

USA Gymnastics

JUNIOR COMPETITION MANUAL

2025–2028

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MEN'S DEVELOPMENT PROGRAM

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The Men's Development Program is developed under the direction of the Men's Development Program Committee (MDPC). The MDPC has the final determination in the application of the program, its rules, and organization of its corresponding competitive divisions. The MDPC Members directing the design of this program are as follows:

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The MDPC would like to recognize the work of the following committee members in their respective areas for their commitment and expertise in guiding the program development:

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FOREWORD

The Men's Development Program celebrates its 50th year as the primary program aimed at fostering growth and advancement of men's gymnastics in the United States. Diverse needs of the club industry drive our continued use of three distinct tracks designed to accommodate aspirations of our athletes. The tracks provide opportunities for seamless progressions as gymnasts advance through their gymnastics journey. Central to the program's ethos is the provision of a safe and enjoyable experience within each track, with a focus on facilitating each athlete's growth and commitment to the sport.

In addition to promoting sound education for athletes, coaches, and professional members, a long-term approach remains a core pillar of the program. Athletes matriculating through the system not only build on technical proficiency over time, but gather incredible personal and professional skills that will serve them in the gym and within their daily lives. At all levels, athletes are supported in their holistic development, which includes personal growth, character building, and the acquisition of life skills.

The program has been developed and overseen by committees of representatives from across the country, bringing together a wealth of coaching expertise and a nuanced understanding of the business dynamics inherent in the industry. In this newest edition of the program, there are minimal structural changes from previous editions, but we hope that the targeted practical changes aimed at streamlining the developmental cycles of our athletes is evident. A hallmark of the Men's Development Program is the passion of committee members, coaches, and club owners across the country that remain athlete-centric and vigilant in their commitment to the sport.

The Men's Development Program seeks to enhance recognition and success within the junior men's gymnastics community, with the ultimate goal of continual growth and commitment to the sport of gymnastics. By encouraging clubs to fully embrace the program and tailor their offerings to meet the diverse needs of their participants, the program aims to broaden participation and foster sustained growth in the sport over the long term.

Sincerely,

Raj Bhavsar OLY

Men's Development Program Director



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Chapter 1

JUNIOR MEN'S COMPETITION PROGRAM OVERVIEW

A. Competition Program Design: The Men's Development Program is divided into three general tracks and offers competitive formats appropriate for any athlete depending upon interest, level of commitment and relative ability. The mission statements for each of these tracks provide an overview of the respective differences and goals to help coaches place athletes in a competitive environment best suited to their needs.

You will also find information in this chapter that gives an overview of the general rules and proposed age levels for each track within the Men's Development Program. Future chapters are devoted to more specific information including rules as they relate to each track.

Knowing the individual needs and goals of each athlete is an important consideration for their appropriate development. Growth and participation in a variety of programs and disciplines is essential to the health of each club and the industry as a whole. Each and every gymnastics program is invaluable in regards to sustaining men's gymnastics in the U.S. and are vital to ensuring that the sport continues to prosper.

Although coaches may be more familiar with the curriculum based compulsory and optional formats of the National and Elite tracks, there is a huge benefit to creating a strong Club program in each local area that may provide service for an untapped market and a larger number of participants who desire to enjoy gymnastics with less rigorous criteria. This program is entirely driven by customer demand, rather than a rule structure typical of more in-depth gymnastic curriculum.

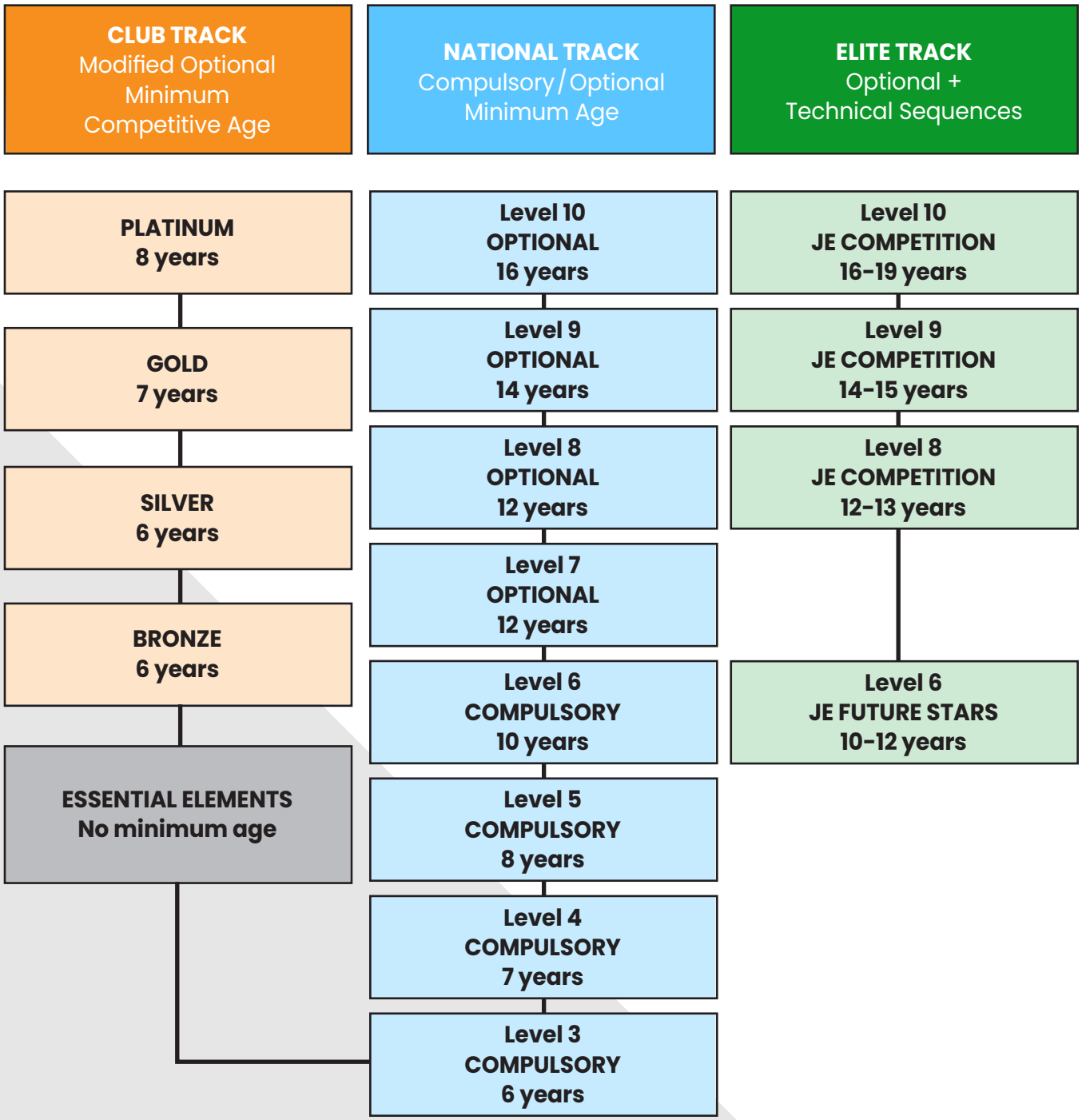
Both the National and Club tracks move away from restrictive age requirements. This will allow coaches and clubs to manage their clientele base with more flexibility and efficiency. Each level in these programs will be open-ended and supportive of age; in most levels only a minimum age is required. This allows coaches to divide age categories to better reinforce the concept of retention and recognition. The Elite track, due to its specific mission of development of our National Team Program, retains more traditional designated age categories. *Refer to the Men's Program Rules and Policies for more guidance on recommended age groups.*

Junior Competition Program – 3 Track Design

Track	Club	National	Elite
Junior Level of Competition	Local (State/ Regional)	State, Regional and National	National
Program Mission	Recreational competition to promote participation & growth	Participation & development leading to higher levels of competition	Development & training of athletes for international competition
Potential Level Of Participation	High School Collegiate Club	Collegiate Gymnastics Senior Competition	Junior National Team International Competition
Structure	Level Based	Level Based	Age Based

B. Track Overview: This chart gives a general overview of each track, relative age requirements, levels of competition, and general curriculum. Athletes have flexible and unlimited opportunities to migrate between tracks subject to local or regional qualification guidelines for championship events. Migration between tracks based on ability and achievement is encouraged. The Essential Elements program is encouraged to allow athletes to transition seamlessly from class participation to an appropriate team program.

Program Overview Flow Charts



Competitive Age Determination

C. Athlete Age Based on Birth Year: For all levels of competition in each of the three tracks an athlete's competitive age will be defined by the year in which he is born. The competitive season is defined by the year in which the championship for that competition program is held. For example, if a championship at any level is held in the year 2024 regardless of what month it is held in, the athlete's competitive age for that season or year is defined by his age as of December 31st of that year. For example, if an athlete was born in 2012 then his age for the 2024 season is 12 years old.

Further, if the season's competitions began in December of the previous year (i.e., 2023) but the championship for that season is held in 2024, the athlete's age is his age as of the year 2024. Athletes whose competitive age is 6 years must reach their 5th birthday before they are allowed to compete in Level 3.

Mission Statements

D. Track Descriptions: The following descriptions explain the purpose and design of each program and the goals of each of the three competition tracks.

CLUB TRACK

Mission Statement

The Club Track is a level-based, recreational competitive program designed to promote increased participation in boy's gymnastics, locally. This cost-effective platform does not require expensive equipment, experienced boy's coaches, or a large section of gym space. The Club Track is ideal for clubs looking to start a boy's program. In addition, it provides the opportunity to identify and train new coaches and judges for the sport. The structure, rules, and execution of the program should be driven by meeting the needs of the customers (athletes and parents), rather than what has been the traditional boy's gymnastics path.

What the Track is

The Club Track has a simple format that is easy to understand and implement. Routines are in a modified optional format to allow for versatility, creativity, and fun. The program provides an opportunity for a boy to walk into the gym, join the team, and be ready to compete within a short period of time. Each level has basic building block skill requirements to promote gymnastics progressions with minimal hours of training, and a lower cost of participation. The program is also designed to provide pathways both in and out of the National Track, allowing athletes and their families the ability to choose what is best for them throughout their gymnastics career.

Who the Track is for

The Club Track is for any boy five years of age and older and wants to experience competitive gymnastics. Most boys want to feel as though they are part of a team, which would typically take a considerable amount of time using traditional gymnastics pathways. Because of this, boys often gravitate to other sports, where they can sign up and start competing or playing the game right away with minimal time and financial commitments. The Club Track will give them that same opportunity to "get in the game" and be part of the gymnastics team. In addition, due to the lower commitment level of the program, it is ideal for the multi-sport athletes, and boys with other activities who still want to compete in gymnastics. Finally, the Club Track is great for boys who are introduced to gymnastics at a later age. The simplified progressions provide an expedited process of achievement that can keep pre-teen and teenage boys engaged and encouraged.

NATIONAL TRACK

Mission Statement

The National Track is a level-based competitive program designed to promote participation while emphasizing long-term gymnastics development. This track recognizes differences in an athlete's acquisition and mastery of gymnastics skills and progress. The National Track utilizes divisions, minimum ages or age groups, and a compulsory/optional pathway to increase the opportunities for recognition, social interaction, and progressive achievement in the sport. The structure, rules, and execution of the program should be based on a combination of consumer needs and follows the traditional gymnastics development path.

What the Track is

In compulsory levels 3, 4, & 5 the tracks are divided into two compulsory divisions - Division 1 & 2. In level 6, there is division 1 and JE. There is no division 2 for level 6. In optional levels, the track includes levels 7, 8, 9, & 10. The different compulsory divisions create a range of developmental needs and expand opportunities for peer versus peer competition among athletes of varied ability levels. For this reason, the Divisions 1 and 2 may not be mixed for the purpose of awards. The tracks have also been designed to allow movement from one track to another in order to meet the athlete's needs over their entire gymnastics career. As an example, the Essential Elements Program and the Club Program, provide an opportunity for an athlete to cross over to the National Track. The National Track may provide an opportunity for an athlete to move into the Elite Track.

The compulsory levels contain carefully constructed routines that are designed to develop a comprehensive, progressive, and fundamental foundation of skills on each event.

The final compulsory level, Level 6, prepares athletes for the transition to one of the optional levels, which use different competition rule structures.

The Level 7-10 optional track is designed to prepare an athlete for higher level competition using the Junior FIG rule structure with some modifications specific to each level based on ability or age. Participation in these levels provides opportunities that could potentially lead to a career at the Collegiate Level.

Level 7, as a simplified optional level, is designed to encourage continued participation for athletes desiring a less rigorous path to optional gymnastics skills. The rules are created to reward a greater variation of skill levels allowing competitive success and recognition, while continuing to gain skill difficulty and moving towards the Level 8, 9, or 10 optional levels. Additionally, Level 7 provides an opportunity for athletes to continue advancement on events where they may excel, without being held back on events that they find more challenging and without requiring them to participate in the All-Around.

Who the Track is for

The National program is for any boy six years of age and older that is interested in team and individual competition. Due to the progressive nature of skill development, an athlete in the National Track may require more hours in the gym each week as compared to the less demanding Club Track. Specifically, the National Track offers a wide range of opportunities for athletes that may want to actively achieve a higher level in the sport with the possibility of continuing their participation in gymnastics at the collegiate or senior level.

ELITE TRACK

Mission Statement

The Elite Track is an age-based competitive program designed to develop and train athletes to be successful in international competition. The Elite Track uses technical sequences designed to achieve an exceptional level of refinement and technique, combined with foundational skills for optional skill development using the Junior FIG rule structure. The United States Junior National Teams are selected through the Elite Track competition track, and are eligible for potential selection to represent the USA in international competitions.

What the Track is

The Elite Track is a program that requires a high level of commitment from both athletes and coaches. The Elite Track has two supplemental programs in addition to Level 8, 9, and 10 optional routines: the Future Stars and Technical Sequence programs. The Future Stars Program is designed to provide gymnasts 10-12 years of age with a foundation of advanced level techniques necessary to successfully transition to the optional rules structure. Future Stars routines fit together directly into Technical Sequences. Technical Sequences ensure the continued focus on technical execution and refinement as athletes increase skill difficulty.

Athletes 10-19 years of age, aspiring to the Junior Elite Track, are required to compete in the Technical Sequence Program. These athletes may qualify to the Elite Track by competing both Technical Sequences and Optional routines at their State and Regional Championships. If they meet the required qualification score, they may compete at the Junior National Championships in the Elite Track where National Team selection takes place.

Who the Track is for

The Elite Track is open to any athlete willing to make the commitment to the rigorous requirements of the program. The Elite Track can also assist athletes in their advancement through the National Track. Athletes competing in the Elite Track aspire to qualify for selection to the Junior National Team and attend national team training camps, where they receive further instruction to assist in their development to international standards. National Team athletes may be assigned to represent the United States at various international competitions up to and including the Junior World Championships.

National & Elite Track Competition Overview Chart

Non-Competitive Levels 1 - 2

Levels 1 & 2	No Minimum Age	Essential Elements Program

Competitive Levels 3 - 10

Competition Requirements – Qualification to Championship Events will be determined by each region/state organization. Qualification to Junior Sectional and National Championship events will be determined by the MDPC.
Birth year determines competition age for all levels – Age in the year of each level's Championship

Compulsory Levels 3 - 5 Divisions 1 & 2 and 6 Division 1

Division 1 & 2 may not be combined for the purpose of individual awards only for Team Awards

Level	Minimum Competitive Age Allowed	Scoring Breakdown – Exception: Vault – Refer to Chapter 3 Vault			
		D1 Base Score **D2 Max Score** No D2 in Level 6	Stick Bonus **D1 Only**	Specified Bonus **D1 Only**	**Division 1 Max Score**
3	6 yrs.	9.0	0.1	0.9	10.0
4	7 yrs.				
5	8 yrs.				
6	10 yrs.				

Optional Track - Routine Requirements - Levels 7 - 10

Junior or Senior FIG Rules apply except where noted by modifications or exceptions

Level	Minimum Competitive Age Allowed	D Score Components					
		Number of Value Skills	*** Required Value for Full EG credit**	**# of Element Groups**	**Dismount EG Value**	**Stick Bonus**	**Event Restrictions**
* Element Group Value Required for 0.5 – Exception of EG 1 on FX, PH, R, PB & HB							
7	12 yrs.	6 Any 6 skills	A	3	FIG "A" = 0.5 in EG	None	See Level 7 Table for event restrictions
8	12 yrs.	8 7 + dismount	A	4 from Level 8 Table	FIG Value of skill = Value for EG	VT = +0.1 All others B+ = +0.1	VT - No multiple Saltos FX - No triple Saltos FIG - No Junior prohibited Skills
9	14 yrs.		C	4 from FIG Code of Points		VT with Salto = +0.1 All others C+ = +0.1	
10 Jr.	16 yrs.		D				FIG - No Junior prohibited Skills
10 Sr.	18 yrs.						No Restrictions
Junior "A" skills are awarded at all levels							

Note: Stick bonus will be awarded on Vault for Levels 3-6. For levels 9 & 10, partial element group value will receive 0.3. Junior A skills will not receive any element group credit.

