

## ODP – OCP - COMPULSORY · XCEL · OPTIONAL

**NEW AS OF NOV 2020:** USA Gymnastics announces ‘USAG Development Program’ as new name for the Junior Olympic Program.

**AS OF NOV 2021:** GymCan announces they are referring the the USAG Development Program rules as the “Canadian Competitive Program (CCP)”. This is for GymCan documents, competitions and rules.

SECTION I (i.i) Ontario Development Program (ODP)						
December 2021						
<b>General</b>	Clarification	<p><b>Pg 3 – 1.2 Physical Abilities</b> <b>Age 6</b></p> <p>ODP 6 B - Brand new to the sport of gymnastics for a beginner level. Gymnast perform physical abilities stations only.</p> <p>ODP 6 A - Brand new to the sport of gymnastics for an intermediate level. Gymnast perform physical abilities stations only.</p>				
<b>Awards</b>	Clarification	<p><b>Pg 6 - 6 years old</b> - All participants will receive an ODP Participation certificate. Clubs have the option to alter the certificate (to personalize etc.). <b>One additional award (medal or trophy) may be given out to these athletes but MUST be the same for each participant.</b></p> <p><b>7+ years old</b> - The three areas of Physical Ability, plus the skills from all four apparatus and the total percentage for all seven areas will be awarded. Athletes will receive one overall medal indicating their overall ranking within a range of scores. GOLD, SILVER, BRONZE or MERIT are the categories used for the range of scores. <i>(Coaches of athletes competing will receive a copy of their athletes’ scores in each area of physical abilities as well as for each event, so that they may still go over areas of improvement or areas of great success, once they return to their gyms).</i> All ODP gymnasts will also receive a Participation Certificate from the host club.</p>				
<b>Physical Abilities</b>	Correction	<p>Pg11 - Station 12 – 3m Rope Climb (Age 6)</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Goals B</th> <th style="width: 50%;">Goals A</th> </tr> </thead> <tbody> <tr> <td>-climbed to the 3 m mark -checkmark given at ½, ¾, full rope (as max)</td> <td>-climb to the 3m mark -time will be recorded</td> </tr> </tbody> </table>	Goals B	Goals A	-climbed to the 3 m mark -checkmark given at ½, ¾, full rope (as max)	-climb to the 3m mark -time will be recorded
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Correction	<p>Pg 14 – Station 4 (Age 7+) Physical Abilities ODP 1-2</p> <p>-Place a 10 cm line with tape or velcro on the floor away from the wall. The outside edge of the line cannot be further than 10 cm</p> <p><b>-The gymnast performs a handstand on the wall or against incline mat, stomach facing in. Hands must be on the line or closer to the wall/mat.</b></p>					

Physical Abilities	Correction	<p>Pg 15 – Station 5 (Age 7+) Physical Abilities Handstand Station – Dynamic Press Split ODP 3 and ODP 4 into different columns</p> <table border="1"> <tr> <td><b>ODP 3</b></td> <td><b>ODP 4</b></td> </tr> <tr> <td> <p>-Start in clear straddle support with hands flat on the line, body perpendicular to angle guide <b>-Press up to show athlete's HIPS in minimum 45° position (45°=hips at, or above 45° angle to the floor), do not have to hold but must 'mark' the position</b></p> </td> <td> <p><b>- Start in clear support &amp; press to hold in a flat back, legs in a side straddle balance position (legs at horizontal and perpendicular to the floor, knees facing down)</b> -Goal is to reach an open shoulder balance position.</p> </td> </tr> </table>	<b>ODP 3</b>	<b>ODP 4</b>	<p>-Start in clear straddle support with hands flat on the line, body perpendicular to angle guide <b>-Press up to show athlete's HIPS in minimum 45° position (45°=hips at, or above 45° angle to the floor), do not have to hold but must 'mark' the position</b></p>	<p><b>- Start in clear support &amp; press to hold in a flat back, legs in a side straddle balance position (legs at horizontal and perpendicular to the floor, knees facing down)</b> -Goal is to reach an open shoulder balance position.</p>
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Correction	<p>Pg 19 – Station 9 (Age 7+) – Physical Abilities Strength – Power – Endurance – Reverse Leg Lift ODP 5 - -lower to <b>90°</b> from the wall (vertical) or to where the heels reach hip height, <b>LIGHTLY TAP</b> the assessor's hand - the hips/bum should come in contact with the wall/flat surface when lowering the legs down Instructions - <b>-The gymnast will receive 1 warning for "dropping" onto the assessor's hand (i.e. allows their legs to drop heavily onto the assessors hand/arm rather than "tapping" the hand with good control If the athlete drops a <b>second</b> time, the reverse leg lift will not count, however they may continue to attempt reverse leg lifts as long as there is no pause longer than 1 sec.</b> Diagram – wording changed to match ODP Levels</p>					
Change	<p>Pg 20 – Station 10 (age 7+) – Physical Abilities Strength – Power- Endurance – Push Ups Had chin up description so replaced with correct Push Up information:</p> <p><b>- THE FOCUS IS ON PERFECT FORM, FULL RANGE OF MOTION AND CORRECT TECHNIQUE, rather than timed repetitions</b></p> <p>Before the athlete begins their push ups, they should lay flat on their stomach, with their finger tips in front of the 4"velcro or line with their hands turned slightly in and their thumbs touching the front of their shoulder/armpit to determine the width of their hand placement.</p> <p>Once hand placement has been determined, the athlete may get into the push-up starting position.</p> <p>-Athlete begins by starting in a front support position, with the finger tips at the edge of the line on the floor, with the shoulders directly on top of the wrists</p> <p>-The push up should be performed as an ENTIRE BODY MOVMENT lowering down, and lifting up (not just the chest and upper body dropping down)</p> <p>- As the athlete lowers down, the elbows <b>AIM</b> to go straight out to the sides from the shoulders (parallel to the line on the floor), <b>HOWEVER the focus is on lowering and raising with good body alignment and NOT on shoulder/arm angle</b></p> <p><b>-NO TRICEP PUSH UPS</b></p> <p><b>-The chin <u>MUST</u> touch the line in front of the fingers for the push up to count!</b></p> <p>-Push ups are to be performed <b>CONSECUTIVELY</b> one after the other, with a maximum of 1sec. in between each repetition</p> <p>-If the athlete rests for longer than 1sec, their turn is done, and no more push ups will be counted.</p>					
Beam	<p>Pg 37 – ODP 2 Beam</p> <p><b>1. Jump to Front Support mount to Single leg V-sit, Tuck stand, pike stand to needle kick</b></p>					

