

**The New**  
**USAIGC** 

**United States Association of Independent Gymnastics Clubs, Inc.**

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**FINAL**

**2010 – 2011 CODE OF POINTS**

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# **UNITED STATES ASSOCIATION of INDEPENDENT GYMNASTIC CLUBS** **2010-2011 USAIGC CODE OF POINTS, Mary Bakke-Spadaro Technical Director**

## **A College Bound Optional Only Competitive Program**

Six (6)\* Optional Level's for All Around Gymnasts & Individual Event Specialists

\*Copper, Bronze, Silver, Gold, Platinum, Premier

## **MEMBERSHIP & COMPETITIVE POLICIES**

### **USAIGC Membership**

#### **USAIGC Club Eligibility Rules and Requirements**

1. Only USAIGC Membership Clubs in good standing may participate in **any** USAIGC sanctioned competition and event **throughout the United States, Bermuda, Canada & South Africa**. Sanctions are issued **FREE** by the USAIGC to all membership clubs in **good standing** for competitions, events, exhibitions, clinics or any activity that is under the jurisdiction of the USAIG.
2. A fully completed Club Registration Form must be on file with the USAIGC Office **prior to any Membership Club** and / or **the Membership Club's Gymnasts** participate in a USAIGC sanctioned competition or event.
3. All USAIGC Club Members are listed on our website with their **USAIGC Club Number**, club information, expiration date and e-mail address, **if provided**.
4. Club Membership includes: Entire Club Member's Staff (There is **NO USAIGC Individual Membership fee**), Hard Copy of USAIGC Code of Points, Participation in **EXCLUSIVE USAIGC Club/Business Owners** programs and Coaches / Instructors Education Programs, Free Competition Sanctions.

#### **USAIGC Gymnasts Eligibility Rules and Eligibility**

1. **Gymnasts** participating in a USAIGC sanctioned competition or event must be registered with the USAIGC **for the current competitive year (July 5- July 4 the next year)**. The **Gymnast** must be a team member of a USAIGC Club in good standing.
2. A fully completed Athlete Registration Form must be on file with the USAIGC Office prior to any gymnast participating in a sanctioned **USAIGC** competition or event.
3. USAIGC Gymnasts are listed under their respective **USAIGC Club and this information is password protected**. The USAIGC National Office will provide a password to each USAIGC Club Member upon e-mail request.
4. USAIGC Meet Directors use their password **to** access all USAIGC Club Athlete lists allowing them to check **gymnasts** IGC numbers and registered competition levels.

#### **Termination**

**Club:** The USAIGC reserves the **right to terminate** any USAIGC Club Member for **unethical or unprofessional conduct**.

**Coach:** The USAIGC can prohibit and / or terminate a USAIGC Coach from participating in any sanctioned **USAIGC** competition and event for unethical conduct, unprofessional behavior, inappropriate dress or rudeness.

**Gymnast:** The USAIGC reserves the **right to terminate any USAIGC Gymnast for unethical conduct and poor sportsmanship during any USAIGC Competition or Event**.

#### **Offender List**

The National Gymnastics Governing Body, USAG, has a website list of individuals that may not coach nor be in the presence of children. **The USAIGC is an Association Member of the NGB** and recognizes this list formulated by the NGB. Any individual whose name appears on this list **MAY NOT** participate under any circumstances in the USAIGC Program. The USAIGC instructs **ALL** of its Club **Membership** to check the USAG website at least four times a year for the protection of our gymnasts and their businesses. **The USAIGC is currently working on a program for its Membership Clubs to address the vigilance of safe guarding our minors. The program will be presented to our Membership in August 2011.**

### **The USAIGC Competitive Optional Only Program**

The USAIGC is open to all gymnasts interested in participating in our Optional Only College Bound Competitive Program as an All-Around Gymnast and / or an Individual Event Specialist. Gymnasts with previous competitive experience **MUST BE** placed in the appropriate USAIGC competitive level based on the USAIGC competition rules and skill requirements for each level. Their appropriate competitive level is the coach's responsibility. The critical factors for USAIGC level placement include: the gymnast's current skill level, their current competitive level, their current level designation in their previous gymnastic program and their competitive history. Any *Coach* who has a question as to the level of their gymnast must e-mail the USAIGC Office for a determination.

*Gymnasts can start on ANY USAIGC Competitive Level based on their gymnastic history. An entry Level Gymnast may start in the Copper or Bronze Competitive Level. If a gymnast is placed in the wrong competitive level, the USAIGC will move that gymnast moved to the proper competitive level.*

### 1. Copper Level

Our primary **competitive entry level** for our Membership Clubs recreational gymnasts who have **no prior competitive experience**. The Copper Level is a **skill restrictive level**. These competitive gymnasts will follow the recommended USAIGC policy of long-term skill development for the mastery of the basic core skills as well as developing strength, flexibility and conditioning. **Recommended Practice Time** 3-4 hours per week based on the numbers of gymnasts per team, amount of available equipment, number of coaching staff.

### 2. Bronze Level

Our **beginner competitive level** is for gymnasts with basic competitive experience, and who have successfully competed as Copper Level Gymnasts and / *or gymnasts who have a basic skill level from other competitive programs*. It is a skill restrictive level. Training sessions should adhere to the USAIGC policy of long-term skill development for the mastery of the basic core skills as well as developing strength and conditioning. **Recommended Practice Time** 5-6 hours per week based on the numbers of gymnasts per team, amount of available equipment, number of coaching staff.

### 3. Silver Level

Gymnasts who satisfactorily competed in the Bronze Level may move into the Silver level **when their coach** feels they are prepared or gymnasts who have mastered the necessary skills from another competitive program. when This **decision is based on** the gymnasts competitive scores and success from the Bronze Level or another competitive program, the level of their skill competence, strength and the long-term developmental plan the Coach has established for the gymnast. **FYI: No Regional Qualifier** from any other gymnastics program should be in the USAIGC Silver Level. **Recommended Practice Time 6-8 hours** based on numbers of gymnasts per team, amount of available equipment, number of coaching staff and level of the athlete.

### 4. Gold Level

Gymnasts who have satisfactorily competed in the Silver Level may move into the Gold level **when their coach** feels they are prepared or gymnasts who have mastered the necessary skills from another competitive program. This **decision is based on** the athlete's competitive scores from the Silver Level or another competitive program, their level of their skill competence, strength and the long-term developmental plan the Coach has established for the gymnast. Gold Level gymnasts will be "seasoned competitors" with a minimum of 2- 5 years in a competitive program.

**Time Recommended** 8-10 hours based on numbers of gymnasts per team, amount of available equipment, the number of coaching staff and level of the athlete.