Chapter 2

CLUB TRACK PROGRAM

Levels Bronze, Silver, Gold & Platinum

Fundamental Elements of the Club Track

A. The Junior Men's Program Club Track
This track provides a recreational based gymnastics competition option to expand participation and enjoyment of the sport. This format is designed to provide solutions to limited training hours, elevated costs associated with a team program, judging, and travel, regimented training and competition uniform requirements and more.

In addition, gymnastics typically requires a lengthy time commitment before an opportunity is afforded to compete. The Club Track requires minimal experience in both training and fundamental mastery. This track is flexible enough to allow for participants to successfully experience a competitive environment. This track may be seasonal and does not require a year-round commitment. Another key contributor to this track is the ability for athletes to use their gymnastics training and conditioning to support their skills in other sports.

By reducing the following: training hours, competitions, uniform and competition fees, this program is designed to offer a competitive gymnastics experience for a significantly reduced cost. Reducing the time and costs associated with gymnastics will encourage more families to participate in competitive men's gymnastics, and ultimately aid in the overall growth of the sport.

The Club Track provides greater flexibility than the compulsory track yet parallels the compulsory levels with three required elements on each event allowing migration from the Club to the National Track. The Essential Elements program can be used as an entry point for clubs to establish a team program at the Club Track level that does not require a major capital expense for men's equipment or highly experienced coaches. The Club Track is not seen as a separate track, but one of three tracks to provide access to the sport for every individual to participate in the Junior Men's Competitive Program regardless of experience level.

The Club Track may culminate at a State or Regional Championship level; however, flexibility is provided for each state or local area to tailor the competitive format according to its needs including the time of year or season that competitions are held. Providing opportunity and recognition is the guiding principle of this track. The growth of the Club Track, over time, supports the National and Elite tracks by providing greater numbers and revenue to the overall men's program.

B. Competition Format
The following table defines the general format structure for composition of routines by level:

Club Track Table of Requirements

Age groups within the levels will be determined by each individual competition director

Level	Minimum Age	Associated National Level	Number of Value Skills required	Number of Special Requirements	Maximum FIG Value Part Allowed	Maximum Score
Bronze	6 yrs.	Essential Elements	6	3	A	10.0
Silver	6 yrs.	Level 3	6	3	A	10.0
Gold	7 yrs.	Level 4	6	3	B	10.0
Platinum	8 yrs.	Level 5+	6	3	C	10.0 + Diff.

Note: Parts should be connected with the exception of Bronze, Silver, & Gold PH where parts can be separated with a stop.

C. Scoring System: The Club Track is designed to require a minimum set of requirements for gymnasts to fulfill. It is expected that a gymnast entering the program for the first time may have a limited foundation of experience and skill level, therefore a complex system of rules is not appropriate for this level of competition. Similarly, evaluation should be straight forward enough to allow anyone with a basic knowledge, such as a coach or newly certified judge at the local level, to quickly and accurately determine a score or ranking. The scoring system is designed to be less punitive in terms of deduction values so as to encourage participation.

The following table lists the specific rules application to evaluate performance and arrive at a final score:

Club Track – General Table of Deductions		
Error	Deduction	Explanation
Small	- 0.1	Deduct as per FIG
Medium	- 0.2	
Large	- 0.3	
Fall or Spot	- 0.5	
Missing value part	- 0.5	Less than 6 value parts required as per level's requirements
Missing Special Requirement	- 0.5	Missing one of three requirements as per level's rules
Skill of disallowed difficulty	- 0.5	Difficulty skill above the maximum FIG value allowed per level
Club Track – Skill Value Determination		
Note: Only the Platinum Level adds difficulty value for the 6 allowed parts to the maximum score		
Any allowable skill from the FIG Code of Points		
Any skill from the listed Junior "A" published list		
Any skill from the National compulsory routines including basic swings will be given an "A" value (no difficulty value) unless it is a listed FIG allowed value part as described above		
Any Essential Elements skill will be given "A" value (no difficulty value)		
Club Track – Additional Judging Notes		
There is no stick bonus in the Club track		
The minimum score for any attempted exercise is 6.0		
There are no deductions for repetition of skills – parts may be repeated to count as a value part		
One skill cannot fulfill more than one Special Requirement		
A routine constitutes 6 parts of value – with the exception of Vault and Mushroom Bronze, Silver, Gold		
Only one deduction will be assessed for each skill in the exercise. Small, Medium, Large, or Fall Exception: Vault will be judged for Run, Board position, Flight, and Landing		
A spotter can appear on the floor exercise with no deduction if they do not make contact with the athlete.		

D. Coaches and Uniforms: Participants are not required to wear typical competition uniforms, i.e., competition pants, competition jersey. T-shirts, shorts or similar attire are acceptable on all events to reduce cost to participants. No footwear is required for any of the events in the Club Track. Coach's attire and professional responsibilities are the same as the U.S. National Program and listed in Chapter 3.

E. Competition Fees and Operations: Competition fees will be set by each individual State committee or board overseeing the Club Track competition. Qualifications to State Championships and awards will be determined by each State.

F. Safety: Meet directors should insure that equipment specifications and matting are consistent with approved guidelines and adequate for the safety of the participants.

Club Special Requirements Tables

G. Modified Optional Requirements: The following grids show the Special Requirements necessary for routine composition on each event:

		Bronze	Silver	Gold	Platinum
Floor	1.	3/4 Handstand	Handstand	Handstand forward roll	Handstand full pirouette
	2.	Forward roll	Backward roll	Front Handspring or Front Tuck	Front Salto any position
	3.	Cartwheel	Round-off	Back Handspring or Back Tuck	Back Salto any position

		Bronze-Mushroom	Silver-Mushroom	Gold-Mushroom	Platinum-Horse
Pommel Horse or Mushroom	1.	½ circle to support	Circle or Flair	2 Circles or Flairs	Use 2 parts of horse
	2.	½ circle with ¼ turn	1 Circle	1 Circle	Swing, False or full scissor
	3.	Dismount landing	¼ turn to dismount	¼ turn to dismount	½+ Circle, Flair, or Loop

		Bronze	Silver	Gold	Platinum
Rings	1.	Hanging tuck	Hanging tuck or "L"	Inverted hang	Support Hold w/wo "L"
	2.	Inverted hang	Intermediate swing	Swing to horizontal	Inlocate or dislocate
	3.	Drop to dismount	Any dismount	Salto dismount	Stretched Salto or Double Tuck Dismount

		Bronze-Any mat	Silver-Skill Cushion	Gold-Skill Cushion	Platinum-Table/Mats
Vault	1.	Steps to hurdle from two folded panel mats onto springboard to Stretch, Tuck or Straddle Jump	Run and hurdle to board: Stretch jump Tuck or Straddle jump	Run and hurdle to board: Front Salto Tucked or Piked	Front handspring Or Round-off

		Bronze-Mat/Bars	Silver-Mat/Bars	Gold-Bars	Platinum-Bars
Parallel Bars	1.	Support tucked	Support "L" or straddle	Support "L" Hold	Momentary handstand
	2.	Support swing	Swing bar height	Long hang swing	Moy Upper Arm or Any EG 3
	3.	Drop to stand	Swing to drop or flank	Forward ½ turn off	Wende or Salto dismount

		Bronze-Any bar	Silver-Any bar	Gold-Any bar	Platinum-High Bar
Horizontal Bar	1.	Support (assist)	Swing	Pull over	Any ¾ or full giant swing
	2.	Cast	Undershoot	Back hip circle	Kip or Clear hip
	3.	Drop dismount	Swing to drop	Swing to any dismount	Salto dismount

H. Club Format and Linkage: The design of the Club Track is intended to encourage transition to the National Compulsory Track. The concept is that if the special requirements at each level are similar to the National Track compulsory level then a gymnast may have the opportunity to migrate to the compulsory track at any time should he progress to the point where competition in that track is appropriate. This is provided for at each of the four levels of competition within the Club Track. This is referred to as a *modified optional* format because only three requirements are listed, and not the full routine of compulsory skills. A gymnast and coach may construct their own routine as long as the three required skills or skill areas are included in that composition. This format is easier for athletes with limited and varied abilities to participate and enjoy gymnastics as a sport.

I. Judges Requirements: Only one judge will be used for each event. Judges may include any USA Gymnastics professional member or Junior certified coach. Any issues that may arise with operation of the program should be reviewed and managed within each individual State organization with regard to the best interests of the athletes participating in the program. Each State or Region may determine cost parameters for judging fees based on need and format.

Chapter 3

NATIONAL TRACK COMPULSORY PROGRAM

Levels 3, 4 & 5
Division 1 & 2
Level 6
Division 1

Fundamental Elements of the Compulsory Levels

A. Compulsory Levels

Level 3, 4 & 5: Two Division Format: The National Track Compulsory Program is designed with two divisions in Levels 3-5. Coaches decide, based on the athlete, which division of competition is most appropriate. Athletes may switch divisions at any time during a season up until the date mandated by the state or region for qualification to their championship event.

> **Division 2** is designed for athletes to compete the basic compulsory routine without performing the specified bonus skills. This is an opportunity for athletes who may be new to the sport or level, or have not yet reached the point in their development to move to the more advanced specified bonus skills. Division 2 gives athletes the opportunity to compete with other gymnasts in their peer group at the basic level.
>
> **Division 1:** provides the option to perform up to three specified bonus skills on each event in Levels 3 through 5. These more difficult bonus skills either replace or are added to the basic compulsory routine. Division 1 is designed for stronger or more experienced athletes who are capable of doing more advanced skills.

The scoring breakdown for each compulsory level and division is listed in the Men's Development Program Compulsory competition overview table on page 14. ***Based upon the difference in the scoring structure for these two divisions, Division 1 and 2 may not be combined for the purpose of individual awards, only for Team Awards.***

Level 6 – Division 1 Only: Level 6 has only a Division 1 unlike the other compulsory levels. It is unique as the first level of the Junior National and Junior Elite divisions which continue in the optional levels 8 - 10. Level 6 will give athletes the option to compete the basic routine with the addition of 3 specified bonus skills like the Level 3 - 5 Division 1 routines but will also allow athletes pursuing more advanced alternatives to compete the Level 6 JE (Junior Elite) routines that are found in the Technical Sequence Manual.

B. Base and Maximum Score: The compulsory program in both divisions includes scoring that evaluates execution and performance criteria from a maximum value of 9.0. The Base Score for each routine on each event (with the exception of Vault – see Vault Tables on page 35) starts at 9.0 and execution deductions are taken from that score. The Maximum Start Score for a Division 2 routine is 9.0, there is no bonus available for Division 2 gymnasts. The Maximum Start Score for a Division 1 routine is 10.0, there are up to 1.0 point in bonuses available for Division 1 gymnasts. (Stick Bonus for +0.1 and 3 Specified Bonus Skills for +0.3 each for a total of 1.0 in bonuses)

C. Stick Bonus – Division 1 Only: The Stick Bonus, available on all 6 events, is worth one tenth (+0.1) if the criteria of a stuck landing is fulfilled. The criteria used for determining a stuck landing is defined in the FIG Code of Points under the "Landings & Dismounts on the Feet without Deduction" paragraph & table. Additional errors in execution (unsteadiness, arm swings, low chest, lack of preparation, etc) may result in deductions but will not negate the awarding of a stick bonus.

D. Specified Bonus – Division 1 Only: With the exception of Vault, a Division 1 athlete has the opportunity to perform up to 3 Specified Bonus Skills. Each skill meeting the performance criteria receives a value of (+0.3). Specified Bonus criteria is as follows: Specified Bonus may be awarded if there are multiple small or medium errors, or a single large error, in the performance of the skill. Specified Bonus will not be awarded if there is a fall in the performance of the skill. If a Division 2 athlete performs a Specified Bonus Skill he will not be awarded bonus but will be deducted (-0.3) each time. Additionally, a Specified Bonus skill may be repeated without limitation on the number of attempts to gain the bonus. Specified Bonus skills are generally more advanced than the basic skills

they replace and can help to prepare athletes for the next level of competition eventually preparing them to enter the optional levels of competition as they advance in age and ability.

E. Documents of Precedence: The FIG Code of Points rules of execution and performance apply to the compulsory program in all cases except for the following modifications to the compulsory programs: Execution deductions for Compulsory Levels are changed from the standard FIG deductions (Medium -0.3, Large -0.5 and Fall/ Spot -1.0) to (Medium -0.2, Large -0.3 and Fall/ Spot -0.5) and are defined in the Compulsory Table of Routine Errors and Deductions on page 21. Deviations from these rules are specifically noted for each event in the event routine tables with specific required performance criteria found in the Men's Development Program Manual and/or subsequent updates which will take precedence. Coaches should familiarize themselves with the FIG Code of Points thoroughly in addition to using the compulsory tables as a guide to performance criteria. For further clarification, refer to the current FIG Code of Points, its official newsletters, and NGJA/USAG interpretations and Newsletters.

F. Competition Uniforms: In Compulsory Level 3, the minimum attire in competition is shorts and T-shirt (no footwear is required) on all events. In Compulsory Levels 4, 5, and 6 the gymnast must compete in long pants with socks or gymnastics footwear, and a tank or compression style top on pommel horse, still rings, parallel bars and horizontal bar. On floor exercise and vault the gymnast may compete in shorts, tank or compression style top, and bare feet or gymnastics footwear.

For safety reasons, jewelry of any kind is NOT allowed during competition and is considered a uniform violation. Uniform violations will result in a medium behavioral deduction of 0.2 on each event in which the infraction occurs. The judge will warn the gymnast that the deduction will be taken at each event. For safety reasons, it is strongly recommended that an athlete's hair be pulled back away from their face so as to not obscure their vision of the apparatus but no uniform or behavioral deduction will be enforced for this infraction.

G. Coaches Competition Attire: Coaches are required to be in professional attire on the competition floor. Professional attire includes: athletic attire such as a warm-up suit, polo shirt or t-shirt/hoodie with club/team logo, athletic footwear (no street or dress shoes), long athletic style pants or shorts (e.g., golf shorts), no sleeveless shirts, no hats, no denim style pants, no cargo style shorts. Backpacks should remain in the competitor seating areas off the floor and may not be worn by coaches on the competition floor.

Compulsory Judging Guidelines

A. Judging Criteria: All technical execution deductions in the compulsory program are defined as per FIG but have been modified as noted above in Paragraph D and in the "Compulsory Table of Routine Errors and Deductions" The notation "as per FIG or defined by FIG" refers to the International Gymnastics Federation Code of Points. Specific deviations in performance criteria are defined in each of the Compulsory Routine Event Tables found in the Men's Development Program Manual or subsequent updates. The following table defines the type of errors and subsequent deductions that may occur during a routine and may be taken by the judge when evaluating a performance.

Compulsory Table of Routine Errors and Deductions	
Error	**Deduction**
Omitted numbered part (as numbered in table)	1.0
Partial Completion of numbered part	0.5
Non-Recognizable part (not listed in routine) *Includes specified bonus skills performed in D2 routines*	0.3 (plus all accrued execution deductions) *Apply to bonus skill in Division 2 each time*
Composition Error (not performed as written)	0.3 (once per routine)
Non permitted spotter on FX or PH	0.3
Spot (assisting in the performance of a skill)	0.5
Fall (defined by FIG, onto or off the apparatus)	0.5
Large error (defined by FIG)	0.3
Medium error (defined by FIG)	0.2
Small error (defined by FIG)	0.1
Empty and Intermediate swings (defined by FIG)	Empty (1/2) - 0.2, Intermediate (Full) - 0.3

B. Partial Completion: If a judge determines that 50% or more of the numbered part was performed then there will not be a deduction for an omitted numbered part. However, a (-0.5) deduction will be taken for the omitted portion of the numbered part and execution deductions will be taken for the completed portion. Additionally, the gymnast will receive credit for having performed the numbered part. In the case of a Specified Bonus skill, the gymnast will receive credit for having performed the original numbered part even though he is not awarded bonus due to a fall or single large deduction

C. Added swings: Unless specifically restricted in a compulsory routine, added circles on Pommel Horse or Mushroom, extra swings on Still Rings, or extra swings/giants on Horizontal Bar are allowed and will be judged for execution only. Extra swings on Parallel Bars will be deducted (-0.2) for a half or empty swing and (-0.3) for a full or intermediate swing in addition to execution deductions.

D. Position and swing criteria: All handstand position criteria are defined as per FIG rules. Required swing positions or angles of swings in compulsory routines, unless specifically noted, are defined and evaluated as (a) Horizontal (b) 45° (c) Vertical or (d) Bar or Ring height.

E. Required Holds: A required hold in FIG is to be held for a minimum of 2 seconds measured from the moment that a complete stop in the required position has been reached. Failure to achieve a complete stop position in an attempted hold of a Specified Bonus skill requiring a hold will result in a single large error deduction of (-0.3) and no bonus being awarded. Credit for the numbered part will be awarded, but NO Specified Bonus will be awarded for the skill.

F. Momentary Holds: A momentary hold is defined as a complete stop in the required position, but with a hold of less than 2 seconds. Lack of a complete stop will result in a medium error deduction of (-0.2). If a momentary hold is required

in the performance of a Specified Bonus Skill and is not achieved a (-0.2) medium error deduction will be taken and Specified Bonus may still be awarded for the skill.

G. Added holds: Where continuous rhythm is required, any added pauses greater than 2 seconds will be treated as rhythm errors and result in a small deduction (-0.1) per occurrence and as defined by FIG for pauses on Floor Exercise and Still Rings. On Horizontal Bar in the Horizontal Bar Routine Tables where a momentary stop is allowed, a (-0.1) deduction will be taken if the stop is greater than 2 seconds.