<p><b>Beam</b></p>		<p>Place both hands on the beam and jump to front support with arms straight and body extended. Lift the straight right leg over the beam with a 90 degree turn left, finishing in a straddle sit facing the length of the beam.</p> <p>Arms: Move the left hand backward beside the right hand as the 90 degree turn is executed. Lift both arms forward-upward to high at completion of the mount. Circle backwards to grasp the beam behind with arms straight or bent.</p> <p>Lift and simultaneously bend both legs to finish in a tuck sit on the beam with the toes pointed on top of the beam Arms: Remain grasping the beam behind the buttocks</p> <p>Extend the right leg to pass through a momentary SINGLE LEG "V" SIT. Step up onto the left, then on the right foot to arrive in a tuck position. Arms: Push off the beam and move both arms forward-upward to crown.</p> <p>Extend both legs and place both heels flat on the beam to finish in a PIKE STAND. Arms: While maintaining an open shoulder angle, lower both arms forward-downward to grasp the beam.</p> <p>KICK LEFT LEG backward-upward off the beam to above horizontal (needle kick). Step down right while keeping ears covered by the arms to finish in a straight (or slightly bent) right leg and immediately close the left leg behind the right foot to finish with both legs straight and feet flat on the beam OR finish in a right lunge. Arms: Remain in high throughout and as the step down occurs, open sideward-diagonally-upward on the finish</p> <p>NOTE: Athlete can use whichever leg they choose</p>										
	<p>Change</p>	<p>Pg 38 – Failure to have either foot leave the beam Failure to needle kick to above horizontal</p>										
	<p>Change/ Correction</p>	<p>Pg 41 – ODP 4 – Beam</p> <p><b>4. Rond de jambe to arabesque, lift to scale, step to cross handstand balance (must mark and hold 1 sec.)</b> - Point one foot forward on the beam. Lift the turned out straight leg forward to a minimum of 45° below horizontal. Immediately move the leg sideward, then backward, maintaining turn out and a consistent level throughout to execute the ROND DE JAMBE to finish in an ARABESQUE with the leg at a minimum of 45° below horizontal and slightly turned out. Pause. Then continue to lift the back leg upward-backward as the upper body tilts slightly forward keeping the torso erect to finish in a SCALE and hold for 1 sec. with the leg at a minimum of horizontal. The back hip may "unsquare" slightly in the arabesque and scale to show turn out. Raise the torso and lower the foot to point behind on the beam.</p> <p>Pg 42 – Chart Deductions for Ronde de jambe</p> <table border="1" data-bbox="500 1444 1560 1629"> <tr> <td>Failure to maintain a consistent height of leg throughout rond de jambe</td> <td>↑0.20</td> </tr> <tr> <td>Failure to hold arabesque 1 sec</td> <td>0.10</td> </tr> <tr> <td>Failure to reach 45° from horizontal with back leg on arabesque</td> <td>↑0.10</td> </tr> <tr> <td>Failure to reach above horizontal with back leg on scale</td> <td>0.10</td> </tr> <tr> <td>Failure to hold scale 1 sec.</td> <td>0.10</td> </tr> </table> <p>Pg 43 – ODP 5 - Beam</p> <p>3. Full (360) turn in crown to releve "lock" stand ARMS: During the full turn arms in crown, finish arms either, circle backwards-downward OR sideward-downward to low or backwards-diagonal-low.</p> <p>Pg 43 – ODP 5 – Beam</p> <p><b>4. Ronde de jambe to arabesque, lift to scale, step to cartwheel releve "lock" stand.</b> Point one foot forward on the beam. Lift the turned out straight leg forward to a minimum of 45° below horizontal. Immediately move the leg sideward, then backward, maintaining turn out and a consistent level throughout to execute the <b>ROND DE JAMBE</b></p>	Failure to maintain a consistent height of leg throughout rond de jambe	↑0.20	Failure to hold arabesque 1 sec	0.10	Failure to reach 45° from horizontal with back leg on arabesque	↑0.10	Failure to reach above horizontal with back leg on scale	0.10	Failure to hold scale 1 sec.	0.10
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Floor	Correction	<p>Pg 48 - ODP 2 Floor</p> <p><b>4. Lever to handstand to front limber</b></p> <p>Pg 49 – chart deductions title <b>LEVER TO HANDSTAND TO FRONT LIMBER</b></p>		

