

GYMNASTICS RULES & SCORE BOOK (LEVELS 1– 6)



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Errata (Updates, Clarifications & Corrections)**

2011 – No changes were made to the Compulsory program.

Clarification: Uneven Bars - Levels 3&4 Stride Circle

Front leg touches bar on the upswing of circle prior to clear support.....No deduction

P. 2 Add after the last paragraph:

Philosophy of Mobility System

In the spirit of good sportsmanship, fairness to all athletes and competitive balance, the mobility system within the National JO Program should be followed in the manner that it was intended.

- *Before moving up a level, every athlete should show proficiency at their current level.*
- *Once a high level of proficiency is achieved at the athlete's current level, she should strive to move up to the next level as long as it is done safely.*
- *For athletes to repeat a level with the intent to gain an advantage over other competitors or teams IS NOT in the spirit of the JO Program or youth sports in general.*

P. 10, Last paragraph.

Once minimum mobility scores have been achieved by individual gymnasts, USAG clubs and their coaches determine if and when to move gymnasts to the next level ~~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 other competitors or teams.*

P.47 & 48, Balance Beam Level 2 & Level 3, Increase time limits by 5 seconds.

Time Limit: ~~30~~ 35 Seconds

Warning: ~~20~~ 25 Seconds