H. Video Review and Behavioral deductions: There is no video review allowed except at championship level competitions (State Championships, Regional Championships, East/West National Championships, Development National Championships). All behavioral deductions follow FIG rules and Junior Men's Program requirements pertaining to attire and conduct on the competitive floor.

I. Spotting: Spotters must be active USA Gymnastics professional members. A spotter is required on Still Rings, Vault, and Horizontal Bar. A routine may not begin until a spotter is present. If a spotter leaves the apparatus during the performance of a routine at any point a (-0.2) deduction will be taken from the execution score. Spotters are allowed but not required on Parallel Bars. As defined by FIG, the presence of a non-permitted spotter is (-0.3) and would result in the deduction being taken if spotters appear on Floor Exercise and/or Pommel Horse area. Assisting a gymnast in the performance of a skill will result in a (-0.5) spotting deduction. Incidental brushes or touches that do not assist the gymnast are allowed without deduction. Spotting may not be performed from a surface higher than the landing surface. If the spotter leaves the apparatus during the performance of a routine at any point, a (-0.2) neutral deduction will be taken from the final score.

J. Compulsory Table: The following event pages list the compulsory routines for each level as well as descriptions of the basic skills, Specified Bonus skill substitutions, notes and performance criteria. The "Compulsory Levels 3 - 5 & 6 Div. 1" table below is reprinted from the Overview Table shown in Chapter 1.

Compulsory Levels 3 - 5 Divisions 1 & 2 and 6 Division 1					
Division 1 & 2 may not be combined for the purpose of individual awards only for Team Awards					
Level	Minimum Competitive Age Allowed	Scoring Breakdown – Exception: Vault – Refer to Chapter 3 Vault			
		D1 Base Score **D2 Max Score** No D2 in Level 6	Stick Bonus **D1 Only**	Specified Bonus **D1 Only**	**Division 1 Max Score**
3	6 yrs.	9.0	0.1	0.9	10.0
4	7 yrs.				
5	8 yrs.				
6	10 yrs.				

FLOOR EXERCISE

Notes: *All routines may be performed on a tumbling strip or a 40x40 floor.*

Level 3 Floor Exercise

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Lift arms and kick leg up, step forward to lunge hold	Momentary hold of lunge	No momentary hold (-0.2)
2	Kick to handstand hold	Momentary hold of handstand	No momentary hold (-0.2)
3	Straight arm forward roll, jump hurdle to cartwheel, cartwheel with 1/4 turn to stand	Continuous rhythm throughout sequence	Pause of 2 seconds or more (-0.1)
4	Tucked backward roll to straight or hollow body extended front support	No height requirement on backward roll	Straight arms are allowed
5	Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended	Continuous rhythm throughout sequence	Pause of 2 seconds or more (-0.1)
6	Straddled press to headstand hold	Momentary hold of headstand	No momentary hold (-0.2)
SB 1	Replace #6 with jump from straddle stand to handstand hold (+0.3)	Momentary hold of handstand	Press to handstand allowed No momentary hold (-0.2)
7	Forward roll, tuck jump to stand	Knees to chest in a tight tuck	
SB 2	Replace #7 with forward roll, straight jump with 1/1 turn to stand (+0.3)	Arm position optional in jump 1/1 turn	
8	Run, hurdle, round-off, rebound to stand		Less than one running step (-0.1)
SB 3	Replace #8 with run, hurdle, round-off, back handspring, rebound to stand (+0.3)		Less than one running step (-0.1)

Level 4 Floor Exercise

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Run, hurdle, forward handspring	Rebound allowed	Less than one running step (-0.1)
2	Step forward and kick to handstand hold	Momentary hold of handstand	No momentary hold (-0.2)
SB 1	Replace #2 with step forward and kick to handstand with 360° full pirouette (+0.3)	Continuous rhythm No hold of handstand required Show control of handstand throughout	
3	Straight arm forward roll, straight legged sissone, step forward to ½ turn rearward	Sissone with legs split 45° or greater	
4	Kick leg up and cartwheel with ¼ turn to stand, tuck or pike straight arm backward roll, lower to arched prone support with head up and toes pointed. Lift to straddle stand with head up and arms extended.	Continuous rhythm throughout sequence Backward roll done with straight arms No height requirement on backward roll but may go through handstand	
5	Jump from straddle stand to handstand hold, Pike down or roll out with straight arms to stand. Step(s) forward to ½ turn rearward	Momentary hold of handstand Lower or roll out smoothly with control	No momentary hold (-0.2)
SB 2	In #4, Replace jump from straddle stand to handstand hold with straddled press to handstand hold (+0.3)	Momentary hold of handstand Lower or roll out smoothly with control	No momentary hold (-0.2)
6	Run, hurdle, round-off, back handspring, rebound to stand		Less than one running step (-0.1)
SB 3	Replace #6 with run, hurdle, round-off, back handspring, back handspring, rebound to stand (+0.3)		Less than one running step (-0.1)

Level 5 Floor Exercise

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Run, punch, salto forward tucked	A controlled landing of salto is required	Less than one running step (-0.1)
SB 1	Replace #1 with run, punch, salto forward piked, (+0.3)	A controlled landing of salto is required	Less than one running step (-0.1)
2	Step forward and kick to handstand with full 360° pirouette	Continuous rhythm throughout sequence No hold of handstand required Show control of handstand during 360° full pirouette	
3	Straight arm forward roll to headspring, straight legged sissone, step forward to ½ turn rearward	Sissone with legs split 45° or greater A controlled landing of salto is required	A jump prior to headspring is not allowed (-0.3)
4	Run, hurdle, forward handspring step-out, forward handspring. Straight jump with ½ turn to stand	Rebound allowed on second handspring followed by jump ½ turn	Less than one running step (-0.1)
5	Straight arm tuck or pike backward extension roll through handstand, lower to arched prone support with head up and toes pointed. Lift to straddle stand with head up and arms extended	Continuous rhythm throughout sequence	Pause of 2 seconds or more (-0.1)
6	Straddle press handstand hold	Momentary hold of handstand	No momentary hold (-0.2)
SB 2	Replace #6 with Endo roll to handstand hold (+0.3)	Continuous rhythm throughout sequence. Momentary hold of handstand	No momentary hold (-0.2)
7	Pike down or rollout to stand and kick rearways 180° to one or more steps, assemble ½ turn to stand facing diagonal	Continuous rhythm throughout sequence	Pause of 2 seconds or more (-0.1)
8	Run, hurdle, round-off, back handspring, salto backward tucked		Less than one running step (-0.1)
SB 3	Replace #8 with run, hurdle, round-off, back handspring, back handspring, salto backward tucked (+0.3)		Less than one running step (-0.1)

Level 6 Floor Exercise

Note: *Athlete may only perform 3 of the 4 listed Specified Bonus options*

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Run, hurdle, round-off, back handspring, salto backward stretched		Less than 1 running step (-0.1)
SB 1	Replace #1 with run, hurdle, round-off, back handspring, salto backward stretched with a full twist (+0.3)		Less than 1 running step (-0.1)
2	Straight arm tuck or pike backward extension roll with ½ turn, lower to prone, extended forward roll, pike up to handstand hold, 360° full pirouette with controlled pike down, straight legged sissone, step forward to ½ turn rearward	Continuous rhythm throughout sequence Momentary hold of handstand Sissone with legs split 45° or greater	No momentary hold (-0.2)
SB 2	In #2 replace pike up to handstand hold with Endo roll to handstand hold. (+0.3)	2 second hold of handstand	< 2 second hold (-0.2) No hold (-0.3)
3	Run, hurdle, forward handspring step-out, forward handspring		Less than one running step (-0.1)
4	Rebound to dive roll	Straight body or tight arch	
SB 3	Replace #4 with punch salto forward tucked (+0.3)	Controlled landing of salto required	
5	Step forward and kick ½ turn to Swedish fall, lower to arched prone support, double leg stoop through to rear support hold. Lift either hand and turn over to prone support, cut one leg around the side to finish in split hold.	Continuous rhythm throughout until rear support Straight legs on stoop through Momentary hold with full extension of body in rear support 2 second hold of split	Pause of 2 seconds or more during sequence (-0.1) each time No momentary hold (-0.2) < 2 second hold of split (-0.2) No hold (-0.3)
6	From split straddle or pike body straight arm press to handstand hold, ¼ pirouette, straight arm forward roll, step(s) to corner, assemble ½ turn to stand facing diagonal	2 second hold of handstand Continuous rhythm throughout sequence	< 2 second hold of split (-0.2) No hold (-0.3) Pause of 2 seconds or more during sequence (-0.1) each time
7	Run, hurdle, round-off, back handspring, back handspring, salto backward tucked	Straight body or tight arch	Less than one running step (-0.1)
SB 4	Replace #7 with run hurdle, round-off, back handspring, tempo salto backward, back handspring, salto backward tucked (+0.3)	Controlled landing of salto required	Less than one running step (-0.1)

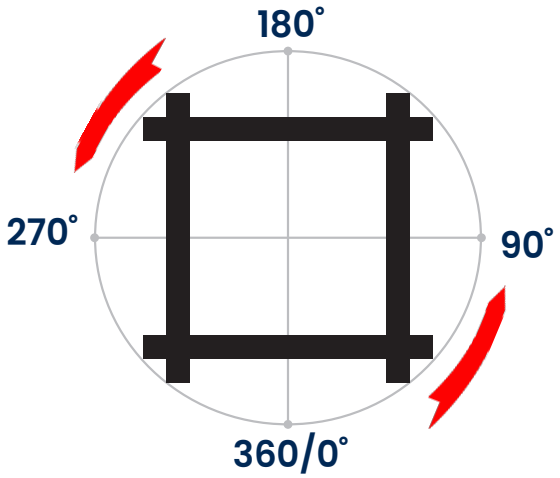
POMMEL HORSE

Level 3, 4 & 5 on MUSHROOM / Level 6 on POMMEL-LESS HORSE

Note: *Unless otherwise specified, all circles begin and end in a front support. A cross, as noted in the diagram, is used for competition on mushroom.*

Level 3 Mushroom

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Double leg circle	Stretched position from chest to toes with no angular deviation in the hips Partial completion of DLC defined in chart below	No DLC attempted (-4.5) Hip angle (-0.1, -0.2, -0.3) See chart below for incomplete circle deductions
SB 1	Following #1, add one double leg circle (+0.3)	Stretched position from chest to toes with no angular deviation in the hips	Hip angle (-0.1, -0.2, -0.3)
SB 2	Following SB1, add one double leg circle (+0.3)		
SB 3	Following SB2, add one double leg circle (+0.3)		
2	½ double leg circle with ¼ turn to flank dismount	Stretched position from chest to toes with no angular deviation in the hips Flank dismount with hips at horizontal	No dismount attempted (-4.5) Hip angle (-0.1, -0.2, -0.3)

Double Leg Circle Performance Criteria Defined	
The light gray cross indicates lines for competition The dark black square indicates lines for training, if desired Skill #1 or #2 NOT attempted deduct 4.5 per Skill 0° – 179° deduct 1.0 plus fall (0.5) and execution 180° – 269° deduct 0.5 plus fall (0.5) and execution 270° – 359° deduct 0.3 plus fall (0.5) and execution	

Level 4 Mushroom

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Double leg circle	Stretched position from chest to toes with no angular deviation in the hips	Hip angle (-0.1, -0.2, -0.3)
2	Double leg circle		
SB 1	Following #2, add two double leg circles (+0.3)	Stretched position from chest to toes with no angular deviation in the hips	SB1 must be performed directly following part #2 and prior to SB2 or SB3 Hip angle (-0.1, -0.2, -0.3)
SB 2	Following #2, SB1, or SB3 add ½ spindle within one or two double leg circles (+0.3)	Turns must be initiated and completed at 90° positions	SB2 may be performed following part #2, SB1 or SB3 Incomplete turns (-0.1, -0.2)
SB 3	Following #2, SB1 or SB2, add two flaired double leg circles (+0.3)	Stretched position from chest to toes with no angular deviation in the hips Leg separation of 90° or more	SB3 may be performed following part #2, SB1 or SB2 Hip angle (-0.1, -0.2, -0.3)
3	Double leg circle	Stretched position from chest to toes with no angular deviation in the hips	Hip angle (-0.1, -0.2, -0.3)
4	½ double leg circle with ¼ turn to flank dismount	Stretched position from chest to toes with no angular deviation in the hips Flank dismount with hips at horizontal	Hip angle (-0.1, -0.2, -0.3)

Level 5 Mushroom

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Two double leg circles	Stretched position from chest to toes with no angular deviation in the hips	Hip angle (-0.1, -0.2, -0.3)
2	Czechkehre (Moore)	Turns must be initiated and completed at 90° positions	Incomplete turns (-0.1, -0.2)
3	One or more double leg circles	Stretched position from chest to toes with no angular deviation in the hips	Hip angle (-0.1, -0.2, -0.3)
SB 1	Following #3, add a Direct Stockli A (DSA) (+0.3)	Turns must be initiated and completed at 90° positions	Incomplete turns (-0.1, -0.2)
4	Two or more flaired double leg circles	Leg separation of 90° or greater	Hip angle (-0.1, -0.2, -0.3)
SB 2	Replace #4 with ½ spindle within two or more flaired double leg circles (+0.3)	Turns must be initiated and completed at 90° positions Leg separation of 90° or more	Incomplete turns (-0.1, -0.2)
SB 3	Following #4 or SB2, add Russian wendeswing with 270° or 360° (+0.3)	Stretched position from chest to toes with no angular deviation in the hips	Hip angle (-0.1, -0.2, -0.3)
5	Double leg circle	Stretched position from chest to toes with no angular deviation in the hips	Hip angle (-0.1, -0.2, -0.3)
6	½ double leg circle with ¼ turn to flank dismount	Stretched position from chest to toes with no angular deviation in the hips Flank dismount with hips at horizontal	Hip angle (-0.1, -0.2, -0.3)

Level 6 Pommel-less Horse

Note: *Create tape lines over the bolt holes on the Horse to indicate the separation of the Horse into three parts. Unless otherwise specified, all circles begin and end in a front support*

Routine Order: *The routine does not have to be performed in the order written but these rules must be adhered to: Skills in parts 3, 4 & 5 must be performed in direct succession, There are two Specified Bonus options for SB3, only one of them may be included in the routine. Skills in parts 1, 2 & 6 (SB1) must be performed in the routine but in no particular order. Skills in parts SB2, SB3A or SB3B are allowed to be added in no particular order. Skills in part 7 must be last and a circle must be performed from front support following the completion of any skill prior to the dismount.*

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	One or more circles in cross support frontways on end (front loops)	Stretched position from chest to toes with no angular deviation in the hips	Hip angle (-0.1, -0.2, -0.3)
2	Two flaired circles in cross support frontways on end (flaired front loops)	Both flaired circles must be performed in direct succession Stretched position from chest to toes with no angular deviation in the hips Leg separation of 90° or greater	Hip angle (-0.1, -0.2, -0.3)
3	Circle in cross support frontways with ¼ turn forward to side support	Turns must be initiated and completed at 90° positions Stretched position from chest to toes with no angular deviation in the hip	Parts #3, #4 & #5 must be performed in direct succession Hip angle (-0.1, -0.2, -0.3) Incomplete turn (-0.1, -0.2)
4	Two double leg circles in side support		
5	One double leg circle in side support with ¼ turn forward to cross support rearways		
6	Circle in cross support rearways on end (back loop)	Stretched position from chest to toes with no angular deviation in the hips	Hip angle (-0.1, -0.2, -0.3)
SB 1	Replace #6 with cross support rearways ½ spindle within maximum two circles (+0.3)	Turns must be initiated and completed at 90° positions	Incomplete turn (-0.1, -0.2)
SB 2	Add Russian wendeswing with 270° or more (+0.3)	Stretched position from chest to toes with no angular deviation in the hips	Hip angle (-0.1, -0.2, -0.3)
SB 3A	Add travel forward in cross support to other end (also in flairs) (3/3) (Magyar) OR … (+0.3)	Stretched position from chest to toes with no angular deviation in the hips	Hip angle (-0.1, -0.2, -0.3) Angular deviation (skew) (>15°-30° -0.1, >30°-45° -0.2, >45° -0.3) per Magyar
SB 3B	Add travel backward in cross support to other end (also in flairs) (3/3) (Sivado) (+0.3)	Stretched position from chest to toes with no angular deviation in the hips	Hip angle (-0.1, -0.2, -0.3) Angular deviation (skew) (>15°-30° -0.1, >30°-45° -0.2, >45° -0.3) per Magyar
7	One circle in cross support into flank or wende dismount	Stretched position from chest to toes with no angular deviation in the hips Flank dismount with hips above horizontal	See Routine Order above No circle, deduct as routine composition error (-0.3) Hip angle (-0.1, -0.2, -0.3)

STILL RINGS

Note: *For all levels, swings on Still Rings should show turnover swing technique. Straight or bent arms allowed on front swings.*

