg side, bent knee, R foot on releve`)

ARMS: Hands on hips, finish extended overhead, bend at wrists, hands pointing down

- Step R, L, R on releve` (legs straight), facing S8

ARMS: Extended over head, sway R, L, R coordinated with each step (head follows hands)

- Hitch kick (kick out L leg then R), cross R leg over L, push hips back, pose facing S7

ARMS: Lower down to sides, extend L front, R side

- Soutenue to the L, finish in R 5th position releve`, facing S3

ARMS: Swing down, lift arms to finish extended over head

- Hop on L leg, R leg coupe` front, small jete` R, hop on R leg, L leg coupe` front, small jete` L

ARMS: Lower side, L rounded in front, R side, L extends front, R stays side, R rounds in front, L extends side, R extends front, L stays side

R Double Stag Leap

- Immediately assemble R, execute a R double stag leap (R leg bent at 90⁰, L leg kicks ring to the back, foot in contact with top of head), finish feet together in releve`

ARMS: Lower down, swing forward, finish extended overhead

R Back Scale or Substitute Passe Back Scale (0.10 value)

- Step L, kick R with a deep arch back, finish in R 5th position releve`

ARMS: Stay extended over head, go back in coordination with the head and back, finish extended over head

- Lower down to R knee facing S1, execute a side roll to S3, finish sitting on L knee, R foot on the floor, facing S1

ARMS: L crosses over to the R side, both arms swing down, open to side on the floor, finish 2 hands in front of body on the floor

- Extend L leg out to S7, switch legs (kick R leg out to S3 and pull L leg in), twist body to the L, roll onto R hip, bring L leg over to meet R in front, facing S3, finish sitting with both legs bent in front of the body with toes pointed

ARMS: Stay on floor for support, finish L hand on floor next to L hip, R arm extended over head

- Open legs shoulder width apart, push hips up off floor, arch back, finish with body up, legs straight

ARMS: Use L hand to push hips off floor then extend to side, R stays extended over head and executes one small wave up to finish

- Slide R leg in front of L to pose in R 5th position releve` (head looks to S1)

ARMS: L stays side, R stays extended over head

R Arabesque Balance

- Step forward on R leg, facing S2, extend L leg back to arabesque, releve`, hold 2 counts, close in R 5th position releve`

ARMS: Push to side, wave side, finish extended side

- Start with L leg, walk backwards 12 steps to S5 while executing a circular body wave,(L, back, R, center), finish in 1st position, facing S1

ARMS: Follow circular body wave moving L, back, R, center, wave side, finish extended over head

R Side Balance with Assistance

- Lift R leg up through developpe`, with R hand lift leg to extension over head, releve`, hold 2 counts, lower leg to finish in R 5th position releve`

ARMS: L stays extended over head, R lifts R leg to extension, L does a small wave, finish with arms extended side

- Lunge, facing S1

ARMS: Lower down, lift front to extend overhead, lower side, L stays side, R is rounded in front

360° R Arabesque Pivot

- Pivot 360° in back arabesque position (turning toward support leg), finish in allonge` (plie`, leg remains in arabesque), facing S3, close L leg back, finish in R 5th position releve`

ARMS: Extend over head for pivot, lower to side, finish extended side

- Cross R foot over L, soutenu L, facing S6, finish in R 5th position releve`

ARMS: L starts windmill down, finish extended over head, R immediately follows to finish extended over head

- Step R down to knee, continue rotating L, execute a butt roll, finish on knees, immediately execute 2 forward rolls with both knees together, the last roll is finished by sitting up on the L knee and stepping onto the R leg, facing S7, continue by rotating to the L, finish in R 5th position releve`, facing S3

ARMS: Hands are down on the floor for support, extend side as you come off the floor, finish extended side

Penche

- Step forward onto R leg

ARMS: Push side

- Lift L leg back to arabesque, continue lifting until you reach 180° split while lowering chest to R leg **(may prepare with hands on the floor)**, fix Penche position, bring chest back up, lower leg down, finish in R 5th position releve`

