

GYMNASTICS RULES & SCORE BOOK

(LEVELS 7– 10)

Blue Book • 2009-2013 First Edition • Copyright 2009
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 stalder to handstand, also with ½ turn*
- *Piked sole circle backward to handstand, also with ½ turn*

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

1. *Failure to perform Value Part turns in high releve' Up to 0.10*

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 1/401/2—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. 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 tap swing before front flyaway (L-7 only).*

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. 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**.