Level 3 Still Rings

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From straight arm hang, pull up to flexed arm hang hold	Head between the rings on flexed arm hang Momentary hold of flexed arm hang	No momentary hold (-0.2)
2	Lower to straight arm hang, lift knees to hanging tuck position hold	2 second hold of hanging tuck	< 2 second hold (-0.2) No hold (-0.3)
SB 1	Replace #2 with lower to straight arm hang, lift legs to hanging "L" hold (+0.3)	2 second hold of hanging "L"	< 2 second hold (-0.2) No hold (-0.3)
3	Shoot legs out, swing backward, swing forward	Swing backward to 45˚ below horizontal	
4	Swing backward, swing forward	Swing backward to 45˚ below horizontal	
5	Swing backward, swing forward to straight body inverted hang hold	Swing backward to 45˚ below horizontal Momentary hold of straight body inverted hang	No momentary hold (-0.2)
6	Lower legs to piked inverted hang hold	Momentary hold of piked inverted hang	No momentary hold (-0.2)
SB 2	Following #6, extend body to hanging scale rearways hold (back lever) (+0.3)	Momentary hold of hanging scale rearways	No momentary hold (-0.2)
7	Lower to German hang hold (skin-the-cat)	2 second hold of German hang	< 2 second hold (-0.2) No hold (-0.3)
SB 3	Following #7, pull out of German hang to piked body inverted hang hold and lower through German hang (skin-the-cat) (+0.3)	Momentary hold of piked body inverted hang No hold required on second German hang but it must show full extension prior to release	No momentary hold (-0.2)
8	Release hands and drop to stand		

Level 4 Still Rings

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From straight arm hang (false grip allowed), muscle up to support WITH spotter assistance and with as straight a body as possible	Slight pike in hips permitted	
SB 1	In #1 perform muscle up WITHOUT spotter assistance (+0.3)	Slight pike in hips permitted	
2	Straight body, straight arm support hold	2 second hold of support Rings turned out and arms free of straps	< 2 second hold (-0.2) No hold (-0.3)
SB 2	Replace #2 with straight arm support, "L" hold (+0.3)	2 second hold of "L" support Rings turned out and arms free of straps Hips between rings	< 2 second hold (-0.2) No hold (-0.3)
3	Roll backward to piked body inverted hang	Continuous rhythm throughout Bent arms allowed	
SB 3	Following #3, add extend body horizontally to hanging scale rearways hold (back lever) (+0.3)	2 second hold of hanging scale rearways	< 2 second hold (-0.2) No hold (-0.3)
4	Lower to German hang hold (skin-the-cat).	Momentary hold of German hang	No momentary hold (-0.2)
5	Pull out to piked inverted hang and cast forward to swing backward	Swing backward to 45˚ below horizontal	
6	Swing forward, swing backward	Swing backward to horizontal	
7	Swing forward, swing backward	Swing backward to horizontal	
8	Swing forward to salto backward tucked dismount	Show slight rise in salto Bent arms allowed	No rise (-0.2)

Level 5 Still Rings

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From straight arm hang, straight arm piked body pull directly to piked inverted hang	Pull with straight arms, bent body	
SB 1	Following #1 extend body horizontally to hanging scale rearways hold (back lever) (+0.3)	2 second hold of hanging scale rearways	< 2 second hold (-0.2) No hold (-0.3)
2	Lower slowly to German hang hold (skin-the-cat), pull out and extend to straight body inverted hang hold.	Momentary hold of both German hang and inverted hang	Momentary hold must show stop No momentary hold (-0.2)
3	Compress to a tight pike and dislocate backwards	Straight body at horizontal or higher on dislocate	
4	Swing forward, swing backward	Swing backward to horizontal	
5	Swing forward, swing backward to uprise backward to support	Bent arms, not <90°	Arm bend >90° (-0.3)
6	Lift legs to "L" hold	2 second hold of "L" Rings turned out and straight arms free of straps	< 2 second hold (-0.2) No hold (-0.3)
7	Pike press to shoulder stand hold	2 second hold of shoulder stand Straight body shoulder stand, rings parallel, arms free of straps	< 2 second hold (-0.2) No hold (-0.3)
SB 2	Replace #7 with bent or straight arms, bent body press to handstand hold, lower to shoulder stand hold (+0.3)	Momentary hold of handstand Rings turned out on handstand 2 second hold of shoulder stand Straight body shoulder stand, rings parallel, arms free of straps	No momentary hold (-0.2) < 2 second hold (-0.2) No hold (-0.3)
	Note: In SB2, feet may be on the inside of the cables in the handstand and during the lower down (no bonus awarded if legs or feet wrap around or touch the outside of the cables), maximum execution deduction of (-0.3) taken for achieving the handstand in SB2 additional deductions if the gymnast falls or does not hold the 2 skills.		
8	Bail forward, swing backward	Swing backward to horizontal	
9	Swing forward, swing backward	Swing backward to horizontal	
SB 3	Following #9 add inlocate straight, swing backward (+0.3)	Inlocate straight with continuous rhythm and turnover must show rise Swing backward to horizontal	Failure to show any rise (-0.2)
10	Swing forward to salto backward tucked or straight dismount	Hips at ring height Bent arms allowed	

Level 6 Still Rings

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From straight arm hang, bent arm straight body pull to inverted hang	Pull with straight body, bent arms allowed No bend in hips permitted	
2	Swing backward, swing forward	Swing backward to above horizontal Swing forward to candlestick with rise	
3	Swing backwards to inlocate straight	Inlocate straight with continuous rhythm and turnover Inlocate must show rise	Failure to show any rise (-0.2)
4	Uprise backward with straight arms to "L" support hold	Straight arm back uprise 2 second hold of "L" support Straight arms and rings turned out	Bent arms (-0.1, -0.2, -0.3) < 2 second hold (-0.2) No hold (-0.3)
SB 1	Following #4 press to handstand hold. Lower to straddle "L" hold (+0.3)	2 second hold of handstand (cables allowed) 2 second hold of straddle "L"	< 2 second hold (-0.2) No hold (-0.3)
	Note: In SB1, feet may be on the inside of the cables in the handstand (no bonus awarded if legs or feet wrap around or touch the outside of the cables), maximum execution deduction of (-0.3) taken for achieving the handstand in SB1 additional deductions if the gymnast falls or does not hold the 2 skills.		
5	Press to shoulder stand hold	2 second hold of shoulder stand	< 2 second hold (-0.2) No hold (-0.3)
6	Bail forward		
SB 2	Following #6 swing backward to shoulder stand hold, bail forward (+0.3)	Straight body on uprise to shoulder stand Momentary hold of shoulder stand	No momentary hold (-0.2)
7	Swing backward, swing forward	Swing backward to above horizontal	
8	One or two dislocates backward straight	Straight body dislocate with rise	Failure to show any rise (-0.2)
9	Swing forward to salto backward tucked open or salto backward straight dismount	Hips at ring height	
SB 3	Replace #9 with double salto backward tucked dismount (+0.3)		Maximum deduction for execution + landing (-0.2), except a fall. For fall deduct (-0.5) and no bonus awarded

VAULT

Notes: *The Junior Men's Compulsory program will not give a zero for an attempted vault. A minimum score of 1.0 will be awarded. A 'balked" attempt or unrecognizable vault, (i.e., different vault) may be repeated with a 1.0 deduction from the final score. A balked vault is defined as follows: 1. The athlete stops prior to touching the vaulting board or runs by the vaulting board. 2. The athlete pushes from the feet off the vaulting table No third attempt is allowed. A 2nd attempt may be awarded at the discretion of the judge. All Divison 2 vaults have a maximum score of 9.0.*

Vault Judging Criteria

Evaluation Guidelines: The compulsory program is integral to establishing proper technique in execution of aspects of the run, approach, board position and block position if a gymnast is to progress successfully to higher levels of competition. The table below enumerates specific deductions that can be taken in order to promote consistent evaluation and correct technique. All other deductions for execution are per the FIG Code of Points.

Table of Specific Errors and Deductions for Vault: Levels 3 - 6				
Compulsory Vault Scoring: Level 3 - 6 Division 1		***Base***	***Stick Bonus***	***Max***
Level 3, 4 & 5		9.9	0.1	10.0
Level 6	Yamashita	9.9	0.1	10.0
	Handspring	9.6	0.1	9.7
Delineation of Errors		***Small***	***Medium***	***Large***
Run Deductions (All Levels)				
Run slows down before hurdle, insufficient velocity or acceleration		0.1	0.2	N/A
Improper arm position and swing action not complementary to the run		0.1	0.2	N/A
No distinct lift of front knee and extension of back leg		0.1	0.2	N/A
Rhythm break during run (stutter-steps) or insufficient stride		0.1	0.2	N/A
Hurdle Deductions (All Levels)				
Hurdle does not stay on level plane as knees lift, insufficient knee lift		0.1	0.2	N/A
Feet are behind hips on initial contact with springboard		0.1	0.2	N/A
Arms overhead or arm swing not executed from back to front		0.1	0.2	N/A
Body not at vertical upon completion of board contact		0.1	0.2	N/A
Flight Deductions (Levels 3 & 4)				
Lack of distinct lift or rise from springboard		0.1	0.2	0.3
First Flight (Pre-flight) Deductions (Levels 5 & 6)				
Diving or insufficient rotation to the blocking surface		0.1	0.2	0.3
Body position too arched or piked		0.1	0.2	0.3
All other deductions per FIG		0.1	0.2	0.3
Second Flight (Post-flight) Deductions (Levels 5 & 6)				
Repulsion not within 0° - 15° of vertical		0.1	0.2	0.3
Lack of distinct lift or rise from blocking surface		0.1	0.2	0.3
Lack of tight body position from blocking surface		0.1	0.2	0.3
Landing Deductions (All Levels)				
All landing deductions are per FIG with modifications as stated in the "Fundamental Elements of the Compulsory Levels" paragraph "E. Documents of Precedence"				

Level 3 Vault – Straight Jump

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Run: From a maximum distance of 60' (18.3m)	Run must maintain velocity Distinct lift of front leg and extension of back leg Rhythmic movement of flexed arms in run	See "Table of Specific Errors and Deductions for Vault" for a listing of possible deductions
2	Hurdle: Lift knees upward while body's center of gravity remains level and feet extend forward to contact the springboard in front of the body	Body at vertical upon contact with the springboard Arm swing from back to front during hurdle	
3	Straight Jump: Punch vertically off the springboard with straight body	Full extension of arms to vertical above head Legs straight throughout flight	
4	Landing		

Level 4 Vault - Salto Forward Tucked

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Run: From a maximum distance of 60' (18.3m)	Run must maintain velocity Distinct lift of front leg and extension of back leg Rhythmic movement of flexed arms in run	See "Table of Specific Errors and Deductions for Vault" for a listing of possible deductions
2	Hurdle: Lift knees upward while body's center of gravity remains level and feet extend forward to contact the springboard in front of the body	Body at vertical upon contact with the springboard Arm swing from back to front during hurdle	
3	Front Salto Tucked: Punch vertically off the springboard and complete a front salto tucked	Arms reach upward above shoulders and forward Hands grasp legs in tight tuck	
4	Landing		

Level 5 Vault - Forward Handspring

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Run: From a maximum distance of 82' (25m)	Run must maintain velocity Distinct lift of front leg and extension of back leg Rhythmic movement of flexed arms in run	See "Table of Specific Errors and Deductions for Vault" for a listing of possible deductions
2	Hurdle: Lift knees upward while body's center of gravity remains level and feet extend forward to contact the springboard in front of the body	Body at vertical upon contact with the springboard Arm swing from back to front during hurdle	
3	First flight (pre-flight): Rotate from the springboard to straight or tightly arched extension at vertical	Rotate quickly to hand contact position on the vault table slightly before vertical	
4	Second flight (post-flight): Block at vertical from the vault table with straight body	Vertical block from vault table Show distinct rise Straight body throughout	
5	Landing		

Level 6 Vault - Forward Handspring or Yamashita

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Run: From a maximum distance of 82' (25m)	Run must maintain velocity Distinct lift of front leg and extension of back leg Rhythmic movement of flexed arms in run	See "Table of Specific Errors and Deductions for Vault" for a listing of possible deductions
2	Hurdle: Lift knees upward while body's center of gravity remains level and feet extend forward to contact the springboard in front of the body	Body at vertical upon contact with the springboard Arm swing from back to front during hurdle	
3	First flight (pre-flight): Rotate from the springboard to straight or tightly arched extension at vertical	Full extension of arms to vertical above head Legs straight throughout flight Show distinct rise	
4	Second flight (Post-flight) Phase: Block at vertical from the vault table with straight body	Vertical block from vault table Show distinct rise Handspring: Straight body throughout Yamashita: vertical block from table, sit up to pike position, then kick out	
5	Landing		

PARALLEL BARS

Notes: *Extra swings are not permitted except where specifically noted in the routine table. A springboard or additional mats may be used to mount. If a springboard is used between the uprights it must be removed immediately after the mount.*

Level 3 Parallel Bars

Note: *Any combination of mats and springboard may be used to elevate the mounting surface.*

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From stand, jump to support swing forward, swing backward	Swing forward and backward with feet at bar height	Springboard not removed from between the uprights immediately after the mount. (-0.2)
SB 1	Replace #1 with from stand, jump to support and press to tucked Planche hold, extend legs backward to support swing forward, swing backward (+0.3)	2 second hold of tucked Planche Hips at horizontal Legs extended backward to bar height Swing forward and backward with feet at bar height	< 2 second hold (-0.2) No hold (-0.3) Criteria for tucked Planche hold 0° - 15° from horizontal (-0.1) 15° - 45° from horizontal (-0.2) > 45° from horizontal (no bonus)
2	Swing forward to straddled support on bars	Extended body in rear support with straight legs	
3	Lift legs into a forward straddled "L" hold	Hips should be in line with or forward of hands Momentary hold of straddled "L"	No momentary hold (-0.2)
SB 2	Replace #3 with lift legs into a forward straddled "V" hold (+0.3)	2 second hold of straddled "V" hold Hips should be in line with or forward of hands	< 2 second hold (-0.2) No hold (-0.3) Criteria for straddled "V" hold 0° - 15° from vertical (-0.1) 15° - 45° from vertical (-0.2) > 45° from vertical (no bonus)
4	Bring legs together and extend forward to straight body		
5	Swing backward, swing forward	Swing backward and forward with feet at bar height	
6	Swing backward, Swing forward	Swing backward to horizontal Swing forward with feet at bar height	
7	Swing backward and dismount between the bars/mats or over either bar to stand.	Swing backward to horizontal Moving a hand to the dismount bar is allowed	Gymnast may not hold onto the bar on landing the dismount (-0.2)
SB 3	Replace #7 with swing backward to handstand hold and dismount between the bars/mats or over either bar to stand (+0.3)	Momentary hold of handstand Moving a hand to the dismount bar is allowed	No momentary hold (-0.2) Gymnast may not hold onto the bar on landing the dismount (-0.2)

Level 4 Parallel Bars

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From stand or short run, jump to long hang swing forward	Long hang swing forward to 45° below horizontal	Bent knees allowed on forward swing
2	Long hang swing backward, long hang swing forward	Straight legs required at peak of long hang swing backward Long hang swing forward to 45° below horizontal	Bent knees allowed on forward swing
3	Long hang swing backward, uprise to upper arm hang	Long hang swing backward to 45° below horizontal Straight legs required at peak of swing backward	
4	Upper arm swing forward, upper arm swing backward	Upper arm swings forward and backward with shoulders even with elbows	
5	Upper arm swing forward to straddled front uprise to support and immediately lift legs off bars	Straight legs required Finish with arms straight and hips extended	
SB 1	Replace #5 with upper arm swing forward to forward uprise to support (+0.3)	Finish with straight body and straight arms Feet at bar height	
6	Swing backward	Swing backward with feet at bar height	
7	Swing forward to "L" hold	Hips should be in line with or forward of hands 2 second hold of "L"	< 2 second hold (-0.2) No hold (-0.3)
SB 2	Replace #7 with swing forward to "V" or Manna hold (+0.3)	2 second hold of "V" or Manna	< 2 second hold (-0.2) No hold (-0.3) Criteria for "V" hold 0° - 15° from vertical (-0.1) 15° - 45° from vertical (-0.2) > 45° from vertical (no bonus)
8	From hold, extend forward to swing backward	Swing backward with feet at bar height	
9	Swing forward, swing backward	Swing forward and backward to horizontal	
10	Swing forward, swing backward to handstand hold and push off either side to stand	Swing forward to horizontal Momentary hold of handstand Moving hand to dismount bar allowed	No momentary hold (-0.2) Bar not released on landing the dismount (-0.2)
SB 3	Replace #10 with swing forward, swing backward to handstand hold and push off either side to stand (+0.3)	Swing forward to horizontal 2 second hold of handstand. Moving hand to dismount bar allowed	< 2 second hold (-0.2) No hold (-0.3) Bar not released on landing the dismount (-0.2)

Level 5 Parallel Bars

Note: *A "hand on hand" spot is permitted for any bail from support to a long hang swing. A gymnast too tall to swing through the bottom without hitting may replace the bail to Moy finishing in upper arm with cast to upper arm hang.*

