



Junior Olympic Code of Points 2018-2022 Review

Getting to Know Your JO Manual

Section 1 - General Information

▶ **Chapter 1 - Judging Panels**

- ▶ Working Procedures of the Judging Panel
- ▶ Duties and Responsibilities of the Meet Officials (chief judge, panel judges, assistants - time and line judges)
 - ▶ List of Chief Judge deductions can be found here

▶ **Chapter 2 - Scoring**

- ▶ Determining the Average Score
- ▶ Range of Scores
- ▶ Routine Evaluation
 - ▶ Any exercise that results in a score of less than one point will be awarded a Final Score of 1.00

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Section 1 - General Information

▶ **Chapter 3 - Evaluation of Exercises**

- ▶ Value Parts
- ▶ Calculation of Difficulties
- ▶ Special Requirements
- ▶ Composition (applies to Level 8+)
- ▶ Execution and Artistry
 - ▶ List of deductions for faults in technique, execution, amplitude and artistry can be found here (p. 19-20)
 - ▶ Clarifications on landing deductions (p. 20)
- ▶ Calculating Start Values

Getting to Know Your JO Manual

Section 1 - General Information

▶ Chapter 4 - Unusual Judging Situations

- ▶ Incomplete Exercise
- ▶ Equipment Failure
- ▶ Judge Inadvertently Misses the Exercise
- ▶ Falls/Injuries Resulting in Bleeding

Section 2 - Vault

- ▶ Apparatus Specifications
- ▶ General Information
- ▶ Specific Apparatus Deductions
- ▶ Table of Elements

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Section 3/4/5 - Uneven Bars/Balance Beam/Floor Exercise

▶ **Chapter 1 - General Information**

- ▶ Apparatus Specifications
- ▶ Timing/Fall/Spotting Regulations
- ▶ Recognition of Value Parts

▶ **Chapter 2 - Compositional Categories**

- ▶ Content
- ▶ Special Requirements and Difficulty Restrictions
- ▶ Specific Composition Deductions (applies to Level 8+)

Getting to Know Your JO Manual

Section 3/4/5 - Uneven Bars/Balance Beam/Floor Exercise

- ▶ **Chapter 3 - Execution & Amplitude/Artistry**
 - ▶ Execution and Amplitude Deductions
 - ▶ Specific Apparatus Deductions
 - ▶ Artistry Deductions
- ▶ ***Chapter 4 - Bonus (applies to Level 9 and 10)***
- ▶ **Table of Elements**

Appendices

- ▶ Vault Charts, Symbol Charts, Requirement Charts/‘Cheat Sheets’, Technique Charts, Judging Sheets, *Guidelines for Applying Composition Deductions

Chief Judge Deductions Taken From the Average Score

0.1

- Failure to present before and after exercise - *each time*
- Coach standing between UB or next to BB throughout entire exercise
(Not applied on UB in Canada)
- Overtime (BB/FX)
- Out of bounds (FX) - *each time*
- Failure to mark mat covering boundary lines (FX) (Not applied in Canada)

0.2

- Failure to adhere to warm-up time (*after warning*)
- Failure to begin exercise within 30 seconds of signal
- Technical verbal cues from coach/teammates
- Unsportsmanlike conduct of gymnast (*after warning*)
- Incorrect padding
- Incorrect attire
- Excessive use of chalk
- Incorrect use of tape

0.3

- Use of unauthorized/ additional mats, including hand placement mat for traditional VT approaches and inappropriate spotting device
- Placement of springboard on unauthorized surface
- Failure to remove the springboard after the mount
- Failure to remove spotting device
- Incorrect apparatus specifications, including spring configurations

Chief Judge Deductions Taken From the Average Score

0.5

- Starting exercise before signal is given
- Coach on FX area inside the border marking, except to remove object or place/adjust mat

1.0

- Performance of a one-arm vault
- Absence of music (FX)
- Music with words/speech (FX)

2.0

- Short exercise (*fewer than 5 Value Parts on UB or less than 30 seconds on BB/FX*)

If the gymnast exceeds the allotted fall time, the Chief Judge terminates the exercise and applies the deduction for short exercise, if applicable

General Execution Deductions

Small Faults - 0.05 up to 0.1

- ▶ Flexed/sickled feet in Value Parts - 0.05
- ▶ Lands with feet hip-width apart or closer but never joins the heels - 0.05
- ▶ Landing with feet wider than hip-width apart - 0.1
- ▶ Legs crossed in Value Parts with twist
- ▶ Brush or touch of foot/feet on apparatus or mat on UB/BB
- ▶ Slight hop or small adjustment of feet on landing
- ▶ Landing with feet staggered
- ▶ Deviation from straight direction on landing
- ▶ Arm swings on landing to maintain balance
- ▶ Steps on landing - 0.1 each (up to maximum of 0.4)
- ▶ ▶ Landing too close to apparatus on UB/BB dismounts - 0.1

General Execution Deductions

Medium Faults - up to 0.2

- ▶ Leg or knee separations
- ▶ Insufficient height of dance/acro elements on BB and acro elements on FX (except saltos) (found in the beam and floor sections)
- ▶ Insufficient exactness of body positions (tuck/pike/stretch)
- ▶ Failure to maintain stretched body position (piking down)
- ▶ Insufficient split in dance and non-flight acro elements
- ▶ Incomplete turn or twist
- ▶ Incorrect body posture on landing
- ▶ Additional trunk movements to maintain balance/control on landing of VT, UB/BB dismounts and acro elements on FX
 - ▶ Apply to 'stuck' landings with trunk movements to avoid steps
- ▶ Large step/jump on landing, approx. 1m or more - 0.2 each (up to max. 0.4)

General Execution Deductions

Large Faults - up to 0.3

- ▶ Bent arms in support (90° bend or greater = 0.3)
- ▶ Bent legs (90° bend or greater = 0.3)
- ▶ Insufficient height of salto dismount on UB/BB and saltos on FX
- ▶ Insufficient extension of body prior to landing
 - ▶ Applies to dismounts on UB/BB and acro elements in tuck or pike position on BB/FX
- ▶ Squat on landing (hips even with or lower than the knees)
- ▶ Brush or touch the mat on landing with one or two hands (no support)
- ▶ Additional movements to maintain balance / control on BB

General Execution Deductions

Very Large Faults - 0.5

- ▶ Support on mat with one or two hands on landing
- ▶ Fall on mat to knees or hips
- ▶ Fall on or against apparatus
- ▶ Fall with failure to land on the bottom of the feet first
 - ▶ Void vault (score of “0”)
 - ▶ Element receives no Value Part, Special Requirement, bonus, or compositional credit
- ▶ Spotting assistance on landing of a vault or an element
 - ▶ Award Vault/Value Part and Special Requirement and compositional credit
 - ▶ Element receives no bonus
- ▶ Spotting assistance during a vault or an element
 - ▶ Void vault (*with one exception - see Section 2*)
 - ▶ Element receives no Value Part, Special Requirement, Bonus or compositional credit

Calculating the Start Value for Level 6-8

UB/BB/FX

10.0

- Subtract for Missing Value Parts
(0.1 for A's, 0.3 for B's)

- Subtract for Missing
Special Requirements
(0.5 each)

- Subtract for
Exercise Without
a Dismount (0.3)

- Subtract for
Restricted Elements
(0.5 each)

*The SV for VT can be
found in the Vault Values
Chart for each level in the
Appendix*

Calculating the Start Value for Level 6-8

Value Parts

- ▶ A Elements = 0.1; B Elements = 0.3;
- ▶ Some C Elements are allowed in Levels 6-8; allowable C's receive B Value Part credit (0.3)
- ▶ *D and E Elements are restricted in Levels 6-8*
- ▶ Higher Value Parts can replace lower Value Parts, but not the reverse
 - ▶ An additional B element can replace a missing A Value Part, but an additional A element cannot replace a missing B Value Part
 - ▶ The replacement is on a 1 to 1 basis, regardless of the point value
- ▶ Any element can receive VP credit two times in an exercise provided it is performed in a different connection the second time (i.e., preceded or followed by a different VP)
 - ▶ If an element is performed a 3rd time (or a 2nd time in the exact same connection) it will not receive VP credit and cannot be used to fulfill a Special Requirement; execution deductions will apply
 - ▶ *Exception: VP can be awarded to an element performed a 3rd time if it was not awarded the 1st or 2nd time due to incompleteness of element or being performed in the exact same connection the 2nd time*

Calculating the Start Value for Level 6-8

Value Parts

- ▶ When several elements or variations of an element are listed under the same number in the Table of Elements, they may be recognized as different elements provided they meet specific criteria
- ▶ Elements are considered different if they are listed under different numbers in the Table of Elements or if they are listed under the same number but meet the following criteria:
 - ▶ Saltos performed with different body positions (UB/BB/FX)
 - ▶ Elements performed with different degrees of turn - increments of $\frac{1}{2}$ (UB/BB/FX)
 - ▶ Elements performed with support on one or both arms (UB/BB)
 - ▶ Mount elements performed as elements within the exercise (UB/BB)
 - ▶ Acro elements take off from or land on one or two legs (BB)
 - ▶ Leap/jump/hop elements take off from one or two legs (BB/FX)
- ▶ Elements are considered the same if they are listed under the same number in the Table of Elements and:
 - ▶ Finish in different grip position (UB)
 - ▶ Are performed with legs together or straddled, excluding saltos (UB)
 - ▶ Dance elements are performed with diff. leg positions (BB/FX - e.g., straight jump/arch jump/changement)
 - ▶ Saltos land on one or two legs (FX)

Calculating the Start Value for Level 6-8

Value Parts

- ▶ An element that fails to meet its technical execution requirements *may* be recognized as another element listed in the Table of Elements
- ▶ Any vault or salto that fails to land on any part of the bottom of the foot/feet first will not receive credit
 - ▶ If the gymnast lands with hands/buttocks and the bottom of the feet *simultaneously*, evaluate the vault/award VP credit (give benefit of the doubt to the athlete)
- ▶ Value Part requirements:

Level 6	Level 7	Level 8
5 A 1 B	5 A 2 B	4 A 4 B

Calculating the Start Value for Level 6-8

Restricted Elements - all D/E elements and some C elements

- ▶ Deduct 0.5 from the Start Value for each Restricted Element performed within an exercise
- ▶ Restricted Elements do not receive VP credit and cannot be used to fulfill SRs; execution deductions will apply

