



**To: Men's Gymnastics Community**  
**From: Dusty Ritter, National Junior Olympic Program Coordinator**  
**Date: August 8, 2018**

**RE: 2016-2020 Age Group Competition Program Rules Update #5**

Update #5 highlights additional changes in rules interpretations. Updates referenced in yellow are highlighted to indicate a replacement page. This update will be in effect for the 2018-2019 competition season. Many of the items are simply clarifications of the rules interpretations and do not require a replacement page. Only the highlighted items are new. These updates are in addition to those listed in Update #3.

These clarifications are intended to be a guide in applying the spirit of the rules. The sport of gymnastics and its evaluation are, and always will be, based upon judgments made by officials in real time. The rules are intended to guide coaches and judges with regard to proper routine construction and guidance in application of the rules of gymnastics on each event. Questions concerning interpretations that may arise throughout the season will be directed to the appropriate JOVP or the JONAL for direction. Any further updates for the coming season that may become necessary will be published by January 15, 2019.

Item# Page	Event Table	<b>2016 – 2020 AGCP RULES UPDATES</b> <b>Update #5 7/31/2018</b> <b>Rules Clarifications and Interpretations</b>
#1 RP 1.5, 1.6	PH L8 Code	<u>Updated:</u> The Pommel-less Horse Code has been updated to the current FIG Code numbers in the latest FIG Code version (2018). Skills list has not changed.
#2 Page 1.5	PH L8 Code	<u>Clarification:</u> Disregard Item #3.d. "Skills are denoted by checked boxes that fulfill Special requirements". The Code format has been changed to list non-fulfillment skills separately.
#3 RP 2.9	JD 1 Vault	<u>Updated:</u> The JD 1 Table referring to exceptions on non-allowed vaults has been changed to match text. The table now reads "No Twisting Yurchenkos". Non-twisting Yurchenkos are allowed in the JD 1 division.
#4 FIG Code	Junior Skills	<u>Clarification:</u> Parallel Bar skills (FIG Box 58, EG III) – Skills in boxes with a red dot in the code are not allowed in junior competition.
#5 Opt. Bonus Table 2.10	Rings Bonus Exception	<u>Updated:</u> "C" Strength bonus exception – "C" Back Uprise to Straddle Planche EG III will no longer receive bonus. All other "C" EG II & III will receive the bonus
#6 Opt. Bonus Table & 2.7	FIG Code #'s PH, FX	<u>Updated:</u> FIG Code #'s have been updated from the 2018 updated FIG Code. Skills are the same. Refer to 2018 FIG Code for skills that receive bonus. PH Exception: Busnari skill that ends in a leg cut does not receive bonus. Only code box skills listed receive bonus.
#7 TS 15-18 PH RP 4.6	Single leg mount sequence	<u>Clarification:</u> (Update#3 TS RP 4.6) A half pendulum swing is allowed prior to the swing to undercut on the mount. The sequence can be performed with or without the half pendulum swing prior to the undercut.
#8 TS Vault Pages 5.2, 5.3	Required Matting	<u>Clarification:</u> Gymnast is required to use the additional two 8" mats for landing when performing the 11-14 Technical Sequence Vault. Judges will not allow the gymnast to compete if the matting is insufficient. Performing without the required matting will result in a 2.0 deduction. One or two 8" cushions are allowed for landing 15-18 TS vault.
#9 TS Vault	Landing	<u>Clarification:</u> A "no feet first landing" on a Technical Sequence vault will not result in a zero vault. Gymnast may repeat vault with a 1.0 deduction or receive a 2.0 deduction without repeating the vault. All execution deductions will apply.
#10 Level 5 FX Page 3.4	Press	<u>Clarification:</u> The bonus option for the press to handstand must be performed as written. There is no additional option for a forward roll to Endo.
#11 Compulsory PB Mats	Allowed Matting on mount	<u>Clarification:</u> Any combination of mats and vault board may be used to elevate the mounting surface on Parallel Bars in the compulsory levels. The board must be removed after the mount if placed between the uprights.
#12 Level 7 PB Page 7.7	Swings for bonus	<u>Clarification:</u> There is no requirement for swings when performing bonus skills in the routine. The goal is for gymnasts to perform skills that can be used in an optional routine. All execution deductions apply on all swings. A 'still' pirouette or a swinging pirouette is allowed after the momentary hold in #9. Either is acceptable.
#13 Level 6 Rings RP 5.6	Inlocate Bonus	<u>Clarification:</u> (RP 5.6 Update #3) The inlocate bonus skill in the Level 6 Rings compulsory can be treated in the same manner as the bonus giant skill in the Horizontal Bar compulsory. An inlocate without rise will receive bonus (unless a fall occurs) even with a single large deduction for no rise. All other FIG deductions apply.
#14 Rings restrictions Page 2.7	Optional Honma Skills	<u>Clarification:</u> The typographical error on Page 2.7 under rings has been corrected. Honma skills are only limited for Level 8. NO restrictions for Levels 9, 10, JD. This rule is unchanged and corrects an error in the text.

