

PREP OPT CLARIFICATIONS

Uneven bars

Prep 1
Do not use the USAG optional angle requirements on casts-max [^].2 amplitude deduction on casts

Prep 1
If a gymnast does the Level 5 dismount = no value = -.3 for no dismount

Prep 1
All clear hip circles will receive B value part credit as long as they finish in a clear support. You should still apply amplitude and body/arm deductions.

Circle Skills
Sole circle backward on LB with or without grip change to HB will count as a backward circle skill. Long hang pullover will count as a circle skill only if it starts and finishes on the same bar.

Floor Exercise

Prep 1
The SR states that a salto must be performed in one of the acro series. If the only salto is performed as an isolated element, it does not meet the SR.

General

Use the new optional score range.

If you apply the 2.0 deduction for performing unallowed skills or the 0.3 deduction for no dismount, these deductions should be reflected in the start value so that the coach and gymnast can see that the deduction was applied.

For levels that can use compulsory skills (Rookie can use Levels 1-6 on all events, Novice and Premier can use Level 4 on bars, Level 5 and 6 on beam and floor), only elements with values can be used to fulfill special requirements.

Balance Beam

If an element is required to land feet first, the gymnast must land on the soles of the feet first to receive credit. However, if an element is not required to land on the feet, the gymnast may still receive VP/SR credit if the soles do not touch the beam. EX.- handstand swing down to straddle sit, backward roll to knees

Acro elements that take off OR land on one leg are considered different from elements that take off OR land on both legs.

COMPULSORY ELEMENTS THAT ARE NOT LISTED IN CODE

Uneven bars

Cast away dismount (Rookie only)
Leg cut forward (Rookie only)
Shoot through
Mill circle
Leg cut backward
Tap swing/counterswing
Pullover mount

Floor Exercise

Candlestick (Rookie only)
Crab stand (Rookie only)
Leg swings (Rookie only)
Coupe walks forward (Rookie only)
Forward roll to straddle stand (Rookie only)
Headstand (Rookie only)
Hinge (Rookie only)
Front leg balance (Rookie only)
Pivot turn (Rookie only)
Chasse (Rookie only)
Bridge kick-over (Rookie only)
Heel snap turn (Rookie only)
Stretch jump (Rookie only)
Handstand to bridge, kickover (Rookie only)
Leg swing with hop (Rookie only)
Backward roll to push-up position (Rookie only)
1/2 coupe turn (Rookie only)
Leg swing with hop 1/4 turn
Forward split
Weight transfer
Stretch jump 1/2 turn

Balance beam

Front support mount (Rookie only)
Tuck sit (Rookie only)
Candlestick (Rookie only)
Arabesque (Rookie only)
Coupe walks (Rookie only)
Releve walks forward (Rookie only)
Stretch jump dismount (Rookie only)
V-sit (Rookie only)
Leg swings (Rookie only)
Releve balance (Rookie only)
Tuck jump dismount (Rookie only)
Swing to push up position (Rookie only)
Partial cross handstand (Rookie only)
Running steps (Rookie only)
Swing to tuck stand (Rookie only)
3/4 handstand (Rookie only)
Cartwheel to side handstand dismount (Rookie only)
Leg swing with 1/2 turn mount
Coupe turn
Heel snap turn
Weight transfer
Pivot turn
Stretch jump
Cartwheel to side handstand 1/4 turn dismount
Scissor leg swing with 1/2 turn mount
Coupe, developpe, ronde de jambe
Pivot lunge turn