Level 6 - Allowable Cs

UB: one of the following:

- Clear hip to HSTD
- Stalder to HSTD
- Sole circle to HSTD

Level 7 - Allowable Cs

UB: any # of the following:

- Cast to HSTD with $\frac{1}{2}$ turn
- Clear hip to HSTD, also with $\frac{1}{2}$ turn
- Stalder to HSTD, also with $\frac{1}{2}$ turn
- Sole circle to HSTD, also with $\frac{1}{2}$ turn

BB/FX: one C dance element

Level 8 - Allowable Cs

UB: any # of the following:

- Cast to HSTD with $\frac{1}{2}$ turn
 - Clear hip to HSTD, also with $\frac{1}{2}$ turn
 - Stalder to HSTD, also with $\frac{1}{2}$ turn
 - Sole circle to HSTD, also with $\frac{1}{2}$ turn
- one other C element in addition to those listed above is allowed

BB/FX: any # of C dance elements
one acro C element is allowed

**Any C elements performed beyond the Allowable Cs criteria are considered restricted elements and will receive a 0.5 deduction from the Start Value; allowable Cs are credited in chronological order*

Calculating the Start Value for Level 9,10 - UB/BB/FX

9.7/9.5 +

Add CV and DV bonus

- Subtract for Missing Value Parts
(0.1 for A's, 0.3 for B's, 0.5 for C's)

- Subtract for Missing
Special Requirements
(0.5 each)

- Subtract for
Exercise Without
a Dismount (0.3)

- Subtract for
Restricted Elements
(0.5 each)

*See p. 22 of General
Information for examples
of Determining the SV*

Calculating the Start Value for Levels 9-10

Level 9: $SV = 9.7 + 0.3 \text{ Bonus}$

Level 10: $SV = 9.5 + 0.5 \text{ Bonus}$

- Deduct from SV:
 - A) any missing VP (A @ 0.1, B @ 0.3, C @ 0.5)
 - B) any missing SR (0.5 ea)
 - C) exercise with NO dismount (0.3)
 - D) any Restricted elements (0.5 ea)

Calculating the Start Value for Levels 9-10

Value Parts

- ▶ A Elements = 0.1; B Elements = 0.3; C Elements = 0.5
- ▶ D/E = used for Bonus

Higher value parts can replace lower value parts, but not the reverse. If they are replacing a lower value part, they may still count for bonus (L10).

Required VP per level:

- JO 9: 3A, 4B, 1C
- JO 10: 3A, 3B, 2C

Calculating the Start Value for Levels 9-10

Value Parts

- ▶ Higher Value Parts can replace lower Value Parts, but not the reverse
 - ▶ An additional B element can replace a missing A Value Part, but an additional A element cannot replace a missing B Value Part
 - ▶ The replacement is on a 1 to 1 basis, regardless of the point value
- ▶ Any element can receive VP credit two times in an exercise provided it is performed in a different connection the second time (i.e., preceded or followed by a different VP)
 - ▶ If an element is performed a 3rd time (or a 2nd time in the exact same connection) it will not receive VP credit and cannot be used to fulfill a Special Requirement; execution deductions will apply
 - ▶ *Exception: VP can be awarded to an element performed a 3rd time if it was not awarded the 1st or 2nd time due incompleteness of element or being performed in the exact same connection the 2nd time*

Calculating the Start Value for Levels 9-10

Value Parts

- ▶ When several elements or variations of an element are listed under the same number in the Table of Elements, they may be recognized as different elements provided they meet specific criteria
- ▶ Elements are considered different if they are listed under different numbers in the Table of Elements or if they are listed under the same number but meet the following criteria:
 - ▶ Saltos performed with different body positions (UB/BB/FX)
 - ▶ Elements performed with different degrees of turn - increments of $\frac{1}{2}$ (UB/BB/FX)
 - ▶ Elements performed with support on one or both arms (UB/BB)
 - ▶ Mount elements performed as elements within the exercise (UB/BB)
 - ▶ Acro elements take off from or land on one or two legs (BB)
 - ▶ Leap/jump/hop elements take off from one or two legs (BB/FX)
- ▶ Elements are considered the same if they are listed under the same number in the Table of Elements and:
 - ▶ Finish in different grip position (UB)
 - ▶ Are performed with legs together or straddled, excluding saltos (UB)
 - ▶ Dance elements are performed with diff. leg positions (BB/FX - e.g., straight jump/arch jump/changement)
 - ▶ Saltos land on one or two legs (FX)

Calculating the Start Value for Levels 9-10

Value Parts - Restrictions

- ▶ **Level 10** - D/E are allowed without restriction
- ▶ **Level 9** - D/E allowed as follows:
 - UB: Root B/C with 1/1 pirouette D = credited as C
 - BB/FX: All dance D/E = credited as C
 - One restricted D/E (fulfills SR, equals C for CV bonus)

SV for JO 9-10 - BONUS

Level 9 - SV - 9.7 + 0.3 Bonus

- Maximum of 0.2 Bonus for Connections and
- **Maximum 0.1 for a D/E element (Canadian JO)**

Level 10 - SV - 9.5 + 0.5 Bonus

- Maximum of 0.5 Bonus - minimum 0.10 DV and 0.10 CV
- An additional bonus of 0.1, applied to each judge score, may applied if:
 - SV = 10.0
 - Total bonus = +0.6 or more
 - Exercise includes one E element (no fall/spot). On BB/FX, must be **Acro** E

Calculating the Start Value - Special Requirements

Special Requirements

- ▶ Special Requirements are worth 0.5 each
- ▶ Each apparatus has 4 SR
- ▶ An element must receive VP credit in order to be used to fulfill a SR
 - ▶ *Exception: Some SR on UB do not require VP credit (see specific apparatus chapter for clarification)*
- ▶ One element may fulfill more than one SR (*unless otherwise specified - see specific apparatus chapters for clarification*)
- ▶ Restricted elements cannot be used to fulfill a Special Requirement

Exercise Without a Dismount

- ▶ Deduct 0.3 from the SV on UB/BB without a dismount and Levels 8/9/10 FX performed without a final salto (*see specific apparatus chapters for clarification - Bars, p. 6; Beam, p. 6; Floor, p.18*)

SECTION 2 VAULT



Vault

Apparatus Specifications

- ▶ Tape/Chalk/Velcro Strips
 - ▶ Tape and excessive use of chalk on the Vault Table is not allowed
 - ▶ Tape, Velcro strips and small chalk marks are allowed on the vault runway but must be removed at the end of the rotation
 - ▶ Maximum width of the tape/Velcro strips is 5cm (2 inches); maximum length is 3 feet
- ▶ Hand Placement Mat
 - ▶ May only be used for round-off (RO) entry vaults (Yurchenko-type)
 - ▶ Must be placed on the runway, not on the vaulting board
- ▶ Round-off 'Safety-Zone' Mat (Collar)
 - ▶ Must be used for RO-entry vaults
 - ▶ May be used for any other vault
 - ▶ Failure to use the safety-zone mat when required, or failure to use as per its specifications for RO-entry vaults will result in a void vault and a score of "0"

Vault

General Information

- ▶ Determining the Final Score
 - ▶ The gymnast may perform 1 or 2 vaults, same or different
 - ▶ Each vault is judged and scored separately; the better score is counted as the Final Score
- ▶ Flashing/Announcing the Intended Vault Number
 - ▶ The number of the intended vault to be performed must be flashed/announced prior to the approach
 - ▶ There is no deduction for performing a different vault than the one flashed/announced
 - ▶ The actual vault performed determines the SV; the judges evaluate the vault performed
- ▶ Vaulting Without a Signal
 - ▶ The vault is not evaluated
 - ▶ The gymnast may perform 2 more vaults
 - ▶ The Chief Judge applies a 0.5 deduction to the average score of the next vault performed
 - ▶ The penalty may or may not affect the Final Score

Vault

General Information

- ▶ Supplemental Approaches
 - ▶ The gymnast is allowed 3 running approaches to complete 1 or 2 vaults
 - ▶ A balk is a running approach that results in a fall during the run, a stop mid-run, running off the vault runway, or contacting the board/hand placement mat/safety-zone mat/vault table without coming to rest/support on top of the table
 - ▶ A balk counts as one of the 3 running approaches
 - ▶ One balk is allowed without penalty
 - ▶ A second or third balk counts as a void vault and results in a score of “0”
 - ▶ If two balks are performed in the three running approaches, the gymnast’s Final Score will be that of the one vault performed; if the gymnast balks 3 times, her Final Score will be “0”
 - ▶ See p. 3 for examples
- ▶ If a gymnast falls on her first vault and an injury is being assessed, she is allowed a maximum of 1 minute after the completion of judging to leave the landing area; if the allotted time is exceeded, a second vault will not be allowed (the time will be monitored by the Chief Judge)

Vault

General Information

- ▶ Void Vaults (Score of “0”)
 - ▶ Failure to use safety-zone mat when required/failure to use as per specifications for RO
 - ▶ Coaching assistance (spot) during the vault
 - ▶ *Exception 1: spot on landing - deduct 0.5*
 - ▶ *Exception 2 (Level 8 only): spot during second flight phase of salto vault - deduct 1.0*
 - ▶ Vault performed without support of hands (no hand contact on vault table)
 - ▶ Failure to land feet first or landing on top of the vault table (standing, sitting or lying)
 - ▶ Second and third balk:
 - ▶ Incomplete vault or unknown vault
 - ▶ An incomplete vault occurs when the gymnast rebounds from the board, has flight, and places her hands on the vault table but lands back down on the board or vault table without passing through an inverted handstand position OR performs a belly flop/belly slide onto the table
 - ▶ An unknown vault occurs when the gymnast attempts a vault but fails to meet the technical requirements such that the vault performed is not found on the Vault Chart
- ▶ Performance of a restricted vault
 - ▶ If either of the two vaults performed is restricted, the gymnast receives a Final Score of “0”

Vault

General Information

- ▶ In Level 6 and 7, only the following 3 vaults are allowed:
 - ▶ 1.111 - Front handspring on to arrive on mat stack on the feet in a straight body position with tight arch in the upper back and arms finishing high
 - ▶ 3.116 - $\frac{1}{4}$ to $\frac{1}{2}$ twist on (tsuk-entry) to arrive on mat stack on the feet in a straight-hollow body position with arms finishing high
 - ▶ 4.111 - Round-off on (Yurchenko-entry) to arrive on mat stack on the feet in a straight-hollow body position with arms finishing high