ARMS: Stay side, finish extended over head

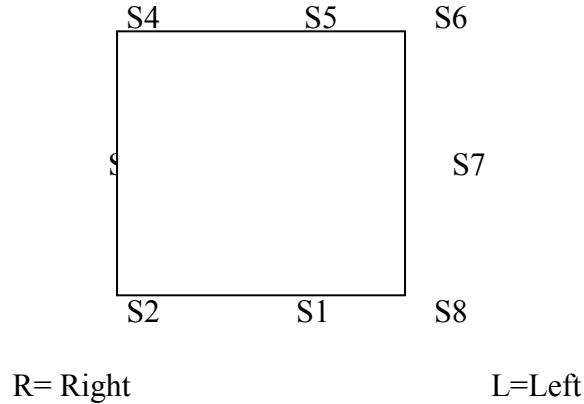
- Lower to flat feet, tonde R leg front, execute a back walkover to S7, finish in R 5th position releve`

ARMS: Keep extended over head throughout

Finishing Pose

- Extend L leg back, lower body to deep R lunge (all the way down to the floor), chest stays up (head looks to S1)

ARMS: Reach down and back to help support ending pose with hands



CHAPTER SIX– Level 6 Program

Purpose of Level 6

Level 6 is for the gymnast who can successfully perform the skills and routines from Level 5. Gymnasts will compete one at a time. The development of the optional routine will emphasize a greater mastery of apparatus handling and a higher level of body skills.

- All routines should be with one panel of two judges with both judges judging everything (Composition and Execution/Artistic Value). Each judge will judge independently & the 2 scores are averaged.
- Gymnasts compete 1 at a time
- The length of the music is 1 minute to 1 minute 30 seconds in length.
- The routine will be comprised of 8 body skills and optional choreography
- Apparatus will follow the rotation chart.

Judging Breakdown

Max Score: 10.00

Identified Skills (8 skills A, B, C value)	2.40
Execution Faults	5.60
Basic Choreography (connections, transitions, levels, space floor pattern, choice of elements)	1.50
Musicality	.50

Routine Composition:

Music Length: 1 minute to 1 minute 30 seconds

Difficulty Level – A, B, C

Floor

8 body difficulties (2 from each body group)

Optional Routines:

All apparatus routines are optional choreography and music. The routine may contain a maximum of 8 skills (A,B & C Level only). The routine may contain skills of value greater than A ,B & C value, however, those skills are still judged by execution

Hoop	Ball	Clubs	Ribbon
2 Flexibilities	4 Flexibilities	4 Balances	4 Pivots
2 Leaps	1 Leap	1 Leap	1 Balance
2 Balances	1 Balance	1 Flexibility	1 Leap
2 Pivots	1 Pivot	1 Pivot	1 Flexibility
	1 Optional	1 Optional	1 Optional

CHAPTER SEVEN – Optional Program – Level 7 & 8

Purpose

The Level 7 and 8 optional program is designed to prepare gymnasts for the advanced skills of the FIG program.

Optional Judging

- A. All routines should be judged as per FIG standards for validation
- B. Each judge will judge independently & the 2 panel scores are averaged.
- C. One judge per panel serves as head judge.

Optional Program Description

- Eligible Age Categories: Child, Junior , Senior
- The length of the music is 1 minute 15 seconds to 1 minute 30 seconds in length.
- Gymnasts compete 1 at a time.
- Apparatus will follow the rotation as written.
- The optional program will utilize the FIG Code of Points.
- The Floor routine for Level 7 will be judged out of 10.0 and for Level 8 out of 12.0
- **The FIG form for difficulties and Artistic Value will be used in the Junior Olympic Program Level 7 and Level 8– effective September 2006**
- Technical Value is outlined on the chart following.
- Artistic Value is outlined on the chart following. Music = 1.00, Basic Choreography = 2.00 and CAP value is stated below.
- **For Artistry - All FIG Newsletters and the Attachment apply.**
- Execution – All optional apparatus routines will be judged out of 10.00
- The scores for Level 7 and 8 will be calculated by adding the averages of the Difficulty score and the Artistry score and dividing by 2 and then adding the Execution score. $(D) + A / 2 + E = \text{Total Score}$

Age Categories: Age as of December 31st of the year in which the competition takes place.

