

2011 JO Rule Changes Compiled From Committees Minutes May 2011

- compiled Aug, 2011 by L. Bjella – use at your own discretion

(Joint Olympic & Technical Joint Committees Minutes May 16, 2011; Technical Committee Meeting Minutes May 16-17, 2011; Women's JO Committee Meeting Minutes May 16-17, 2011)

GENERAL

Mats for Mounting Bars and Beam

A manufactured (folded) panel mat be allowed as a mounting surface for Bars and Beam at the Optional levels, but it must be removed as soon as possible after the gymnast has mounted. It may not be placed on an 8-inch skill cushion.

Delete the word “**signals**” from the general deduction listed in the JO Code of Points (page 6. J.) regarding the coach or teammates coaching the gymnast.

Recommendation that a 1.00 final score will be awarded for Compulsory or Optional Bars, Beam or Floor Exercise routines that would result in a score equal to or less than one point.

Pages 139 & 219, regarding Technique of Turns on one foot and Leaps/Jumps/Hops with Turns on Beam and Floor:

The degrees listed and illustration shown refers to turns with a minimum of 360°. If 90° or more of the turn is missing, award the lower value part. However, when evaluating jumps/leaps/hops/turns that have values based upon less than a 360° turn (example, wolf jump $\frac{3}{4}$), the gymnast must finish a minimum of 1° past the half-way mark between the two value parts.

Example: Since there is a value-part listed for the wolf $\frac{1}{2}$, $\frac{3}{4}$ and 1/1 on Beam, we must evaluate how much of the turn was completed and which value to award. If the turn is completed within 44° or less of the designated degree of turn, it will be awarded the higher Value part. Basically, in order to receive credit for the higher value part, the turn must be finished closer to the higher degree of turn. Technique on the Sissone and Ring Jump on Beam and Floor: The front leg is required to be in a forward-downward diagonal position at a minimum of 45° (see page 140, 142, and 220). If the front leg is less than 45°, deduct “up to 0.10” for insufficient amplitude of the front leg.

Landing of Dance elements on Beam and Floor:

“up to 0.10” deduction for failure to land with legs/feet together on:

- Jumps/leaps/hops that land on two feet on Floor Exercise
 - Jumps/leaps/hops that land on two feet in SIDE POSITION on Balance Beam
- to be effective August 1, 2011.

Recommendation to re-word the *Rules and Polices*, page 39:

B. Types of Competition Formats

1. Traditional Formats:

c. When using either of the above formats, if squads consist of 13 or more Compulsory gymnasts or 9 or more Optional gymnasts, the squad **may** be divided into two subgroups for the competition warm ups (30-second touch.) The first half takes their 30- second touch warm-ups, and then competes; then the second half takes their 30-second touch warm-up, and then competes. Touch warm-ups on Beam and Floor may be staggered. Taking the 30-second touch in this instance is up to the discretion of the personal coach and **MUST** be allowed if wanted.

VAULT

The committees discussed the bonus system used for Level 10 vaulting, but made no change. It was suggested that a survey be taken on a number of issues that can be incorporated into the new JO Optional Program to begin August 2013.

Recommendation that the Tsukahara Tucked with $\frac{1}{2}$ (180°) twist be eliminated from the Level 8 vault chart.

Landing Deductions

The committees discussed the landing deductions for Vault and Bar/Beam dismounts and concluded that we currently have adequate tools (deductions) to address the lack of balance which would cause the athlete to turn quickly to salute the judges. Judges' education will continue to reinforce the proper use of these deductions.

LEVEL 8 Restrictions

The committees discussed restrictions for Level 8 and decided to make no change until the new Optional program is introduced in 2013. The future limitations will be presented enough in advance to give the coaches adequate time to prepare their athletes.

UNEVEN BARS

New Elements on Uneven Bars

Recommendation that an Underswing (pike sole circle) on LB, release and counter movement forward in flight with 1/1 turn to hang on HB (toe shoot with full twist) be awarded a value of D (**Oster**) (#7.410)

Recommendation that the following element be awarded E-value (# 3.508) (**Sims**):

From near handstand, clear hip circle forward to immediate front salto straddled to catch same bar

Recommendation that an "A" Clear Hip would receive NO deduction if the angle achieved was from 1 to 10 degrees below horizontal. More than 10 degrees below horizontal would receive "up to 0.2" deduction for insufficient amplitude.