Landing on both feet. Then the gymnast can fall to back/stomach, roll bwd/fwd, etc. No salto or any type of “flipping” action allowed

JO 6-7 Equipment Specs

- ▶ Vault table at 115 - 125 cm
- ▶ Stacked mats, total height (including base mat) 80 cm to 152 cm. The top layer must be a 10 cm mat
- ▶ A 20 cm mat must be placed at the end of the stack mat

The stacked mats may be placed against the vault or may be moved further away. The intent is to make sure that powerful taller gymnasts do not fall off the end of the stacked mats

Vault

Specific Apparatus Deductions - Level 6 and 7

► First Flight Phase

VAULT PERFORMED IS <u>NOT</u> ONE OF THE 3 ALLOWABLE VAULTS	VOID
Incorrect foot form	Up to 0.1
Incorrect leg form <ul style="list-style-type: none">- Legs crossed- Legs separated- Legs bent	Up to 0.1 Up to 0.2 Up to 0.3
Poor technique <ul style="list-style-type: none">- Failure to maintain neutral head position- Hip angle- Excessive arch	Up to 0.1 Up to 0.2 Up to 0.2
Angle of arrival on vault table <ul style="list-style-type: none">- Before reaching 45° from vertical- Between 45° and vertical	No deduction Up to 0.3
Coach standing between board and table (<i>except RO-entry vault</i>)	<u>0.5</u>

Vault

Specific Apparatus Deductions - Level 6 and 7

► Support/Repulsion Phase

**Performance of a one-arm vault: 1.0 deduction applied to average score by Chief Judge if at least half the panel sees only one hand touch*

Poor technique <ul style="list-style-type: none">- Staggered/alternate hand placement (<i>except tsuk-entry</i>)- Failure to maintain neutral head position- Shoulder angle- Excessive arch- Alternate repulsion from hands (<i>except tsuk-entry</i>)- Legs bent- Arms bent (<i>slight bend in leading arm allowed for tsuk-entry</i>)	Up to 0.1 Up to 0.1 Up to 0.2 Up to 0.2 Up to 0.2 Up to 0.3 Up to 0.5 (90° bend or more = <u>0.5</u> deduction)
Additional hand placement (step/hop on hands)	<u>0.1</u> each (max. <u>0.3</u>)
Too long in support	Up to 0.5
Angle of repulsion <ul style="list-style-type: none">- By vertical- Between 1° and 45° past vertical- 46° or more past vertical	No deduction 0.05-0.5 0.55-1.00
Head contacting the table in support phase	<u>2.00</u> (includes the max. <u>0.5</u> deduction for arm bend)

Vault

Specific Apparatus Deductions - Level 6 and 7

► Second Flight Phase

Incorrect foot form	Up to 0.1
Incorrect leg form <ul style="list-style-type: none">- Legs crossed- Legs separated- Legs bent	Up to 0.1 Up to 0.2 Up to 0.3
Failure to maintain neutral head position	Up to 0.1
Brush or hit of body on table during 2 nd flight	Up to 0.2
Insufficient length When evaluating length, consider size of gymnast, where the hands contact the table, where the feet land, and overall trajectory/amplitude of the 2nd flight phase	Up to 0.3
Failure to maintain prescribed body position	Up to 0.3
Insufficient height	Up to 0.5

Vault

Specific Apparatus Deductions - Level 6 and 7

► Landing

The evaluation of the vault ends when the gymnast's feet make contact with the mat stack. Body position after contact with the mats will not be evaluated, HOWEVER steps/fall toward the vault table due to under-rotation will be evaluated.

Alternate landing on feet (one then the other)	<u>0.2</u>
Deviation from straight direction (determined by initial contact with the mat)	Up to 0.3
Insufficient dynamics	Up to 0.3
Incorrect body posture on landing Handspring: straight body position, tight arch in upper back, arms in high RO/tsuk-entry: straight-hollow body position, arms in high	Up to 0.5
Landing deductions (apply only to under-rotation of vaults, i.e., movement towards the vault table after contacting the mat) - Slight hop/small adjustment of feet - Step - Large step/jump, approximately 3 feet or more - Fall against the vault table	Up to 0.1 <u>0.1</u> each <u>0.2</u> each <u>0.5</u> <i>Max. deduction for steps = <u>0.4</u></i>
Spot on landing (<i>no deduction for spot <u>after</u> landing</i>)	<u>0.5</u>
PERFORMING A SALTO AFTER LANDING	VOID

Vault

General Information

- ▶ In Level 8, only certain vaults from Groups 1/3/4/5/ are allowed (see Appendix)
- ▶ Since Level 8 is the first level at which salto vaults are allowed, spot is allowed in the 2nd flight phase of salto vaults with a 1.0 deduction instead of voiding the vault; if a fall occurs on landing after the spot, an additional 0.5 deduction will be applied for the fall

Vault

General Information

- ▶ In Level 9, only certain vaults from Groups 1/2/3/4/5/ are allowed (see Appendix)
- ▶ In Level 10, there are no restrictions
 - For Level 10 only, all 10.0 SV vaults, performed successfully (no fall/spot) are eligible for a 0.10 bonus, except those marked with an asterisk
 - The bonus is added to the judge score (not to the SV)

Vault

Specific Apparatus Deductions - Levels 8-9-10

► First Flight Phase

Incorrect foot form	Up to 0.1
Incorrect leg form <ul style="list-style-type: none">- Legs crossed- Legs separated- Legs bent	Up to 0.1 Up to 0.2 Up to 0.3
Poor technique <ul style="list-style-type: none">- Hip angle- Arched body	Up to 0.2 Up to 0.2
Incomplete LA turn (<i>except tsuk</i>)	Up to 0.3
Coach standing between board and table (<i>except RO-entry vault</i>)	<u>0.5</u>

Vault

Specific Apparatus Deductions - Levels 8-9-10

► Support/Repulsion Phase

**Performance of a one-arm vault: 1.0 deduction applied to average score by Chief Judge if at least half the panel sees only one hand touch*

Poor technique <ul style="list-style-type: none">- Staggered/alternate hand placement (<i>except tsuk</i>)- Shoulder angle- Arched body- Alternate repulsion from hands (<i>except tsuk</i>)- Legs bent in support or early tuck in salto vaults- Arms bent (<i>slight bend in leading arm allowed for tsuk</i>)	Up to 0.1 Up to 0.2 Up to 0.2 Up to 0.2 Up to 0.3 Up to 0.5 (90° bend or more = <u>0.5</u> deduction)
Additional hand placement (step/hop on hands)	<u>0.1</u> each (max. <u>0.3</u>)
Prescribed LA turn begun too early	Up to 0.3
Too long in support in non-salto vaults	Up to 0.5
Angle of repulsion in non-salto vaults <ul style="list-style-type: none">- Between 1° and 45° past vertical- 46° or more past vertical	0.05-0.5 0.55-1.00
Head contacting the table in support phase	<u>2.00</u> (includes the max. <u>0.5</u> deduction for arm bend)

Vault

Specific Apparatus Deductions - Levels 8-9-10

► Second Flight Phase

**Spotting assistance in 2nd flight of salto vaults only: 1.0 deduction*

Incorrect foot form	Up to 0.1	Under-rotation of salto vault	<u>0.1</u>
Incorrect leg form <ul style="list-style-type: none">- Legs crossed- Legs separated- Legs bent	Up to 0.1 Up to 0.2 Up to 0.3	Turn deductions <ul style="list-style-type: none">- Insufficient exactness of LA turn- Late completion of LA turn- Prescribed LA turn begun too late	Up to 0.1 Up to 0.3 Up to 0.5
Arched body position	Up to 0.3	Brush or hit of body on table during 2 nd flight	Up to 0.2
Insufficient exactness of tuck/pike position	Up to 0.3	Insufficient extension from tuck/pike position*	Up to 0.3
Insufficient height	Up to 0.5	Insufficient length	Up to 0.3

When evaluating length, consider size of gymnast, where the hands contact the table, where the feet land, and overall trajectory/amplitude of the 2nd flight phase

*See p. 13 for clarification on insufficient/late opening and total absence of extension

Vault

Specific Apparatus Deductions - Levels 8-9-10

► Landing

Feet hip-width or closer but never join heels	<u>0.05</u>	Arm swings to maintain balance	Up to 0.1
Feet more than hip-width apart	<u>0.1</u>	Incorrect body posture on landing	Up to 0.2
Slight hop/small adjustment of feet	Up to 0.1	Trunk movements to maintain balance	Up to 0.2
Staggered feet	Up to 0.1	Squat (hips even with or lower than the knees)	Up to 0.3
Step*	<u>0.1</u> each	Insufficient dynamics	Up to 0.3
Large step/jump (approximately 3 feet)*	<u>0.2</u> each	Slight brush/touch of hand on mat (no support)	Up to 0.3
Deviation from a straight direction	Up to 0.3	Spot on landing	<u>0.5</u>
Incomplete LA turn <ul style="list-style-type: none"> - 1° to 30° missing - 31° to 60° missing - 61° to 89° missing - 90° or more missing 	Up to 0.1 0.15 - 0.2 0.25 - 0.3 Credit another vault	Falls <ul style="list-style-type: none"> - Support on mat with 1 or 2 hands - Fall on mat to knees or hips - Fall against table - Landing on top of the vault table 	<u>0.5</u> <u>0.5</u> <u>0.5</u> VOID

*Maximum deduction for steps = 0.4; see p. 14 for clarification of steps on landing

Step Clarification:

Judging a step on landing:

- Step-close is considered a step with a deduction of 0.10

Example: Gymnast lands with feet together; steps forward (or back or side) on right foot then a)-returns right foot to original position or b)-moves left foot to join right

- If it is a very small step-close or a small foot movement, it would receive a 0.05 deduction
- ****No deduction** for landing with feet a maximum of hip-width apart, provided that they join(slide) the heels together. If the entire foot/feet are sliding or lifted off the floor to join, it is considered a small step.
- Landing with feet further apart than hip-width is a 0.10 deduction.
- If gymnast lands with feet apart/staggered, then continues with a step(s), deduct only for the step(s). The deduction for feet apart/staggered applies only if the gymnast sticks.

Let's Judge!