- Child – 6yrs-11yrs
- Junior – 12yrs – 15yrs
- Senior – 16+ yrs

	D(TV) – Max Value	TV - # of Difficulties	TV – Allowed Value	Min – Comp Body Group	Max – Other Body Group	AV- Basic Comp	AV- Music	AV – Max Value CAP	Execution	Max total Score
Level 7	5.00	Max 10 Difficulties	A, B, C, D, E	5	2 from each	2.00	1.00	5.00 max	10.00	16.50
Level 8	7.20	Max 12 Difficulties	A, B, C, D, E, F	6	2 from each	2.00	1.00	6.00 max	10.00	18.10

Score Calculation = (D (TV) + AV)/2 + EX = Total Score

Level 7

Floor Routine – Max Score = 14.0 score calculation ((A+D/2)+E)

Difficulty (TV	Artistry	Execution
Max = 5.00	Max = 3.00	Max 10.00
Skills – A, B, C, D, E # of skills = 10 ** equal distribution of body groups	Basic Composition = 2.00 Music = 1.00	

Level 8

Floor Routine – Max Score = 15.1 score calculation ((A+D/2)+E)

Difficulty (TV	Artistry	Execution
Max = 7.20	Max = 3.00	Max 10.00
Skills – A, B, C, D, E, F # of skills = 12 ** equal distribution of body groups	Basic Composition = 2.00 Music = 1.00	

** Equal distribution of body skills is required. Only a difference of 2 is allowed between fundamental body groups.

Ex 12 skills = 3,3,3,3 or 3,4,3,2 are allowed.

CHAPTER EIGHT – Junior Olympic Group Program

Purpose of Group

The purpose of the group program is to introduce the gymnast to ensemble work. Cooperation is an essential part of a successful group experience. The program allows all ages and abilities to participate in group exercises.

- **The group program consists of three levels:**
Beginner
Intermediate
Advanced
- Group exercise may be performed as Duet, Trio, 4 gymnasts or 5 gymnasts.

All groups of the same level will be judged the same regardless of the number of participants. The groups may be split into categories based on number of participants when the number of groups participating exceeds 3 of one type. For example, if there are 4 groups competing Beginner group– 2 Duets, a 4 group and a 5 group, they will all compete in the same category. However, if there were 10 Beginner groups competing – 5 duets, 4 trios, a 1 group of 5, then the groups may be split into Beginner Duets, Beginner Trios and Beginner Group of 5.

- Beginner, Intermediate and Advanced Groups will compete one Apparatus Exercise and one Floor Exercise as indicated on the Apparatus chart.
- A gymnastics club may enter more than one team however, at least 50% of the group must be different members.
- Apparatus must all be of the same size. The size of the apparatus is determined by the majority of the age group of the group.
See Rules and Policies.
- Leotards must be identical in style and color. The only exception is when a patterned material is used, slight variations are tolerated.

