



HUGS Hero	Floor Exercise	Pommel Horse	Still Rings
General Information	The routine may be executed according to the athlete's capabilities.	The routine may be executed according to the athlete's capabilities.	The routine may be executed according to the athlete's capabilities.
Special Requirements	<ol style="list-style-type: none"> One acro skill without flight Second acro skill without flight Jump, Hop, Leap, Skip, or Marching movement Balance element on one foot 	<ol style="list-style-type: none"> Jump to front support Straddle leg swings, left and right, min. 2 Hold, min 2 seconds Dismount 	<ol style="list-style-type: none"> Mount Holds, straight/flexed arm/inverted, min 2 seconds Swings, fwd/bkwd Dismount
Additional Information	<p>Suggested max time 1:15</p> <p>No deduction for overtime</p> <p>All rolls are considered acro skills</p> <p>Only A's & recognized skills</p>	Only skills listed as allowable skills may be used	Only skills listed as allowable skills may be used
<p>Judge's Guidelines: All routines start at a 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions – 0.50 for each spot, max 2.00 deduction per routine for 4 spots or more. Same execution deductions as JO Men's program. Use discretion regarding special circumstances.</p>			



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<p>Allowable Skills</p>	<p>Any skill listed as an "A" Value Part in the FIG Men's Program Any skill listed as an "A" Value Part in the JO Men's Program Any recognized skill Leaps/Jumps/Hops: Stretched Jump Stretched Jump ½ or ¾ Step Hop in Passe, Fwd/Bkwd Stride Leap, min. 90° Split Jump, min. 90° Side Leap, min. 60° Straddle Jump, min. 60° Leg Swing Hop, free leg above 45° Turns: ¼ or ½ Pivot Turn ½ Pivot Turn in Releve ¼, ½ or ¾ Turn on 1 Foot in Coupe/Passe Forward or Backward Swing Turn ¼ or ½ Jump Turn</p>	<p>Any skill listed as an "A" Value Part in the FIG Men's Program Any skill listed as an "A" Value Part in the US JO Men's Program Any recognized skill Mount: Jump to straight arm front support Support/Holds (min 2 seconds): Straight arm front support Rear support, stretched, tucked, piked Stride position, right or left leg Weight transfer from arm to arm Single leg stockli Swings: Straddle swings Stride swings Dismounts: Push away to stretched stand from fwd/bkwd support Straight leg flank dismount, 45° above horizontal</p>	<p>Any skill listed as an "A" Value Part in the FIG Men's Program Any skill listed as an "A" Value Part in the JO Men's Program Any recognized skill Mount: Jump to long hang Jump to long hang, flex arms to pull up Holds (min 2 seconds): Straight arm, legs tucked, piked, or stretched Flexed arm, legs tucked, piked, or stretched Inverted Holds (min 2 seconds): Tucked, pike, or stretched. Dismounts: Release and drop to stand Tucked flyaway</p>



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Allowable Skills (Cont'd)	<p>Acro Skills:</p> <ul style="list-style-type: none"> Log Rolls Forward / Backward Roll Back Rock Candlestick Partial Handstand, min. 45°, legs together, stag or split ¾ Handstand Handstand to Vertical Cartwheel (vertical not required) Headstand in any position Bridge, Kickover Round-Off <p>Balance:</p> <ul style="list-style-type: none"> Balance on 1 foot (1 sec, any leg position) Scale/Arabesque, min. 45° Coupe/Passe Balance <p>Steps/Kicks/Jumps:</p> <ul style="list-style-type: none"> Walking Steps Fwd/ Sidewd/ Bkwd Steps in Releve Arabesque Steps Coupe Steps Fwd/Bkwd Passe/Marching Steps Fwd/Bkwd Leg Swings Fwd / Bdwd (45°) 		