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From stand or short run, jump to glide kip to support	Glide kip with straight arms	
2	Swing backward, swing forward	Swing backward and forward to horizontal	
3	Swing backward and bail to Moy finishing in upper arm support	Swing backward to horizontal	Bent knees are allowed on the bail to Moy See Notes above No deduction for allowable spot
SB 1A	Replace #3 with swing backward and bail to Moy to support, swing backward and layaway to upper arm support, upper arm swing forward (+0.3) or …	Swing backward and bail to horizontal "Hand-on-hand" spot allowed Bent knees are allowed on the bail	Only one of the SB 1A or 1B skills may receive bonus credit. No deduction for allowable spot
SB 1B	Replace #3 with swing backward and bail to giant swing backward to support, swing forward, swing backward, layaway to upper arm support, upper arm swing forward (+0.3)		
4	Upper arm swing backward	Shoulders even with elbows Hips at bar height	
5	Upper arm swing forward to straddled front uprise to support and immediately lift legs off bars	Straight legs required Finish with arms straight and hips extended	
SB 2	Replace #5 with upper arm swing forward to forward uprise to support (+0.3)	Finish with straight body and straight arms Feet at bar height	
6	Swing backward	Swing backward with feet at bar height	
7	Swing forward to "L" hold, lift legs and extend forward and swing backward	Hips in line with hands 2 second hold of "L" Swing backward with feet at bar height	< 2 second hold (-0.2) No hold (-0.3)
SB 3	Replace #7 with swing forward, swing backward to straddle "L" hold and press to handstand hold (+0.3)	2 second hold of straddle "L" Momentary hold of handstand	< 2 second hold (-0.2) No hold (-0.3) No momentary hold (-0.2)
8	Swing forward, swing backward	Swing forward and backward to horizontal	
9	Swing forward, swing backward to handstand, hold	Momentary hold of handstand Swing forward to horizontal	
10	Swing forward to ½ turn and post on one arm over single bar and dismount to stand (Stützkehr forward movement)	Swing forward to horizontal Land parallel to hand placement on bars	Empty swing allowed before dismount Bar not released on landing the dismount (-0.2)

Level 6 Parallel Bars

Note: *A "hand on hand" spot is permitted for any bail from support to a long hang swing. A gymnast too tall to swing through the bottom without hitting may replace the bail to Moy finishing in upper arm with cast to upper arm hang.*

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From stand or short run, jump to glide kip to support	Glide kip with straight arms	
2	Swing backward, swing forward	Swing backward and forward to horizontal	
3	Swing backward and bail to Moy finishing in upper arm support. Upper arm swing backward to backward uprise to support	Swing backward to horizontal "Hand-on-hand" spot allowed Shoulders even with elbows Hips at bar height	Bent knees are allowed on the bail to Moy See Notes above No deduction for allowable spot
SB 1A	Replace #3 with swing forward, swing backward and bail to straight arm giant swing backward to support (+0.3) or …	Swing backward above horizontal "Hand-on-hand" spot allowed Bent knees allowed on bail for SB1A	Only one of the SB 1A, 1B or 1C skills may receive bonus credit. No deduction for allowable spot
SB 1B	Replace #3 with swing backward and bail to straight leg Moy to support, swing backward (+0.3), or …		
SB 1C	Replace #3 with swing backward and bail to basket (peach) to support (+0.3)		
4	Swing forward to "L" hold	Hips in line with hands 2 second hold of "L"	< 2 second hold (-0.2) No hold (-0.3)
5	From "L" hold, extend forward to swing backward	Swing backward to horizontal or higher	
SB 2	Replace #5 with from "L" hold straddle press to handstand hold (+0.3)	2 second hold of handstand	< 2 second hold (-0.2) No hold (-0.3)
6	Swing forward, swing backward to basket drop to undershoot forward to	Early or late drop allowed into basket drop. Hips at bar height on undershoot forward	
7	Long hang swing backward to back uprise to upper arm support	Bent knees allowed on swing backward	
8	Upper arm swing forward and backward to swing forward to forward uprise to support, swing backward	Hips in line with hands	
9	Swing forward, swing backward, swing forward, swing backward to handstand hold	2 second hold of handstand	< 2 second hold (-0.2) No hold (-0.3)
SB 3	Following #9 swing forward, swing backward to ½ pirouette to handstand (forward or backward) (+0.3)	Swing forward to hips at shoulder height	
10	Swing forward to salto backward dismount or Swing forward, swing backward to salto forward dismount	Swing forward and backward with hips at shoulder height Salto may be tucked, piked or straight Salto forward piked or straight with ½ turn allowed	Extra swing allowed before salto backward

HORIZONTAL BAR

Note: *All under swings forward should be performed as tap swings.*

Level 3 Horizontal Bar

Note: *The gymnast is required to perform all skills with straight legs if the competition bar provided is high enough. Otherwise the gymnast may bend his knees during all hanging skills. Facilities with limited equipment may use any bar available to them such as the low uneven bar rail, parallel bars with one rail removed, and/or a low horizontal bar.*

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From a hang in overgrip, hanging ½ turn to mixed grip, change second hand to overgrip	Continuous rhythm and hollow body throughout	
2	Pullover to support with spotter assistance	Momentary stop in support is allowed	Momentary stop > 2 seconds (-0.1)
SB 1	In #2 perform pullover to support WITHOUT spotter assistance (+0.3)	Continuous rhythm in pullover Momentary stop in support is allowed	Momentary stop > 2 seconds (-0.1)
3	Cast to undershoot forward	Undershoot with hollow body and straight arms	Pump swing not resulting in a cast (-0.2) each time
SB 2	Replace #3 with cast to back hip circle prior to undershoot forward (+0.3)	Back hip circle with straight body Undershoot with hollow body and straight arms	
4	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
5	Swing backward, tap swing forward		
6	Swing backward and uprise to hop with both hands, tap swing forward	Hop with simultaneous hand release and regrasp Swing backward and forward to 45° below horizontal	No hop (-0.3)
7	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
8	Swing backward, tap swing forward		
9	Swing backward to uprise and release hands dismounting to stand	Shoulders at bar height	
SB 3	Replace #9 with swing backward, tap swing forward to ½ turn touching the bar with both hands, then dropping to stand (+0.3)	No height requirement on ½ turn. Must turn in hollow body position	Both hands not touching the bar to finish ½ turn (-0.2)

Level 4 Horizontal Bar

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From hang in overgrip pullover to support	Momentary stop in support is allowed	Momentary stop > 2 seconds (-0.1)
2	Cast to back hip circle to undershoot forward	Cast to horizontal Back hip circle with straight body Undershoot with hollow body and straight arms	Pump swing not resulting in a cast (-0.2) each time
SB 1	Replace #2 with cast to free hip circle to undershoot forward (+0.3)	Cast to horizontal Free hip with hollow body and hips clear of the bar Undershoot with hollow body and straight arms	No angle requirement for free hip circle
3	Swing backward, tap swing forward with ½ turn to mixed grip	Swing backward and forward to 45° below horizontal Maintain hollow body shape during ½ turn	
4	Tap swing forward, swing backward and change hand to double overgrip		
5	Swing forward and kip to support.	No extra swing allowed before kip Momentary stop in support is allowed	Maximum deduction for execution and spotting, except fall (-0.3) Momentary stop > 2 seconds (-0.1)
6	Cast to undershoot forward	Cast to horizontal Undershoot with hollow body and straight arms	Pump swing not resulting in a cast (-0.2) each time
SB 2	Following #6, add swing backward, tap swing forward to ¾ giant swing backward to undershoot forward (+0.3)	Continuous rhythm Minimal contact with bar allowed Bent arms allowed	In ¾ giant swing backward (hips brushing bar) or a giant swing backwards to support (free of bar) is allowed. No deduction for bent arms.
7	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
8	Swing backward, tap swing forward		
9	Swing backward to uprise and release hands dismounting to stand	Shoulders at bar height	
SB 3	Replace #9 with swing backward, tap swing forward to salto backward dismount (+0.3)	Salto may be tucked, piked or straight Salto backward with hips at bar height	A spotter is required to follow, but not assist, the gymnast during the salto backward Spotter not present (-0.2)

Level 5 Horizontal Bar

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From hang in undergrip pullover to support	Continuous rhythm Momentary stop in support is allowed	Momentary stop > 2 seconds (-0.1)
2	Cast forward to ¾ giant swing forward	Cast to horizontal with full extension of body	Pump swing not resulting in a cast (-0.2) each time
SB 1	Replace #2 with cast forward to one or more giant swings forward to ¾ giant swing forward (+0.3)	Cast to horizontal with full extension of body	Pump swing not resulting in a cast (-0.2) each time Maximum execution deduction for giant swings except fall (-0.3) Fall from bar (-0.5)
3	Hop both hands simultaneously to double overgrip	Hollow body	
4	Tap swing forward with ½ turn to mixed grip, tap swing forward in mixed grip	Maintain hollow body shape during ½ turn	
5	Swing backward in mixed grip, change hand to double overgrip		
6	Swing forward, kip to support	Momentary stop in support is allowed No extra swing allowed before kip	Momentary stop > 2 seconds (-0.1)
7	Cast to ¾ giant swing backward	Cast to horizontal	Pump swing not resulting in a cast (-0.2) each time In 3/4 giant swing backward (hips brushing bar) or a giant swing backwards to support (free of bar) is allowed
SB 2	Replace #7 with cast to free hip circle, swing forward to ¾ giant swing backward (+0.3)	Cast to horizontal Full extension of body at horizontal at completion of the free hip circle	If SB 2 and SB 3 are both performed, replace #7 with cast to free hip circle, two giant swings backward and ¾ giant swing backward (+0.6) Maximum execution deduction for SB2 and SB3 is (-0.3) Fall from bar (-0.5) In ¾ giant swing backward (hips brushing bar) or a giant swing backwards to support (free of bar) is allowed.
SB 3	Replace #7 with cast to two giant swings backward and ¾ giant swing backward (+0.3)	Cast to horizontal	
8	Undershoot to swing backward or Undershoot to swing backward, tap swing forward, swing backward	Undershoot with hollow body and straight arms Swing forward and backward to horizontal	Additional tap swing forward, swing backward allowed without deduction
9	Tap swing forward to salto backward dismount	Salto may be tucked, piked or straight Salto backward with hips at bar height	

Level 6 Horizontal Bar

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From hang in undergrip, pullover to support, cast forward to two giant swings forward	Continuous rhythm in pullover Momentary stop in support is allowed Cast to handstand with full extension of body	Momentary stop > 2 seconds (-0.1)
2	¾ giant swing forward with hop to overgrip to support	Hop to 45° or higher	
SB 1	Following #2, add two giant swings backward (+0.3)		
3	¾ giant swing backward to undershoot, swing backwards	Straight arms and hips throughout undershoot Backward swing to bar level	¾ giant swing backward may pass through handstand
4	Swing forward to ½ turn to mixed grip, swing forward, swing backward, switch to double overgrip	No amplitude required on ½ turn	
5	Swing forward, kip to immediate cast to free hip circle	No stop allowed prior to cast No amplitude requirement on kip to immediate cast Free hip to 45° or higher	Any stop (-0.1 or -0.2)
6	One or more giant swings backward		
SB 2	Following #6, add swing forward to ½ turn	½ turn to 45° or higher	Hopping ½ turn (-0.2)
7	¾ giant swing backward to undershoot, swing backwards	Straight arms and hips throughout undershoot Backward swing to bar level	¾ giant swing backward may pass through handstand
8	Tap swing forward to salto backward dismount	Salto may be tucked, piked or straight Salto with hips at bar height	
SB 3	Replace #7 and #8 with one or more giant swings backward to salto backward dismount (+0.3)	Salto may be tucked, piked or straight Salto with hips at bar height	

Chapter 4

NATIONAL TRACK OPTIONAL PROGRAM

Junior National Division
Level 7, 8, 9 & 10

Fundamental Elements of the Optional Track

A. Optional Levels Overview
Coaches should take it as their professional responsibility to plan the direction of their athletes' development with the goals offered in the National Track Optional Program in mind. Therefore, we encourage all coaches to become familiar with the FIG Code of Points from the outset of their professional career. Whether coaching at the compulsory level or the optional level, development of optional skills and their foundational progressions should start at a young age in order to give their athletes the best opportunity for success at the higher competitive levels.

Future chapters discuss the opportunities for competition for optional athletes at the championship levels and include their potential migration through the Elite Track as well.

Level 7: This Level is designed as an introduction to optional competition and an opportunity for athletes to compete in an optional format with slightly modified difficulty requirements. An overview of all optional levels are found in the 'Optional Track - Routine Requirements Table' and specific rules for Level 7 are listed in the 'Table of General Rules for Level 7' found in the Optional Judging Guidelines Section below. Level 7 Optional competition is subject to modifications and exceptions to the FIG Code of Points where specified in the tables.

Level 8: The focus for this level remains the mastery of fundamental execution while developing routine construction and a repertoire of skills in each of the four element groups. Generally speaking, Level 8, although open to all ages 12 and up, specifically modifies certain rules that are appropriate to the starting age. These modifications to specific FIG requirements are found in the 'Optional Track - Modifications and Exceptions Table' and noted modifications to some element groups are listed in the 'Table of Element Groups and Rules for Level 8'. Additionally, Level 8 athletes compete Pommel Horse without pommels and the rules for this modified event can be found in the Pommel-less Horse Junior Code of Points. The design of this event is intended to promote the development of a wide repertoire of skills that can be adapted to the pommel horse when the gymnast advances in age and/or ability. Removing the pommels from the horse, promotes the mastery of circle and flair technique while encouraging development of new skills. Level 8 makes available a somewhat wider range of skills from the Level 6 pommel-less horse routines and provides the flexibility for unlimited optional routine construction. This can be viewed as the basis for an athlete's routine construction as he advances through higher levels of competition.

Level 8 athletes have the ability to earn an Execution Score Bonus that will be added to their final score. The requirements for this bonus are delineated in the Execution Score Bonus table in the Bonus System section of this chapter.

Level 9 & 10: The design of the National Track Optional Program emphasizes that as gymnasts advance in age and ability, working their way up through Levels 9 & 10 in competition, they must adapt to the FIG Code of Points and rules as written with fewer exceptions. Where modifications and exceptions have been made for Levels 9 & 10 they are listed in the 'Optional Track - Modifications and Exceptions Table'. Level 9 & 10 athletes have the ability to earn both difficulty and execution score bonus that will be added to their final score. The requirements for this bonus are delineated in the bonus tables towards the end of this chapter. The FIG Code is standard throughout the sport of gymnastics, and in order for athletes to advance in their abilities with opportunities to further their competitive career, whether it be in college club or varsity programs or beyond, they must become familiar with the FIG Code. The entire program is designed to make this transition

smoothly for those athletes aspiring to compete at Levels 9 & 10. Future chapters discuss the opportunities for competition for these athletes at the championship levels and include their potential migration through the Elite Track as well.

B. Optional Rules & Documents of Precedence
The rules in the National Track Optional Program are based on the FIG Code of Points published by the International Gymnastics Federation. A general overview of basic routine requirements appears on the next page. The FIG Code requirements may change from time to time and are published and updated on the FIG website as newsletters. These documents are also available on the National Gymnastics Judges Association website (NGJA). These changes are always enforced in their current form as of the date they are officially published, unless otherwise specified. The FIG Code of Points, official newsletters, and NGJA rulings and official newsletters and interpretations are documents of precedence, ***unless specifically stated in this manual where exceptions and modifications to the FIG are noted and will take precedence.***

Invitational or open competitions, qualifying competitions, and championship level competitions in the Optional Track should state the rules of competition being used in their directives or entry information.
Evaluation of execution follows the FIG Code of Points and its interpretations ***unless specifically stated in the Men's Development Program Manual modifications and exceptions which will take precedence.***

C. Age Guidelines
The ages listed in the chart are based on the athlete's birth year, which may also be referred to as their age in the year of competition. The competition year is designated as the year of each level's championship. Sanctioned invitational or open competitions held during the regular season may adjust age groups for classification of awards to create a balanced grouping according to the field of entries at the discretion of the meet director.

Qualification and Championship events at the State, Regional or National level will have age groups designated by the approved body overseeing those championship events. For example, a State or Regional board may determine the award categories for their respective championships. The national governing body overseeing those events such as the MDPC or the MPC will always determine qualification and age groups for National Championship events.

D. Video Review
Video review of D-Score and Neutral deductions only is allowed at championship level meets (i.e. State, Regional or National Championships).

E. Behavioral and Spotting deductions
All behavioral deductions follow FIG rules and Junior Men's Program requirements pertaining to attire and conduct on the competitive floor. Spotters must be active USA Gymnastics professional members. A spotter is required on Rings, Vault, and Horizontal Bar. A routine may not begin until a spotter is present. If a spotter leaves the apparatus during the performance of a routine at any point a -0.3 deduction will be taken from the execution score. Assisting a gymnast to perform a skill will result in a -1.0 deduction. Incidental brushes or touches that do not assist the gymnast are allowed without deduction. Spotting may not be performed from a surface higher than the floor matting.