## B. Age Group Competition Optional Levels Overview: (Continued)

### 4. Level 8 Pommel-less Horse Rules & Skills Table

- Only skills listed in the Level 8 Pommel-less Horse Skills Table below are allowed
- FIG skill selection and elimination criteria: Skills that are defined by being on the pommels, and skills that are defined by their starting and/or ending position on or around the pommels, have been eliminated. There are certain skills that have been included (for developmental reasons) that while being on the pommels can be done on the leather and are easily identified.
- Skill identification and evaluation criteria: For skill identification, 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 & 2/3 travels will not be used).
- FIG rules apply with the exception of no deduction for not touching all three parts of the horse.

<b>Level 8 - Pommel-less Horse Rules &amp; Acceptable Skills List</b>			
<b>Skills - These skills receive value, but do not fulfill any Special Requirement</b>			
<b>Skill Description</b>	<b>FIG Code Box</b>	<b>Modification</b>	<b>Value</b>
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
Circle in side support	2.1		A
FLAIR in side support	2.1	Virtual Box	A
Circle in cross support frontways	2.13		A
FLAIR in cross support frontways	2.13	Virtual Box	A
Circle in cross support rearways	2.19		A
FLAIR in cross support rearways	2.19	Virtual Box	A
1/4 Spindle from side support	2.25		A
1/4 Spindle from cross support	2.31		A
Tippelt - Flair or Circle through H.S. back to circle/flair	2.39		C
Schwabenflank	2.91		A
Travel fwd in side support (1/2)	3.1		A
Travel fwd in side support (3/3)	3.2		B
Travel bwd in side support (1/2)	3.13		A
Travel bwd in side support (3/3)	3.14		B
Travel from side support with 2x 1/2 spindles (3/3)	3.29		E
<b>Special Requirement 1 - Minimum ½ longitudinal travel forward or backward</b>			
<b>Skill Description</b>	<b>FIG Code Box</b>	<b>Modification</b>	<b>Value</b>
Travel with 1/2 spindle from cross support (1/2)	3.27		C
Travel fwd in cross support (1/2)	3.44		B
Magyar - Travel fwd in cross support (3/3)	3.46		D
3/3 Cross support travel forward in flairs	3.53		E
Travel bwd in cross support (1/2)	3.56		B
Sivado - Travel bwd in cross support (3/3)	3.58		D
3/3 Cross support travel backward in flairs	3.65		E
Moguilny: 3/3 travel – kehre forward, reverse stockli, kehre forward	3.70		D
Belenki: 3/3 travel – kehre backward, kehre forward, kehre backward	3.76		D
Roth: 360 Russian with 3/3 travel	3.88		D
Wu Guonian: 720 Russian with 3/3 travel	3.89		E

## B. Age Group Competition Optional Levels Overview: (Continued)

### 4. Level 8 Pommel-less Horse Rules & Skills Table (Continued)

Special Requirement 2 - Minimum ½ turn Kehre or Stockli (180°)			
Skill Description	FIG Code Box	Modification	Value
Direct Stockli A	2.50		B
Busnari	2.54		G
Double rear (Kehre)	2.61		A
Reverse stockli 180 or 270	2.80		B
Czechkehre	2.92		B
Urzica: kehre + stockli (3/3)	3.69		C
Moguilny - kehre + stockli + kehr (3/3)	3.70		D
Belenki: stockli + kehre + stockli (3/3)	3.76		D
Special Requirement 3 - Minimum ½ turn Spindle or Russian (180°)			
Skill Description	FIG Code Box	Modification	Value
1/2 Spindle from side support	2.26		B
1/1 Flair spindle from side support (2 circles)	2.28		D
1/2 Spindle from cross support	2.32		B
Magyar - 1/1 spindle from cross support (2 circles)	2.34		D
180 or 270 Russian	2.103		A
360 or 540 Russian	2.104		B
720 or 900 Russian	2.105		C
1080 Russian	2.106		D
360 Russian with 1/2 travel		Added Skill	C
Special Requirement 4 - Dismounts			
Skill Description	FIG Code Box	Modification	Value
Flank off (facing out)		Added Skill	A
Wende	4.1		A
Chagunian to wende	4.2		B
Kolyvanov - circle or flair H.S. + 3/3 travel + 450 turn	4.4		D
DSA to handstand, 3/3 travel with 450 or more turn	4.5		E
360 or 540 Russian	4.8		B
720 or 900 Russian	4.9		C
1080 Russian	4.10		D
180 Russian with 1/2 travel	4.14		B
Circle or FLAIR to H.S.	4.20	JO upgrade	C