SECTION 3 UNEVEN BARS



Uneven Bars

Fall Regulations

- ▶ The gymnast is allowed 45 seconds to remount after a fall
 - ▶ Time begins when the gymnast contacts the mat and stops when she leaves the mat to remount (warnings are given at 25 and 35 seconds)
- ▶ In resuming on HB, the gymnast is allowed two “pump” swings to initiate momentum without deduction; each additional pump swing receives a 0.3 deduction to a maximum of 0.6
- ▶ Judging resumes with the performance of an element from the Table of Elements
- ▶ If the gymnast performs a glide kip to remount, stops, and climbs up to stand on LB, deduct 0.1 for uncharacteristic element and 0.1 for lack of continuity
- ▶ If a gymnast performs a squat-on on LB, falls backward, and continues into a glide kip, do not deduct for a fall; instead, apply any applicable execution deductions (bent arms/legs, touch of mat with feet, etc.)
- ▶ If a gymnast stops her routine by jumping down to the mats, deduct 0.5 even though there was no actual fall

Uneven Bars

Spotting Regulations

- ▶ Spot during an element
 - ▶ Deduct 0.5
 - ▶ Do not award VP or SR
- ▶ Spot on landing of the dismount
 - ▶ Deduct 0.5
 - ▶ Award VP and SR
- ▶ Coach inadvertently touches the gymnast
 - ▶ Deduct 0.5
 - ▶ Award VP and SR
- ▶ Gymnast inadvertently touches the coach
 - ▶ No deduction
- ▶ Coach catches a falling gymnast
 - ▶ Deduct 0.5 for the fall
 - ▶ No deduction for the spot

Deduct 0.5 for any fall that occurs after a spot, in addition to the spotting deduction

Uneven Bars

Mount Regulations

- ▶ Mount attempts
 - ▶ The gymnast is allowed 2 attempts to mount without penalty, provided she does not touch the board/mounting device/bar or run under the bar on either attempt
 - ▶ The gymnast is allowed a 3rd attempt to mount with a 0.5 deduction
 - ▶ If the gymnast balks a 3rd time, she must start her routine and will receive a 0.5 deduction for the third approach
 - ▶ If, on any attempt, the gymnast touches the board/mounting device/bar or runs under the bar without mounting, she will receive a 0.5 deduction (considered a fall)
- ▶ Mounts may be preceded by 1 element (e.g., RO onto board); evaluation of the routine begins after the feet leave the mounting apparatus

Uneven Bars

Dismount Regulations

- ▶ All flyaway dismounts retain their difficulty value regardless of starting position
- ▶ All dismounts must be performed from the designated bar in the element description to receive VP and SR and to avoid the deduction for “exercise without a dismount”
- ▶ A dismount without a salto cannot fulfill the dismount SR, but there will be no deduction for “exercise without a dismount”
- ▶ A spotted dismount cannot receive VP or SR, but there will be no deduction for “exercise without a dismount”
- ▶ A dismount with no value (either not listed in the Table of Elements or a Restricted Element) cannot fulfill the dismount SR and will receive the 0.3 deduction from the SV for “exercise without a dismount”
- ▶ Fall on dismount without landing on bottom of feet first:
 - ▶ Do not award VP, and deduct for missing SR, fall, execution and amplitude errors
 - ▶ If there was no initiation of the salto, deduct for “exercise without a dismount” as well

Uneven Bars

Awarding Value Part Credit

- ▶ A swing fwd or bwd that finishes within 20° of vertical will receive VP for front or back giant (starting position does not need to be from HSTD)
- ▶ A cast to squat/stoop/straddle on the LB followed by a fwd or bwd sole circle to stand will be awarded two VPs (#2.102 and #7.103)
- ▶ Release element followed by a fall:
 - ▶ Award VP if the gymnast grasps/touches the bar with one or two hands prior to the fall
 - ▶ If the gymnast never grasps/touches the bar, no VP can be awarded
- ▶ Angle of completion of an element is determined, in most cases, by looking at the line from the shoulders through the midpoint of the lowest body part when the hips are extended and/or the legs are joined
 - ▶ If hips are extended but legs are not fully together at the peak of a cast or uprise, a deduction for leg separation is applied

Uneven Bars

Required Technique for the Recognition of Value Parts

- ▶ Review p. 9-14

Selected Individual Element Requirements

- ▶ Review p. 15-17

Uneven Bars

Level 6 (p. 27-28)

Value Part Requirements

5 A
1 B

Special Requirements

1. One cast to 45° / above horizontal (*awarded if cast is above horizontal*)
2. One bar change*
3. One 360° clear circling element from Group 3/6/7
4. Salto dismount, minimum A

**Bar change: must perform VPs on both LB and HB to fulfill this SR; the transfer movement is not required to have value*

Allowable Cs

One of the following:

- Clear hip to HSTD
- Back stalker to HSTD
- Back sole circle to HSTD

Credit B Value Part and Special Requirement, if applicable

Restricted Elements

- Flight elements from LB to HB or HB to LB, regardless of value
- Any other C/D/E element performed or attempted, even if incomplete

Uneven Bars

Level 7 (p. 25-26)

Value Part Requirements

5 A
2 B

Special Requirements

1. One cast to handstand / 45°
(awarded if cast is above 45°)
- 2/3. Two 360° clear circling elements, same or different:
 - a) One from Group 3/6/7
 - b) One minimum B
4. Salto dismount, minimum A

Allowable Cs

Any # of the following:

- Cast to HSTD with $\frac{1}{2}$ turn
- Clear hip to HSTD, also with $\frac{1}{2}$ turn
- Back stalder to HSTD, also with $\frac{1}{2}$ turn
- Back sole circle to HSTD, also with $\frac{1}{2}$ turn

Credit B Value Part and Special Requirement, if applicable

Restricted Elements

- Any other C/D/E element performed or attempted, even if incomplete

Uneven Bars

Level 8 (p. 23-24)

Value Part Requirements

4 A
4 B

Special Requirements

1. One bar change*
- 2/3. Two B elements, same or different:
 - a) One with flight, excluding dmt, OR one with minimum 180° LA turn, excluding mt/dmt
 - b) One 360° clear circling element from Group 3/6/7
4. Salto dismount, minimum A

**Bar change: must perform VPs on both LB and HB to fulfill this SR; the transfer movement is not required to have value*

Allowable Cs

Any # of the following:

- Cast to HSTD with ½ turn
- Clear hip to HSTD, also with ½ turn
- Back stalder to HSTD, also with ½ turn
- Back sole circle to HSTD, also with ½ turn

One other C element in addition to those listed above is allowed
Credit B Value Part and Special Requirement, if applicable

Restricted Elements

- Any other C/D/E element performed or attempted, even if incomplete

Uneven Bars

Level 9 (p. 22)

Value Part Requirements

3 A
4 B
1 C

**Bar change: must perform VPs on both LB and HB to fulfill this SR; the transfer movement is not required to have value*

Special Requirements

1. Two bar changes* **OR**
One bar change and Gr 3-6-7 clear circling element Min C (CJO)
2. One flight element, Min B, excluding dismount
3. Second, different flight element, Min C, excluding dmt OR LA Turn 180° **OR** more, Min B, excluding mt/dmt
4. Salto dismount, minimum B

Bonus (up to 0.3)

- Max 0.2 from CV
- Max 0.1 from D/E **(CJO)**

Allowable Ds

Any #D of B/C Root elements with 1/1 pirouette credited as C

One other D/E element in addition to those listed above is allowed

*Credit C VP, SR and **Bonus**, if applicable*

Restricted Elements

Any other D/E element performed or attempted, even if incomplete

Uneven Bars

Level 10 (p. 23-24)

Value Part Requirements

3 A
3 B
2 C

Special Requirements

1. Flight element min C, excluding dismount
2. Second, different flight element, Min C,
3. LA Turn 180°, Min C, excluding mt/dmt
4. Salto dismount, minimum C

No Restricted Elements

Bonus (up to 0.5)

- Min 0.1 from CV
- Min 0.1 from D/E

Bonus of 0.1 (not included in SV) if :

- Exercise has 10.0 SV
- +0.6 or more in total bonus
- Acro E Element

Elements changing value

B release element from HB to LB raises to C if directly follows a D/E release element without counterswing

Uneven Bars

Specific Compositional Deductions - Level 8

Choice of dismount not up to competitive level <ul style="list-style-type: none">- B dismount <u>OR</u> B element connected to A salto dismount- A element (or non-VP) connected to any A dismount	No deduction <u>0.1</u>
Uncharacteristic element <i>Examples: squat/stoop on LB, stand with ½ turn to grasp HB; swing on HB, place feet on LB to stand; stop within exercise and climb on LB to stand</i>	<u>0.1</u>
¾ giant circle forward with or without grip change <i>Not considered an element; execution and amplitude deductions apply</i>	<u>0.1</u>
Lack of elements that achieve or pass through vertical	Up to 0.2

UB - Compositional Deductions - Level 9 -10

	JO 9	JO 10
Change of direction 1. Element with 1/1 turn, mount or dismount will NOT fulfill Change of direction	<u>0.10</u>	<u>0.10</u>
Uncharacteristic element <i>Examples: squat/stoop on LB, stand with ½ turn to grasp HB; swing on HB, place feet on LB to stand; stop within exercise and climb on LB to stand</i>	<u>0.10</u>	<u>0.10</u>
More than one squat/stoop on LB	n/a	<u>0.10</u>
¾ giant circle forward with or without grip change <i>Not considered an element; execution and amplitude deductions apply</i>	<u>0.10</u>	<u>0.10</u>
Choice of release element (JO L10 only)	n/a	Up to 0.20
Lack of 2 bar changes (JO L10 only)	n/a	<u>0.20</u>
Choice of element JO Level 9 - One of the following = <u>0.10</u> 1. One element from group 3/6/7 2. One pirouette element minimum 180° - Element with different grip = <u>0.20</u>	Up to 0.3	n/a
Choice of element JO Level 10 - Two of the following = <u>0.10</u> ea 1. One element from group 3/6/7 2. One pirouette element minimum 180° 3. One forward element (circle or release, excluding dismount)		
Choice of dismount not up to competitive level	<u>0.1</u>	<u>0.1</u>

UB - Connection Value (Bonus) Levels 9,10

- All elements with VP may be used
- Elements must be performed without fall / spot
- Elements must be directly connected with no extra swing between.
An extra swing after the last element will NOT break the connection
- The order may be changed unless specified
- The exact same connection can be used once only
- **if the same elements are used in a second connection in a different order, CV will be awarded
 - Example - 1st time: Giant full, back stalder full = D+D 0.20
 - 2nd time: back stalder full, giant full = D+D 0.20