## SECTION I (i.ii) Ontario Competitive Program (OCP)

### March 2022

General	Warm Up	<p>Pg 7 - Clarification</p> <p>Event Warm-up Splits and Order: For split warm-ups (see charts below Page 9 and/or 5.1-5.4) when the first half of the group will warm-up and compete. Then the other half of the group will warm-up and compete. The split should be as even as possible. If the level of the gymnasts is the same (i.e. entire group is Level 8), but different age categories, the rotation drops by club only (age is not a consideration when the same level is involved). If the level is different, then the rotation changes based on level (i.e. Level 7 and 8 in the same group would alternate turns). Within each level, the club must drop.</p> <p>Page 9 - OVERVIEW CHARTS - updated</p>
General	Fall Times	<p><b>Pg 12 – 3.6 Regulations for Gymnast</b></p> <p>Note: fall times are included in charts (page 9 and Technical Charts 5.1-5.4) for more information please see USAG.</p> <p>Pg 27-44 - TECHNICAL OVERVIEW CHARTS*- add missing fall times to charts</p>
General	Equipment	Pg 19-22 - 3.9 Equipment Diagrams updated for Vault, Bars and Beam

### December 2021

General	Correction	<p>Pg 6 – Level Changes</p> <p>Gymnasts who move up a level will be permitted to compete at a maximum of <b>two</b> qualifiers at the new level.</p>
	Clarification/Modification	<p><b>3.6.2 Competitive Attire</b></p> <p>For Ontario competitions, gymnast's attire includes:</p> <ul style="list-style-type: none"> <li>- Leotards with or without sleeves.</li> <li>- Leotards without legs or with leg coverings of any length up to a maximum length of the ankle. Leg coverings must be skin tight, can be unitard or leggings/shorts and have a uniform appearance.</li> </ul>
Ontario Championships	Update	<p>Pg 25 – 4.4 Ontario Championships</p> <p>The qualification list for Ontario Championships is determined by the best of two All-Around qualifier scores. The <b>top 40</b> ranked gymnasts per session in OCP Level 3-5 (Age</p>

		<p>9+) and <b>top 32</b> ranked gymnasts per session in OCP Level 5-9 will be eligible to compete at Ontario Championships.</p> <p>All Around competition: the <b>top 40</b> gymnasts in OCP Level 3-5 and <b>top 32</b> in OCP Levels 6-10 is determined by averaging all eligible gymnasts' best of two AA qualifier scores.</p> <ul style="list-style-type: none"> <li>• Every opportunity shall be given to ensure that an unassigned spot for Ontario Championships shall be filled; there are no restrictions capping the placing of the next ranked gymnast where possible.</li> <li>• Aspire and Level 10 (as per 2.5 Participation of Gymnasts) must register with the host club and can only be registered in one category</li> <li>• Petition Policy: please refer to Technical Rules and Regulations Section C, General Competition Guidelines.</li> <li>• In the case of a tie between two or more gymnasts the ranking will be determined by using each gymnast's best two All-Around scores (excluding Tour Selection) that were used to qualify to Ontario Championships by the following criteria in the order shown below: <ol style="list-style-type: none"> <li>1) The gymnast with the best three event scores from her highest All-Around (AA) qualification score.</li> <li>2) The gymnast with the best two event scores from her highest All-Around (AA) qualification score.</li> <li>3) The gymnast with the best one event score from her highest All-Around (AA) qualification score.</li> </ol> </li> </ul>
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**November 2021**

<b>General</b>	Event Warm-Up & Splits	<p><b>Pg 7- 3.2 Event Warm-up Splits and Order:</b> In a group with <b>nine</b> or more gymnasts, the first half of the group will warm-up and compete (exception: <b>beam splits at 8</b> and floor splits at 10). Then the other half of the group will warm-up and compete. The split should be as even as possible (i.e. <b>5/4</b>).</p> <p><b>3.6.4 Warm -up Regulations- pg 13 Bullet #6-</b> In competitions with group(s) of <b>nine</b> or more gymnasts at each apparatus, the first half of the group will warm-up and compete. Then the other half of the group will warm-up and compete. It will be split <b>5/4</b>. EXCEPTION: Floor (see General Information Regarding Warm-Up Options).</p> <p>TECHNICAL OVERVIEW CHARTS*- Change all charts to reflect Event Warm-up Splits and Order</p>
	Heights	<p>Pg 20  High bar: <b>255</b> cm to the floor (<math>\pm 3</math> cm in Canada and <math>\pm 1</math> cm FIG)  Low bar: <b>175</b> cm to the floor (<math>\pm 3</math> cm in Canada and <math>\pm 1</math> cm FIG)  Diagonal: 130 cm to 180 cm (<math>\pm 1</math> cm FIG)– measured from inside of both rails in diagonal. May extend 2 notches beyond FIG (190cm)  <b>(At the increased height the inner diagonal distance between the bars shall be not more than 182 cm max +/- 1.0 cm – To be confirmed by FIG).</b></p>
<b>Bars</b>	Diagram	Pg 20- Bar Diagram will be updated when the new diagram is received
	Mats	Pg 20- <b>A minimum of the 10 cm supplementary mat for landing is mandatory. Up to a maximum of 30 cm of additional mats under the bars and for landing are allowed without deduction. Mats may be added by increments of 5 cm (5, 10, 15 or 20 cm).</b>