### 5. Platinum Level

Gymnasts who have satisfactorily completed in the Gold Level may move to the Platinum level **when their coach feels** they are prepared or gymnasts who have mastered the necessary skills from another competitive program. The Platinum competitive requirements are modified rules of the **NCAA Collegiate Competitive Rules**. The USAIGC **Coach decides** when their athletes are ready to move to the Platinum Level based on their competitive scores from the Gold Level or another competitive program, their skill mastery, and the long-term developmental plan the Coach has established for the gymnast. Platinum Level gymnasts are "seasoned competitors" with an eye on Collegiate Gymnastics / Education. Success on this level will determine when the gymnast moves to the final level of USAIGC competition. The Gymnasts will have a minimum of up to 5-6 years of USAIGC experience. **Practice Time Recommended** 12 – 15 hours based on numbers of gymnasts per team, amount of available equipment, the number of coaching staff and level of the athlete.

### 6. Premier Level

USAIGC Gymnasts who have satisfactorily completed the Platinum Level may move to the highest USAIGC Competitive level when their **coach feels** they are fully prepared to compete at this level or gymnasts who have mastered the necessary skills from another competitive program. The Premier Level **follows the NCAA Collegiate Competitive Rules**. The USAIGC **Coach decides** when their athlete is ready to move to the Premier Level based on their competitive scores and skills from the Platinum Level or another competitive program and their skill mastery. This level is the final phase of the athlete's long-term skill developmental plan that the Coach and gymnast have established. **Recommended Practice Time 15-16** hours based on numbers of gymnasts per team, amount of available equipment, the number of coaching staff and level of the athlete.

## **7. USAIGC Training & Competition Schedule Recommendation**

The USAIGC recommends a defined training and competitive season for our USAIGC Athletes. *Intelligent* training models must be established. The USAIGC strongly recommends a long-term training and competitive program that must include: a competitive cycle of training, a competition season, planned with recovery time for the gymnasts, as well as down time to do anything but gymnastics. **Club Owners & Coaches** must plan out a gymnastics season that could begin 30 days after the first day of the opening of school allowing the gymnasts' time to adjust to school while providing club owners time to focus on a successful gymnastics opening. The USAIGC Competitive Season would end a week before our USAIGC National Championship, except for National Qualifiers. A two-week summer break is recommended after our National Championship, followed by an optional "summer training program. Burn out is the biggest factor in gymnasts leaving our sport.

## **USAIGC COMPETITION POLICIES**

### **I. Qualifying to USAIGC State, Regional & National Championships**

A. USAIGC Gymnasts qualify to their State or Regional Championship from any Sanctioned USAIGC Competition in the United States, Bermuda, Canada or South Africa.

B. USAIGC Gymnasts qualify to our National International Championship from any State or Regional Championship in the United States, Bermuda, Canada or South Africa.

C. **Required Number of USAIGC Competitions** gymnasts must compete in **BEFORE** their State Championship.

a. Copper, Bronze, Silver and Gold Level gymnasts must compete in a minimum of 3 USAIGC sanctioned competitions in a single season anywhere in the USA, Bermuda, Canada & South Africa **prior to** their respective State / Regional Championship. The State / Regional Qualifying score needs to be obtained once.

b. Platinum & Premier Gymnasts must compete in a minimum of 2 USAIGC sanctioned competitions in a single season anywhere in the USA, Bermuda, Canada & South Africa **prior to** their respective State / Regional Championship. The State / Regional Qualifying score needs to be obtained once.

c. States West of the Mississippi River, will create a Regional Schedule with participation in at least 2 USAIGC sanctioned competitions in a single season anywhere in the USA, Bermuda, Canada & South Africa **prior to** their respective State / Regional Championship. These States and Countries can fly in a USAIGC "National Official" to judge an in-house competition for a team or team(s). The State / Regional Qualifying score needs to be obtained once.

d. All Sanctioned USAIGC Invitational Competitions are qualification meets for State / Regional Championship anywhere in the USA, Bermuda, Canada & South Africa.

e. Gymnasts must attain the National championship qualification score at the State and / or Regional Championship.

f. All USAIGC 16+ Year Old Gymnasts can qualify **directly** to the National Championship from any USAIGC recognized National Invitational Competitions hosted in outside facilities.

g. If a gymnast does not compete in a single USAIGC sanctioned competition during the current competitive year they CANNOT attend a State / Regional Championship nor qualify to the National Championship unless they meet the requirements of petitioning.

### **2. Age Determination**

The athlete's date of birth on the day of the competition is the age division the athlete competes in. At the USAIGC National Championship, the athlete's age on the **first day of their All-Around Competition** is the age division the athlete will compete in for the **entire** National Championship, including Individual Event Finals if qualified.

### **3. Skill Identification**

The USAIGC now has its own USAIGC Code of Points for Copper, Bronze, Silver & Gold Competitive Levels. Our Platinum & Premier Competitive Levels will use the USAG JO Code of Points for skill level identification ONLY. Our Premier Level follows the NCAA competitive rules and our Platinum Level uses modified rules from the NCAA competitive rules as listed in this code

### **4. Petitions**

Petition requests are to be sent to the USAIGC Office via e-mail for State, Regional and the National Championship. The petition must be detailed and verified with documentation. A USAIGC athlete **who has not participated in any USAIGC sanctioned competition WILL NOT be allowed to petitioned to the State, Regional or National Championship** unless the gymnast participated at the previous years USAIGC National Championship and has a doctor's certification for no gymnastics competition since that time.

### **5. Drop Back**

A Coach may petition the USAIGC National Office via e-mail, to drop a gymnast back one level prior to the start of the our competitive season. Gymnasts who successfully competed in the previous years National Championship may not drop back.

### **6. Mandatory Move-Out**

The USAIGC is a College Bound Competitive Program, we believe in intentionally slowing down the learning curve so a gymnast peaks as a high school junior or senior. For this reason the USAIGC has **no mandatory move out score**. The decision to move a gymnast to the next level is that of the coach based on the skill level of their gymnast

## **7. Mobility Rules**

a. A USAIGC All-Around gymnast who qualifies to their USAIGC State Championship may move up to the next competitive level in the same or following season. If the gymnast and Coach decide to move up to the next competitive level during the current competitive season as an All-Around Gymnast the gymnast can no longer compete on their previous level **once she competes as an All-Around in the next Level up.**

b. An Individual Event Specialists (non all-around gymnasts) may compete on a maximum of two events at the State / Regional and National Championship.