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Matting	<p>Adhere to matting guidelines for the JO Men's Program</p> <p>Up to two manufactured mats (maximum thickness of 8"/20 cm) may be placed separately on the Floor Exercise area. If the skill cushion is 8" in thickness, it must be a minimum of 5' x 10'. A "sting" mat may also be used on top of the up to 8" mat.</p>	Adhere to matting guidelines for the JO Men's Program	Adhere to matting guidelines for the JO Men's Program
Specific Judge's Guidelines	<ol style="list-style-type: none"> 1. Elements do not require a hold unless specifically noted 2. Short exercise deduction applies to routines less than 30 seconds, deduct 2.00 3. No "B" or higher value part skills are allowed 4. No salto/aerials/acro elements with flight are allowed 5. Execution/amplitude deductions apply to all elements 	<ol style="list-style-type: none"> 1. Elements do not require a hold unless specifically noted 2. No "B" or higher value part skills are allowed 3. Execution/amplitude deductions apply to all elements 	<ol style="list-style-type: none"> 1. Elements do not require a hold unless specifically noted 2. No "B" or higher value part skills are allowed 3. Execution/amplitude deductions apply to all elements 4. Momentary inverted position with optional leg position may be used as a transition without penalty



HUGS Hero	Vaulting	Parallel Bars	Horizontal Bar
General Information	Two allowable vaults Alternative springboard, mini-tramp or Jr. board allowed. May perform same or different vaults onto mat or table.	The routine may be executed according to the athlete's capabilities.	The routine may be executed according to the athlete's capabilities.
Special Requirements	<ol style="list-style-type: none"> Stretch, tuck or straddle jump off springboard to up to an 8" mat surface (SV 9.0) Jump onto vault table stretch, tuck, pike or straddle - jump off (SV 10.0) Handstand on vault board/landing mat to flat back position. (SV 9.5) 	<ol style="list-style-type: none"> Mount Support skill Swings skill Dismount 	<ol style="list-style-type: none"> Mount Circle or Turning skill Swings, fwd/bkwd Dismount
Additional Information	Both vaults (same or different) need to be performed onto the same vault set-up.	Only skills listed as allowable skills may be used	Only skills listed as allowable skills may be used
<p>Judge's Guidelines: All routines start at a 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions – 0.50 for each spot, max 2.00 deduction per routine for 4 spots or more. Same execution deductions as JO Men's program. Use discretion regarding special circumstances.</p>			



HUGS Hero	Vaulting	Parallel Bars	Horizontal Bar
Allowable Skills	See Special Requirements for allowable vaults	Any skill listed as an "A" Value Part in the FIG Men's Program Any skill listed as an "A" Value Part in the JO Men's Program Any recognized skill Mount: Jump to straight arm support Jump to upper arm support Traveling Skills: Hand walks with straight body Straddle seat travel in rear straddle support Large straddle travel Swings: Swing fwd/bkwd in stretched position Front uprise Scissor swing, fwd/bkwd Holds: Straddle, tuck, L holds (min 2 seconds) Dismount: Tuck flank dismount Straight leg flank dismount, 45° above horizontal	Any skill listed as an "A" Value Part in the FIG Men's Program Any skill listed as an "A" Value Part in the JO Men's Program Any recognized skill Mount: Jump to hang on HB in overgrip Swings: Swing fwd/bkwd in overgrip/mixed grip with stretched body position Swing forward with ½ turn to mixed grip Swing backward in mixed grip, change to overgrip Undershoot to swings Circles/Turns: Swing forward with ½ turn to mixed grip Cast, back hip circle Dismount: Swing backward in overgrip/mixed grip, release to stand



HUGS Hero	Vaulting	Parallel Bars	Horizontal Bar
Matting	<ol style="list-style-type: none"> 1. Vault Option #3: Minimum matting height is 24" 2. Vault Option #1: Landing mat may be a 2, 4 or 8" mat 	Adhere to matting guidelines for the JO Men's Program	Adhere to matting guidelines for the JO Men's Program
Specific Judge's Guidelines	<ol style="list-style-type: none"> 1. Vault Option #2 & 3: Evaluate the following components: <ul style="list-style-type: none"> - Run - Hurdle - Vault Quality - Landing 2. Vault Option #2: two (2) steps allowed on vault table 3. Shoes may be worn, if medically required 4. Two allowable vaults in Hero Division. 5. Alternative springboard apparatus and manufactured "Jr." vault board allowed. 6. Gymnast may perform same vault twice or one of each vault 7. Performance of unallowable vault results in event score of "0" (VOID). 8. Spotting deductions apply to all phases of Hero Division 1 & 2 Vaults, max spotting deductions 2.00 	<ol style="list-style-type: none"> 1. Elements do not require a hold unless specifically noted 2. No "B" or higher value part skills are allowed 3. Execution/amplitude deductions apply to all elements 	<ol style="list-style-type: none"> 1. Elements do not require a hold unless specifically noted 2. No "B" or higher value part skills are allowed 3. Execution/amplitude deductions apply to all elements