Judging the Group Exercise

- Group will be judged by 2 Panels, a Difficulty/Artistry Panel and an Execution Panel.
- Each group exercise must be judged by a minimum of 4 judges (2 Difficulty/Artistry and 2 Execution) at State, Regional competition. All others may be judged by a minimum of 2 judges.
- For a panel of 4 judges the maximum difference in the range of 4 scores is 0.80. The high and the low are dropped and the two middle scores are averaged. The maximum difference between the two middle scores is 0.50.
- All Neutral deductions apply.
- An exchange is only valid if the apparatus changes from one gymnast to another. An exchange is not valid if the apparatus stays in one place and the gymnasts move to the apparatus.
- Exchanges are only valid by throwing. (passing and rolling are not exchanges) All gymnasts must catch for the exchange to be valid. If there is a drop, the exchange value = no credit
- Exchanges may contain Difficulties, however a maximum of 2 (two) may be performed in each exchange.
- Compulsory Body groups DO NOT apply to group exercises.
- Difficulties must be completed and validated by all gymnasts for the Difficulty to receive credit. Difficulties of different values may be performed simultaneously, however the lowest value will be the value of the Difficulty. Difficulties must be performed simultaneously or in succession because all gymnasts must perform the Difficulty to receive value.
- Each group exercise must have 6 floor patterns (Formations). Each missing pattern 0.20 deduction.
- Collaborations are defined in the FIG Code of Points (pp 117-118)
- Collaborations must be performed by all groups members to receive credit.

EXECUTION OF THE EXERCISE (E)

III.

Note: *Execution faults must be penalized every time and for each element at fault, except in cases of overall penalties.*

1. TECHNIQUE WITH THE APPARATUS			
Penalties	0,10	0,20	0,30 or more
GENERALITIES Loss of Apparatus (each gymnast)			Loss and immediate retrieval or after short travelling (1 step)
			Loss and retrieval after travelling (more than 1 step) or with apparatus leaving the floor area: 0.50
			Loss of the apparatus and use of the replacement apparatus: 0.50
			Loss of the apparatus at the end of the exercise: 0.50
Technique with Apparatus (each gymnast)		Imprecise trajectory and catch in flight with 1 step	Imprecise trajectory and catch in flight with 2 or 3 steps
	Incorrect catch or with the help of one hand		
		Clearly incorrect catch or with the help of the body	
	Involuntary contact with the body during the exercise with alteration of the trajectory		
ROPE			
Penalties	0,10	0,20	0,30 or more
Basic technique	Incorrect handling: for the amplitude, shape, work plane, or for the rope not held at both ends (each)		Incorrect handling during a large part of the exercise: 0.50
			Knot in the rope
Loss of an end of the rope (each gymnast)		Loss of one end of the rope: with a short stop in the exercise	
Involuntary wrappings (each gymnast)			Around the body or part of it with interruption of the exercise
Jumps/leaps and skips/hops (each gymnast)		Feet caught in the rope	
HOOP			
Penalties	0,10	0,20	0,30 or more
Basic Technique	Incorrect handling: Alteration in the work plane - vibrations (each)		Incorrect handling during a large part of the exercise: 0.50
Rolls		Incorrect roll with bounce	
		Involuntary, incomplete roll over the body with bounce	
Rotations		Sliding onto the forearm	Sliding on the arm
	Irregular rotation on the vertical axis		
Throws and catches (each gymnast)		Catch: contact with the forearm	Catch: contact with the arm
Passing through the hoop (each gymnast)		Feet caught in the hoop	

BALL			
Penalties	0,10	0,20	0,30 or more
Basic Technique	Incorrect handling: Ball held against the forearm or ball "grasped" (for each)		Incorrect handling during a large part of the exercise: 0.50
Rolls		Incorrect roll with bounce	
		Involuntary incomplete roll over the body with bounce	
CLUBS			
Penalties	0,10	0,20	0,30 or more
Basic Technique			Incorrect handling during a large part of the exercise: 0.50
Small circles and mills	Irregular movements or interruption of the movement		
	Arms too far apart during the mills		
Throws and catches	Alteration of synchronization in the rotation of the clubs during the flight		
Asymmetric movements	Lack of precision in the work planes of the clubs		
Loss and retrieval of both clubs (each gymnast)			Loss of both clubs and immediate retrieval or with small travelling (1 step max.): 0.40
			Loss of both clubs and retrieval with large travelling or with apparatus leaving the floor area (2 steps or more): 0.60
			Loss of both clubs at the end of the exercise: 0.60
RIBBON			
Penalties	0,10	0,20	0,30 or more
Basic Technique	Alteration of the pattern formed by the ribbon		Pattern formed by the ribbon not well defined during the exercise: 0.50
		Knot without interruption in the exercise	Knot with interruption in the exercise
			Incorrect handling during a large part of the exercise: 0.50
Involuntary wrappings (each gymnast)			Around the body or part of it with interruption in the continuity of the exercise
Snakes and spirals	Loops or waves insufficiently tight		
	Loops or waves not of the same amplitude (height, length)		
Throws and tosses		The end of the ribbon stays on the floor involuntarily	

IV.