## **8. Individual Event Specialists**

The USAIGC promotes and encourages Individual Event Competition at all USAIGC competitive levels. Individual Event Specialists qualify to our State, Regional and National Championship following the same qualification procedures as our All-Around Gymnasts. Collegiate Gymnastics is built upon the Individual Event Specialist and this is a great opportunity for our **High School Gymnasts** to continue their training and participate in a National Gymnastics Program.

a. Individual Event Specialists may compete in two different competitive levels in progressive competitive order for a maximum of 4 events, duplicating no event. Example: Bronze Vault and Balance Beam, Silver Uneven Bars & FX.

## **9. All-Around Gymnasts Competing Individual Events on two Different Competitive Levels**

A USAIGC gymnast **may compete on two competitive levels**. They may compete on one level as an All-Around Gymnast and the next level up as an Individual Event Specialist on no more than two events. **Example:** A Bronze All-Around gymnast competes All-Around and then competes as a Silver individual event specialist on a maximum of two events. Gymnasts taking advantage of this unique opportunity **MUST UNDERSTAND** that IF her Individual Event Scores on Four Competitive Events (different events) during the competitive season equals the State qualifying score of this higher competitive level, that gymnast must compete as an All-Around Gymnast on the higher level she attained those Individual Event scores on at her State Regional and National Championship. Meet Directors must get their scores into the National Office and State Championship Host so we can track our Individual Event Specialists.

## **Qualification Scores**

USAIGC athletes can qualify from ANY USAIGC sanctioned local / Invitational competition to their USAIGC State or Regional / Championship from ANYWHERE in the USA, Bermuda, Canada & South Africa prior to their respective State / Regional Championship.

### **All-Around**

#### **Copper Level**

29.00 AA from local to State / Regional Championship  
31.00 AA from State or Regional Championship to National Championship

#### **Bronze Level**

31.00AA from local to State / Regional Championship  
33.00AA from State or Regional Championship to National Championship

#### **Silver Level**

31.00AA from local to State / Regional Championship  
33.00AA from State or Regional Championship to National Championship

#### **Gold Level**

31.00AA from local to State / Regional Championship  
33.00AA from State or Regional Championship to National Championship

#### **Platinum Level**

31.50AA from local to State / Regional Championship  
33.50AA from State / Regional Championship to National Championship

#### **Premier Level.**

32.50AA from local to State / Regional Championship  
34.50AA from State / Regional Championship to National Championship

**All-Around Gymnasts not qualifying to their All Around State Championship** may enter the State / Regional Championship as an Individual Event Specialist on a maximum of two events if they have scored the individual event qualification score ONCE.

## **Individual Event Specialists Qualification Scores**

### **Copper**

7.5 per event from local to State / Regional Championship - **ONLY**

### **Bronze, Silver, Gold, Platinum & Premier**

7.5 per event from local sanctioned competition to State / Regional Championship once.

8.5 per event from State / Regional Championship to National Championship

## **State Championships Qualifying Options**

USAIGC Clubs can combined State Championships, to reduce costs and increase numbers of competitors but each State must recognized their individual State Champions. Example: Western USAIGC Clubs could come together and create a Western USAIGC League and hold a Western Regional Championship. Bermuda has participated in the New York State Championship and can compete in any State Championship in the USA. Any questions please e-mail Paul Spadaro @ [USAIGCPSNY2@AOL.COM](mailto:USAIGCPSNY2@AOL.COM)

## **National Championship Qualification**

Qualification to the USAIGC National /International Championship is from the USAIGC **State Championship and / or any USAIGC Regional Championship**. Gymnasts may compete in **BOTH** the State & Regional Championships.

The USAIGC recommends that all USAIGC Clubs attend their respective State Championship. IF a club cannot attend their State Championship you must notify the Meet Director of the State Championship you are planning to attend and request permission to enter the State Championship. Awards must be separated by State.

## **USAIGC Sanction Policies**

Local, Invitational, State, Regional & National Competitions

### **Competition Fees**

#### **a. Athlete Entry Fees**

The USAIGC does not set entry fees, but expects USAIGC Meet Directors to be sensitive to the entry fees and what the gymnast and parents are getting in return for the entry fee. At the same time Coaches and parents must realize it is expensive to host gymnastic competitions in or out of the private club.

#### **b. Admission Fees**

The USAIGC does not set admission fees for USAIGC competitions but we hope that our National Championship admission prices set an example for all USAIGC Host Clubs. We offer a reasonable admission for All Around and Individual Event Competitions, we have specially priced passes, we discount children, provide family pricing **and include a program for each gymnast**.

#### **c. Team Fees**

Can be charged IF you are giving out Team Awards: Banners, Trophy's, etc.. A Club must have a "Team" to pay a Team Fee. This information needs to be provided in the competition information.

#### **d. USAIGC Invitational Entry Fees with One Judge Panels**

USAIGC Invitational Competitions using a one judge panel for USAIGC Gymnasts **MUST** charge a lesser entry fee than gymnasts competing with a two judge panel. A 15%-20% discount from the entry fee based on two judge panels should be taken.

### **Fee Guidelines**

#### **All-Around Gymnasts**

**Local:** one judge panel up to \$45.00\* per gymnast

**State Championship:** two judge panel up to \$65.00\* per gymnast

**Regional Championship** with two-judge panel up to \$75.00\* per gymnast

**National Championship** \$105.00 *includes a USAIGC National Championship Program for each gymnast*

**National Championship Copper Level** \$80.00 - there are NO Individual Event Finals for our Copper Level

\*outside facility may charge a higher fee do to additional costs

#### **Individual Event Specialist**

Local: up to \$12.50 per event

State Qualification Meet up to \$18.50 per event

USAIGC National Championship **\$26.50 per event**, *includes a USAIGC National Championship Program for each gymnast*

### **Awards**

#### **Local, State / Regional Awards**

USAIGC Medals for Local, State / Regional Competitions are available through, A-1 Awards, Indianapolis, Indiana

To order your USAIGC A-1 Medals e-mail **Jami@a-1awards.com** and request the USAIGC Medals needed for your local or State / Regional Competitions. **Medal Sizes:** State / Regional Medals are large medals. The USAIGC local medals are smaller but all have the USAIGC Logo on them. The USAIGC wants consistency in awarding our competitors on the local, State and Regional Competitions. A-1 does an excellent job in getting our awards out **and have SUPPORTED the USAIGC since DAY ONE. Let's show them our support.**

## **USAIGC National & International Championship**

### **All-Around Finals & Individual Event Qualification**

The first day of competition for all competitive levels is the All-Around Championship set-up by level and age groups, included in this group are the Individual Event Specialists for the same competitive level and age group. The Top Ten Gymnasts for age groups with 40+ gymnasts and 25% of the age division of 39 or less gymnasts, qualify to the Individual Event Finals on Day Two OR the last session of the same day.