December 2021		
General	General	<p>There are many and ongoing changes to choreography/body positions etc. Please check the USAG website to stay up to date:  <a href="https://usagym.org/pages/women/events/devcompulsories/">https://usagym.org/pages/women/events/devcompulsories/</a></p> <p>Note: Ontario will not be deducting for text errors for the 2021-22 season</p>
October 2021		
General	Specific Execution Deductions	<p>Penalties Pg 11 - Up to 0.10 Failure to contract or <b>arch</b> when indicated</p>
	General Deductions	<p>Penalties Pg 12 - Up to 0.30 Incorrect foot form (flexed, sickled, <b>failure to show lock position when designated</b>, failure to show step toe-ball-heel or to show turn-out in foot positions)</p>
	Clarification	<p>New definition of Acro "PASS" vs Acro "Series" for Floor Exercise  An Acro Pass is defined as: "An approach (usually, but not required, to be initiated by a step, hurdle or run) resulting in the performance of one or more acro elements (with or without hand support). An acro pass with two or more non-salto elements must be directly connected. An acro pass with two or more saltos may be directly or indirectly connected with hand-support elements."</p> <p>Fall time on Vault, Bars and Beam will now start when gymnast is back up on her feet.</p>
Vault	Table of Penalties	<p><b>Level 2</b> Pg 3 - NO Deduction Coach standing between board and mat stack or <b>leaving against/bearing weight on mat stack</b></p>
		<p><b>Level 3</b> Pg 3 - NO Deduction Coach standing between board and mat stack or <b>leaving against/bearing weight on mat stack</b> Pg 3 - <b>Contacting the mat stack with the hands after vertical</b> 0.05 – 0.50 Contact from 1° to 45° past vertical 0.55 – 1.00 Contact from 46° to 89° past vertical VOID – No hand contact on mat stack</p>
		<p><b>Level 4</b> Pg 3 - NO Deduction Coach standing between board and mat stack or <b>leaving against/bearing weight on mat stack</b> Pg 5 - <b>Contacting the mat stack with the hands after vertical</b> 0.05 – 0.50 Contact from 1° to 45° past vertical 0.55 – 1.00 Contact from 46° to 89° past vertical</p>
Bars	NEW	<p><b>Level 3</b> Pg 2 &amp; Table of Penalties Pg 20 - <b>0.50 Failure to begin exercise from a stand outside of the bars, facing the low bar</b> Pg 6 &amp; Table of Penalties Pg 21 - Deleted last deduction on dismount "Failure to jump toward the high bar"</p>
Beam	Change	<p><b>Level 5</b> Pg 2 - Deleted (*) in title #1 Pg 3 - Deleted (*) before FLIC-FLAC TO TWO FEET Pg 7 - 2e. <b>(*) FRONT WALKOVER (150°) (0.60)</b></p>

		<p><b>Pg 13</b> - During the jump, the inner thighs should press together resulting in the press of the heel of the <i>right</i> foot against the front of the <i>left</i> foot.</p> <p>Table of Penalties Pg 35 - Add <b>OR</b> between table after Back walkover, after Backward roll to min ¾ handstand after Flic-Flac step-out, after Flic-Flac to two feet Pg 45 - Flic-Flac <b>(0.40)</b></p>
Floor	Change	<p><b>Level 1</b> Pg 6 - Deleted description of lock position in stretch jump</p>
		<p><b>Level 2</b> Pg 2 - <b>From the straight stand position,</b> demi-plie both legs. Pg 5 - <b>STRAIGHT LEG LEAP (60°) (0.60)</b></p>
		<p><b>Level 3</b> Pg 6 - Deleted description of lock position in stretch jump Pg 7 - <b>Upon landing the STRETCH JUMP,</b> immediately jump.. Pg 11 - <b>Mark this position</b> in relevé at the completion of the turn. The heel is allowed to lower to the floor after marking this position. Pg 15 - <i>#13 Deleted first Arm description</i></p>
		<p><b>Level 4</b> Pg 11 - Push off the floor by extending through the <i>right</i> hip, knee, ankle and toes to execute a <b>forward passé hop with 135° turn</b> Pg 16 - <b>Mark this position</b> in relevé at the completion of the turn. The heel is allowed to lower to the floor after marking this position.</p>
		<p><b>Level 5</b> Pg 4 - <b>Step forward left. Arms:</b> Lift both arms forward-upward to high. Focus: Forward. <b>Hurdle</b> using one of the acceptable hurdle techniques listed in the Glossary and step forward <b>(OR simply step forward without a hurdle)</b> Pg 5 - <b>Step forward left Arms:</b> Lift both arms forward-upward to high. Focus: Forward. <b>Hurdle</b> using one of the acceptable hurdle techniques listed in the Glossary and step forward <b>(OR simply step forward without a hurdle)</b> Pg 14 - <b>Forward passé hop with 135° turn right</b> to finish facing side Pg 16 - <b>Mark this position</b> in relevé at the completion of the turn. The heel is allowed to lower to the floor after marking this position. Pg 22 – <b>13. (*) ROUND-OFF (0.40), FLIC-FLAC (0.40), BACKWARD SALTO TUCKED (0.60)</b> <b>Pg 23</b> – Flic-Flac <b>(0.40)</b></p>
<b>November 2020</b>		
<b>General</b>	Add	Whenever a zero score is one of the counting scores, the allowable score range does not apply
<b>Vault</b>	NEW (for 2021-2020 season ONLY)	<p>The athlete run will <b>NOT</b> be scored for virtual AND in-person events for the 2020-2021 competition season.</p> <p>This will affect the following deductions for the below level(s): Level 1: Only Up to 0.30 – Failure to maintain horizontal speed</p>

