

CHANGES/CLARIFICATIONS IN THE JO PROGRAM FOR THE 2006-07 SEASON
FROM THE MAY WTC/JO COMMITTEE MEETINGS
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A. COMPULSORY CHANGES/CLARIFICATIONS

1. **VAULT:** Level 4's can place an unfolded panel mat on the uppermost surface of the mat stack/resi-pit to create a more stable landing surface.
2. **BARS:**
 - a. **All levels:** Fall time has been increased to 45 seconds, with warnings at 25 and 35 seconds
 - b. **Level 4 Bar Mount: Glide swing:** If the gymnast stands on a mat or board that is placed on the normal landing mat surface in order to mount from a higher surface, that mounting apparatus must be removed immediately after the jump for the glide is initiated.
 - c. **Levels 1-4 Bar Mount - Pullover:** a 0.30 deduction for supplementary support is applied if the gymnast pulls up to the bar and rests the chin on the top of the bar prior to pulling the hips over the bar.
 - d. **Level 4 Bars - Front hip circle to immediate small cast**
Clarification: If the gymnast finishes in a position that will not allow her to cast immediately, the 0.30 deduction for failure to execute a small cast immediately after front hips circle is applied. The gymnast is not required to perform the small cast at this point since she has already lost the opportunity to perform the cast immediately. If the gymnast does perform the cast, there is no deduction for extra swing.
 - e. **Levels 1-5 Back Hip Circle:** the deduction for "failure to maintain hip or upper thigh contact on bar throughout back hip circle" was changed from flat 0.20 to "Up to 0.20".
3. **BEAM**
A ½ (180°) pivot turn following the Scale has been added to the Level 5 beam routine. A replacement page 99 is posted on the USAG web site.
4. **FLOOR EXERCISE**
A 0.30 deduction has been added for a stop between elements in an acro series in a Compulsory Floor Exercise.

B. OPTIONAL CHANGES/CLARIFICATIONS

1. **GENERAL:**
 - a. **Make the following changes in the *JO Code of Points* for Optional competition:**
Under "Landing deductions for all elements and vaults":
Add to large faults: "Brushes/touches the landing surface with one or both hands (no support) "Up to 0.30"
Under Very Large Faults on pages 15, 25, 67, 146, and 242: Change the wording to "Fall on mat to knee(s) or hips"
 - b. **The "up to 0.30" deduction for insufficient height of salto elements applies to salto elements (from feet to feet) on floor and beam, and also to salto dismounts on bars and beam.**

3. DISMOUNT REGULATIONS ON BARS & BEAM

JO Code of Points, Page 49, B. Bar Dismounts,

#3 Change to: If a gymnast performs a dismount element without a hecht or salto (move “dismount element of no value” to #4.

#4 now reads “If the gymnast performs a dismount of no value or makes no attempt to perform a dismount.”

JO Code of Points, Page 131. 2. b. change to Deduct 0.30 for no dismount

Example: If the gymnast jumps off the end of the beam after performing a Round-off, but does not fall and does not remount the beam to perform the dismount element, deduct 0.30 for no dismount plus 0.50 for missing the dismount Special Requirement (do not take 0.50 for a fall).

C. NEW ELEMENTS

Event & #	Description	Value
Vault:		
2.311	Front handspring onto board, front handspring on, salto forward piked off (Garbarino)	9.9
Bars:		
3.502	Clear hip circle on HB through HS, to reverse hecht in pike position (Piked Hindorff) (Jones)	E
Beam		
2.301	Split jump with a change of legs (beat/entre chat quatre) prior to split position, landing on both feet simultaneously to finish in a kneeling position on one leg (Sweetin), also to a stand on both feet	C
2.505	Switch-side leap with additional ¾ turn (Ikoma)	E
7.402	From stand on one leg, swing through front aerial (George)	D
7.410	Flic-flac with ¼ twist to side handstand to immediate 1/1 pirouette (must be continuous)-lower to front support (Fortunato), also to optional end position.	D
8.402	From stand on one leg, swing through side salto (George)	D
9.303	Cartwheel with ¼ twist with repulsion from hands to a salto backward tucked dismount (Tsukahara tucked dismount) (Lawson)	C

D. ELEMENT VALUE CHANGES:

Bars:

#2.403 Back uprise with ½ turn in handstand was D, now a C #2.303.

#3.507 Weiler kip to handstand with 1/1 turn after handstand (Healey) was E; now D (#3.407

#5.408-Jaeger from LB to HB was D; now “C” – #5.305.

#4.204 (long swing forward with ½ turn and flight over LB to hang on LB) raises from B to “C” whenever it is performed immediately following a D or E release element.

Beam:

#2.202 split jump was re-numbered to #2.201 so that all split jumps and split leaps are in same line in the JO Code of Points.

#7.303 - Side aerial was a C; now D- #7.403.

Note: Because this element is now a D, it will no longer be allowed for Level 8.