Body Technique Faults			
Penalties	0,10	0,20	0,30 or more
GENERALITIES	Incomplete movement		Incomplete movements during the exercise
Basic Technique (Valid for all Body movement Groups)	Body segment incorrectly held during a movement		Several body segments incorrectly held during the exercise
	Shape neither fixed nor well-defined during the difficulties		
	Lack of amplitude in the shape		
			Incorrect body movement technique during a large part of the exercise: 0.50
		Loss of balance: unnecessary movement without travelling	Loss of balance: unnecessary movement with travelling
			Loss of balance with support on one or both hands or on the apparatus: 0.40
			Total loss of balance with fall: 0.50
Jumps/leaps		Height slightly insufficient	
		Heavy landing	
Pivots		Support on the heel during the rotation	Axis of the body not at the vertical and ending with one step
Acrobatic elements		Imprecise plane or direction	
		Incorrect execution technique	
		Heavy landing	
Music			
Penalties	0,10	0,20	0,30
Music – movement (each gymnast)	Loss of rhythm during execution (each time)		Absence of harmony between music and movement at the end of the exercise

	0.10	0.20	0.30 or more
Synchronization and harmony		Lack of synchronization in the speed, amplitude or intensity of expression	Lack of synchronization during a large part of the exercise (0.60)
Formations and Travellings	Alternation of formation	Missing Formation	
	Imprecision in the direction and the shape of the travelling		
			Collision between the gymnasts (+ all consequences)

Beginner Group Breakdown: **Floor Routine**

Difficulty/Artistry Panel:

7 Difficulties (Pre-A, A only) @0.20each	1.40 max
4 Collaborations @ 0.40 each	1.60 max
Basic Composition	2.00 max
Music	1.00 max

Execution Panel

Execution Faults	9.00 max
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Total Score: 15.00 max

Beginner Group Breakdown: **Apparatus Routine**

Difficulty/Artistry Panel:

5 Difficulties (Pre-A & A only) @0.20each	1.00 max
3 Collaborations @ 0.40each	1.20 max
4 Exchanges (by throwing)@ 0.20each	0.80 max
Basic Composition	2.00 max
Music	1.00 max

Execution Panel:

Execution Faults	9.00 max
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Total Score: 15.00 max

Intermediate Group Breakdown: **Floor Routine**

Difficulty/Artistry Panel:

8 Difficulties (A, B & C by value)	2.40 max
4 Collaborations @ 0.40each	1.60 max
Basic Composition	2.00 max
Music	1.00 max

Execution Panel:

Execution Faults	10.00 max
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Total Score: 17.00 max

Intermediate Group Breakdown: **Apparatus Routine**

Difficulty/Artistry Panel:

5 Difficulties (A, B & C by value)	1.50 max
3 Collaborations @ 0.40each	1.20 max
0.20 without Risk	
0.40 with Risk	
4 Exchanges (by throwing)	1.80 max
2 Exchanges with Difficulty @ 0.5each	
2 Exchanges with min 4m distance @ 0.40each	
Basic Composition	2.00 max
Music	1.00 max

Execution Panel:

Execution Faults	9.50 max
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Total Score: 17.00 max

Advanced Group Breakdown: **Floor Routine**

Difficulty/Artistry Panel:

10 Difficulties (A, B, C, D, E and F by value)	4.60 max
6 Collaborations @ 0.40each	2.40 max
Basic Composition	2.00 max
Music	1.00 max