		Levels 2 and 3: Both Up to 0.30 – Failure to maintain horizontal speed AND Up to 0.30 – Insufficient acceleration during the run
<b>Bars</b>	Add	<u>0.30</u> Intermediate (Extra Swing) or cast Max <u>0.50</u> -More than one consecutive Extra Swing/Cast after an element
<b>Beam</b>	Clarification	When considering the completion of the CROSS HANDSTAND, the element is “completed” and eligible to receive full credit when the gymnast has stepped down onto the beam with both feet to a closed or lunge position

## USAG - XCEL (BRONZE, SILVER, GOLD)

December 2021

Vault	Clarification	Timed Warm Ups: <b>If the guaranteed number of vaults per gymnast has not been provided to some of the gymnasts in a squad before the time expires, those gymnasts may continue to finish their guaranteed number of vaults.</b> Vault Rules Chart Level 1- Minimum 1 Vault Level 2- Minimum 2 Vault Level 3- Minimum 2 Vault Level 4- Minimum 2 Vault Level 5- Minimum 3 Vault
<b>Vault</b>	Clarification	Chapter 1 Values and Deductions- Bronze pg. Vault 2 <b>Bronze</b> pg. Vault 2, Vault 3 Up to 0.10-Incorrect foot form ( <b>flexed/sickled</b> )
	Clarification	(CJ) 0.50-Vaults without signal from Chief Judge (CJ deduct 0.50 from Average of next <b>completed</b> Vault)
	Clarification	Silver pg Vault-4 Incorrect alignment in the Handstand Up to 0.30- <b>incorrect shoulder alignment</b> (Showing a shoulder angle less than 180°) Up to 1.00 Failure to land <b>in a straight-lying position on the back</b>
	Clarification	pg. Vault 3 Each phase up to 0.10- <b>Failure to maintain neutral head position</b> <u>2.00</u> Head contacting mat stack in support phase (includes 0.50 deduction for extreme arm bend)
	Clarification	Pg Vault 3- <u>3.00</u> (performs a <b>salto</b> or touch with only one hand Up to 1.0 Failure to land <b>in a straight-lying position on the back</b>
	Clarification	<b>Silver</b> pg. Vault 4 <b>Failure to maintain stretched body position</b> Up to 0.30 Arch Up to 0.30 Pike
	Clarification	<b>Silver</b> pg. Vault 5 <b>Void - Gymnast never achieves vertical and returns to the board/floor or lands on the mat stack between the board and hand placement (Considered an “incorrect vault”)</b>
	Clarification	<b>Gold</b> pg Vault-8 Up to 0.30 Legs Bent (in support) or early tuck (Salto vaults)