UB - Level 9 - Bonus

Bonus: (not awarded if fall)

Max 0.2 for CV

- C+C = +0.10 No fllt/turn, must be different
- C+C = +0.20 Both elements with fllt/turn

Max 0.10 for D/E

- Any D/E +0.10 (awarded once maximum)

UB - Level 10 - Bonus

Bonus: (not awarded if fall)

❖ **Min 0.10 / Max 0.40 for CV**

- C+C = +0.10 - Both elements with flt/turn min 180° *For connection of 2 elements from Gr.3-6-7, turn/flt is not required, but elements must be different
- C+D/E = +0.10 (or reverse)
- D+D = +0.20

(no turn /flt required for D or E elements)

❖ **Min 0.10 / Max 0.40 for D/E**

Any D = +0.10

Any E = +0.20

UB - Level 10 - Bonus

Bonus:

- ❖ **Additional bonus + 0.10 (not included in SV) provided:**
 - Must have a 10.0 SV
 - Total bonus of 0.6 or more
 - Minimum one E element (no fall/spot)

The bonus is added to each judge' score

Uneven Bars

Execution, Amplitude, and Specific Apparatus Deductions (in addition to General Execution Deductions)

Up to 0.1

- Hesitation in jump to HB or swing to HSTD - *each time*
- Under-rotation of release/flight elements - *each time*
- Insufficient extension of glides/swings into kips - *each time*
- Swing fwd/bwd under horizontal - *each time*
- Poor rhythm in elements/connections - *each time*
- Precision of HSTD positions throughout exercise

Up to 0.2

- Insufficient amplitude of elements - *each time*
(except clear hip circles and salto dismounts)
- Hit on bar with foot/feet - 0.2 *each time*
- Insufficient dynamics
Consider swingful execution and energy maintained throughout the exercise, making the difficult look effortless

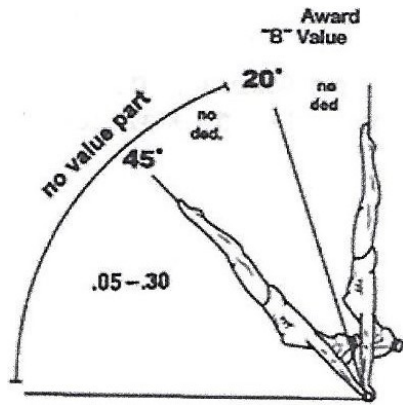
Up to 0.5

- Intermediate (extra) swing or cast - 0.3 *each time* - see p. 33
More than one in a row = max. 0.6
- Grasp of bar to avoid a fall - 0.3 *each time*
- Hit on mat with foot/feet - 0.3 *each time*
- Insufficient amplitude of clear hip circle - up to 0.4 *each time*
- Third run approach - 0.5
- Full support on mat with foot/feet during exercise - 0.5 *each time*

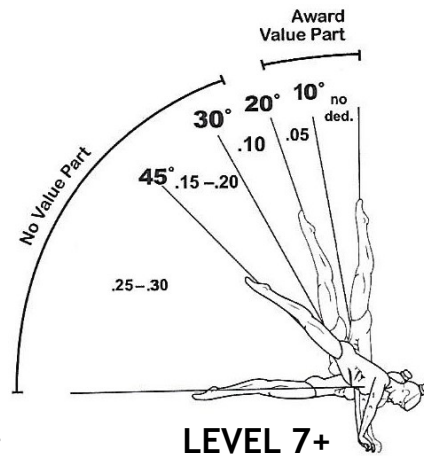
Uneven Bars

Specific Execution Deductions

- ▶ Amplitude of Cast Deductions (p. 34)
 - ▶ Does not apply to cast prior to squat/stoop/straddle onto LB, with or without sole circle at any level
 - ▶ Does not apply to cast prior to under/long swing $\frac{1}{2}$ turn over LB (#3.203 and #4.204) at Level 7 and 8 or “peach” salto (#4.306) at Level 8



LEVEL 6

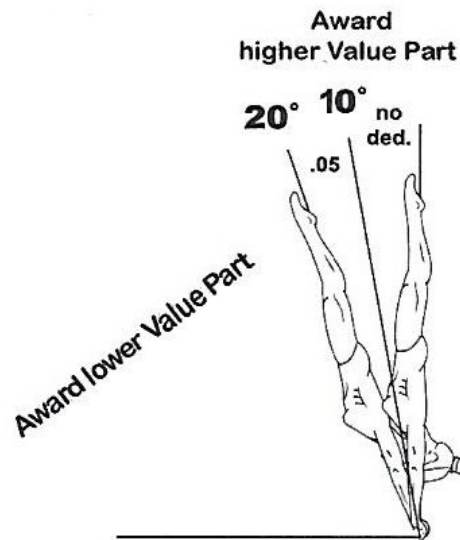


LEVEL 7+

Uneven Bars

Specific Execution Deductions

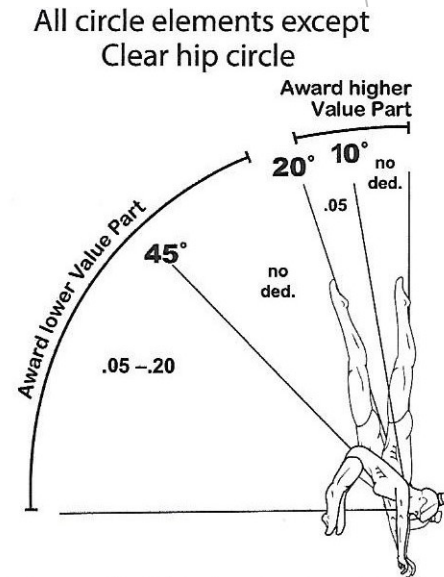
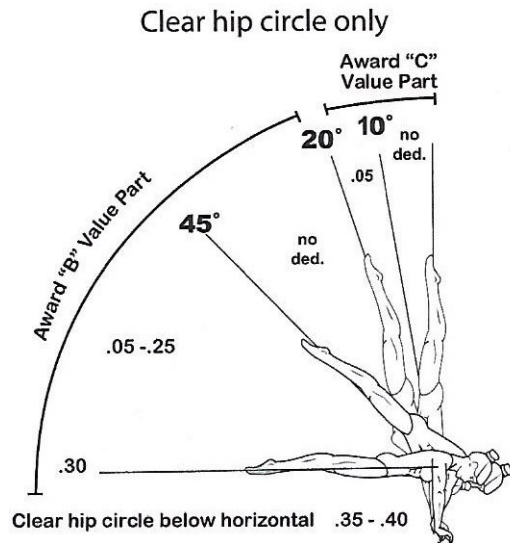
- Angle of Arrival of Flight Elements to Handstand on Low Bar (p. 35)



Uneven Bars

Specific Execution Deductions

- Angle of Completion of Circling Elements (p. 35-36)

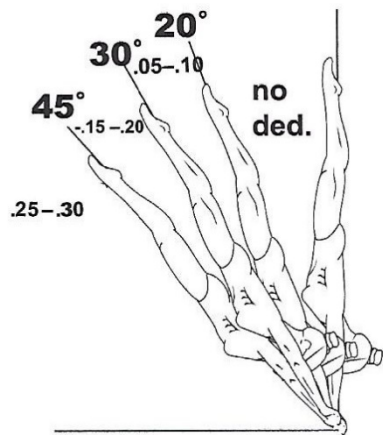


**In Level 6-8, there is no deduction for clear circle elements that finish within 45° from vertical; all C circles receive B Value Part credit*

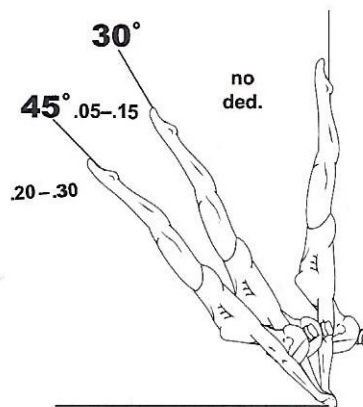
Uneven Bars

Specific Execution Deductions

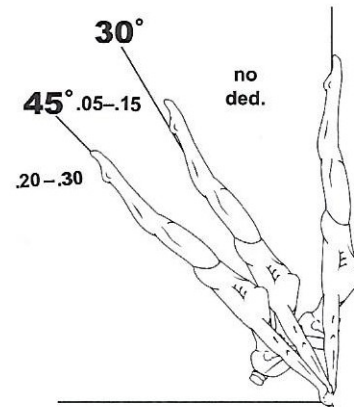
- Angle of Body at Turn Completion (p. 37-38)



Elements that require turn IN handstand phase (all 1/2 pirouettes and 1/1 turns not performed on one arm)



Elements with 1/1 turn AFTER handstand phase and all 1/2 pirouettes



Let's Judge!



SECTION 4

BALANCE BEAM



Balance Beam

Apparatus Specifications

- ▶ The gymnast may make small markings on the beam with chalk (no tape allowed)

Timing Regulations

- ▶ The maximum time limit for the routine is:
 - ▶ Level 6 - 1:15 (warning at 1:05)
 - ▶ Level 7 - 1:20 (warning at 1:10)
 - ▶ Level 8-9-10 - 1:30 (warning at 1:20)
- ▶ If the gymnast lands the dismount within less than 1 second over the time limit there is no deduction
- ▶ All elements performed after the time limit is reached are credited and evaluated
- ▶ Any routine that is less than 30 secs, whether complete or incomplete, will receive a deduction for Short Exercise (2.0 from the average score applied by Chief Judge)
 - ▶ *Exception: Level 6 only, if the routine is less than 30 seconds but has a 10.0 SV, the deduction for short exercise will be 0.5 (applied by the Chief Judge)*

Balance Beam

Fall Regulations

- ▶ Deduct 0.5 for a fall but do not deduct for balance errors which resulted in a fall
- ▶ The gymnast is allowed 30 seconds to remount after a fall
 - ▶ Time begins when the gymnast contacts the mat and stops when she leaves the mat to remount (warnings are given at 10 and 20 seconds)
- ▶ If the gymnast performs an element on the mat prior to remounting, the Chief Judge deducts 0.2 from the average score for “exceeding warm-up time”
- ▶ If when remounting, the gymnast falls again, deduct 0.5 for a second fall
- ▶ If a gymnast stops her routine by jumping down to the mats, deduct 0.5 even though there was no actual fall