Optional Judging Guidelines

Optional Track - Routine Requirements - Levels 7 - 10							
Junior or Senior FIG Rules apply except where noted by modifications or exceptions							
Level	**Minimum Competitive Age Allowed**	**D Score Components**					
		Number of Value Skills	*** Required Value for Full EG credit**	**# of Element Groups**	**Dismount EG Value**	**Stick Bonus**	**Event Restrictions**
*Element Group Value Required for 0.5 – exception of EG 1 on FX, PH, R, PB, HB							
7	12 yrs.	6 Any 6 skills	A	3	FIG "A" = 0.5 in EG	None	See Level 7 Table for event restrictions
8	12 yrs.	8 7 + dismount	A	4 from Level 8 Table	FIG Value of skill = Value for EG	VT = +0.1 All others B+ = +0.1	VT - No multiple Saltos FX - No triple Saltos FIG - No Junior prohibited Skills
9	14 yrs.		C	4 from FIG Code of Points		VT with Salto = +0.1 All others C+ = +0.1	
10 Jr.	16 yrs.		D				FIG - No Junior prohibited Skills
10 Sr.	18 yrs.						No Restrictions
Junior "A" skills are awarded at all levels							

Note: Stick bonus will be awarded on Vault for Levels 3-6. For levels 9 &10, partial element group value will receive 0.3. Junior A skills will not receive any element group credit.

F. Approved Junior "A" Skills

There are recognizable gymnastics skills that are no longer listed for value in the FIG Code but are considered valid skills for the developing gymnast. The primary purpose of this modification is to ensure that any gymnast can fulfill the minimum number of required skills on any event and avoid a deduction for a short routine. The table below lists the approved Junior "A" value skills that may be awarded on each event in the Optional Track. Junior "A" value skills (skills that are not listed in the FIG Code of Points) receive (+0.1) skill value for difficulty but do not qualify for element group value. Full or partial element group value may only be applied for skills that are listed in the FIG Code of Points. Skills not listed in the table and not included in the FIG Code of Points are not eligible for value. Where two or more options are written in a single line of the table all may be performed and count for Junior "A" value of (+0.1).

Junior "A" skills may be counted at all optional levels except those that require the use of FIG only rules.

Optional Track - Approved Junior "A" Skills – All Levels	
Floor Exercise	**Pommel Horse**
Cartwheel	False scissor
Any Backward Roll	*Single leg travel
Headspring	*Single leg Stockli turn
Press to Headstand	Flair in any position
Round-off	Any flank off dismount
Swedish fall	*Loop with ¼ turn to leg cut
Still Rings	**Vault**
Tuck planche hold	No exceptions to the FIG Code of Points
Shoulder stand or giant to shoulder stand hold	
Hanging "L" hold	
German hang hold	
Muscle up to support hold unassisted	
Tuck salto dismount	
Parallel Bars	**Horizontal Bar**
Back Uprise to support	Any Kip to support
Moy to upper arm	Any non-FIG Salto dismount
Flank, Stutz, Wende or tuck salto dismount	Toe on Toe off either direction
"V" hold	Front or back hip circle
Manna hold	Pullover to support
Drop kip	¾ giant forward or backwards
Shoulder stand	Back uprise to any height
Forward roll	Swing ½ Turn to any height
* Pommel Horse single leg travel skills do not have a leg amplitude requirement Where 2 skills are listed, both may count for Junior "A" value	

G. Applying Skill Value (FIG Exception)
The difficulty value of a skill may be awarded even in the case of a singular large deduction (-0.5) in the execution of the skill. Angle deductions will still apply.

H. Modified Rules Tables
Levels 7 and 8, are considered entry levels into the Optional Track to which younger or less experienced gymnasts are transitioning from compulsory levels or from the Club Track. These levels have significantly modified rule requirements appropriate to this transition. The modified rules tables and exceptions to the FIG Code of Points are listed below.. In Level 8, a Pommel-less horse is used for competition and the associated Pommel-less Horse Code of Points Tables appears in the Competition Level 8 Section. The modifications to these levels are intended to help these gymnasts adapt to optional competition and build a base of fundamental skills for routine composition. In Levels 9 and 10 the rules are closely based on the FIG Code for juniors with few exceptions.

I. FIG Rules Championship Events
All exceptions in the following tables do not apply to championship events such as U.S. Championships and Winter Cup or to qualifying or selection events so designated where FIG Rules are applied as written without exception as approved by the Men's Development Program Committee (MDPC) or the Men's Program Committee (MPC) for those events and are published in their respective directives.

Optional Track - Modifications & Exceptions Table
FIG Exception – Skill value may be awarded even in the case of a single large deduction (-0.5)
Level 7, 8 & 9 – Routines with less than 6 recognized skills receive a neutral deduction of (-1.0) per skill less than 6
Level 7 Only – PH, R, PB, HB – Maximum -0.5 Global deduction for any number of empty/intermediate swings
FIG Exception: Dark colored pants are allowed in the Development Program
Floor Exercise
Level 7, 8, 9 & 10 – Multiple salto element NOT required
Level 7, 8 & 9 – Separate skills in combined boxes each have their own virtual box, no repetition
Level 8 & 9 – B+C, C+B and C+C connections will receive +0.1 in bonus (Except Twist to Twist Connections)
Pommel Horse
Level 7 – A listed EG II or EG III element does not require a listed COP element afterwards to receive valve
Level 8 – All skills must come from Pommel-less Horse COP listed in this manual
Level 7, 8 & 9 – Circle to Handstand dismount receives "C" Value
Level 7, 8, 9, & 10 - Circle to handstand skills that make it to handstand will receive credit and can only receive small (-0.1) and medium (-0.3) deductions for execution errors. No large (-0.5) deductions will be taken.
Level 7, 8, 9 & 10 – FIG circle deductions will be applied by skill, not by section
Still Rings
Level 7 – Empty ½ swing allowed prior to any skill
Level 7 & 8 – FIG Swing to handstand NOT required
Level 7, 8, & 9 - Support scale & support scale straddled skills from element group II or III (Elements II.9, II.19, III.56, III.58, III.68, III.70, III.82) will be upgraded one letter value and can only receive small (-0.1) and medium (-0.3) deductions for execution errors. No large (-0.5) deductions will be taken. The FIG repetition rule (Article 12.2.2, 3a) extending the rule to limit the number of consecutive strength parts to 3 parts, will not be applied to Levels 7-9.
Level 7, 8, & 9 - Press to handstand with straight arms and bent body (Element II.26), will receive a "C" value. Arms must be perfectly straight on the way up and in the handstand with rings turned parallel or greater.
Level 10 - Support scale straddled & support scale (Planche), Cross, Inverted Cross, Swallow, or Inverted Swallow skills from element group II or III will be upgraded one letter value and can only receive small (-0.1) and medium (-0.3) deductions for execution errors. No large (-0.5) deductions will be taken.
Vault
All Yamashita style vaults will be recognized and have the same D-score as their equivalent Front Handspring vaults
Level 7 & 8 - Tsukahara (III.307) or Yurchenko (IV.407) Tucked = 2.2, Tsukahara (III.308) or Yurchenko (IV.413) Piked = 2.4 , Handspring forward & salto forward tucked (II.207) = 2.4 & Tsukahara (III.313) or Yurchenko (IV.414) Stretched= 3.2
Level 7, 8, 9 & 10 – Handspring forward & salto forward piked (II.213) = 3.2, Handspring forward & salto forward piked with ½ twist (II.214) = 3.6, Handspring forward & salto forward straight (II.219) = 4.0 & Handspring forward & salto forward straight with ½ or 1/1 twist (II.220) = 4.2
Parallel Bars
Level 7 – Empty ½ swing allowed prior to any skill
Level 8 & 9 – Empty ½ swing allowed prior to EG III skills
Level 7, 8 & 9 – Stutz and Giant to Support = "B" value and EG credit, in addition (II.3 & III.21)
Levels 7, 8 & 9 Only – Salto backward straight with ½ twist (IV.19) & Salto forward piked or straight with ½ twist (IV.1) receive "B" value and EG credit
Level 7, 8, 9, & 10 - No reverse in direction deduction for skills that come from a swing handstand (Element II.1)
Horizontal Bar
Level 7 – Empty ½ swing allowed prior to any skill
Level 7, 8 & 9 – Swing half turn allowed following any flight element without salto over the bar
Level 7, 8 & 9 – A maximum of 5 forward and backward movements is allowed prior to the first value skill
Level 7, 8, 9 & 10 – C+C flight connection will receive +0.1 in bonus
Level 7, 8, & 9 - Maximum of -0.5 in deductions for a completed skill following a C or higher release skill
Level 7, 8, 9, 10 - All Adler skills that finish in an unintended direction will receive skill credit, and (-0.3)

J. Additional Exceptions to the FIG Code of Points
In addition to the tables above, the following tables show specific exceptions to the FIG Code of Points on Vault for Invalid vaults and on Horizontal Bar for Adler skills.

Optional Track - Invalid Vault Table	
Level 7, 8, 9 & 10 – An invalid vault (FIG COP Page 96) will be scored and defined as follows:	
7a)	No support phase = large error (-0.5), evaluate as is, 2nd attempt is NOT allowed
7b)	No safety collar = large error (-0.5), evaluate as is, 2nd attempt is NOT allowed
7c1)	Unrecognized vault = deduction (-1.0), defined as a balk, 2nd attempt allowed
7c2)	Pushes from feet = deduction (-1.0), defined as a balk, 2nd attempt allowed
7d)	Spotting = deduction (-1.0), evaluate as is, 2nd attempt is NOT allowed
7e)	No foot/feet first landing = deduction (-1.0), evaluate as is, 2nd attempt NOT allowed
7f)	Side stand landing = apply incomplete twist deductions, evaluate as is, 2nd attempt NOT allowed
7g)	Prohibited vault = large error (-0.5), evaluate as is, 2nd attempt NOT allowed

Optional Track - Level 7, 8 & 9 Only - Adler Skills Modifications Table		
Adler Skill	**Skill Value**	**Angle Deduction**
Adler to Handstand	"D" Value	No angle deduction
Adler from 15° to 45° from Handstand	"C" Value	No angle deduction
Adler from 46° to Horizontal	"B" Value	No angle deduction
Adler below Horizontal	Junior "A" Value	Angle deduction (-0.5)

K. Bonus System
The National Track Optional Program will use a system of bonus for Levels 8, 9 & 10 only. The bonus will be awarded to gymnasts who achieve the benchmarks published in tables at the end of this chapter. The gymnast will receive a bonus added to his final score depending on the benchmark achieved. The D-scores will be based on the FIG's Junior Code of Points. The bonus system is designed to encourage gymnasts to work towards the development of higher value skills in each element group. It also directly supports the development of the National Team Program and serves as a guide for athletes who aspire to be part of that program. These benchmarks are based upon the D-score identified to be competitive at international junior competitions. Coaches and athletes should realize that the bonus program provides linkage between the Optional Track and the Junior Elite Track for those athletes who are able to qualify to those programs. It is not intended that the majority of athletes competing in the Optional Track are able to achieve these benchmarks. Rather, the focus of the Optional Track remains on building a strong, complete fundamental mastery of basic skills on each event allowing coaches and athletes to choose skills for routine composition they are able to perform with a high level of mastery. This formula typically yields the highest final score for most athletes.

Level 7 Rules

L. Level 7 Table

The general rules listed in the table below are similar to national competition at Levels 8, 9, and 10 but with fewer difficulty requirements. The rules are designed to provide a structure similar to the other levels and serve as a bridge to those levels. Experience at this level can support an athlete's development to eventually move up to higher levels within the Optional Track competition structure. The following table lists rules of competition in addition to the general Routine Requirements table on page 50.

Table of General Rules for Level 7		
Rules	**D Score Components**	**Rules Defined**
Element Groups	3 EG's for 1.5 max	Each element group requirement fulfilled (inside the 6 counting elements) is awarded 0.5 for a maximum of 3 element groups (1.5). Element group value and may come from any of the 4 FIG element groups. The dismount is not required as one of the 6 counting elements.
Value Parts	6 Skills	Difficulty value of 6 elements will be counted. Junior "A" skills count for value (+0.1) but do not count for EG credit. If a FIG "A" dismount is performed it will be awarded 0.5 for Element Group IV credit.
Bonuses	NONE	No bonuses are awarded at this level. No Stick bonus, no Difficulty Score Bonus, no Execution Score Bonus and no Vault Bonus.
Vault Limits	See listed Vaults	No multiple salto vaults or twisting Yurchenko vaults allowed.
FX Limits	Triple Back	No triple saltos allowed
FIG Limits	Prohibited FIG Skills	No FIG Skill prohibited for Juniors allowed (marked by in the FIG Code)
Equipment	PH with Pommels	At this level the pommel horse is used with the pommels.

Level 8 Rules

M. Level 8 Tables

The 'Table of Element Groups and Rules for Level 8' lists the modifications and exceptions as well as the general structure of the rules for Level 8 competition in the Optional Track. The Pommel-less Horse Junior Code of Points consists of 5 separate tables that list pommel horse skills for the 4 defined element groups and skills that are added in a separate table that are unique to Pommel-less Horse.

Refer to the FIG Code of Points for skill values and structure of routines. All FIG requirements apply except where noted in the following tables and the 'Modifications and Exceptions Table'. Adjustments to some element groups in the table below have been made to modify FIG rules and structure. These modifications occur on Pommel Horse, Still Rings and Horizontal Bar. Use of the Pommel-less Horse, additional level-appropriate modifications on Still Rings addressing FIG requirements for swing to strength and swings to handstand (EG III) and on Horizontal Bar an inclusion of "in bar" forward skills to the flight element group requirements providing more options for EG II.

Level 8 Competition Tables

Table of Element Groups and Rules for Level 8			
Floor Exercise			
EG I	**EG II**	**EG III**	**EG IV**
FIG I – Non-acrobatic	FIG II – Acrobatic-Forward	FIG III – Acrobatic-Backward	Single Salto Fwd or Bwd with 1 or more twists
Pommel Horse			
EG I	**EG II**	**EG III**	**EG IV**
Flair elements	FIG II – Circles/Turning skills	FIG III – Travel elements	FIG IV – FIG "A" Dismount
Still Rings			
EG I	**EG II**	**EG III**	**EG IV**
FIG I – Kips & Swings	FIG II – Strength & Hold	Handstand 2 sec hold	FIG IV – FIG "A" Dismount
EG II: Any FIG EG II or EG III skill may fulfill EG II requirement "Strength & Hold" EG III: Held Handstand required – (No hold = No EG credit, Momentary hold = EG III credit and deduct -0.3			
Vault			
All FIG Value Vaults with D Score modifications listed in the Modifications and Exceptions Table			
Parallel Bars			
EG I	**EG II**	**EG III**	**EG IV**
FIG I – Upper arm	FIG II – Support element	FIG III – Hang & Basket	FIG IV – FIG "A" Dismount
Horizontal Bar			
EG I	**EG II**	**EG III**	**EG IV**
FIG I – Giants, turns	Any FIG Flight or In bar forward	Any FIG In bar backward	FIG IV – FIG "A" Dismount
EG II (In bar forward) – Kips, Endos, Adlers, Weiler, or any FIG Flight element EG III (In bar backward) – Free hips, Stalders, Steineman, Koste or back toss			

Level 8 Pommel-less Horse

N. Pommel-less Horse Code of Points
The competition in Level 8 utilizes a Pommel-less Horse. Skills for this event have been re-categorized from the FIG Code of Points to create a Pommel-less Horse Code of Points. All skills performed in this level must come from this Pommel-less Horse Code. Skills retain their FIG Code values unless otherwise noted. Where applicable, listed Code numbers have been provided to refer to the FIG Code of Points. Pommel-less Horse Rules & Skills FIG Code Exceptions:

- ONLY skills listed in the Level 8 Pommel-less Horse Skills Table are allowed.
- FIG skill selection and elimination criteria:
  - Skills that are defined by being on the pommels have been eliminated.
  - Skills that are defined by their starting and/or ending position on or around the pommels have been eliminated.
  - One skill can count for one element group only
- Skills on the pommels are included that can be done on the leather and are easily identified.

- The Czechkehre and DSA can start and end in both side and cross support.
- Skill identification and evaluation criteria:
  - A skill is completed when both hands have reached the intended part of the horse.
  - Traveling skills will be evaluated as either traveling 1/2 or 3/3 of the horse, 1/3 and 2/3 travels will not be used
- Flank off from cross support in the middle of the horse or from cross support rearways on end.

Note: must be preceded by one full cross support circle (circle not part of another skill).

Pommel-less Horse Code of Points

EG I – Flairs *Note: Skills from EG II or EG III done FLAIRED can fulfill EG I*			
Skill Description	**FIG Code Box**	**Modification**	**Value**
Circle in side support	II.1	Flaired	A
Circle in cross support frontways (front loop)	II.7	Flaired	A
Circle in cross support rearways (back loop)	II.13	Flaired	A
1/4 Spindle on end (from cross or side support)	II.25	Flaired	A
1/2 Spindle on end (from cross or side support)	II.26	Flaired	B
1/1 Flair spindle from side support (max 2 circles)	II.28		D
Eichorn	II.29		E
Magyar – 1/1 spindle (max 2 circles)	II.34		D
Tippelt – Flair or Circle through H.S. back to flair or circle	II.51	Flaired	C
Busnari	II.54	Flaired	F

Pommel-less Horse Code of Points (cont.)