Vault	Clarification	Pg. Vault-9 Landing Clarification- There is no deduction for feet a max. of hip-width apart, provided the heel join (slide) together on the controlled extension Up to 0.10- If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	Clarification	Up to 0.10 Arm swings to maintain balance
	Clarification	Max. 0.40 (steps)
	Clarification	0.10 Lands with feet further than hip-width apart
	Clarification	Each 0.20 Max 0.40 Large step or jump
	Clarification	Up to 0.30 Insufficient dynamics (speed/power)
	Clarification	No deduction- 1 <sup>st</sup> Balk- run approach without coming to rest or support on top of table
	Clarification	(CJ)0.50 Vaults without signal from Chief judge ...from average of next completed vault
	Clarification	0.50 Additional deduction for Fall after assistance by coach No deduction -Coach standing between board and table If upon landing with the feet apart/staggered the gymnast takes a step(s) deduct only for the steps
	Clarification	pg. Vault 11 C. Feet First Landings Exception: Silver Vaults receive a 2.00 deduction, which includes the 0.50 for the fall
Clarification	D. Landing on the Mat Stack-If Silver gymnast lands in a sitting, lying, or standing position on the top of mat stack after passing through the vertical plane (handstand) deduct 2.00 + 0.50 for the fall= 2.50	
Clarification	pg Vault 12 & Judges -16 Vault Timing if gymnast falls on 1st vault and is assessed for injury: 1. The Chief Judge must monitor the Vault Fall time. The watch: • Starts when the gymnast is standing up on her feet after the fall. • Stops when gymnast salutes for her second vault. 2. After 25 seconds have passed, announces "20 seconds remaining". After 35 seconds have passed, announces "10 seconds remaining". At 45 seconds, announces "Time". 3. A second vault is not allowed after "Time" is announced	
Bars	Clarification	pg. 4, pg Bars4 & Rules Chart-One element may fulfill more than one (two, three) Special Requirements if not specifically prohibited in the Special Requirement description.
	Clarification	General pg. 4-UB Rules Chart & Rules Chart-When a skill is preceded by a cast, both the cast and the skill MAY receive separate VP credit if the cast achieves the Level angle requirement."
	Clarification	General pg. 4 & Rules Chart Gold #2. SR- A skill finishing in a clear support at a minimum of horizontal (not mount/dismount)
	Clarification	pg Bars-2 A. Exceptions All divisions and cast of to stand dismount receives 1 A for Bronze only pg. Bars 12 B. Timing on Fall- Fall time begins when the gymnast stands back up on her feet
	Clarification	3. While off the apparatus following a fall and once the gymnast is standing on her feet, a warning will be communicated.....
	Clarification	Max 0.50-More than one extra swing following an element Falls (jumps down) after extra swing(s), deduct 0.50 for Fall only

Beam	Clarification	Beam Chart Clarifications & BB Rules Chart- All Acro skills must start and finish on the beam to receive credit for SR #3
	Clarification	Handstands, regardless of the angel achieved are considered the same skill. A 2-sec hold is not required
	Clarification	pg. Beam 7-Balance Beam Chapter 3 General Information #4 Exceptions- Press to handstand to vertical within the exercise....
	Clarification	Pg. Beam 8 #2 examples #5.106 Cross Handstand step-down to lunge and Side Handstand straddle down are considered as different elements. Cross handstand step-down to lunge and Cross handstand pike down to two feet are considered as different elements. Cross handstand step-down to lunge and Side handstand step-down are considered the same element.
	Clarification	pg. Beam 14 & pg. Judges 16 Timing of Falls 1.The gymnast is allowed 45 seconds to remount the beam once she is standing up on her feet after a fall 2a The fall time begins when the gymnast is standing on her feet after the fall to the mat
Floor	Addition	pg. Floor 10 4) Addition / deletion of a Dance Value-Part element following and directly connected to the last element in an Acro Pass will make the Acro Pass different EXAMPLES: a) First Pass: Round-off, flic-flac, back salto stretched Second Pass: Round-off, flic-flac, Back salto stretched, sissonne VP credit awarded to all elements. b) First Pass: Round-off, flic-flac, Straddle jump Second Pass: Round-off, flic-flac Considered Two Different Passes due to the deletion of the Dance element VP credit is awarded to all elements.
	Clarification	Up to 0.10 Arm swings on landing to maintain balance
	Clarification	Clarification on Landing Acro Elements: Small step after landing continuing in the direction of the skill to finish in lunge or on one knee is acceptable. Do not deduct unless the landing appears to be out of control.
	Clarification	pg. Judges 1- D. Skill Charts or Xcel Code of Points elements can be recognized two (2) times for Value-Part credit provided the element occurs in a different connection, (i.e., preceded or followed by a different element). EXCEPTION for Floor Exercise ONLY: Acro Flight skills with hand support: 1. are eligible to receive Value-Part credit, regardless of the number of times performed, provided series are different. 2. may fulfill Special Requirement credit.
	Clarification	pg. Judges 2K- Difficulty Restrictions 1D. If the dismount is a restricted element, also deduct 0.30 from SV for no dismount and do not award VP or SR credit
	Clarification	#2 Bronze Division- Restrictions d. (first bullet) Bars: Salto dismounts, any skills on HB/Giants (LB)