### **All Around National International Championship Awards**

The Top Ten Gymnasts for each level and age groups of 40+ and 25% of the age division of 39 or less receive plaques. The USAIGC will then medal 100% of the USAIGC All-Around National Qualifiers.

### **National International Individual Event Finals**

Held either the day after the All-Around Championship or the last session of their first day of All-Around Competition. Medals are given out in rank order to all National Individual Event Finalists. All ties for the last spot for Individual Event Finals go into finals. No scores carry over from day one competition. It is "new life". No gymnast may be up FIRST on EVERY Individual Event in Finals.

### **One Individual Event Championship Per Gymnast**

No Gymnasts may compete on the same event on two different competitive levels for Individual Event Finals. The Gymnast / Coach must decide which Individual Event Championship the gymnast wants to compete in and declare that when the Individual Event Finalists are being announced on Day One Competition..

FYI: Coaches with Gymnasts in more than one squad for Individual Event Finals may have their gymnast drop-down the competition order and wait for their coach. The Coach must alert the Officials to this situation so the gymnast warms-up in the proper order.

### **National Team Championship Awards**

Based on the number of gymnasts per level, all USAIGC Teams will be designated as either a "small team" or a "large team". The Top Ten (10) Teams in both divisions will be awarded based on a specific number of scores counting for ALL COMPETITIVE LEVELS. Each Club attending a USAIGC National Competition for each team they enter with three or more gymnasts pays the Team Fees.

### **Senior Plaques**

The USAIGC recognizes its High School Graduating Seniors from ALL competitive levels. These gymnasts are recognized on their first day of competition. It is the Coaches responsibility to forward the graduating gymnasts information to the USAIGC. There is a place on the National Entry Form for Graduating Seniors.

### **Gymnast of the Year Award**

For Gymnasts 16+ years of age. The Coach submits the nominee's name and credentials 30 days prior to the National Championship.

## **Sanctioning Competitions & Events - Sanctioning USAIGC Competitions is FREE**

### **Procedures**

Sanctioning Club must be a USAIGC Club Member in good standing to apply for a sanction.

Click on **Sanctioned Procedures** from the side menu of our website. ALL USAIGC Sanction procedures are listed on the opening page. Click the sanction form box at the top of the page, fill out sanction form and submit it. Your competition or event will automatically be posted on our **Calendar of Competition and Events Page** on our web site and you will receive a confirmation.

The **Calendar of Competition and Events Page** allows ALL USAIGC Club Members to view your competition information. If you do not want to use the on-line sanction form you can fax *or e-mail* the information to the National Office and the USAIGC Office will post the information for you.

### **Entering USAIGC Athletes into Local / Invitational Sanctioned USAIGC Competitions**

An USAIGC athlete entry form *is posted at the top of the sanction page and this page.*

Your Club must be a member in good standing with an active IGC Club Number before you can register your gymnasts into a USAIGC sanctioned competition. Your entry form must include:

Club Name, USAIGC Club ID, Address, Phone / Fax Number, E-Mail, Coaches Attending, Gymnasts Full Name, DOB, USAIGC Athlete Membership Number, Competition Level, All-Around or Individual Event Specialist and the entry fees made out to the host club.

### **State / Regional and National Championships**

Your Club must be a member in good standing with an active IGC Club Number before you can register your gymnasts into a USAIGC sanctioned competition. Your entry form must include:

Club Name, USAIGC Club ID, Address, Phone / Fax Number, E-Mail, Coaches Attending, Gymnasts Full Name, DOB, USAIGC Athlete Membership Number, Competition Level, All-Around or Individual Event Specialist and the entry fees made out to the host club.

**The THREE locations, dates & scores, one being the qualification score, MUST BE INCLUDED on the entry form for each gymnast.** The entry form and fees are mailed to the host club 48 hours after you fax or e-mailed your roster to the Meet Director. The Deadline is two weeks prior to the competition.

### **Refunds**

No refunds will be given after the scratch date posted by the Meet Director. The USAIGC Club is responsible for payment of all athletes listed on the entry form UNLESS they were scratched prior to the Scratch Date.

### **Education Fund**

Every USAIGC Meet Director: Local, State, Regional and Invitational adds \$4.00 onto each entry in their sanctioned USAIGC competition. These fees go into our USAIGC **Education Fund**. These monies go towards: FREE USAIGC Meetings for Club Owners & Coaches, under-writing our USAIGC Educational Program,, paying for our travel costs of USAIGC National Officials to fly to different USAIGC Competitions throughout the USA, Bermuda & Canada to help with the education of officials and coaches.

### **Meet Directors Responsibilities**

Accepting a USAIGC Sanction, legally binds the USAIGC Meet Director and **Host Club** to the Competitive Rules & Policies set forth by the USAIGC and its **membership** posted on our web site. The acceptance of the sanction means the Meet Director is capable of the organization and running of the sanctioned event and that the facility meets or exceeds any and all safety concerns set-forth and accepted by the Gymnastic Community for the Competitive Levels being hosted.

The USAIGC **Meet Director is responsible** for:

1. Verifying each Club is a member in good standing of the USAIGC
2. Verifying each gymnast entered is a registered USAIGC athlete representing a USAIGC Club Member in good standing and that each gymnast has a current USAIGC athlete number
3. Verify the Competitive Level of each athlete. ***Verification by the USAIGC Meet Director is accomplished by using the password on our Club & Athlete Membership page.***

**Note:** IF a Meet Director **cannot confirm** a Club and/or Athlete is a USAIGC Member they will have the Coach put into writing that the facts listed on the entry form are correct. The Meet Director would fax or e-mail this information to the National Office for confirmation. Allow the Club and the athlete(s) to compete. The USAIGC believes in the professionalism of its members. **USAIGC Coaches are responsible** for sending accurate information to the Meet Director and are responsible for the integrity of their gymnasts and their personal conduct on the competitive floor. **USAIGC Warm-Up & Compete Format**

For USAIGC State and above Championships, the following warm-up and compete format will be followed. The USAIGC reminds ALL Coaches that a warm-up IS NOT a workout. It is the Coach's responsibility to train their athletes for our warm-up and compete format.

This is also the format for our National Championships.

Please make sure when you and your athletes present to the officials table that everyone remains at the officials table UNTIL the officials finish the explanation of the warm-up and compete format and the order has been decided upon.