# III. Optional Levels 8 – 10 Judging & Rules Guidelines

**A. General Bonus:**

**1. Execution Bonus:**

Routines that have execution deductions equaling 0.0 - 0.8 will be awarded +0.1 in bonus. All four element groups must be fulfilled to receive this bonus. This bonus does not apply to Vault or to JD Optional.

**2. Stick bonus:**

- a. Stick bonus will be awarded for stuck dismounts that receive full Special Requirement credit for Level 8 and full Element Group IV credit for Level 9 and 10 as defined in the Optional Rules Table. There is no stick bonus on pommel horse.
- b. Stick bonus of +0.1 will be awarded for stuck vaults at Levels 8, 9 & 10. Stick bonus will also be awarded for Level 10 bonus vaults, see Vault Bonus Table to determine the amount awarded.
- c. Stick bonus will be added to the start value (D score).

**B. Event Specific Bonus, Restrictions and Special Exceptions: Applies only to the JO & JE Divisions**

**c. Note: All bonus is awarded (+0.2) each time a qualified skill is performed as listed (except vault)**

**1. Floor Exercise:**

- a. Element Group III 'D' or higher layout multiple salto: (FIG Code Box - 352, 353, 354, 359, 360, 366, 372)
  - Special Exception: Level 8 – A salto may be repeated in direct connection one time only

**2. Pommel Horse:**

- a. Element Group II Category: "E" or higher including any "E" Flop (FIG Code Box – 229, 230, 235, 241, 254, 265, 283, 2113) Exception: Busnari skill that ends in a leg cut does not receive bonus.
- b. Element Group III Category: "E" or higher travel with 360° or greater turn (FIG Code Box - 389, 395)
  - Special Exception: The "C" value will be awarded for any circle or flair to handstand including the dismount regardless of execution. There is no cap on execution deductions in the performance of the skill.

**3. Still Rings:**

- a. Element Group II & III Category: Any "C" or higher strength skill (Exception: FIG 369 – no bonus)
- b. Restrictions: Level 8 may only perform one Honma (Yamawaki) type skill from EG I. Level 8 gymnasts may perform one additional Honma type skill from EG III. No restrictions Level 9, 10, JD.

**4. Vault:**

- Level 10 gymnasts may earn vault bonus for either performing a single vault with a start value of 5.0 or higher or for performing two vaults where the second vault meets the following criteria:
- a. The gymnast's first vault is scored normally by the judging panel. If the gymnast performs a 5.0+ vault with a large deduction or greater he may elect to perform a second vault for bonus.
  - b. If the gymnast elects to perform a second vault for bonus he will do so immediately following the first vault. His coach must inform the judges of his intention as well as the name and start value of the second vault. A gymnast cannot receive both the two-vault bonus and the single vault bonus.
  - c. Both vaults must be from different FIG vault groups but they may have the same second flight.
  - d. Both vaults must have a salto in the second flight.
  - e. The judging panel must agree that the second vault, as performed, did not receive a single large

Vault - Junior FIG Rules - Bonus for Level 10 Only			
Vault Bonus Table - Level 10 only			Restrictions:
Sum of start values for 2 Vaults:	Vault Bonus	Stick Bonus	Level 9, no multiple flipping vaults allowed
7.6 - 8.7	0.2	0.1 each*	* One vault attempted below 5.0 SV = +0.1 SB
8.8 and higher	0.4	0.1 each*	<b>Special Exception SV:</b> Handspring Pike Front ½ twist = 3.6 value *+0.2 SB Applies if 1 (5.0+) vault only performed
*Start value for Single Vault: 5.0+ or higher	Vault Bonus	Stick Bonus	
	*0.6	*0.2	
<b>Special Exception:</b> Yamashita (SV 1.6) & Yamashita ½ (SV 1.8) allowed Level 8: Yurchenko vaults allowed (338,343,370 only)			

execution deduction or greater.