Execution Panel:

Execution Faults	10.0 max
------------------	----------

Total Score: 20.00 max

Advanced Group Breakdown: **Apparatus Routine**

Difficulty/Artistry Panel:

5 Difficulties (A, B, C, D, E and F by value)	2.80 max
3 Collaborations @ 0.40each	1.20 max
0.20 without Risk	
0.40 with Risk	
6 Exchanges (by throwing)	3.00 max
2 Exchanges with Difficulty @ 0.5each	
2 Exchanges with min 6m distance @ 0.50each	
2 additional Exchanges@ 0.50	
Basic Composition	2.00 max
Music	1.00 max

Execution Panel:

Execution Faults	10.0 max
------------------	----------

Total Score: 20.00 max

Basic Composition: Basic composition is comprised of choice of body skills, choice of apparatus elements, acrobatic elements. The composition should have a unifying theme and the composition must be representative of all technical groups for the apparatus.

Basic Composition -- Artistry Deductions			
Penalties	0,10	0,20	0,30 or more
Musical Composition			Potpourris (excessive use of various musical themes in succession)
		Absence of unity between different musical themes	
		Abrupt interruption at the end of the exercise	
	Absence of harmony in the character for each sequence of movements (each time)	Inappropriate noises	
	Absence of harmony in the rhythm for each sequence of movements (each time)		
	Musical introduction lasting more than 8 counts		
			Music used as background 0.50
Choreography		Absence of unity in the composition	
Left/Right-hand work		Absence of balance in the left/right-hand work	
Collaboration among the gymnasts	Absence of a collaboration element		
			Element with unauthorized body contact
Relationship among the gymnasts	Absence of variety in the organization of the collective work		
Formations			Absence of a Formation
		Long stop in a Formation	
	Insufficient variety in the patterns		
	Insufficient variety in the amplitude		
		Insufficient Use of the floor area	
Choice of apparatus and body movement elements	Absence of an apparatus or a body movement group		Insufficient use of the apparatus 0.50
	Lack of balance in the use of fundamental groups		
		Composition with no gymnastics quality	
	Non Aesthetic elements		
			Statism: of the apparatus or gymnast
Acrobatic Elements		Authorized acrobatic element performed with an unauthorized technique	
		Acrobatic element without coordination with the apparatus	
		Repetition of authorized acrobatic elements whether in isolation or combination	
		Unauthorized acrobatic elements	

Basic Composition -- Artistry Deductions			
Penalties	0,10	0,20	0,30 or more
Variety	Absence in the variety in dynamics		
	Absence in the variety in directions		
	Absence in the variety in trajectories		
	Absence in the variety in use of space and levels		
	Absence in the variety in use of space: modes		
At the Beginning of the exercise			Gymnast(s) without apparatus longer than 4 movements
			Statism of the gymnast(s) or of the apparatus longer than 4 movements
During the exercise			Gymnast with more than 1 apparatus for a longer period of time
			Gymnast holding 2 apparatus or more motionless
At the end of the exercise			Absence of contact with the apparatus at the end of the exercise

V. STATIC

Apparatus – All difficulties must be done in conjunction with an apparatus movement. An apparatus is considered static if it is held for a long time. A long time would be more than one element of body movement. i.e.

- two or more successive traveling or connecting elements, even if they are of the same type (ex. Two waltz steps or two gallops, etc.).
- the element is performed as a preparation for a difficulty and the difficulty itself.
- two successive difficulties.
- a series of connecting elements of body movement.

Movement of the apparatus can happen at the beginning of the body movement, during the body movement or as the movement is completed. Any difficulty of the body movement performed with static apparatus or apparatus simply lying on the floor does not count as a difficulty. Any difficulty performed beside a rolling hoop or ball on the floor does not count as a difficulty.

Gymnast – The gymnast may not remain immobile when, momentarily, she is no longer in contact with the apparatus (ex. Throws, rolls, etc.). She is also considered static when work with the apparatus is performed with absolutely no body movement.