HUGS Super Hero	Floor Exercise	Pommel Horse	Still Rings
General Information	The routine may be executed according to the athlete's capabilities.	The routine may be executed according to the athlete's capabilities.	The routine may be executed according to the athlete's capabilities.
Special Requirements	<ol style="list-style-type: none"> One acro skill with or without flight One acro series with or without a flight element One non-tumbling pass One balance, flexibility or strength skill 	<ol style="list-style-type: none"> Jump to front support, one hand on pommel & one hand on leather, hold 2 seconds. Travel to 2 pommels Leg cuts in & out Dismount 	<ol style="list-style-type: none"> Mount Strength elements and holds, min 2 seconds Skill through vertical Dismount
Additional Information	<p>Suggested max time 1:15</p> <p>No deduction for overtime</p> <p>All rolls are considered acro skills</p> <p>Only skills listed as allowable skills may be used</p>	<p>Only skills listed as allowable skills may be used</p>	<p>Only skills listed as allowable skills may be used</p>
<p>Judge's Guidelines: All routines start at a 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions – 0.50 for each spot, max 2.00 deduction per routine for 4 spots or more. Same execution deductions as JO Men's program. Use discretion regarding special circumstances.</p>			



HUGS Super Hero	Floor Exercise	Pommel Horse	Still Rings
<p>Allowable Skills</p>	<p>Any skill listed in the FIG Men's Program Any skill listed in the JO Men's Program Any skill listed in the Hero's allowable skills list Leaps/Jumps/Hops: Stretched Jump Stretched Jump ½ or ¾ Stride Leap, min. 90° Split Jump, min. 90° Side Leap, min. 90° Straddle Jump, min. 90° Acro Without Flight: Cartwheel Rolls Acro With Flight: Roundoff Back Handspring Strength Move: Handstand, press or kick to Flairs</p>	<p>Any skill listed in the FIG Men's Program Any skill listed in the JO Men's Program Any skill listed in the Hero's allowable skills list Mount: Jump to half circle mount, end in rear support Support/Holds (min 2 seconds): Straight arm front support Rear support, stretched, tucked, piked Stride position, right or left leg Single leg stockli Swings: Full straddle swings False scissors Dismounts: Single leg stockli down with ¼ turn to side stand</p>	<p>Any skill listed in the FIG Men's Program Any skill listed in the JO Men's Program Any skill listed in the Hero's allowable skills list Mount: Muscle up, with assistance Muscle down Holds (min 2 seconds): Straight body support Invert L Inlocate Swings: German hang, pull out Dismounts: Release and drop to stand Tucked, piked, stretched flyaway</p>



HUGS Super Hero	Floor Exercise	Pommel Horse	Still Rings
Matting	<p>Adhere to matting guidelines for the JO Men's Program</p> <p>Up to two manufactured mats (maximum thickness of 8"/20 cm) may be placed separately on the Floor Exercise area. If the skill cushion is 8" in thickness, it must be a minimum of 5' x 10'. A "sting" mat may also be used on top of the up to 8" mat.</p>	Adhere to matting guidelines for the JO Men's Program	Adhere to matting guidelines for the JO Men's Program
Specific Judge's Guidelines	<ol style="list-style-type: none"> 1. Elements do not require a hold unless specifically noted 2. Short exercise deduction applies to routines less than 30 seconds, deduct 2.00 3. Execution/amplitude deductions apply to all elements 	<ol style="list-style-type: none"> 1. Elements do not require a hold unless specifically noted 2. Execution/amplitude deductions apply to all elements 	<ol style="list-style-type: none"> 1. Elements do not require a hold unless specifically noted 2. Execution/amplitude deductions apply to all elements 3. Momentary inverted position with optional leg position may be used as a transition without penalty