- f. The judging panel will determine the sum of the start values for the two vaults and then the amount of bonus to be awarded based on the Vault Bonus Table:

**8. Junior Developmental Division Tables:**

<b>JD Division 2</b>	<b>Difficulty</b>	<b>Dismount</b>	<b>Element Groups</b>	<b>Vault</b>
11-14 15-18	(5+dismount) 6 Total	Non-FIG A	None	Capped 12.4
Exceptions / Restrictions	Apply JO Exceptions	Extra swings Allowed	No FIG required swing HS Rings	No Yurchenko No Multiple Flip
Notes: All Jr. FIG Code restrictions apply. Any JO "A" skills allowed. No bonus will be applied in the JD program. JD Base score execution = 10.0, may not dismount with EG I skill.				

<b>JD Division 1</b>	<b>Value Parts</b>	<b>Dismount</b>	<b>Element Groups</b>	<b>Vault</b>
11-14 15-18	(5+dismount) 6 Total	Non-FIG A	Element Groups capped at 1.5	FIG Value
Exceptions / Restrictions	Apply JO Exceptions	Extra swings Follow JO Rules	No FIG required swing HS Rings	NoTwisting Yurchenko No Multiple Flip
Notes: All Jr. FIG Code restrictions apply. Any JO "A" skills allowed. No bonus will be applied in the JD program. JD Base score execution = 10.0, may not dismount with EG I skill. One FIG listed skill per EG receives (+0.5), maximum EG awarded = (+1.5).				

## JO & JE Optional Bonus, Restrictions & Special Exceptions Table

#	Bonus Category	Bonus	Award
<b>Floor Exercise – Junior FIG Rules</b>			
1	EG III “D” or higher layout multiple salto	0.2	Each time–FIG Box (352,353,354,359,360,366,372)
2			
<b>Special Exception:</b> Level 8-Repetition of same box element in combination allowed one time only			
<b>Restrictions:</b> None			
<b>Pommel Horse - Junior FIG Rules</b>			
1	EG II “E” or higher including “E” flop (L9,10)	0.2	Each time-FIG Box(229,230,235,241,254,265,283,2113)
2	“E” or higher EG III travel with 360 + turn	0.2	Each time-FIG Box (389,395)
<b>Restrictions:</b> None			
<b>Special Exceptions:</b> Busnari skill that ends in a leg cut does not receive bonus			
“C” value for circle or flair to handstand (includes dismount) – there is no cap on deductions			
<b>Still Rings - Junior FIG Rules</b>			
1	EG II & III – Any “C” or higher strength skill	0.2	Each time
2			
<b>Restrictions:</b> Levels 8 only allowed one EG I Honma (Yamawaki) & one EG III additional (Honma) skill			
<b>Special Exception: #1 - BU to Straddled Planche (FIG Code 369) will not receive bonus credit.</b>			
<b>Vault - Junior FIG Rules - Bonus for Level 10 Only</b>			
<b>Vault Bonus Table - Level 10 only</b>			<b>Restrictions:</b> Level 9, no multiple flipping vaults allowed * One vault attempted below 5.0 SV = +0.1 SB
Sum of start values for 2 Vaults:	Vault Bonus	Stick Bonus	
7.6 - 8.7	0.2	0.1 each*	<b>Special Exception SV:</b> Handspring Pike Front ½ twist = 3.6 value *+0.2 SB Applies if 1 (5.0) vault only performed
8.8 and higher	0.4	0.1 each*	
*Start value for Single Vault: 5.0 or higher	Vault Bonus *0.6	Stick Bonus *0.2	
<b>Special Exception:</b> Yamashita (SV 1.6) & Yamashita ½ (SV 1.8) allowed			
Level 8: Yurchenko vaults allowed (338,343,370 only)			
<b>Parallel Bars - Junior FIG Rules</b>			
1	“D” or higher EG I	0.2	Each time-FIG Box (1-22,28,29,30,40,70,71,76,77,95)
2	“E” or higher EG III	0.2	Each time-FIG Box (3-05,29,35,107,108,114,120)
<b>Restrictions:</b> None			
<b>Special Exceptions:</b> For all levels, an empty ½ swing is allowed going into a peach basket or giant skill (Include Moy,Cast). For Levels 8 & 9, Stützkehre to support (EG I) and giant to support (EG III) will receive a “B” value			
<b>Horizontal Bar - Junior FIG Rules</b>			
1	EG III - Any “D” or higher Adler skill	0.2	Each time-FIG Box (364,365,376)
2	Jam to handstand (C value)	0.1	
<b>Restrictions:</b> 5 swings forward and backward are allowed with 5 <sup>th</sup> swing being a value skill on the mount			
<b>Special Exceptions:</b> For All Levels, refer to the Jam Table on Page 2.8 for JO Values (EG III)			
Swing ½ turn allowed from non-flipping release – Tkatchev, Voronin, Yamawaki, Gienger, Def, Jaeger (EG II)			