

GYMNASTICS RULES & SCORE BOOK (LEVELS 7– 10)

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Errata (Updates & Corrections)**

P. 10, Last Paragraph.

~~based on their own coaching philosophy and standards.~~ *Athletes should be moved up once proficient at one level, and able to work safely at the next. It is not in the spirit of the JO Program to repeat a level to gain an advantage over others.*

P. 12, 3rd paragraph. Change Level 9 East/West age divisions:

The top ~~6~~ **12** Level 9 All Around gymnasts in each of ~~sixteen~~ **eight** age divisions, ...

P. 12 Table, L-9: Top ~~6~~ **12** per ~~16~~ **8** age div per E/W region (34.00 AA)

P. 22, Difficulty Restrictions, Level 7 and Level 8 #1. Add 2 bullets.

- *Back staller to handstand, also with ½ turn*
- *Piked sole circle backward to handstand, also with ½ turn*

P. 26 Judge's Score. Add, *Note: A final score of 1.00 is given for scores 1.0 or lower.*

P. 27, Technique/Amplitude/Rhythm/Dynamics. Add:

1. *Failure to perform Value Part turns in high releve' Up to 0.10*
2. *Failure to land with feet together on 2 foot landing leaps/jumps.. Up to 0.10 FX&BB (On BB refers to SIDE landings only)*
3. *Insufficient amplitude of front leg (>45° below horizontal) on Sissones/Ring Jumps..... Up to 0.10*

P. 29, #11. ~~Signals/verbal cues by coach/teammates (after warning) 0.20~~

P. 30, # 19. Coach on the FX mat (Level 7 and above). Change ~~1.00~~ to **0.50**.

P. 30, #12, 3rd bullet. No tape or excessive chalk on the vault table ~~or runway~~.

P. 32, General Vault Regulations,

#10. During competition, each gymnast is allowed 3 (~~Level-7, 2~~) "touch warm-up" vaults *and 1 standing salto/jump* off the table. ~~doesn't count as a turn.~~

P. 34 Vault #4.101 RO,FF—Repulsion Off ~~7.5~~. Change L-8, 9 & 10 to **7.0**.

P. 35 Vault #1.106 1/4-1/2—Repulse ~~6.8~~. Change L-9 & 10 to **7.0**.

P. 34 Vault #5.101 RO,FF ½ on – Handspring off ~~9.1~~. Change L-8 to **9.2**

~~P. 35 Vault #3.306 Tsukahara Tuck ½—10.00 Remove from Level 8 Vault List~~

P. 36 Specific Vault Deductions. Add *Incorrect foot form...Up to 0.10* in each phase (First Flight, Support/Repulsion and Second Flight).

P. 43 Uneven Bars #1. Intermediate (extra) swing, after 4th bullet Add:

- A tap swing-counter swing (as in Level 5/6 UB) is not a Value Part in an optional exercise (Levels 7-10).
- *Allow 1 counter swing before front flyaway (L-7 only).*

P. 44 #8 Amplitude of Circling Elements, bullets #2&3 do NOT apply to Levels 7&8

P. 44 #8, last bullet Add • *More than 10° below horizontal ("A"clear hip) Up to 0.20*

P. 51. "Series" Definition

2. Non-flight acro series (any direction), flight series with forward or sideward elements, and counter acro flight series
 - Lack of tempo/poor rhythm (continuous but slow)~~Up to 0.30~~ **Up to 0.20**
3. Dance or mixed Series

• Lack of tempo/poor rhythm (continuous but slow) ~~Up to 0.10~~ **Up to 0.20**
P. 53 Specific Execution Deductions, # 5, both bullets and Exception.

• Dance or mixed series~~Up to 0.10~~ **Up to 0.20**

• *Acro series.....~~Up to 0.30~~ **Up to 0.20**

*Exception: Backward acro series with one or more flight elements. A delay in immediate take-off for the second element (flight) breaks the series. Also, if the arms swing as low as the thighs or further *after landing of the first element*, the series will be broken.

P. 54 Connection Value, #1 • B+C-Salto (or any Aerial – Level 9).....+0.10

P. 54 Connection Value, #4 Delete bullet #5; change bullet #6

• ~~C+C (same 2 "C" elements).....+0.10~~

• ~~C+C (Same or different "C's").....+0.20~~

P. 59 Floor Exercise, Special Requirements, #3 Dance Passage, bullets.

• Indirect connection may include running steps, small leaps, hops, chassés, assemblés or ~~chainé~~ *any kind of turn on 1 or 2 feet* between the 2 dance Value Part elements.

• No pauses or stops within the dance passage, *e.g., lunging turn preparations that pause.*

~~• Pivots on 2 feet and 1/1 turns or more on one foot are stationary, therefore NOT permitted.~~

• Acro elements between dance elements break the series.

• 180° leap in cross (front-to-back) split requires straight front leg; rear leg may be in stag position (bent).

• ~~Leaps and hops~~ *Group 1 elements* may land on one or both feet *as the first and/or second/last element of the dance passage. Rebounding out of a leap/jump is allowed and is not considered a pause or stop.*

• ~~Jumps (take-off from 2 feet) must land on 1 foot as the first element and may land on 1 or both feet, or~~ *The second (or last) element may land* in prone or split-sit position. ~~as the second or last element.~~

• If either element is a "C" Value Part, a 0.50 deduction is applied and NO Special Requirement or Value Part credit. (*Level 7 restriction*)

P. 60 Floor Exercise, Last Salto Special Requirements, bullets at top of page.

- Fall with failure to land on soles of the feet first
- Fall with no initiation (attempt) of salto..... 0.30
- Being the 3rd time the element was performed
- Being performed 2nd time in exact same series
- A "spot" by the coach
- *Balk with no attempt of salto..... 0.30*

P. 63 Bonus, #3 Direct Connection, 1st bullet.

• ~~C + C (dance elements must be different).....+0.10~~

P. 65-66, # 1, 2, 3, & 4 Coach on the Floor Exercise Mat changed from ~~1.00~~ to **0.50**.

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