FIG EG II – Circle with and/or without spindles and handstands, Kehre swings, Russian wende swings			
Skill Description	**FIG Code Box**	**Modification**	**Value**
Circle in side support	II.1		A
Circle in cross support frontways (front loop)	II.7		A
Circle in cross support rearways (back loop)	II.13		A
1/4 Spindle on end (from cross or side support)	II.25		A
1/2 Spindle on end (from cross or side support)	II.26		B
1/1 Flair spindle from side support (max 2 circles)	II.28		D
Eichorn	II.29		E
Magyar – 1/1 spindle (max 2 circles)	II.34		D
Cross support 1/1 spindle (in the middle) (max 2 circles)	II.36		F
Tippelt – Flair or Circle through H.S. back to flair or circle	II.51		C
Direct Stockli A (*from cross or side support)	II.38		B
Busnari	II.54		F
Double rear (Kehre)	II.55		A
Reverse Stockli 180° or 270°	II.68		B
Schwabenflank	II.73		A
Czechkehre (*from cross or side support)	II.74		B
180° or 270° Russian	II.97		A
360° or 540° Russian	II.103	Junior upgrade	B
720° or 900° Russian	II.104	Junior upgrade	C
1080° Russian	II.105	Junior upgrade	D
180° or 270° Russian (in the middle)	II.110		B
360° or 540° Russian (in the middle)	II.111		C
720° or 900° Russian (in the middle)	II.112		D
1080° Russian (in the middle)	II.113		E

Pommel-less Horse Code of Points (cont.)

FIG EG III – Travel type elements, including Wu, Roth & Traveling Spindles			
Skill Description	**FIG Code Box**	**Modification**	**Value**
Travel in side support (3/3)	III.3		C
Travel with 1/2 spindle from cross support (1/2)	III.15		C
Travel (3/3) with full spindle in cross support		Added Skill	E
Travel fwd or bwd with ¼ spindle to side support (½ travel w/ ¼ spindle)		Added Skill	B
All travels with ½ spindle in side support (½ travel w/ ½ spindle)		Added Skill	C
Urzica 2	III.29		E
Travel forward in cross support (1/2)	III.32		B
Magyar (3/3) travel forward legs together or flaired	III.34		D
Travel backward in cross support (1/2)	III.38		B
Sivado (3/3) travel backward legs together or flared	III.40		D
Molguilny: Kehre forward, reverse Stockli, Kehre forward (3/3)	III.46		D
Belenki: reverse Stockli, Kehre forward, reverse Stockli (3/3)	III.52		D
Wu Guonian: 720° Russian with 3/3 travel	III.65		E
Roth: 360° Russian with 3/3 travel	III.70		D
360° Russian with 1/2 travel		Added Skill	C

FIG EG IV – Dismounts			
Skill Description	**FIG Code Box**	**Modification**	**Value**
Flank off from cross support (preceded by 1 full cross support circle)		Added Skill	A
Wende	IV.1		A
Chaguinian to wende	IV.2		B
Kolyvanov - circle or flair H.S. + 3/3 travel + 450° turn	IV.4		D
DSA to handstand, 3/3 travel with 450° or more turn	IV.5		E
360° or 540° Russian	IV.7	Junior upgrade	B
720° or 900° Russian	IV.8	Junior upgrade	C
1080° Russian	IV.9	Junior upgrade	D
Circle or FLAIR to handstand	IV.20	Junior upgrade	C
Pellerin - 180° Russian to other end through handstand dismount	IV.22		D

Skills – These skills receive value, but do not fulfill any Special Requirement			
Skill Description	**FIG Code Box**	**Modification**	**Value**
1/4 turn from cross support frontways (1/2 Kehr)		Added Skill	A
1/4 turn frontways from side support (1/2 Kehr)		Added Skill	A
1/4 turn from cross support rearways (1/2 Stockli)		Added Skill	A
1/4 turn rearways from side support (1/2 Stockli)		Added Skill	A

Levels 9 & 10 Rules

O. FIG Rules and Level Appropriate Adjustments
Levels 9 & 10 in the National Track Optional Program follow FIG Rules and use the FIG Code of Points for skill values and Element Group rules. Levels 9 & 10 use the modifications which allow use of Junior "A" skills. Additional modifications and exceptions for each event can be found in the 'Optional Track - Modifications and Exceptions Table' included above. The 'Optional Track - Routine Requirements

Table' lists any scoring differences between Levels 9 & 10. Level 9 & 10 athletes will have an option to attain a bonus based on their execution and difficulty scores as laid out in the Bonus Section below. Additionally, Level 9 & 10 gymnasts are given an opportunity to perform two vaults as indicated in the 'Level 9 & 10 Vault Options Table'.

The following vault table lists the competitive options for vault scoring for Level 9 & 10 gymnasts in the National Track Optional Program. Level 9 and 10 gymnasts will be allowed to perform two vaults, counting the highest-scoring vault regardless of competition order. This allows the gymnast to attempt higher difficulty vaults with reduced risk to their final score. Although it is not required that these two vaults be from different FIG groups, there is an additional bonus if the vaults are from different groups. This is intended to promote development of vaults from multiple FIG groups. The rules governing the evaluation of two vaults are shown in the following table.

Level 9 & 10 Vault Options Table	
Requirements to perform a 2nd vault	
All gymnasts can perform 2 vaults	Both vaults must have saltos
Not required to be from separate FIG groups	Cannot repeat the same vault
Evaluation Guidelines	
Each vault will be evaluated separately	D and E bonus apply to each vault separately
D-score bonus applies even with a fall on landing	Invalid vaults will not receive bonus (see page 53)
Gymnast will be awarded the highest final score recorded for either the 1st or 2nd vault	
Vault Group Bonus Rules	
If both vaults are from different FIG Groups, D-score bonus from the non-counting vault will be added to the score of the counting vault, to achieve the final score	

Examples	**Athlete 1**	**Athlete 2**	**Athlete 3**
Vault 1	Kasamatsu 1/1	Yurchenko 3/2	Roche
D Score	4.4	4.0	4.8
D Bonus	0.2	0.1	0.3
Stick Bonus	0.1	0.1	0
E Score	9.2	9.2	8.1 (Fall)
E Bonus	0.3	0.3	0
Vault 1 score	**14.2**	**13.7**	**13.2**
Vault 2	Kasamatsu 3/2	Kasamatsu 1/1	Kasamatsu 1/1
D Score	4.8	4.4	4.4
D Bonus	0.3	0.2	0.2
Stick Bonus	0	0	0
E Score	8.7	8.8	8.7
E Bonus	0.1	0.1	0.1
Vault 2 score	**13.9**	**13.5**	**13.4**
D-score bonus from non-counting vault	0.0	0.2	0.3
Final Score	**14.2**	**13.9**	**13.7**
	Vault 1 score	Vault 1 + D bonus from Vault 2	Vault 2 score + D bonus from Vault 1

Level 8, 9 & 10 Bonus System & Tables

P. Bonus Benchmarks

The Men's Development Program will implement a program of bonus for optional routine development. For level 8, the bonus is based on their E score only. For levels 9 & 10 the bonus can be awarded based on their D score, E score, or both. The gymnast will receive a bonus added to his final score depending on the benchmark achieved. The benchmarks established for each event are based upon the calculated D and E scores that are competitive with higher-level gymnasts and junior international competition. The purpose of the program is to incentivize athletes to develop their routine construction in all element groups in order to reach these benchmarks and to safely prepare them in performing higher level routines.

It's important to note that the bonus program is intended for gymnasts who are capable of showing an international level of skill and at the same time are able to maintain a very high level of execution. Only those with a high level of fundamental mastery on each event are likely to attempt such a benchmark. The program is modeled after the current standards required for Junior National Team development. These standards have been used for assignments to international competitions and are actively promoted at national team camps. The standards are subject to change year by year. This program is implemented in the National Track - Optional to provide any athlete the opportunity to transition to the Elite Track if he aspires to that level. Achieving these benchmarks also creates more opportunities for National Track - Optional athletes to continue gymnastics at collegiate or professional programs after graduating from the development program.

D Score Bonus	L 9 & 10 Only			
FX	**3.8-4.0**	**4.1-4.3**	**4.4-4.6**	**4.7+**
L9	0.1	0.2	0.3	0.3
L10	0	0.1	0.2	0.3
PH	**3.4-3.6**	**3.7-4.0**	**4.1-4.4**	**4.5+**
L9	0.1	0.2	0.3	0.3
L10	0	0.1	0.2	0.3
R	**3.4-3.6**	**3.7-4.0**	**4.1-4.4**	**4.5+**
L9	0.1	0.2	0.3	0.3
L10	0	0.1	0.2	0.3
V	**3.6-3.9**	**4.0-4.3**	**4.4-4.7**	**4.8+**
L9	0.1	0.2	0.3	0.4
L10	0	0.1	0.2	0.3
PB	**3.2-3.4**	**3.5-3.9**	**4.0-4.4**	**4.5+**
L9	0.1	0.2	0.3	0.3
L10	0	0.1	0.2	0.3
HB	**3.1-3.3**	**3.4-3.8**	**3.9-4.3**	**4.4+**
L9	0.1	0.2	0.3	0.3
L10	0	0.1	0.2	0.3

E Score bonus – L 8, 9, & 10				
All Events	**8.6-8.85**	**8.9-9.15**	**9.2-9.45**	**9.5-10.0**
L8, 9, &10	0.1	0.2	0.3	0.4

Note: Neutral Deductions do not apply to D or E Score. Stick Bonus is included in the D-score when calculating D-score bonus.

Chapter 5

ELITE TRACK

Level 6 Future Stars
Levels 8, 9 & 10
Junior Elite

A. Elite Rules: The third track within the junior competition sphere is focused on the development of athletes who aspire to be selected to the U.S. National Team program and ultimately international competition up to and including the Olympic Games and World Championships. However, since athletes compete with their teammates in the National Track for the majority of their competition season, the Elite Track uses the National Track rules of optional competition for most competitions. Only selection or championship level events that specifically state the use of FIG Rules will be the exception to this rule. These events include, but are not limited to, competitions such as U.S. Championships and/or Winter Cup.

B. Technical Sequences: A major difference between the Elite Track and the National Track is the evaluation and use of Technical Sequences in determining rankings. Technical Sequences are similar to compulsory exercises and are composed entirely of skills deemed essential to fundamental mastery of a wide variety of basic skills important to routine construction and the opportunity to build difficulty on each event and in each element group. The Technical Sequences and Optional Routines are used for selection to the national team and for qualification to the Elite division in order to gain the opportunity to compete in competitions where the National Team selection will take place. Athletes may qualify to move from the Optional Track to the Elite Track by attaining a determined combined score on Technical Sequences and Optional Routines at their State and Regional Championships. Level 6's would qualify to the Eastern/Western National Championships while Levels 8, 9 & 10's would qualify to participate in the Elite Track at the Men's Development National Championships. Level 10 athletes competing at the Men's Development National Championships within the Elite Track have the opportunity to qualify to the U.S. Championships.

C. National Team: The U.S. National Team program is composed of athletes from various age groups. Elite Track athletes competing in junior age groups are eligible for selection to the National Team. Once named, athletes are eligible to attend National Team training camps and participate in development and assignment to compete in various international competitions. This training and these opportunities help to broaden the exposure and experience these athletes need to become world-class competitors. These Elite athletes, once named, are also subject to the High Performance Plan that is developed in concert with the U.S. Olympic & Paralympic Committee's High Performance team.

D. Future Stars: Another aspect of the Elite Track is the Future Stars National Development Team. The Future Stars program is the entry point to the Elite Track for athletes aged 10-12 years. This program operates in conjunction with the normal competitive season and is open to any gymnast aspiring to learn what is involved in the Elite Track. The Future Stars national competition program takes place at invitationals throughout the country and culminates at the Eastern and Western National Championships. The Future Stars competition program uses an adapted version of the Technical Sequences as the basis of its competition format. Athletes qualify through their region for participation at the Eastern or Western Future Star National Championships where a developmental team of up to 24 athletes is recognized. The Future Stars Camp is combined with a workshop focused on coaches' education, which is a critical focus for elite development. The documents pertaining to the format and curriculum for this program are published under separate cover from this manual and are available through USA Gymnastics' website. Qualification scores and allotments are updated and published each year prior to the state and regional events.

The Elite National Teams

E. National Team Program Description: The following table shows the make-up of the U.S. National Team Program for junior and senior men's gymnastics. This includes both developmental teams as well as national teams who are also eligible for assignment to international competition subject to FIG guidelines for juniors. The table gives a cursory idea of how the teams are populated. However, detailed information on selection can change from year-to-year. The appropriate Selection Committee as well as any conditions subject to the High Performance Plan submitted and approved by the U.S. Olympic & Paralympic Committee that may affect team selection:

U.S. National Team Program		
Qualification and selection criteria published in the R&P, National Team Handbook		
Future Star Nationals	**National Development Team**	**Age Bracket(s)**
At Eastern & Western Championships	24 named / 48 athletes recognized	National (10, 11, 12)
Level 8/9 Team	**U.S. National Team**	**Age Bracket(s)**
Up to 15 athletes & 2-3 NT camps	Rank Order + Open Selection	Junior Elite (12, 13, 14, 15)
Level 10 Junior National Team	**U.S. National Team**	**Age Bracket(s)**
Up to 14 athletes & 3 NT camps	Rank Order + Open Selection	Junior Elite (16, 17)
18-20 National Team	**U.S. Senior Development Team**	**Age Bracket(s)**
Senior NT Camps	Up to 5 athletes	National (18, 19, 20)
FIG U.S. Seniors	**Senior National Team**	**Age Bracket(s)**
Senior NT Camps	Up to 20 athletes	FIG (18+)

Note: The content and distribution of this table is subject to annual review

The Elite National Team Program

F. Selection, Camps, and Responsibilities: Selection to the National Team for junior aged athletes requires qualification and competition in the Elite Track. At ages 10-19 in the Men's Development competition program Technical Sequences are required as one element of the qualification and/ or selection. Technical Sequences combined with optional routines and the start value bonus program are the three basic competition elements central to the National Team program's mission. Elite level performance consistent with international standards depends on the execution of each of these three components at a high level.

Once selected to the U.S. National Team, numerous training camps are held throughout the year to assist in the development of athletes and goal setting for the international competition level. Athletes aspiring to compete for the United States in international competition are required to work towards and achieve the benchmarks in these areas set by the approved High Performance Plan. Only athletes selected to the U.S. National Team may compete for the U.S.A. in international competition. International assignments are selected based upon competition and training camp performance and must be approved by the appropriate Selection Committee.

A National Team Handbook is distributed to each athlete that lists the requirements of coaches and athletes as members of the U.S. National Team. Internationally sanctioned meets are conditional on meeting FIG age guidelines and may vary from competition to competition. Typical competitions for junior aged athletes may include Junior Pan American Championships, FIG Youth Olympic Games, Junior World Championships, or a variety of invitational international events sponsored by countries around the world as members of the International Gymnastics Federation.

Coaches are advised to contact the Men's Development Program Director for more information about the U.S. National Team program or Elite division competition.

The Elite Track Competition Schedule

The following table lists competitions available in the Junior program for the Elite Track and approximate time of year, age guidelines, and qualifications or selections:

Junior Men's Elite Track Competitions and Event Qualifications or Selections			
Note: Rules may vary – FIG Rules events do not include junior program modifications			
Event	**Age or Levels(s)**	**Annual**	**Selection**
Elite Team Cup – FIG Rules	Level 9, 10 / 14-19 years	February	Regional Team selections
Winter Cup – FIG Rules	Level 10 / 18+ years	February	Qualify to Senior division
State Championships	Level 6, 8, 9, 10 / 10-19 years	March	Technical Sequence required
Regional Championships	Level 6, 8, 9, 10 / 10-19 years	April	TS + Optional Qualification by score
Eastern & Western National Championships	Level 6 (10-12)	April	National Development Team Selection
Men's Development National Championships	Level 8 (12-13), Level 9 (14-15) Level 10 (16-19)	May	L8/9 National Team Selection, L10 Qualify to U.S. Championships
U.S. Classic – FIG Rules	Level 10 / 16-18 years	June/July	Qualify to U.S. Championships
U.S. Championships – FIG Rules	Level 10 / 16-19 years	August	L10 National Team – Optionals Only

Note: The content and distribution of this table is subject to annual review

Chapter 6

CHAMPIONSHIP COMPETITIONS

A. State and Regional Championships: Each of the various levels in the junior competition program culminates in a championship at the end of each annual season. For the compulsory levels 3, 4, 5 & 6 this competition is the State or Regional Championship for each of the six regions. Each state or region has the responsibility to determine their championship format and determine guidelines for who can qualify to those championships. In some larger regions there are even sectional championships for some levels as part of the qualifying process. These are ultimately determined by the elected state or regional committees based upon resources, competition sites, financial considerations, and other considerations to allow the number of participants that best fits their population numbers. These qualifications are published annually by each region or state based on their governance.

B. East and West Men's Development National Championships: The East and West Development National Championships focus on providing the opportunity for athletes at Level 7, 8 & 9 in the National Track and Level 6 in the Elite Track to attend their season's culminating championship in greater numbers. This format divides the country's six regions into two relatively equal blocks geographically, one in the East and one in the West. Some of the features of this design are a shorter number of competition days, a more cost effective strategy in terms of travel and related expenses for athletes, coaches and families, and the maximum opportunity and recognition for those participants. A site will bid annually to host the event in the two areas of the country that will further enhance the exposure of our sport countrywide.

C. Development National Championships: Level 10 Junior National athletes qualify to attend this championship. The championships is generally held in May of each year. Qualification to these championships is done by either a score qualification or an allotment system based on rankings from the regional championship events. An allotment system is used for qualification to ensure a fair distribution of athletes among the six regions.