Balance Beam

Spotting Regulations

- ▶ Spot during an element
 - ▶ Deduct 0.5
 - ▶ Do not award VP or SR
- ▶ Spot on landing of the dismount
 - ▶ Deduct 0.5
 - ▶ Award VP and SR
- ▶ Coach inadvertently touches the gymnast
 - ▶ Deduct 0.5
 - ▶ Award VP and SR
- ▶ Gymnast inadvertently touches the coach
 - ▶ No deduction
- ▶ Coach catches a falling gymnast
 - ▶ Deduct 0.5 for the fall
 - ▶ No deduction for the spot

The coach may approach the beam to spot or to be in a position to spot a particular element but may not remain there (Chief Judge deducts 0.1 from average score if the coach remains throughout the exercise)

Deduct 0.5 for any fall that occurs after a spot, in addition to the spotting deduction

Balance Beam

Mount Regulations

- ▶ Mount attempts
 - ▶ The gymnast is allowed 2 attempts to mount without penalty, provided she does not touch the board/mounting device/beam or run under the beam on either attempt
 - ▶ The gymnast is allowed a 3rd attempt to mount with a 0.5 deduction
 - ▶ If the gymnast balks a 3rd time, she must start her routine and will receive a 0.5 deduction for the third approach
 - ▶ If, on any attempt, the gymnast touches the board/mounting device/beam or runs under the beam without mounting, she will receive a 0.5 deduction (considered a fall)
- ▶ Mounts may be preceded by 1 element (e.g., RO onto board); evaluation of the routine begins after the feet leave the mounting device

Balance Beam

Dismount Regulations

- ▶ A dismount with hand support instead of salto/aerial cannot fulfill the dismount SR, but there will be no deduction for “exercise without a dismount”
- ▶ A spotted dismount cannot receive VP or SR, but there will be no deduction for “exercise without a dismount”
- ▶ A dismount with no value (either not listed in the Table of Elements or a Restricted Element) cannot fulfill the dismount SR and will receive the 0.3 deduction from the SV for “exercise without a dismount”
- ▶ Fall on dismount without landing on bottom of feet first:
 - ▶ Do not award VP, and deduct for missing SR, fall, execution and amplitude errors
 - ▶ If there was no initiation of the salto, deduct for “exercise without a dismount” as well

Balance Beam

Awarding Value Part Credit

- ▶ A leap/jump/hop not found in the Table of Elements may be awarded comparable VP credit for the 'root' element with variations of leg/landing position
- ▶ Any HSTD element that shows more than one position (e.g., planche moves to reverse planche) receives only one VP
- ▶ An element is considered complete and receives VP credit if any part of the bottom of the foot/feet contacts the top of the beam prior to a fall
 - ▶ If a fall occurs on the 2nd element in an acro series and the element is complete, the SR is awarded
- ▶ An element is considered incomplete if there is no contact on the top of the beam with the bottom of the foot/feet; VP credit is not awarded
 - ▶ If a fall occurs on the 2nd element in an acro series and the element is incomplete, the SR is not awarded
- ▶ The addition or deletion of the same flic-flac *pre-connection* does not change the connection (*see p. 9 for examples*)

Balance Beam

Required Technique for the Recognition of Value Parts

- ▶ Review p. 10-15

Clarifications Regarding Series

- ▶ Review p. 23-24
 - ▶ Bwd acro series with flight and swd to bwd acro series with flight are considered broken with any delay in the immediate take-off for the 2nd element; rhythm deductions do not apply
 - ▶ Non-flight acro series (any direction) and dance/mixed series may receive rhythm deductions for continuous but slow connections
 - ▶ All series are considered broken when:
 - ▶ There is a stop between elements
 - ▶ There is a loss of balance between elements
 - ▶ The foot of the support leg repositions or pivots
 - ▶ There is an extra step/hop/jump between elements
 - ▶ The legs straighten between elements
 - ▶ There is a leg swing/kick above 45° leading into the 2nd element in an acro series

Balance Beam

Level 6 (p. 21)

Value Part Requirements

5 A
1 B

**SR #1: must start and finish on the beam (no mt/dmt elements may be used); all A and B handstands (Group 5) and all A and B rolls, walkovers, cartwheels, and handsprings (Group 6/7) may be used*

SR #1: First / Second element may be a Handstand held 2 sec

**SR #2: for 180° split, the front leg must be extended (no stag position)*

Special Requirements

1. Acro series of min. 2 non-flight acro elements, one must achieve/pass through vertical in HSTD support OR one acro flight element (isolated or in series)*
2. One leap/jump with 180° cross or side split*
3. Group 3 turn on one foot (min. 360°)
4. Aerial/salto dismount, min. A

Restricted Elements

- All C/D/E elements performed or attempted, even if incomplete

Balance Beam

Level 7 (p. 19-20)

Value Part Requirements

5 A
2 B

**SR #1: must start and finish on the beam (no mt/dmt elements may be used); all A and B handstands (Group 5) and all A and B rolls, walkovers, cartwheels, and handsprings (Group 6/7) may be used*

SR #1: First / Second element may be a Handstand held 2 sec

**SR #2: for 180° split, the front leg must be extended (no stag position)*

Special Requirements

1. Acro series of min. 2 non-flight acro elements, one must achieve/pass through vertical in HSTD support **AND** one acro flight element (isolated or in series)*
2. One leap/jump with 180° cross or side split*
3. Group 3 turn on one foot (min. 360°)
4. Aerial/salto dismount, min. A

Allowable Cs

One C dance element
Credit B Value Part and Special Requirement, if applicable

Restricted Elements

- All other C/D/E elements performed or attempted, even if incomplete

Balance Beam

Level 8 (p. 16-18)

Value Part Requirements

4 A
4 B

**SR #1: must start and finish on the beam (no mt/dmt elements may be used); all A/B /C handstands (Group 5) and all A/B/C rolls, walkovers, cartwheels, handsprings, saltos (Group 6/7) may be used; elements that require 2 sec. hold cannot be used as the 1st element in the acro series (e.g., kick to HSTD, #5.106)*

**SR #2: for 180° split, the front leg must be extended (no stag position)*

Special Requirements

1. Acro series min. 2 elements, one must have flight*
2. One leap/jump with 180° cross or side split*
3. Group 3 turn on one foot (min. 360°)
4. Aerial/salto dismount, min. A

Allowable Cs

Any # of C dance elements
One acro C element
Credit B Value Part and Special Requirement, if applicable

Restricted Elements

- All other C/D/E elements performed or attempted, even if incomplete

Balance Beam

Level 9 (p. 16-18)

Value Part Requirements

3 A
4 B
1 C

Special Requirements

1. Acro series min. 2 flight
2. One leap/jump with 180° cross or side split*
3. Group 3 turn on one foot (min. 360°)
4. Aerial/salto dismount, min. B

Bonus (up to 0.3)

- Max 0.2 from CV
- Max 0.1 from D/E (CJO)

Allowable Cs

Any # of D/E dance elements
One acro D element
Credit C VP, SR and **bonus**, if applicable

Restricted Elements

- All other D/E elements performed or attempted, even if incomplete

**SR #1: must start and finish on the beam (no mt/dmt elements may be used); all A/B /C handstands (Group 5) and all A/B/C rolls, walkovers, cartwheels, handsprings, saltos (Group 6/7) may be used; elements that require 2 sec. hold cannot be used as the 1st element in the acro series (e.g., kick to HSTD, #5.106)*

**SR #2: for 180° split, the front leg must be extended (no stag position)*

Balance Beam

Level 10 (p. 16-18)

Value Part Requirements

3 A
3 B
2 C

**SR #1: must start and finish on the beam (no mt/dmt elements may be used); all A/B / C handstands (Group 5) and all A/B/C rolls, walkovers, cartwheels, handsprings, saltos (Group 6/7) may be used; elements that require 2 sec. hold cannot be used as the 1st element in the acro series (e.g., kick to HSTD, #5.106)*

**SR #2: for 180° split, the front leg must be extended (no stag position)*

Special Requirements

1. Acro series min. 2 flight elements, min 1 C flight OR non-flight A (Gr 7 walkover / cartwheel) + E acro with flight (A+E)
2. One leap/jump with 180° cross or side split*
3. Group 3 turn on one foot (min. 360°)
4. Aerial/salto dismount, min. C OR
Acro series with min C + B dismount OR
Acro flight / Dance min C + B dismount

Bonus (up to 0.5)

- Min 0.1 from CV
- Min 0.1 from D/E

Bonus of 0.1 (not included in SV) if :

- Exercise has 10.0 SV
- +0.6 or more in total bonus
- Acro E Element

No Restricted Elements

Balance Beam

Specific Compositional Deductions - Level 8-9-10

Lack of variety in choice of acro elements <ul style="list-style-type: none"> - Performs bwd <u>AND</u> fwd/swd element from Group 1/6/7/8 - Only element in different direction is the dismount (Group 9) - Missing either bwd or fwd/swd element altogether 	No deduction <u>0.05</u> <u>0.1</u>
Lack of variety in choice of dance elements <ul style="list-style-type: none"> - Overuse of dance elements with the same shape (tuck/wolf, straddle) - More than two pivot turns with straight legs 	<u>0.1</u> <u>0.1</u>
Choice of acro elements not up to competitive level*	Up to 0.2
Choice of dance elements not up to competitive level*	Up to 0.2
Choice of dismount not up to competitive level*	Up to 0.1
Insufficient use of entire beam apparatus <ul style="list-style-type: none"> - Lack of level changes throughout exercise - Lack of spatial use of entire length of beam - Lack of direction changes in choreography/non-Value Parts (must show choreography fwd, bwd, swd)** see next slide 	Up to 0.1 Up to 0.1 Up to 0.1
Lack of dance series with minimum two dance elements from Group 1/2/3	<u>0.2</u>

*See Appendix for specific breakdown of deductions

Lack of direction changes in choreography/non-Value Parts (must show choreography fwd, bwd, swd)

The choreography must show passages of dance moving forward, backward and sideward.