	Clarification	#3 Silver b. #1 Bars: Giants (LB)/Salto Dismounts
<b>October 2021</b>		
General	Clarification	Fall time on Vault, Bars and Beam will now start when gymnast is back up on her feet.
Bars	Clarification	One element may fulfill more than one (two, three) Special Requirements if not specifically prohibited in the Special Requirement description.
	Change wording on UB rules chart	When a skill is preceded by a cast, both the cast and the skill MAY receive separate VP credit if the cast achieves the Division angle requirement.”
Floor	Clarification	New definition of Acro “PASS” vs Acro “Series” for Floor Exercise  An Acro Pass is defined as: “An approach (usually, but not required, to be initiated by a step, hurdle or run) resulting in the performance of one or more acro elements (with or without hand support). An acro pass with two or more non-salto elements must be directly connected. An acro pass with two or more saltos may be directly or indirectly connected with hand-support elements.”
		The addition/deletion of a Dance value part element following and directly connected to the last element in an acro pass will make the acro pass different.
Beam	Clarification	Pg 17 - Execution & Artistry Chart <b>0.05 -Lands dismount with FEET HIP-WIDTH APART OR CLOSER, but NEVER JOINS HEELS</b> <b>Ea 0.10 Max 0.40 – EXTRA STEPS ON LANDING</b> <b>0.10 Lands dismount with FEET FURTHER THAN HIP-WIDTH APART</b> <b>0.10 LANDS TOO CLOSE TO THE BEAM on Dismount (when applicable)</b> <b>LEGS UNEVEN NOT PARALLEL TO BEAM IN SPLIT or STRADDLE PIKE LEAP/JUMP</b> <b>MAX.0.40 LARGE STEP or JUMP ON LANDING (appr. 3 feet or more)</b>
		Pg 18 – Execution & Artistry Chart Originality / Creativity <b>of choreography</b> in elements & connections <b>Each up to 0.10 Failure to perform turns in high relevé</b>
<b>November 2020</b>		
General & Vault	Add	Whenever a zero score is one of the counting scores, the allowable score range does not apply
Vault	Add	Bronze & Silver No deduction for tape or chalk mark placed on Mat Stack
	Add	Bronze & Silver No deduction if the coach, in an attempt to assist/spot the gymnast, leans against/bears weight on the Mat Stack
Floor	Add	Concentration Pauses deduction Each <u>0.10</u> - Two (2) seconds or more

## USAG - OPTIONAL LEVEL 6-10

October 2021

General	Clarification	Fall time on Vault, Bars and Beam will now start when gymnast is back up on her feet.
General Vault	Clarification	Pg 5 - Any Vault that fails to land on the feet first will be scored "0" (VOID). • <b>Exception: Level 7 Tsukahara/Yurchenko entry vaults.</b>
		Pg 6 - #9 a. Execute a Round-off Entry (Yurchenko) or Tsukahara Entry Vault to arrive on the mat stack on the feet <b>(Level 6/7) or on the back (Level 7 only)</b> in a straight-hollow body position; arm position optional.  b. The evaluation ends when the Gymnast's feet <b>(Level 6/7) or body (Level 7 only)</b> make(s) contact with the mat stack. EXCEPTION, under-rotation resulting in steps towards the Table will be deducted.  d. Body position will not be evaluated after the feet <b>(Level 6/7) or body (Level 7 only)</b> make(s) contact with the mat stack.
		Pg 9 - Second Flight Phase Up to 0.50- FAIL TO MAINTAIN PRESCRIBED BODY POSITION
		Pg 10 - General Void FAIL TO LAND on any part of the Bottom of the Feet First <b>on Front handspring entry vault</b> FAIL TO LAND on any part of the Bottom of the Feet First <b>on Tsukahara/Yurchenko entry vaults</b> Void- <b>Level 6</b> <b>No deduction Level 7</b> VOID FAIL TO USE A MAT STACK FOR LANDING
Vault	Clarification	Pg 10 - Level 8/9/10 Landing Clarification up to 0.10 <b>There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step</b>
	Add	Pg 14 - Level 8/9/10 Spotting Assistance Upon Landing 0.50 <b>Fall after assistance, additional deduction taken</b>
	Clarification	Restricted Vault performed for Level 8/9 <b>Event Void</b>
General Bars	Clarification	Pg 6 B DISMOUNTS #6-b Initiates Salto action #5. <b>Do NOT deduct 0.30 for no Dismount.</b>
		Pg 21 #3 <b>Element with Long Axis(LA) Turn</b>
		Pg 22#3 Second, Different Flight Element, Minimum of "C", excluding Dismount, OR <b>One element with</b> Long Axis (LA)
		Pg 30 Small Faults -each 0.10 Steps on Landing (max 0.40) -0.10 Lands Dismount with Feet wider than Hip-width apart
		Pg 33 Specific Uneven Bar Deductions -Third Run Approach to Mount - Max. 0.50 8. More than One (1) consecutive Extra Swing(s)
Pg 34 1. -h. <b>Amplitude of cast is determined by a line drawn from shoulders to the mid-point of the lowest body part (abdomen, hips, kness, feet</b>		
Bars	Deletion	<b>8.301</b> -From HB – underswing (toe-on or clear) <b>or back stalder (not illustrated)</b> to salto forward tucked or piked - <b>Back stalder to salto forward tucked w/ 1/2 twist (Celestine)</b>