Penalties – taken by Artistry Judges

Static gymnast	0.30
Static apparatus	0.30

VI. REPLACEMENT APPARATUS

Individual Routines: It is permitted to place one apparatus near the competition mat, to be used in case a replacement apparatus is needed. In the case of clubs, two clubs may be used.

Group: It is permitted to place two (2) apparatus near the competition mat, to be used in case a replacement apparatus is needed. In the case of clubs, 1 pair of clubs is counted as one apparatus.

Penalties:

use of a replacement apparatus, original apparatus out of bounds	0.50 Ex
	0.20 HJ
use of a replacement apparatus/original apparatus on mat	0.50 Ex
	0.50 HJ

BROKEN APPARATUS

If apparatus breaks during an exercise, the gymnast/group is not permitted to start again. They must take a replacement apparatus. The penalties for use of a replacement apparatus are above.

Collaboration: To work together, especially in a joint effort.

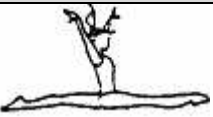
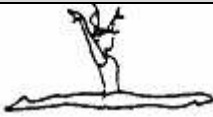
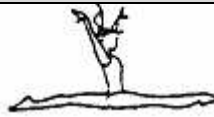












without risk – usually without any tosses or exchanges or will not put the group at risk

with risk – usually by exchange or “trading” of equipment. One member’s actions are dependant upon another to achieve the result.







USA Gymnastics Junior Olympic Program

Additional Body Skills


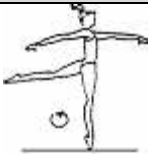




Leaps/Jumps

	Pre – A	A	B
Split Leap	 Legs at least 160°	 Legs at least 170°	 Legs 180°
Stag Leap	 Legs at least 160°	 Legs 180°	
Cossack	 At least 70°	 90°	
Ring Jump	 Legs at least 130°		
Scissor Jump	 Front or Back Legs at least 70°	 Front or Back Legs 90°	
Sissone	 Sissone jump Legs at least 70°		
Front Horizontal Vertical Jump	 At least 70° No Rotation	 At least 90° No Rotation	 90° With 180° Rotation

Balances



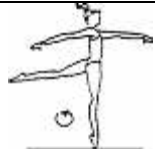
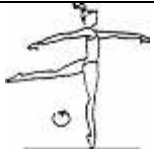









	Pre – A	A	B
Arabesque (Front/Side/Back)	 Leg At least 70°	 Leg At least 80°	 Leg 90°
Back Attitude	 Leg At least 70°	 Leg At least 80°	 Leg 90°

Pivots

	Pre – A	A	B
Arabesque (Front/Side/Back)	 180° Arabesque (Front/Side/Back) Leg At least 70°	 180° Arabesque (Front/Side/Back) Leg At least 80°	 360° Arabesque (Front/Side/Back) Leg 90°
Back Attitude	 180° Back Attitude Leg At least 70°	 360° Back Attitude Leg At least 80°	 360° Back Attitude Leg 90°

Flexibilities

	Pre – A	A	B
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Passe Promenade on Flat	 180° Passe Promenade	 360° Passe Promenade	
Arabesque Promenade on Flat	 180° Arabesque Promenade (Front/Side/Back) Leg At least 70°	 360° Arabesque Promenade (Front/Side/Back) Leg At least 80°	
Splits & Rollover	 Slide to split from standing	 360° forward Split roll over	
Passe Back Arch		Passe Arch back  Body below horizontal Knee at vertical	
Back Scale		 Back Scale Legs At least 170°	 180° Back Scale
Penche	 Penche kick – two hands on the floor Legs At least 170°	 Penche – two hands on floor in fixed position Not At least 170°	 180° Penche chest down – no hands on the floor
Elbow Stand		 Elbow stand in stag position Leg below horizontal	
Bodywave	Front, Side, Back Body wave		