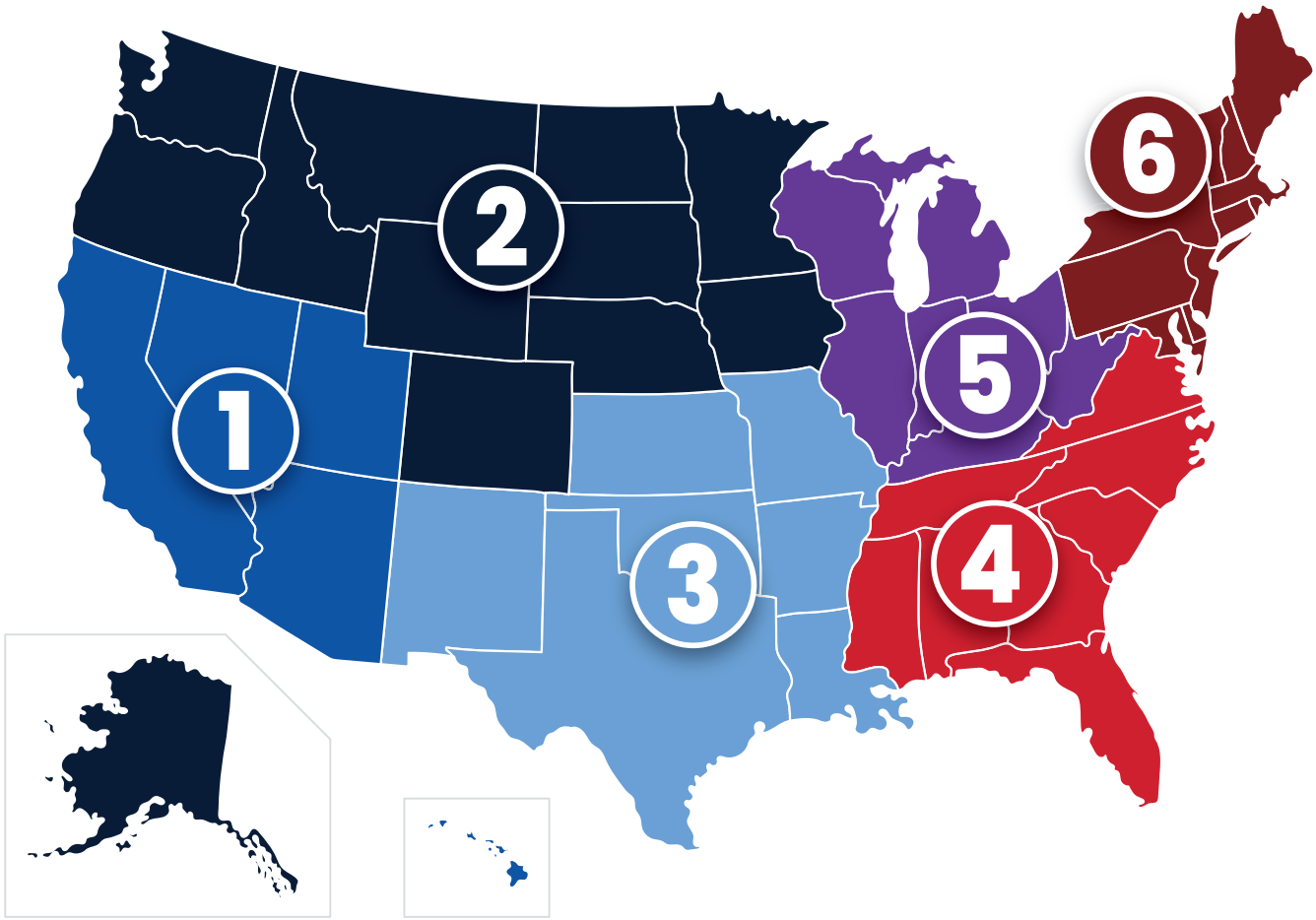
D. Elite Championships Qualification and Selection: In addition, the Elite track has its championship as part of the Men's Development National Championships that the elite athletes attend. After qualifying to the Elite Track at their Regional Championships, a select number of athletes in each of the levels 8,9, and 10 qualify to compete at the Men's Development National Championships Elite Division. The qualification process uses an allotment system or a pre-determined combined score including all around technical sequence scores and all around optional score performed at their respective Regional Championships.This score is recommended each year and approved by the MDPC prior to the regional championships. Elite athletes competing at the Men's Development National Championships have the opportunity to be selected to the U.S. National Team in the Level 8 and 9 divisions.

The Men's Development National Championships is used as a qualifying step for Level 10 elite athletes to the U.S. Championships later in the season. The U.S. Championships are used as one criteria for selection to the U.S. National Team for Level 10 athletes.

Championship Competitions Formats

The tables on the following pages give a general idea of the format design for the Men's Development National Championship competitions at the optional levels. The details of these formats are published annually, prior to the start of the championship competition season and may change slightly from year-to-year.

East *(Regions 4, 5 6)* and West *(Regions 1, 2 & 3)* Men's Development Nationals



Basic Format for East and West Men's Development Nationals

Athletes will qualify to attend the East and West Nationals through their respective regional championships using an allotment system, published annually. The qualifying age groups for each level and age divisions will be determined prior to the State Championships each year based on registered numbers and the allotment for each of the East and West Development Nationals. A qualification document will be published with all pertinent information prior to the State Championship. A petition process will be available for athletes who were not able to compete at their qualifying competition due to injury or illness. Athletes will compete in one session with awards to follow at each level. The number of sessions and athlete numbers may vary year-to-year based upon member registrations at each level as well as assignment of sessions based upon a sample format shown below. Information on facility requirements and the bid process will be included in the bid packets for these events.

E. Sample Competition Format for East and West National Championships: *(Subject to change annually)*

Sample Format East & West Men's Development National Championship				
Note: Adjustment of number of sessions and levels may be made each year by the MDPC based on registered numbers				
Competition Schedule	**Level**	**Session #'s**	**Approx. #'s**	**Allotment**
Friday Session #1	9JN	96	288	6 event AA rank by Region Top 3 Ind. Event
Friday Session #2	9JN	96		
Friday Session #3	9JN	96		
Saturday Session #1	8JN	96	192	6 event AA rank by Region Top 3 Ind. Event
Saturday Session #2	8JN	96		
Sunday Session #1	6JE	48	48	6 event AA rank by Region
Sunday Session #2	7JN	120	240	6 event AA rank by Region Top 3 Ind. Event
Sunday Session #3	7JN	120		
Totals	6JE, JN-7, 8, 9	768	768 + Petitions	Allotment based on Registration

F. General Parameters – East & West Nationals Bid Process:

General Parameters – East & West Men's Development Nationals Bids	
Note: Specific requirements to be stated in contract agreed upon by USAG and Host	
3-day event	Set-up on Thursday, Competition Friday to Sunday, Load out Sunday after competition
Training	No training prior to sessions (warm-up & compete), No off-site training scheduled
Medical	Follows USA Gymnastics approved coverage requirements, medical plan must be filed
Hotel	Hotel packages must be coordinated through USA Gymnastics Travel Partner
Competition	Capitol Cup Format, one session, one level with awards to follow each session
Awards	Single age year categories in each level + Club/Region Team
Dates	Target date for event is last weekend of April (subject to calendar changes)
Equipment	Provided by National Equipment Sponsor (AAI), two sets, host pays transportation cost (TBD annually)
Judges	2 per event - 12 judges + 1 Technical Director/Meet Referee, paid by host
Ages	All athlete's age ranges to be determined by MDPC each year based on qualified number of athletes
Schedule	Published each year by the MDPC in coordination with meet host
Facility	Recommended minimum: 35,000 square feet, Ceiling height 20 feet
Travel	Athletes and coaches may arrive and depart according to their competition schedule

Note: General information presented is subject to change and spelled out in more detail in a bid package and subsequent contracts between USA Gymnastics and potential meet hosts. Those interested in bidding should contact USA Gymnastics for more details.

Basic Format – Men's Development National Championships

G. Overview: The Men's Development National Championships are held for National Track Level 10 JN and Elite Track Levels 8 JE, 9 JE, and 10 JE. Age groups qualifying through State and Regional Championships to Development Nationals are defined as follows: Level 8 (ages 12-13), Level 9 (ages 14-15), and Level 10 (ages 16-17 and 18-19). Limiting this format to these higher levels opens up more space for National Track Level 10's to reach the Men's Development National Championships. This format will still allow a full training day for all athletes and a day off between the preliminary competitions and finals competitions at each level. The Junior National Championship will be the site of Junior National Team selection in the Elite Track for Level 8 and Level 9. Elite Track division Level 10's will qualify to U.S. Championships from this competition. The National Track competition will identify rankings and placement for awards based upon a two-day optional format. Elite Track athletes will compete for selection and qualification using a combined score of Technical Sequences and Optional routines in a two-day format.

H. Sample Competition Table for Men's Development National Championships

Sample Format for Development National Championship			
Note: Adjustment of number of sessions and levels may be made each year by the MDPC based on registered numbers			
Competition Schedule	**Level**	**Approx. #'s**	**Notes**
Wednesday – All Regions	JN + JE	700+	Training Day
Thursday Session 1	JE Level 8 & 9 (12, 13, 14, 15)	120+	Optionals
Thursday Session 2	JE Level 10 (16, 17, 18, 19)	120+	
Thursday Session 3	JE Level 10 (16, 17, 18, 19)	120	
Friday Session 1	JN Level 10 (16, 17, 18, 19)	120	
Friday Session 2	JN Level 10 (16, 17, 18, 19)	120	
Friday Session 3	JN Level 10 (16, 17, 18, 19)	120	
Saturday Session 1	JE Level 8 & 9	120+	Technical Sequences
Saturday Session 2	JE Level 10	120+	Optionals Day 2
Sunday Session 3	JE Level 10 (16 & 17)	96+	Finals – AA + IE
Sunday Session 3	JE Level 10 (18 & 19)	96+	Finals – AA + IE

I. General information about Allotment System: Where an allotment system is used to qualify athletes to a national event, a system is in place to determine the allotment numbers for each region. Prior to state championship events each season, the data from athlete registrations in each level of competition will be used to determine relative allotment numbers from each region. A percentage of the total national numbers at that level is then assigned to each region. That percentage is used to determine the number of qualifiers each region will receive to the national event. This system is designed to ensure that a relatively equal distribution of qualifiers compared to their national percentage is guaranteed for each region. Inherently, regions with smaller registered athlete numbers have fewer qualifying spots than regions which have a large number of athlete registrants. Each year, these numbers are approved by the MDPC and released to the community prior to the championship season.

J. General Information about Qualifying Scores: Where qualifying scores are used to determine entry into national events, such as in the Elite Track events, the data from recent past events is used to review the accuracy of the qualifying scores moving forward. In the Elite Track, a Junior Coaches Advisory group is consulted to recommend whether a qualifying score should be raised or lowered. The purpose is to populate the event with the desired optimal number of participants for that event. A qualifying score is sometimes used when it is important to create a pool of athletes with the highest level of quality and ability regardless of which region in which they are competing. Each year, these numbers are approved by the MDPC and released to the community prior to the championship season.

K. Awards Guidelines: Awards guidelines for each championship are published in the directives for each championship competition. Generally speaking, the national championship events will distribute awards based upon single age years to individual events, the All-Around, and by age groups designated for each event. Age Groups and awards for team competitions at each event will be determined by the format for that event. In addition, state and regional championship events may adjust their format to meet space, financial considerations and participation guidelines based upon each state or regions resources.

Chapter 7

EQUIPMENT SPECIFICATIONS & OFFICIAL DUTIES

Junior Modifications to Equipment Specifications

Equipment specifications are based upon those listed in the FIG Code of Points. In the junior program, the maximum height specifications approved by the FIG may not be exceeded. However, depending on the level of competition, there are modifications to equipment specifications that allow adjustments below those maximum heights or substitution of standard equipment with modified equipment set up without deduction. These modifications are listed below and may apply to all competitions unless otherwise stated.

A. General guidelines for modifications to FIG equipment standards: *In all cases, equipment used for competition must be manufactured by an approved equipment manufacturer and fall within approved safety guidelines. Meet directors and judging officials have a responsibility to inspect equipment prior to competition to insure it meets accepted standards.*

a. A panel mat may be used to mount Pommel Horse, Pommel-less Horse, Mushroom, and Parallel Bars.
b. There is no minimum height requirement for Parallel Bars or Pommel Horse and Pommel-less Horse.
c. Matting can be adjusted upward using approved landing mats and/or safety cushions to attain a minimum height for Rings and Horizontal Bar for all National compulsory, Club, and National optional competition unless the directives for equipment specifications and/or matting are specifically stated.
d. A springboard may be used to mount the Parallel Bars event. If the springboard is placed between the uprights it must be removed after the mount (for safety reasons). A behavioral deduction may be assessed for compromising the safety of the gymnast.
e. If ceiling mounted rings are to be used the meet director must inform all participants prior to the event (in the entry procedures documents) so coaches may assess whether their gymnast should compete on that event.
f. Boxes constructed with spotting blocks or mats may be used in Club competition or compulsory competition for lower levels, where appropriate, if parallel bars are not available. The use of Boxes or Parallel Bars must be communicated in pre-meet information.
g. Where mushrooms are used, they must be taped to the floor panel mats on which they rest to insure stability of the equipment.
h. Additional landing mats or safety cushions are generally allowed on Vault.
i. A tumbling strip, minimum width 6 feet and length of 40-60 feet, may be used for National Track compulsory competition and Club Track competition.
j. In all cases, such as certain championship level competitions, if FIG equipment specifications are required the meet directives must state those rules.

B. Statement on Judging and Evaluation Procedures: All modifications or exceptions to the FIG Code of Points are listed in this manual and take precedence in competitions using junior program rules. All other evaluation criteria follow the FIG Code of Points and interpretations by FIG or the National Gymnastics Judges Association directives (NGJA). Junior National Apparatus Judges under the direction of the NGJA's Junior Technical Director will communicate any necessary interpretations to the rules that arise during the competitive season.

C. Landing Mats and Mat Specifications Table: *This table lists basic minimum requirements. Mats may be adjusted within the rules to ensure safety of the athletes.*

Minimum Recommended Landing Mat Specifications for Men's Development Competition Program						
Notes: 10 cm is approximately equal to 4 inches and 20 cm is approximately equal to 8 inches Specific matting requirements may be stated for some championship competitions Meet Directors should provide timers where necessary for floor routines at Levels 7, 8, 9 & 10						
National-Elite	**Level 3**	**Level 4**	**Level 5**	**Level 6**	**Level 7**	**Levels 8, 9 & 10**
Floor Exercise	40′ x 40′ or 6′ x 40′ strip Minimum 1 ¼″ thick		40′ x 40′ or 6′ x 60′ strip 1 ½″ foam on 4″ spring deck		40′ x 40′ 1 ½″ foam on 4″ spring deck Additional mat up to 4″ allowed for landings – may not be moved	
Pommel Horse	Not Applicable			12′ x 12′ x 10 cm (4″)		
Mushroom	10′ x 10′ x 1 ¼″ (panel mat)			Not Applicable		
Still Rings	8′ x 15 ½′ x 30 cm (4″ + 8″)					
Vault Table or Board to Mats	6′ x 12′ x 30 cm (4″+ 8″) Additional 20 cm (+8″) allowed		8′ x 15 ½′ x 30 cm (4″ + 8″) (Refer to Technical Sequence Manual for required JE matting)			
Parallel Bars	Raised surface for mounting	14′ x 16′ x 20 cm (8″) Extension mats needed at end of bars				
Mats or Blocks	Allowed	Not applicable				
Horizontal Bar	Low bar	Bar w/mats raised to allow any height		8′ x 30′ x 30 cm (4″ + 8″)		

Club	Bronze	Silver	Gold	Platinum
Floor Exercise	40′ x 40′ or 6′ x 40′ strip Minimum 1 ¼″ thick		40′ x 40′ or 6′ x 60′ strip 1 ½″ foam on 4″ spring deck	
Pommel Horse	Mushroom – 10′ x 10′ x 1 ¼″ (panel mat)			12′ x 12′ x 10 cm (4″)
Still Rings	8′ x 15 ½′ x 30 cm (4″ + 8″)			
Vault	Two panel mats to 6′ x 12′ x 20 cm (8″)	6′ x 12′ x 30 cm (4″ + 8″) Additional 20 cm (+8″) allowed		8′ x 15 ½′ x 30 cm (4″ + 8″)
Parallel Bars	Mats or Spotting Blocks Any Height		14′ x 16′ x 20 cm (8″)	
Horizontal Bar	Low bar or bar with mats raised to allow any height			8′ x 30′ x 30 cm (4″+8″)

General Duties of Officials

D. Officials Duties: Unless otherwise specified, judges as well as meet directors are responsible to ensure the following conditions of the competition are followed and provide a safe environment for the competing athletes:

- Equipment provided meets approved specifications
- Landing areas are provided with adequate matting within approved guidelines
- Spotters are present prior to an athlete's competition where required at Rings, Vault, and Horizontal Bar
- Judges are responsible for both Difficulty & Execution scoring unless otherwise specified
- Applicable rules for each level of competition are followed
- Judges are responsible for line duties unless line judges are provided
- Judges are responsible for determining if an athlete may repeat an exercise within applicable rules


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