### **Copper, Bronze & Silver Competition Levels Warm-up & Compete Format**

**Vault** - 2 warm-up vaults per gymnast then compete either in competition order OR by table height

**UB** – 60 seconds warm-up per gymnast either in competition order OR by bar settings.

***Copper Level may take 45 seconds per gymnast (to be determined at coach's meeting)***

**Balance Beam** – Bump in (two beams – required for State and above Competitions). 45 seconds per gymnast in competition order on the non-competitive beam and a 30 second touch on the competitive beam.

**Procedure:** Allow the first 3 gymnasts to warm-up and touch in competition order first on the warm-up beam and then on the competition beam. Once the three gymnasts have completed their touch, the competition begins. The remaining gymnasts bump in while the judges are scoring. **No split touch or blocked time is allowed for beam.**

**FX** – 5-6 minutes open time. Gymnasts **may tumble in between** the officials scoring.

**Split Touch is allowed with 12** or more gymnasts in the squad. With a split touch, the tumbling between the officials scoring will take place ONLY for the first “half of the squad that is competing,” **followed by the second half of the squad.** Floor Exercise does not have to split if the Coaches are in agreement.

**Going Out of Competition Order** If the Coaches agree to go **out of competition order** for VAULT & BARS the first gymnast up in competition order starts the event on her setting and gymnasts with those exact settings warm-up and compete, followed by the next gymnast up on her setting. It is the Coaches responsibility to make sure the officials know the order!

## **Gold, Platinum & Premier Competition Levels Warm-up & Compete Format**

**Vault** - 3 warm-up vaults then compete in competition order OR by the table height

**Gold Level Gymnasts may take 2 competitive vaults, Platinum & Premier follow the Collegiate Rules with 1 Vault with a second vault allowed if the gymnast falls on her first vault. If a second Vault is taken on the Platinum & Premier level, the second Vault Score counts.**

**UB** – 90 seconds warm-up per gymnast in competition order OR by the bar **settings**

**Balance Beam - Bump In** – 60 seconds warm-up per gymnast on the non-competitive beam, 30 seconds on the competitive beam in competition order. **NOTE:** The first 3 gymnasts in competition order warm-up on the non-competition beam (60 seconds) and then touch on the competitive beam (30 seconds). Once the three gymnasts have completed this, the competition begins. The remaining gymnasts bump in while the judges are scoring.

**No split-touch nor blocked time allowed on Balance Beam**

**FX** – 6-8 minutes depending on number of competitors in the squad. Gymnasts may tumble between the officials scoring. **Split Touch** with **10** or more gymnasts in the squad. If a split touch is used the gymnasts in the first group up tumble in-between the officials scoring. When the first group is finished competing, the second group warms-up and begins the competition and the second group may now tumble between the judges scoring. Floor does not have to split.

**NOTE:** If the Coaches agree to go **out of competition order** for VAULT & BARS the first gymnast up in competition order starts the event with her settings and gymnasts with those exact settings warm-up and compete. The next gymnast up sets the bars and those with the settings compete. It is the Coaches responsibility to make sure the officials know the order.

## **Competition Equipment Specs**

**Copper & Bronze Levels:** Gymnasts have no equipment and mat spec's on the Uneven Bars, Balance Beam and Floor Exercise. The Copper and Bronze Level Coach can set the equipment to any height (uneven bars, balance beam) needed to accommodate the gymnast to perform their routines safely. Additional matting may be added for Uneven Bars, Balance Beam and Floor Exercise by the Coach providing the mats provide an even and safe landing.

### **Silver & Gold Levels**

#### **Vault**

Runway Length: 60' – 82' based on the gymnasts training distance and the vault skill being performed

Table Heights: minimum 100cm – maximum 135cm measured from the runway to the center top of the vault table.

Matting: 18 feet from far side base of table – not butting up against a wall

#### **Uneven Bars**

Height of high bar and low bar & the width (distance) between bars must safely accommodate the gymnast size, skill level, skills being performed and safety. The Coach must set the Uneven Bars based on the training height and width that the gymnast has safely performed on in their gymnastic club. Mounting Distance: 12'-16' Matting: up to 6 by 36' under uneven bars

#### **Balance Beam**

Gymnasts can compete on balance beam heights between 100cm –135cm. Height must be at increments of the locking mechanisms set by the manufacturer. Mounting Distance: 12'-16' Matting: Complete area under the balance beam 15' wide by 15.5' per manufacturer and 7.5' by 12' at the end of the beam not butting a wall

#### **Floor Exercise**

12 meters X 12meters is mandatory except for the Copper level which may use a smaller floor area based on their routine. All manufacturers specs must be followed.

### **Platinum & Premier**

NCAA rules for apparatus, spec's, matting & mounting

#### **Equipment and Procedures**

a. Sting Mats are no longer allowed for use as a Round-Off (RO) entry hand placement for vault. The only allowable entry pads are the TAC-10 PO pads.

b. No chalk marks on the vault runway. If a mark is necessary, then removable tape or Velcro will be allowed

c. 1 3/8" padded vault runway is required for all competition and must extend a minimum of 82' from the base of the apparatus. The gymnast may use the entire length of a manufactured runway (beyond 82' IF AVAILABLE).

Exceeding the length of the manufactured runway will result in a .10 deduction from the gymnasts score. Exceptions to the minimum requirement will be made in cases where institutions cannot provide 82' of runway due to venue limitations in which case the host institution must notify visiting team(s) in competition information flyer.

#### **Uneven Bar:**

d. Low bar must be adjustable to 165 centimeters and the high bar adjustable to 245 centimeters without the bar height adapters.

e. The uneven bars should be set so that the low bar and the high bar lean at the same angle when the bars are set at the maximum width according to AAI specifications **or those being used in a USAIGC competition.**

f. If a gymnast has a broken/torn grip, she may repeat her routine as the last team competitor or after the all-around competitor (specialist). If this does not allow for a sufficient amount of time to change grips or enough time to prepare, the gymnast will repeat the routine as soon as it is safe to do so. However, the time should not exceed five minutes. (Note: Common sense and safety must always prevail.)

### **Uneven Bar & Balance Beam**

g. The minimum run distance that must be provided for mounts on uneven bars and balance beam during competition is 27 ½, from the base or leg of the respective apparatus. If more than 27 1/2' of matting exists, the maximum run distance may be used. NOTE: the host institution need not provide more than the minimum which will be provided at NCAA regional and national competition. Exceeding the length of the provided manufactured matting will result in .10 deductions from the gymnasts score.

h. If a plywood board is used under the springboard for mounting bars and beam, then it must be a ½" plywood board with a non-skid surface on both sides.

### **Balance Beam**

i. Except for a small mark on the top surface of the beam, chalk may not be applied directly to the beam. A small amount of chalk may be applied to the gymnasts' hands and feet as needed for safety.

j. A minimum of 15 1/2' must be available on the dismount end of the beam.