CLARIFICATION

For Level 7 & 8 Bars: a Clear Hip Circle performed at 45° or above will receive NO deduction for insufficient amplitude. The 0.05 deduction for "C" clear hip circles performed between 11-20° is not applied at Level 7 or 8.

CLARIFICATION:

In Level 8, if a gymnast performs skills on both low bar and high bar, she has fulfilled the Special Requirement of a bar change. At Levels 8-10, the bar change SR does not imply that a value-part must be used to transfer from one bar to another; only that the gymnast must work on both rails a minimum of one time (at Level 8) or at

Levels 9 and 10, work one rail at least twice and the other rail at least once.

Clarification on Compulsory BARS: Level 3 & 4:

When evaluating the Stride Circle in Level 3 and 4 Bars, NO deduction is taken if the "front leg touches the bar on the upswing of the circle prior to the clear support.

CLARIFICATION for COMPULSORY BARS

When a gymnast uses a straddle-pike casting technique, apply the deduction for incorrect body position and leg separation. This is NOT considered a change of element.

BALANCE BEAM

New Elements on Beam:

Recommendation that the following values be awarded to these new Beam elements:

- Switch-leg stag ring leap (**#2.407**) **D**
- Full illusion to scale on Beam (**#3.505**) (**Jarred and Medvitz**) **E**
- One leg take-off Front Salto Piked with $\frac{1}{4}$ twist to land on two feet (**#8.502**) (**Oswalt**) **E**

B value to a “Kick to a Cross Handstand with a full (360°) pirouette” (ending position optional) (**#5.206**)

Recommendation to add the following to the Level 9 Beam Bonus Principles: In a direct connection of two Acro flight elements B+ C, the Level 9 gymnast may use either a C salto or any aerial element to receive bonus.

Recommendation that any C + C directly connected Dance elements will receive 0.2 bonus on Beam for Levels 9 and 10.

Clarification for **LEVEL 8** Beam Acro series: Any handstand that does not require a 2-second hold for Value-part recognition (such as press handstand or a handstand with turn) and is performed within the exercise (not as a mount) 2 may be used as the first element of the acro series, provided there is not a 2-second hold and the handstand phase (vertical) is reached. Example: Press to handstand, immediate step down to back handspring.

JO Code of Points Clarifications

Add to page 147, #3 regarding Series on Beam: When evaluating a connection of two dance elements, if the first element lands in plié on two feet, then straightens the legs totally before a second plié occurs to initiate the jump into the next element, the straightening of the legs will break the series.

FLOOR EXERCISE

New Element Evaluation for Floor Exercise

“B” Value for a Switch-leg stag ring leap on Floor (**#1.211**)

The 0.3 insufficient amplitude deduction will not be applied to a front layout used as an accelerating element in a directly connected front salto series. (Example: Front layout directly connected to any another Front salto)

CORRECTION

Delete III. C. #2. in the May 2010 Joint JO/Technical Minutes: “If the forward leg of one of the two dance Value parts finishes in a stag position, it will NOT fulfill the Special Requirement.”

Clarification: Only the leap that is used to fulfill the 180° split requirement in the dance passage may not finish in a stag position.

CLARIFICATION:

No deduction would be applied for the coach stepping onto the floor exercise area to adjust mat placement. Add to pages 6 and 213 in the *JO Code of Points* the inadvertently deleted statement: “also to adjust placement of the mat” as part of the bullet stating examples of no deduction.

CLARIFICATION:

The committee discussed using additional matting on floor exercise as the take-off surface for tumbling elements. Although this was not the intent for the usage of this matting, no deduction will be taken if it occurs.

Clarification for Level 9 and 10 Floor Exercise Composition: When applying the deduction for lack of balance between acro and dance elements, consider both the quality and quantity of the dance elements. The lack of dance connection bonus in Level 9 and 10 Floor Exercise is not necessarily a compositional deduction.