Beam	Clarification	Pg 19 – Level 7 e. #4-d. <b>d) Back Walkover may be also used as Second element in LEVEL7 Acro series</b>
	Bonus/ Clarification	Pg 33 - c. second Bullet: <b>Order of Value Parts may allow for additional CV bonus by counting two 2-element connections based on Connection principles on pages 31/32. Example: B flight + C-salto + B flight (B+C=+0.1, C+B=+0.10, plus additional +0.10 for 3-element series=total +0.30. Always calculate to the advantage of the gymnast.</b>
	Group 1 – Mounts	<b>1.308 From a rear stand (back toward beam), jump with a 1/2 turn (180°) to chest stand (candle position), ending in front support with or without backward hip circle or other optional exit.</b>
	Group 2 - Leaps	2.505 Split leap forward with change of legs (180° separation after leg change) with 1/2 (180°), 3/4 (270°)(Salcedo) turn or more, <b>also w/ 1/2 (180°) to scale (Blum/Dean)</b>
	Group 9 - Dismounts	9.202 Free (aerial) walkover forward with 1/1 twist (360°) <b>off end of beam, also from swing through</b>
9.402 Free (aerial) walkover forward with 1/1 twist (360°) <b>off side of beam, also from swing through</b>		
Cartwheel with 1/4 twist (90°) after hand support <b>(or Round-off)</b> to cross stand at end of beam		
Beam & Floor	Recognition of VP	Beam- Pg 7 - A. Any Balance Beam Element (i.e., preceded or followed by <b>an Element that is found in the Jr. Olympic Code</b> Floor- Pg 6 - A. Any Floor Exercise Element (i.e., preceded or followed by <b>an Element that is found in the Jr. Olympic Code</b>
Floor	Clarification	Pg 5 - <b>D- Coach on Floor Coach catches a falling gymnast: 0.50 Fall; No deduction for Spot; Chief Judge deducts 0.50 from Average Score for “Coach on the Floor”.</b>
		Pg 6 - FLOOR: Definition of an Acro Pass: An Acro Pass is defined as: “An approach (usually initiated by a hurdle or run) resulting in the performance of one or more acro elements (with or without hand support). An acro pass with two or more non-salto elements must be directly connected. An acro pass with two or more saltos may be directly or indirectly connected with hand- support elements.”
		#3 Same element performed a 3 <sup>rd</sup> time c. No Special Requirements awarded. Must receive VP credit to fulfill SR. EXCEPT: Round-offs / Flic-Flacs / Front Handsprings in Acro <b>pass</b> with Saltos.
	Pg 7,8,12, 14, 15, 16, 19, 22, 25 ,29 & 34 - Change all of the word “series” to the word “pass”	
Clarification	Pg 7 - e. <b>Addition / deletion of a dance Value-Part element following and directly connected to the last element in an Acro Pass</b>	
	Pg 18 – Level 8/9/10 Composition <b>#4 EXAMPLE 4: LEVEL 9 / 10 - Special Requirement #4 awarded. Round-off, Flic-Flac, Salto Backward with 2/1 twist (“C”), Sissonne (“A”)</b> a .Performed for second time in exact same <b>Acro Pass or connection.</b>	
<b>November 2020</b>		
Vault	Clarification	General - Whenever a zero score is one of the counting scores, the allowable score range does not apply Coach catching a falling gymnast. Do NOT deduct for the spot. Deduct <u>0.50</u> for the Fall ONLY

	ADD	Pg 9 – Level 6 & 7 Landing ↑0.20 Only one (1) foot touches Mat Stack, apply deduction for leg separation only
	Clarification	Level 6/7 Second Flight Phase – Insufficient Length  When evaluation length, consider size of the Gymnast, type of Vault, where the hands contact the Table, <b>location of the center of mass upon initial contact of Mat Stack</b> , and over trajectory (amplitude) of the 2 <sup>nd</sup> phase; not the distance from where the Gymnast <b>first makes contact on the Mat Stack in relation to the end of the Vault Table</b>
	Add	Level 6/7 - Arm position when leaving the table will not be evaluated; Arm position optional
Bars	Deletion	Example of Higgins Roll <del>#4.101 Long swing with ½ turn at min of 45 from vertical</del>
	Addition	LA turns examples to L8 and 9 Special Requirements MAY be: Pirouette on the hands, turn in a Flight element, turn from a long hang swing, turn in an under swing with feet on bar and ½ turn
Beam	Clarification	Series description and Specific Execution Deduction chart <del>Backward Acro Flight series and sideward to Backward Acro flight series</del>  Backward Acro Series and sideward to Backward acro series with one or more flight elements
		Mount element designation Not Acro- 1.103, 1.203, 1.303. 1.403. 1.106, 1.206 Dance- Add 1.204 & 1.304 Acro- all other mounts
	Addition	Level 8/9/10 Appendix 15: Acro not up to the competitive level Any acro element performed a 3 <sup>rd</sup> time and receiving no VP that is used in a direct connection to a Beam dismount element may be used to fulfill the Beam dismount compositional requirement as a connection Do not apply the <u>0.10</u> deduction for performing an isolated dismount element
	Clarification	Level 7/8/9/10 SR#2 One leap or jump that requires 180° Cross of Side Split <ul style="list-style-type: none"> <li>• Achieving less then 135° will be awarded “A” value part credit</li> <li>• Will NOT be eligible to fulfill SR</li> </ul> Deduction ↑ 0.20 applied for insufficient leg separation
Floor	Clarification	Pg 26 - Concentration Pauses deduction Two (2) seconds or more <del>prior to difficult elements or acro series</del>
	Addition	Level 8/9/10 SR#4 Last Salto initiated but does not land of bottom of feet first <ul style="list-style-type: none"> <li>• No VP credit awarded</li> <li>• Deduct <u>0.50</u> from SV for missing SR#4</li> <li>• Deduct <u>0.50</u> for the fall</li> <li>• Deduct <u>0.50</u> from the SV form more then one restricted Element (L8/9) if applicable</li> </ul> DO NOT deduct <u>0.30</u> for no dismount