The backward and sideward dance passages must be significant (not just a step backward and a pose). She must “travel” backward and sideward while on her feet

Connection Value - Bonus - BEAM

- Only acro elements with FLIGHT may be used
- All connections must be DIRECT
- The exact same connection can be used only one time
- In Level 9, any allowable D or E will receive C VP and will be eligible for bonus if applicable
- With the connection of 3 or more elements, the second element and those following may be used a second time (as long as all of them receive VP)
- Bonus is awarded only if there is no fall or spotting deduction
- The maximum bonus for Connection Value is 0.2 for Level 9 and 0.4 for Level 10

Beam - Bonus Levels 9-10

<u>Connection Value</u>	<u>0.1</u>	<u>0.2</u>
Acro - Flight	B+C*	B+D/E ** C+C **, C/D+D **
*C = salto or aerial, excluding mt or dmt ** = excluding dmt		
Acro - Flt	B+B+C	B+C+C B+B+D/E B+C+D (and more difficult)
Dance/Mix	A+D B+C	B+D C+C (same or different) C+D
Turn	A+C (or reverse)	

D/E Bonus

JO Level 9 - Any D/E = + 0.10

JO Level 10 - Any D = +0.10 Any E = +0.20

Beam - Bonus Levels 9-10

■ JO Level 9:

- Max 0.20 for CV + Max 0.10 for Any D/E

■ JO level 10:

- Min 0.1 for CV
- Min 0.1 for any D/E

Additional bonus + 0.10 (not included in SV) provided:

- Must have a 10.0 SV
- Total bonus of 0.6 or more
- Minimum one E element (no fall/spot)

The bonus is added to each judge's score

Balance Beam

Execution, Amplitude, and Specific Apparatus Deductions (in addition to General Execution Deductions)

Up to 0.1

- Hesitation in jump/press/swing to HSTD - *each time*
- Incorrect body posture/alignment in dance VP - *each time*
- Failure to perform Group 3 turns in high relevé - *each time*
- Lack of precision in dance VP - *each time*
- Failure to land dance VPs that finish in side position with feet together - *each time*
- Concentration pause (2 seconds) - 0.1 *each time*

Up to 0.2

- Legs not parallel to beam in split/straddle elements - *each time*
- Lack of variation in rhythm/tempo throughout
- Insufficient dynamics
Energy maintained throughout, making the difficult look effortless
- Lack of sureness throughout
- Pause (> 2 secs) - 0.2 *each time*
- Relaxed/incorrect footwork in non-VPs throughout
- Lack of tempo/poor rhythm in connections - *each time* (p. 29)
- Support of leg against side of beam for balance - 0.2 *each time*

Up to 0.5

- Additional movements to maintain balance on the beam - up to **0.3** *each time*
- Directional error on gainer salto off end of beam - up to **0.3**
- Relaxed/incorrect leg position/body posture and lack of flexibility in non-VPs throughout - up to **0.3**
- Supplemental support - 0.3 *each time* (see p. 28)
- Grasp of beam to avoid a fall - 0.3 *each time*
- Fall on beam/support with hand(s) on landing - 0.5 *each time*
- Third run approach - 0.5

Precision on the deduction for « pause »

In Canada, we have decided that a pause is the time taken by the gymnast to concentrate before a skill.

- 2 seconds ((1 gymnastics... 2 gymnastics) - 0.1)
- More than 2 sec (1 gymnastics... 2 gymnastics...) - 0.2

The deduction is applied even if the gymnast is not completely still.

For example, before a back handpring, a gymnast stands and very slowly bends her knees as her arms slowly move down. Although she is moving, this is obviously a concentration pause.

Recognition of Value Parts - switch split leap

- If the swing leg is bent (never extends) credit as Split leap (provided at least 135° split achieved after leg change)
- If the swing leg is less than 45° before the switch, award VP as listed and deduct:
 - Insufficient height of leg swing up to 0.1
 - Insufficient split after leg change up to 0.2
 - Less than 135° degree split after leg change – recognize as different element

Balance Beam

Artistry Deductions

Originality/creativity of choreography in elements and connections	Up to 0.1
Quality of movement to reflect personal style	Up to 0.1
Quality of expression (i.e., projection, focus)	Up to 0.1

Artistry - precisions

Quality of movement - includes the ability to perform movements (head, arms, hands, trunk, legs) that are sharp and supple (wavy), slow and fast

Quality of expression - during her routine, the gymnast must show “moment(s)” when her focus is not just between her and the beam, but she projects outward to include judges/spectators

Let's Judge!



SECTION 5

FLOOR EXERCISE



Floor Exercise

Apparatus Specifications

- ▶ Any mat that covers the boundary line should be clearly marked with tape or chalk to indicate the boundary line.

This is not mandatory at Canadian Championships or Canada Winter Games.

Floor: 12m x 12m

Allowed at CC: 5 cm or 10 cm allowed. The mat may be moved, removed or left in place. There is no deduction if the coach steps on the floor to move the mat.

Timing Regulations

- ▶ The maximum time limit for the routine is:
 - ▶ Level 6 - 1:15
 - ▶ Level 7/8/9/10 - 1:30
- ▶ Timing begins with the gymnast's first movement and stops with the final movement; there is no time limit warning
- ▶ **Overtime:** 0.1 by the CJ, from the average
No deduction is taken if the routine is within less than 1 second overtime (example: 1:30.01 to 1:30.99)
- ▶ All elements performed after the time limit are credited and evaluated
- ▶ **Short Exercise:** 2.0 by the CJ, from the average
Routine **less than 30 secs**, whether complete or incomplete, will receive a deduction for Short Exercise

Floor Exercise

Music Regulations

- ▶ Music: Instrumental, human voice may be used as an instrument provided there is no singing/spoken words (*exception: a single word used as a rhythmical sound is allowed*)
- ▶ If there is a technical failure with the music, the gymnast may:
 - ▶ **Continue her routine**; she may then decide to repeat her routine or accept the score of the first performance (if she accepts the score, there is no deduction for absence of music)
 - ▶ **Stop her performance immediately**; she may then ask the CJ for permission to repeat her routine either from the beginning or from the point of interruption

Line Violations (Out of Bounds)

- ▶ **Deduction:** 0.1 from the average, by CJ, for each line violation
- ▶ Steps on the line are considered in bounds
- ▶ An element that *lands* out of bounds will receive VP and SR credit; an element that *takes off* out of bounds cannot receive VP or SR credit
- ▶ If an athlete falls out of bounds, deductions for both the fall and the line violation will apply

Floor Exercise

Spotting Regulations

- ▶ Spot during an element
 - ▶ Deduct 0.5
 - ▶ Do not award VP or SR
- ▶ Spot on landing of an element
 - ▶ Deduct 0.5
 - ▶ Award VP and SR
- ▶ Coach/teammate touches the gymnast to stop momentum if she is running/falling out of bounds
 - ▶ Deduct 0.5 for catching the gymnast
 - ▶ If the gymnast falls as well, deduct only for the fall

Deduct 0.5 for any fall that occurs after a spot, in addition to the spotting deduction

Coach on FX Mat

- ▶ No deduction if the coach is:
 - ▶ Placing/removing/adjusting a mat
 - ▶ Removing an object that may impede/ endanger the gymnast
- ▶ Deduction of 0.5
 - ▶ If the coach is on the mat for any other reason
 - ▶ Applied to the average score by the CJ
 - ▶ Applied once, regardless of the number of times the coach enters the FX area

Coaches/teammates may stand around the FX mat but may not obstruct the view of the judges; Chief Judge deducts 0.2 for unsportsmanlike conduct if view is obstructed (after warning)

Floor Exercise

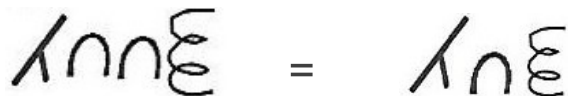
Awarding Value Part Credit

- ▶ A leap/jump/hop not found in the Table of Elements may be awarded comparable VP credit for the 'root' element with variations of leg/landing position
- ▶ The addition or deletion of a salto, aerial, or B acro flight element with hand support within a series will change the series connection (*see p. 7*)



different - addition of flyspring (B Acro flight)

- ▶ The addition or deletion of an A acro element with hand support will not change the series connection (*see p. 8*)



same: deletion of BHS (A acro element) does not change the series connection

Floor Exercise

Required Technique for the Recognition of Value Parts

- ▶ Review p. 9

Specific Element Technique Clarification

- ▶ Review p. 10-12

Clarifications Regarding Series

- ▶ Review p. 22
 - ▶ A dance element performed within an acro series will break the acro connection
 - ▶ An acro element performed within a dance connection will break the dance passage

Floor Exercise

Level 6 (p. 20)

Value Part Requirements

5 A
1 B

Special Requirements

1. Acro series of min. 3 directly connected acro elements, two with flight
2. One salto/aerial, isolated or in different series/connection
3. Dance passage of min. 2 different Group 1 elements, one a leap with 180° cross or side split
4. Turn on one foot (min. 360°)

Restricted Elements

- All C/D/E elements performed or attempted, even if incomplete

SR #1 and #2:

- Elements must come from Group 5/6/7/8
- A salto/aerial performed in SR #1 will not fulfill SR #2
- The same salto/aerial may be performed for both SRs but the 2nd one must be performed isolated or in a different connection/series

SR #3: see p. 16-17 for clarifications

Floor Exercise

Level 7 (p. 19)

Value Part Requirements

5 A
2 B

SR #2:

- Elements must come from Group 5/6
- May include additional elements, provided the two fwd elements are directly connected
- Arabian handsprings/saltos are considered fwd elements

SR #3: see p. 16-17 for clarifications

Special Requirements

1. Acro series of min. 3 directly connected flight elements, one a bwd salto stretched to 2 feet
2. Two or more directly connected fwd acro flight elements, one a salto/aerial
3. Dance passage of min. 2 different Group 1 elements, one a leap with 180° cross or side split
4. Turn on one foot (min. 360°)

Allowable Cs

One C dance element
Credit B Value Part and Special Requirement, if applicable

Restricted Elements

- All C/D/E elements performed or attempted, even if incomplete

Floor Exercise

Level 8 (p. 13-18)

Value Part Requirements

4 A
4 B

SR #1 and #2:

- Must be saltos (not aerials)
- See p. 14-16 for clarifications

SR #3: see p. 16-17 for clarifications

SR #4: see p. 18 for clarifications

Special Requirements

1. Acro series with 2 saltos OR 2 directly connected saltos
2. Three different saltos within the exercise
3. Dance passage of min. 2 different Group 1 elements, one a leap with 180° cross or side split
4. Min. A salto performed as last isolated salto or in last acro connection

Allowable Cs

Any # of C dance element

One acro C element

Credit B Value Part and Special Requirement, if applicable

Restricted Elements

- All C/D/E elements performed or attempted, even if incomplete

Floor Exercise

Level 9 (p. 13-18)