NEW BEAM ELEMENTS:

#3.203 1/1 (360°) turn with heel of free leg forward, at 45° throughout the turn, forward leg extended. = B

#3.202 1/1 (360°) turn on one leg, thigh of free leg backward upward at 45° throughout the turn = B

Floor Exercise:

#6.101 - Salto forward tucked with ½ twist was “A”; now “B” - #6.201.

E. LEVEL 7 CHANGES

1. Beam:

Level 7's are now allowed to perform #2.302 - Straddle jump with 180° split on Beam to receive “B” value part. It may also fulfill the Leap/jump 180° special requirement.

2. Floor:

Level 7's are now allowed to perform #2.301 – Double (2/1) turn on one foot on Floor Exercise to receive “B” value part credit. It may also fulfill the minimum of 360° turn on one foot special requirement.

F. LEVEL 8 BAR CLARIFICATIONS

If a Level 8 performs #7.310 (pike sole circle on LB, release and counter movement forward in flight to hang on HB), it cannot count for two Special Requirements. The routine must contain two elements (same or different) with minimum of B value: One B must be an element from Groups 3, 6, or 7 and the other B must be either a flight element or an element with a turn of 180° or more.

If a Level 8 performs a clear hip circle (B), then performs another clear hip with a half turn that turns prior to 20° of vertical, the requirement of two B elements (one flight or turn, the other from Groups 3, 6 or 7) has been fulfilled.

G OPTIONAL BARS

Dismount Special Requirement for Levels 8-10 has been changed to include elements with hechts as well as saltos.

H. OPTIONAL BEAM

1. Dance series Special Requirement for Level 8-10 Beam was deleted and changed to “a leap or jump requiring a 180° cross or side split”

- must start and finish on the beam
- may be performed isolated or in a series.

2. A compositional deduction of 0.20 for lack of a dance series with a minimum of two dance elements from groups 1, 2 or 3 has been added.

3. Clarification of the Beam Dismounts #9.209, 9.309, 9.409 and 9.509: Gainer back saltos off the end of the beam. The technique is to perform these elements in a straight forward direction, with the salto performed like an “inward” dive in which the salto “flips” backward toward the beam.

- New specific execution deductions for Beam: Up to 0.30 for directional error on all gainer dismounts off the end of the beam.

4. Level 8 Beam acro series Special Requirement clarification: The non-flight element may be from the roll category (group 6). Example: Free forward roll to back handspring.

I. OPTIONAL BEAM AND FLOOR

Beam and Floor Compositional Deductions - Clarification of Lack of variety in choice of elements on page 142 and 238:

Overuse of same shape deduction will be applied only if there are:

- More than two elements with a wolf and/or tuck position with or without turn = 0.10
- More than two straddle jumps with or without turn = 0.10

J. FLOOR EXERCISE

Special Requirement change:

#1 One Acrobatic series with two (2) saltos OR two (2) directly connected saltos. Saltos may be the same or different.

Examples:

- Punch front layout with 1/1 twist (C), immediate front layout (B)
- Front tuck step-out, Round-off, flic-flac, 2/1 twist

NEW CLARIFICATIONS – JANUARY 2007:

OPTIONAL BARS CLARIFICATION:

In regards to the deduction of 0.05 for “Failure to perform both forward and backward circle elements and/or release elements”:

To be considered a Forward Circle element or Forward release element:

1. Both must move forward around an axis (either around the bar or the breadth axis of the body).
2. When in doubt, check the symbols.
 - a. Many forward circling elements have the small diagonal line at the beginning of the symbol to indicate “forward” ; like the clear hip circle forward (Weiler kip), front stalder, pike sole circle forward, etc. Front giants & L-grip front giants have their own forward symbol-an upside-down U
 - b. Forward release elements are symbolized with a “front salto” symbol, like the Jaegers (on same bar or LB to HB) and mixed-grip Deltchev (although the downswing is a backward giant-the upswing is a forward swing and the salto is forward)
3. Elements that **ARE NOT** considered forward:
 - a. Gienger/ regular Deltchev -symbol & description indicates a backward salto
 - b. Chinese sit-up and other variations like toe-shoot, stalder shoot to HB all stem from a BACKWARD circle and never complete a forward 360° BA turn
 - c. Bail half-turn-shoot over low bar, straddle back to handstand type elements are all initiated with a backward swing or circle.

OPTIONAL BEAM CLARIFICATION:

Connecting elements in an Acro series: The landing leg or the free leg must be the take-off leg for the next element. If both feet land at the same time, the take-off must be a jump from two feet.

The following is an example of an acro series that is considered **NON-CONNECTABLE**, regardless of how quickly they are performed:

Back Walkover (or back handspring step-out) to Round-off (or cartwheel):

In this example, the first element lands on one foot, then the second foot is placed on the beam behind in a lunge; the gymnast then leans forward to initiate a Round-off (or cartwheel).

Note: The only way these two elements could connect legitimately is by landing the first element on one leg and swinging the other leg forward to step into the Round-off (or cartwheel); that would mean doing the two skills on opposite legs. Of course, the gymnast could do a Right BWO and switch legs to land on the Left foot so that she could then step forward on the Right leg to initiate a Right Round-off (or cartwheel).