### **Floor Exercise**

k. A chalk arc line may be placed on the corners of the floor exercise mat.

l. If a mat used on floor exercise exceeds the boundary lines, the mat must be clearly marked with tape or chalk to indicate the actual boundary lines. Failure to mark the mat will result in a .10 deduction taken off the average. Tape may not be placed in the center of the floor exercise mat.

m. Only one of the following mats: Sting mat, 4" Throw mat, 8" Skill Cushion or one of the allowable mats may be used per tumbling pass/leap combination (i.e., a gymnast may not punch off one mat and land on another). The use of more than one mat in combination shall incur a .30 deduction for improper use of equipment.

### **Landings**

Landing deductions are taken for lack of control and/or movement occurring prior to presenting to the judges (i.e., celebrating on the mat prior to presenting to the judges or failing to show a controlled landing prior to turning to present to the judges will result in a deduction)

### **Uniform Guidelines – All USAIGC Levels**

a. Gymnasts must wear one-piece leotards that include briefs and are the same color of the leotard or are skin-tone in color. There is no deduction for an exposed sports bra that is in contrast to or matches the color of the leotard.

b. Leotard straps must be a minimum of 2 cm (7/8") in width.

c. Swimsuit apparel is permitted during practice and warm up only provided the apparel meets all other requirements.

d. Deduction of .10 for leotard above the hipbone. A warning must be given first.

e. The meet referee will instruct a gymnast who does not meet the uniform policies that she is "out of uniform". The gymnast must comply with the uniform rules or face a .3 deduction off the individual's score.

### **Jewelry Guidelines - All USAIGC Levels**

Gymnasts are only permitted to wear one stud per ear. **No other jewelry is permitted.**

After a warning, a .20 deduction will be taken from the gymnasts score for each occurrence.

### **Unsportsmanlike Conduct – All USAIGC Levels**

The following procedures may be executed by any panel judge, chief judge or the meet referee (MR) and will appear as a neutral deduction on the score sheet.

#### **Gymnast's unsportsmanlike conduct:**

1. First time: warning, MR is notified

2. Second time: MR is notified and there will be a .10 deduction taken from the gymnasts' score for that event by either the MR or chief judge.

#### **Coach's unsportsmanlike conduct:**

1. First time: verbal warning

2. Second time: MR notified and a .50 deduction taken from the Team Score by the Meet Referee for each violation.

3. Third Time Coach will be removed from the competition floor and the Team will forfeit.

# RULES

## USAIGC Event Specific Rules & Policies

### Vault:

**Copper:** FYI: On the next USAIGC ballot out, I have recommended using two different mat sizes for the Copper level Vault based on the gymnasts size. I believe this will develop better vaulting skills.

### **Bronze & Silver Levels**

2.0 point deduction for Coaches spotting their athlete in any phase of the vault except the landing which is a .5 deduction. Copper, Bronze, Silver & **Gold** may compete one vault without penalty BUT two vaults are permitted.

### **Platinum & Premier Gymnasts perform ONE VAULT**

**All-Around Competition:** If the gymnast falls on their one vault they may take a second vault, with that second Vault score counting.

**Individual Event Finals:** At the USAIGC National Championship Vault Event Finals the gymnast has the option to perform a second vault with the understanding that the second vault will be the gymnast's counting score

### Balance Beam:

**Copper, Bronze, Silver & Gold** have a 3 fall limit deduction No additional .5 deduction can be taken for any additional falls exceeding three (3) - *with no score below 5.0*

**Copper, Bronze, Silver & Gold:** if a gymnast falls from the beam, remounts and falls off the beam again prior to the start of her routine (clock start); no additional deduction shall be taken.

### Beam Time

**Copper Level** - 45 second minimum, 1 minute 10 seconds maximum

**Bronze, Silver & Gold Levels** 50 second minimum time, 1 minute and 30 sec. maximum time

.5 deduction for under time .1 deduction for over time

### Floor Exercise:

**Copper Level** - 45 second minimum, 1 minute 10 seconds maximum

**Bronze, Silver & Gold Levels** 50 second minimum time, 1 minute and 30 sec. maximum time.

.5 deductions for under time .1 deductions for over time.

**Vocal music** may be used on all USAIGC competitive levels.

As responsible adults we set the boundaries. There is a **2.0** deduction for inappropriate / offensive music

**USAG Compulsory Music** is not allowed in any USAIGC sanctioned competition but Clubs may use one piece of optional music for all of their gymnasts performing on Floor Exercise as well as the same routine.

**Clarification:** *Missing a Special Requirement the gymnast loses the .4 for the special requirement and any missing value part and a minimum of .1 in content*

## Copper Level : Competition Requirements & Evaluation

**Age Divisions:** 5-6, 7-8, 9-10, 11-12, 13+ Ages can be sub-divided but not combined.

### **Special Apparatus Requirements:**

Four (4) Event Requirements @ .4 each

**1.6 point value**

**Difficulty / Value Parts** (5 A's and/or I's @ .1 each

**.5 point value**

### **Technical Performance**

**6.4 point value**

### **Execution & Amplitude**

small, medium and large degree of error

### **Content**

**1.0 point value**

Includes transitions of connections, combinations and choice of elements with an emphasis on the development of strong fundamental skills and correct body shapes. Development of solid basics is the foundation of this level along with good rhythm and sureness of movement. **It's all about EXECUTION!**

The 1.0 value will allow more differentiation throughout the entry-level routine.

### **Quality of Movement (including artistic expression, stylization and presentation) .5 point value**

#### **Neutral Deductions:**

.1 overtime & out of bounds

.5 spotting & no value part credit

.1 each time for failure to present before and/or after the routine

.5 floor or beam under time

NO deduction after remounting the if there is an immediate fall. Beam routine (and running clock) begins when gymnast resumes her routine again from before the fall.