Value Part Requirements

3 A
4 B
1 C

SR #1 and #2:

- Must be saltos (not aerials)
- See p. 14-16 for clarifications

SR #3: see p. 16-17 for clarifications

SR #4: see p. 18 for clarifications

Special Requirements

1. Acro series with 2 saltos OR 2 directly connected saltos
2. Three different saltos within the exercise
3. Dance passage of min. 2 different Group 1 elements, one a leap with 180° cross or side split
4. Min. B salto performed as last isolated salto or in last acro connection

Bonus (up to 0.3)

- Max 0.2 from CV
- Max 0.1 from D/E (**CJO**)

Allowable Ds

Any # of D dance element

One acro D element

*Credit C VP, SR **and CJO Bonus**, if applicable*

Restricted Elements

- Second Acro D/E performed or attempted, even if incomplete

Floor Exercise

Level 10 (p. 13-18)

Value Part Requirements

3 A
3 B
2 C

SR #1 and #2:

- Must be saltos (not aerials)
- See p. 14-16 for clarifications

SR #3: see p. 16-17 for clarifications

SR #4: see p. 18 for clarifications

Special Requirements

1. Acro series with 2 saltos OR 2 directly connected saltos
2. Three different saltos within the exercise
3. Dance passage of min. 2 different Group 1 elements, one a leap with 180° cross or side split
4. Min. C salto performed as last isolated salto or in last acro connection

Bonus (up to 0.5)

- Min 0.1 from CV
- Min 0.1 from D/E

Bonus of 0.1 (not included in SV) if :

- Exercise has 10.0 SV
- +0.6 or more in total bonus
- Acro E Element

No Restricted Elements

Connection Value - Bonus

Please refer to Section 5, Chapter 4 (pages Floor-27-38)

ACRO BONUS

- On FX, acro connections may be direct OR indirect.
- Only Acro elements with Flight and without hand support may be used (Salto or Aerials).

DANCE OR MIXED SERIES

- Acro elements must be Saltos OR Flight elements with / without hand support.

Bonus - Level 9 - 10

0.10

Indirect

A/B + A/B + C
A/B + A/B + D/E
C + C
A/B + D/E

Direct

B + B
A + C
A + A + C

Dance or dance/acro (must be direct)

B + D/E
C + C
D Salto + A Jump (this order)

** No CV for turn followed by jump*

0.20

Indirect

C + D/E

Direct

B + C
A/B + D/E
A + A + D/E
C + C

Dance or dance/acro (must be direct)

C + D/E

Bonus NOT awarded if:

- Fall (exception: in series of 3+ elements, bonus given for part of series completed without fall)
- Series with exact same connection
- D/E Bonus: D/E is repeated (even if connection before/after is different)
- JO 9 - restricted elements

JO 9 Any D/E + 0.1 max (CJO)

JO 10 Any D + 0.1 / Any E + 0.2

Floor Exercise

Specific Compositional Deductions - Level 8-9-10

Insufficient use of the floor exercise area: Spatially - Floor pattern	Up to 0.1
Lack of variety in choice of acro elements - Failure to perform saltos/aerials in bwd <u>AND</u> fwd/swd directions) <i>(Arabian is a FWD salto)</i>	<u>0.1</u>
Lack of variety in choice of dance elements - Overuse of dance elements with the same shape (tuck/wolf, straddle) - Lack of Turn on one foot, minimum B	<u>0.1</u> <u>0.2</u>
Choice of acro saltos not up to competitive level*	Up to 0.2
Choice of dance elements not up to competitive level*	Up to 0.2
Value of salto performed as last isolated salto/within last acro connection not up to competitive level*	Up to 0.1
Lack of Specific Salto VP within the exercise JO 8 - Min 3A Salto JO 9 - Lack of min B salto, in addition to SR#4 Lack of D salto (CJO) - <u>0.2</u> JO 10 - Lack of min C salto, in addition to SR#4	<u>0.3</u>

*See Appendix for specific breakdown of deductions

Floor Exercise

Specific Compositional Deduction JO 8-9-10

Incorrect rhythm in direct connections - each	Up to 0.1
Lack of precision in Dance VP - each Example: Lack of definite arm/leg position in turns/leaps, degree of turn not exact	Up to 0.1
Failure to land with feet together on jumps/leaps to 2 feet - each	Up to 0.1
Insufficient use of the floor exercise area (spatially - floor pattern)	Up to 0.1
Lack of variety in choice of acro elements (failure to perform saltos/aerials in bwd <u>AND</u> fwd/swd directions)	<u>0.1</u>
Lack of variety in choice of dance elements - Overuse of dance elements with the same shape (tuck/wolf, straddle) - Lack of turn on one foot, minimum B	<u>0.1</u> <u>0.2</u>
Choice of acro saltos not up to competitive level*	Up to 0.2
Choice of dance elements not up to competitive level*	Up to 0.2
Value of salto performed as last isolated salto/within last acro connection not up to competitive level*	Up to 0.1
Lack of Specific Salto VP within the exercise	<u>0.3</u>

**See Appendix for specific breakdown of deductions*

Floor Exercise

Execution, Amplitude, and Specific Apparatus Deductions (in addition to General Execution Deductions)

Up to 0.1

- Incorrect rhythm in direct connections - *each time*
- Failure to perform Group 2 turns in high relevé - *each time*
- Lack of precision in dance VP - *each time*
- Failure to land with feet together on jumps/leaps to two feet - *each time*
- Concentration pause (2 seconds) - 0.1 *each time*

Up to 0.2

- Legs not parallel to floor in split/straddle elements - *each time*
- Lack of variation in rhythm/tempo throughout
- Insufficient dynamics
Energy maintained throughout, making the difficult look effortless
- Poor relationship of music and movement throughout
- Relaxed/incorrect footwork in non-VPs throughout

Up to 0.5

- Relaxed/incorrect leg position/body posture and insufficient flexibility in non-VPs throughout - up to **0.3**
- Missing synchronization of movement with musical beat throughout - up to **0.3** (0.05 each time; 0.1 at the end)

Floor Exercise

Artistry Deductions

Originality/creativity of choreography in elements and connections	Up to 0.1
Quality of movement to reflect personal style	Up to 0.1
Quality of expression (i.e., projection, focus)	Up to 0.1

Floor Exercise

Generalities (all CJ deductions)

- Coach on FX mat - 0.5
Coach may step on the floor to place, move or remove the 5/10 cm mat
- Exceeds floor borders - 0.1 each time
- Short exercise (less than 30 sec) - 2.0 from Final Score
- Overtime - 0.1
- Music with words - 1.0
- Absence of music - 1.0

Floor Exercise

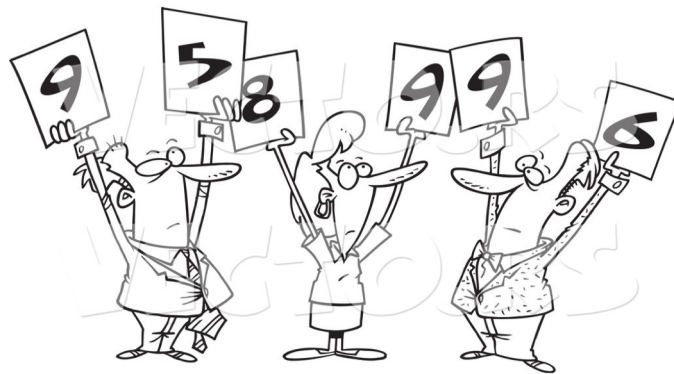
Clarifications on Landings

- ▶ For isolated acro elements and the last element in an acro series:
 - ▶ There is no penalty for landing with feet a maximum of hip-width apart provided the athlete:
 - ▶ Slides the heels together, or
 - ▶ Demonstrates a small, controlled step fwd/bwd to lunge (from a fwd/bwd element)
 - ▶ Do not deduct unless the landing position appears out of control

Clarification on Level 8-9-10 SR #4 - Last Salto Performed

- ▶ If the last salto does not receive VP due to:
 - ▶ Being repeated a 3rd time (or a 2nd time in the exact same connection), or
 - ▶ Spot, or
 - ▶ Being a restricted element, or
 - ▶ Never being initiated (e.g., gymnast runs down diagonal and does not attempt to perform a salto element)
- ▶ Special requirement #4 cannot be fulfilled and there will be a 0.3 deduction from the SV for “exercise without a dismount”

Let's Judge!



Judging Professionalism

Judge's Attire

- Please read your Provincial judges' handbook for acceptable judging attire.
- JO 8 and higher judges must have a matching suit. The jacket should be worn during the athlete march in, and may be removed during the meet.
- Acceptable tops at minimum need wide shoulder straps, preferably covering the shoulders, cleavage should be limited.
- Ensure that undergarments are not visible.
- No flip flops or sandal type shoes can be worn on the floor. Shoes need to be dark blue or black.
- Leggings are not acceptable pants for competitions.

Out of Province Judging

- Under all circumstances, to judge an out of province competition, permission must be granted from the Provincial WJC prior to arrangements being made by the organizing committee of that competition.

Plan Ahead

- Please have the contact number of the Competition Head Judge, when traveling to a competition.
- If unforeseen circumstances cause lateness or non-attendance, it is your responsibility to contact the Competition Head Judge.
- Please plan ahead to make sure you meet all your commitments.
- Judges must come prepared, with their judging sheets and all the documents they need to judge. It is not the responsibility of the host club to provide judging sheets.

Cell phones

- Cell phones must be silenced during the competition and are not to be used while in the competition area. (This also means between rotations). It is not professional for judges to use phones while other events are still in progress, including checking of athlete scores.

Coach Queries & Discussion

- While actively judging, coach queries are solely the responsibility of the Chief Judge.
- When the CJ speaks to the coach, all judges on the panel must remain seated.
- The CJ may or may not discuss the element/routine with the panel, as she/he deems necessary.
- Please do not speak with the coach unless requested by the CJ.
- Please keep all other conversations to a minimum until the competition is complete.

Professionalism and Private Conversations

- Judges must act in a professional manner at all times during competitions as conversations may be inadvertently overheard, or misconstrued.
- Please leave all personal feelings and/or comments to oneself

Use of Social Media

- Please use caution on social media when posting comments, or commenting on others posts or videos. Judges must be aware that they are always viewed as a judge, regardless of the venue, and must be respectful to all.

