

Optional Levels 6-10

General:

1. Reminder: excessive use of magnesia –
 - Vault – Velcro or tape markings only permitted; no chalk lines
 - Bars – reasonable use of magnesia is permitted
 - Beam – small markings may be placed on the balance beam. Spreading magnesia on the beam or on the mats surrounding the beam will be subject to a deduction of 0.2 for excessive use of magnesia
 - Floor – small markings in corners for acro orientation are permitted. Spreading magnesia on the floor exercise mat will be subject to a deduction of 0.2 for excessive use of magnesia

Vault:

1. Confirmation of vault added Oct. 2016: #3.508, ¼ on, ¼ off, front salto tucked with 1 and 1/2 twist (540°) = 10.0 SV
2. New vault added: #3.305, front handspring onto board, ¼ - ½ on, back salto pike = 9.6 SV for Level 10, 9.8 SV for Level 9
3. *Warmup: Levels 8-10, for all SALTO vaults and all roundoff entry vaults; if there is one athlete only warming up at a specific height, she will receive 4 minutes.*

Uneven Bars:

1. Reminder: deduction of up to 0.3 applies to casts prior to sole circle dismounts
2. New element: #7.510, pike sole circle backward through handstand with 1/1 (360°) turn in flight to hang on high bar = E
3. *Level 7 Clarification: A clear hip circle plus a Low Bar giant (with bent knees = A) will fulfill the SR's #2 and #3, "Two 360° clear circling elements, same or different, one a minimum of B, one from Groups 3,6, or 7."*

Balance Beam:

1. Please see new composition clarification sheet from USAG. (Sept, 2017)
https://usagym.org/PDFs/Women/Rules/J.O.%20Code%20of%20Points/appndx15_level910compguidelines_0917.pdf
2. New element: #2.401, from a side stand, split jump with ½ turn to end in side position = D
3. Clarification: a kick above 45° will break a connection of two acro elements, such as cartwheel – cartwheel, as stated on JO COP p.162, III B. When evaluating the continuity

of a dance connection or a mixed connection of dance to acro, the height of the free leg at the finish of the first element (such as a cat leap or hitch kick) will not be the sole cause for breaking the dance or mixed series; however, if the free leg position drops and lifts again or if the trunk stops forward movement, the series would be considered broken.

4. *Clarification: clear pike support mount will receive a B value since it is listed as a B hold element (#5.204) and elements may be used as mounts.*

Floor:

5. Please see new composition clarification sheet from USAG. (Sept, 2017).
https://usagym.org/PDFs/Women/Rules/J.O.%20Code%20of%20Points/appndx15_level910compguidelines_0917.pdf
6. *New: additional mats on floor – “For levels 6-10, no deduction is applied if a coach steps onto the Floor Exercise mat when placing, adjusting the placement of, or removing a mat.” The deduction of 0.50 for “coach on the floor mat inside border marking” will be applied for coaches in a position to spot during a floor exercise routine.*
7. *Music: coaches, please label your floor music in an organized manner; club name legibly on device, then gymnasts’ complete names in files*
8. *Reminder: changing the landing of an acro element does not make it different. Therefore a front handspring step out is the same element as a front handspring 2 foot landing.*
9. *Warmup: The maximum number of athletes to warmup together on floor is **10**. There are errors in some documents, but 10 is correct.*

Compulsory Levels 1-5

Balance Beam:

1. Change Level 5: p.126, eliminate the word “stops” in gray box under deduction “Failure to show continuous leg lift into the walkover”. Also on p.176, faults and penalties. Gymnast will be allowed an up to one second pause/stop with the leg lifted on the entrance of the back walkover for no deduction.