HUGS Super Hero	Vaulting	Parallel Bars	Horizontal Bar
General Information	Two allowable vaults Alternative springboard or Jr. board allowed. May perform same or different vaults onto mat or table.	The routine may be executed according to the athlete's capabilities.	The routine may be executed according to the athlete's capabilities.
Special Requirements	See allowable skills list for approved vaults and start values	<ol style="list-style-type: none"> 1. Mount 2. Support skill 3. Swings (min. horizontal) 4. Dismount 	<ol style="list-style-type: none"> 1. Mount 2. Circle or Turning skill 3. Swings(fwd/bkwd) or cast 4. Dismount
Additional Information	Both vaults (same or different) need to be performed onto the same vault set-up.	Only skills listed as allowable skills may be used	Only skills listed as allowable skills may be used
<p>Judge's Guidelines: All routines start at a 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions – 0.50 for each spot, max 2.00 deduction per routine for 4 spots or more. Use discretion regarding special circumstances. Add 0.1 for each recognized skill or A value skill. 0.2 for each B. 0.3 for each C. Hero – count 4 highest value skills/ Super heroes, 5 highest value skills. Bonus 0.1 for sticking dismount. Same execution deductions as JO Men's program.</p>			



HUGS Super Hero	Vaulting	Parallel Bars	Horizontal Bar
<p>Allowable Skills</p>	<ol style="list-style-type: none"> 1. Handstand on springboard, flat back on 8" mat (SV 5.00) 2. Squat vault, using table (SV 5.00) 3. Handspring, layout, squat or straddle (SV 6.00) 4. Handspring, flat back – table to stack mats (SV 6.50) 5. Handspring, Yamashita (SV 6.75) 6. Handspring ½ (SV 9.40) 7. ½ on, ½ off (SV 9.50) 8. ½ on, 1/1 off (SV 9.70) 9. Tsukahara (SV 10.00) 10. Other FIG vaults (FIG SV) 	<p>Any skill listed in the FIG Men's Program</p> <p>Any skill listed in the JO Men's Program</p> <p>Any skill listed in the Hero's allowable skills list</p> <p>Mount:</p> <ul style="list-style-type: none"> Jump to straight arm support Jump to upper arm support <p>Traveling Skills:</p> <ul style="list-style-type: none"> Large straddle travel <p>Swings:</p> <ul style="list-style-type: none"> Swing fwd/bkwd to handstand on one or two bars Front uprise Scissor swing, fwd/bkwd <p>Hold:</p> <ul style="list-style-type: none"> Straddle, tuck, L holds (min 2 seconds) <p>Dismount:</p> <ul style="list-style-type: none"> Stutz off 	<p>Any skill listed in the FIG Men's Program</p> <p>Any skill listed in the JO Men's Program</p> <p>Any skill listed in the Hero's allowable skills list</p> <p>Release, El-grip/mixed grip or Dorsal hang elements::</p> <ul style="list-style-type: none"> Hop to same/change grip <p>Swings:</p> <ul style="list-style-type: none"> Giant swings, fwd/bkwd Baby giant Swing forward with ½ turn to mixed grip Swing backward in mixed grip, change to overgrip Undershoot to swings <p>Circles/Turns:</p> <ul style="list-style-type: none"> Swing forward with ½ turn to mixed grip Cast, back hip circle <p>Dismount:</p> <ul style="list-style-type: none"> Swing forward with ½ turn, release to stand



HUGS Super Hero	Vaulting	Parallel Bars	Horizontal Bar
Matting	1. Vault Option #1: Maximum matting height is 8"	Adhere to matting guidelines for the JO Men's Program	Adhere to matting guidelines for the JO Men's Program
Specific Judge's Guidelines	1. Vault Option #1: Evaluate the following components: <ul style="list-style-type: none"> - Lunge, hurdle - Handstand - Shoulder block - Landing 2. Shoes may be worn, if medically required 3. Alternative springboard apparatus and manufactured "Jr." vault board allowed. 4. Gymnast may perform same vault twice or two different vaults 5. Spotting deductions apply to all phases of Super Hero's division, max spotting deductions 2.00	1. Elements do not require a hold unless specifically noted 2. Execution/amplitude deductions apply to all elements	1. Elements do not require a hold unless specifically noted 2. Execution/amplitude deductions apply to all elements