## Copper Apparatus Requirements

5 A's and/or I's @ .1 each

NO skill of "B" value or higher will receive credit for value part nor special requirement and all amplitude and execution errors will be deducted as well as a .4 content deduction. B's are restrictive elements

### **Copper Vault**                      **Start Value 10.0**

#### **Handspring Vault Drill - (Jump to Handspring onto Mat Stack)**

2 Vault Option, all gymnasts have the option of taking one or two vaults with the highest score counting.

The USAIGC uses the same deductions as the USAG Level 4vault (except \*)

#### **Copper Vault Deductions**

##### **General:**

##### **Each Phase:**

Fail to maintain straight Body Position

>0.30 - Arch

>0.50 - Pike

>0.30 - Legs bent

>0.20 - Legs Separated

>0.10 - Poor Foot Form

>0.10 - Incorrect Head Alignment

>0.30 - Direction

>0.30 - Dynamics

2.0 - Aid of Coach after Hand Support

**Void Vault:** a. if a gymnast never achieves vertical and returns to the board or lands on mat stack spring board and hand placement (does not go over). b. incorrect vault, c. aid of coach from board or mat stack

**Balk:** a run/approach without executing the vault. Void if the gymnast touches the board or mat stack

**\* If a void vault situation should occur the score will be entered as a 5.0 since the USAIGC has adopted a 5.0 minimum score for the record.**

##### **Run & Board Contact**

> 0.30 - insufficient acceleration during run

> 0.30 - fail to maintain horizontal running speed to board

>0.30 - excessive forward lean on the body on the board

**First Flight Phase - (board to mat) see each phase general deductions**

##### **Support Phase**

>0.50 - arms bent

>2.00 - head contacting mat

>0.30 - showing shoulder angle

>2.00 - fail to show inverted vertical position from hands to hips (performing a forward roll action)

>1.00 – Contact mat stack w/hands after vertical

>0.5            1-45 degrees

0.5-1.00    46-89 degrees

0.5    Fail to entirely place hands in prescribed landing zone (beyond tape line)

0.20    Staggered hand placement ( 1 inside zone & 1 over line)

>0.3 – Additional hand placements (steps/hops on hands)

3.00 – Fail to contact mat w/both hands (Performs Front Layout or Touches with only One hand)

**Post Handstand Phase – See Each Phase General Deductions**

##### **Landing Phase**

>0.10 Fail to finish in straight lying position on back

1.00 Lands on feet, salutes, & steps off mat

##### **Examples**

1.00 Lands on feet, salutes & steps off mat

0.5    Lands on seat with 90 degree Hip angle, salutes, & steps off mat

>0.5    Lands on back w/arch & bent legs, salutes, & steps off mat

Note: If gymnast makes any of above execution errors, then lies back to straight lying position, there are NO DEDUCTIONS for failure to finish on mat, but may have execution deductions for errors while gymnast is falling to her back (Post Handstand Phase) Evaluation finishes when gymnast arrives in straight lying position

## **Copper Uneven Bars**

**Start Value 10.0**

**Special Event Requirements @ .4 each**

**Low Bar Routine ONLY. High Bar Cannot Be Used and no elements performed on the HB will be evaluated (.4 content deduction)**

1. **Mount:** Back Pullover
2. A 45 degree Cast below horizontal
3. A Circling Element
4. **Dismount: Choice of:** Underswing, Sole Circle or Cast Push Away

**Restrictions** - inappropriate for this level (.4 deduction)

- A. Circling skills MUST NOT arrive in a handstand NOR pass through a handstand
- B. Kipping Elements are NOT permitted.
- C. Use of the high bar

## **USAIGC Copper ONLY "I" (Introductory) ELEMENTS**

- a. Back Pullover, b. Back Kick-Over, c. 45 degree Cast below horizontal, d. Front Stride Circle  
e. Back Stride Circle, f. Single/Double Leg Shoot Through, g. Long Body Swing 1/2 turn,  
h. Push-Away Dismount**

In an effort to foster good bar work, extra swings will NOT be deductible at the Copper level as long as there is NO BREAK IN RHYTHM. However if there is a hesitation, a stop or a break in rhythm while transitioning through skills then there will be a .1 deduction for the stop, along with a .3 deduction for the extra swing. This will reward and differentiate those gymnasts who achieve continuous flow and fluidity throughout their routines.

## **Copper Balance Beam**

**Start Value 10.0**

**Special Event Requirements @ .40 each**

1. 3/4 handstand, may execute a full handstand without a deduction (will not count for dismount SR)
2. Isolated Leap, minimum 60 degrees
3. A Dance series of two elements
4. **Dismount:** Round-Off or Cartwheel to Handstand 1/4 turn (.1 second hold)

**Time:** 45 second minimum, 1 minute 10 second maximum

.50 deduction for under time, .10 deduction for over time - both time deductions are neutral deductions

### **Restrictions:**

No acrobatic elements through the vertical plane such as: Cartwheels, Walkovers and Flight Elements are permitted on balance beam and CANNOT fulfill ANY requirement and SHOULD NOT BE PERFORMED. If any of these restrictive elements are performed all amplitude and execution errors will be deducted as well as a .4 content deduction

## **USAIGC Copper ONLY "I" (Introductory) ELEMENTS**

- a. Mount leap/jump to stand on 1 or 2 feet without hand support, b. Assemble', c. Chasse with step hop free leg below horizontal, d. 3/4 handstand, e. 1/2 swing turn, f. 1/2 releve turn, g. Squat 1/2 turn, g. 60 degree leap,  
h. Dismount: Tuck jump, straddle jump to land on two feet**

## **USAIGC Special Balance Beam Judging Considerations**

A. If a gymnast falls from the balance beam, remounts and falls off the balance beam again prior to the start of her routine (clock start), NO ADDITIONAL DEDUCTION will be taken

B. If the gymnast falls off the balance beam more than three times no additional deductions of .50 will be taken for any falls exceeding three (1.5 deduction)

## **Copper Floor Exercise**

**Start Value 10.0**

**Special Requirements @ .40 each**

1. One acro series with two (2) or more elements
- Examples:** Cartwheels, Round-Offs, Walk-Overs, Valdez, Rolls (handstands will NOT count in this category)
2. Split Leap with minimum 90 degree split
  3. Handstand Element – stretched position (minimum 1 second hold)
  4. 180 or 360 degree turn on one (1) foot

### **Restrictions:**

No Handsprings or saltos may be performed, they are inappropriate for this level and a .4 content deduction will be taken, as well as any execution and amplitude errors

**Time:** Minimum 45 seconds, Maximum 1 minute 10 seconds

.50 deduction for under time, .10 deduction for over time - both time deductions are neutral deductions

## **USAIGC COPPER ONLY "I" (Introductory) ELEMENTS**

- a. 1/2 turn on 1 foot, b. 3/4 handstand, c. 90 degree leap, d. Scale (free leg horizontal or higher)**

## **Bronze Level: Competition Requirements & Evaluation**

**Age Divisions** 6-8, 9-10, 11-12, 13-17, 18+ up to State Championships

**Special Apparatus Requirements** (if the minimum SR is not achieved no credit will be given )

Four (4) Event Requirements valued @ .4 each      **1.6 point value**

**Difficulty / Value Parts** 6 A's @ .1 each      **.6 point value**

**Technical Performance**      **6.3 point value**

Execution & Amplitude

Small, medium and large degree of error

**Content**      **1.0 point value**

Includes transitions of connections, level of combinations and choice of elements with an emphasis on the development of strong fundamental skills and correct body shapes. Development of solid basics is the foundation of this level along with good rhythm and sureness of movement. ***It's all about EXECUTION!***

The 1.0 value will allow more differentiation throughout the routine.

**Quality of Movement**      **.5 point value**

Artistic impression, stylization and presentation

### **Neutral Deductions**

.1 overtime & out of bounds,

.5 spotting and no value part credit

.1 failure to present before and/or after the routine

.5 floor or beam undertime

No Deduction after remounting if there is an immediate fall. Beam routine (and running clock) begins when the gymnast resumes her routine again from before the fall. Minimum 5.0 score will be entered for the record

**Bronze Vault\***      **Start Value 10.0**

**Vault Deductions included in Gold Vault section**

**Handspring** – optional vault deductions will now be used. \*Vault deductions are under Gold Vault.

Vault Option: Gold, Bronze, Silver & Copper gymnasts have the option of taking one or two vaults with the highest score counting. **If a void vault situation should occur the score will be entered as a 5.0 since the USAIGC has adopted a 5.0 minimum score for the record.**

**Bronze Uneven Bars**      **Start Value 10.0**

**Special Event Requirements @ .40 each**

1. One Bar Change

2. A minimum Horizontal Cast

3. A Circling Element

4. Dismount: Underswing, Sole Circle OR ***Tuck, Pike or Layout Flyaway***

**Fall Time: 45 seconds**

**ONLY Restriction:** Circling skills in the Bronze Level must not arrive in handstand nor pass through vertical (no giant, free hip nor staldler circles to handstand) and if performed will not receive credit for value part nor special requirement and all amplitude and execution errors will be deducted as well as a .4 content deduction

**USAIGC Special Uneven Bars Judging Considerations:**

Horizontal casts receive "A" VP credit twice when used in a different combination. There is no minimum cast requirement throughout the routine nor a specific deduction imposed under execution at the Bronze level. However, those gymnasts who achieve more swingful execution along with good rhythm throughout the routine should be differentiated from those who show minimal to poor amplitude throughout (content & quality of movement).

## **Bronze Balance Beam Start Value 10.0**

### **Special Event Requirements @ .40 each**

1. One (1) Acro non-flight element that passes through vertical (front, back, or side), not in the mount or dismount
2. An Isolated Leap, minimum 90 degrees
3. A Dance Series of two (2) elements with one being a leap, hop or jump, minimum 90 degrees
4. Any "A" Dismount

**Time:** Minimum 50 seconds, Maximum 1 minute 30 seconds, .5 deduction for under time Fall Time: 30 seconds

### **Restrictions**

No Flight Elements such as: dives, handsprings, aerials, or saltos are permitted on beam (dismounts excluded) and CANNOT fulfill ANY requirement AND SHOULD NOT BE PERFORMED. If any of these restrictive elements are performed all amplitude and execution errors will be deducted as well as a .4 content deduction

### **USAIGC Special Balance Beam Judging Considerations**

A. If a gymnast falls from the balance beam, remounts and falls off the balance beam again prior to the start of her routine (clock start), NO ADDITIONAL DEDUCTION will be taken

B. If the gymnast falls off the balance beam more than three times no additional deductions of .50 will be taken for any falls exceeding three (1.5 deduction)

## **Bronze Floor Exercise Start Value 10.0**

### **Special Event Requirements @ .40 each**

1. An Acro Series with a minimum of 2 fast flight elements (no saltos)
2. A Dance Series with a minimum of 2 elements including a **leap** with minimum 120 degree split
3. A Dance/Acro or Acro/Dance series
4. A Full turn 360 degrees on one foot

**Time:** Minimum Time 50 seconds, Maximum time 1 minute 30 seconds

**Restrictions: No Saltos** are permitted on floor and CANNOT fulfill ANY requirement AND SHOULD NOT BE PERFORMED.

They are inappropriate for this level and if performed all amplitude and execution errors will be deducted as well as a .4 content deduction.

## **Silver Level**

**Age Divisions:** 7-9, 10-11, 12-13, 14-15, 16-18, 19+ up to State Championships. The USAIGC can sub-divide the age divisions based on the numbers of gymnasts at the National Championship. State Championship and local hosts can combine or sub-divide age divisions based on the number of gymnasts in each age division

**Special Apparatus Requirements** (If the minimum SR is not achieved no VP credit will be given)

Four (4) Special Requirements valued @ .4 each 1.6 point value

**Difficulty / Value Parts** (6 A's @ .1 each & 1 B's @ .3 each) .9 point value

**Technical Performance** 6.0 point value

Execution & Amplitude Small, medium and large degree of error.

**Content** 1.0 point value

Includes transitions of connections, combinations and choice of elements with an emphasis on the development of strong fundamental skills and correct body shapes. Development of solid basics is the foundation of this level along with good rhythm and sureness of movement. ***It's all about EXECUTION!***

The 1.0 value will allow more differentiation throughout the routine.

**Quality of Movement** .5 point value

Artistic impression, stylization and presentation

### **Neutral Deductions**

.1 overtime & out of bounds

.5 spotting and no value part credit

.1 failure to present before and/or after the routine.

.5 floor or beam under time

NO deduction after remounting if there is an immediate fall. The Beam routine (and running clock) begins when the gymnast resumes her routine again from before the fall.

## Silver Level Apparatus Requirements

6 A's @ .1 each & 1 B's @ .3 each

No skill of C value or higher will receive credit for value part nor special requirement and a .4 content deduction will be imposed in addition to all execution and amplitude errors incurred.

### **Vault Value 10.0**

Collegiate Vault Chart Group 1 with NO vaults greater than 360 degrees in post flight and NO SALTOS. Also vault # 2.1 (1/4-1/2 on repulsion off). – \*Vault deductions are under Gold Vault.

Vault Option: Bronze, Silver & Copper gymnasts have the option of taking one or two vaults with the highest score counting. **If a void vault situation should occur the score will be entered as a 5.0 since the USAIGC has adopted a 5.0 minimum score for the record.**

2 Vault Option: all gymnasts have the option of taking one or two vaults with the highest score counting.

**If a void vault situation should occur the score will be entered as a 5.0 since the USAIGC has adopted a 5.0 minimum score for the record.**

### **Silver Uneven Bars Start Value 10.0**

#### **Special requirements**

1. One (1) bar change
2. Cast minimum 30 degrees above horizontal
3. A Circling element
4. **Dismount Salto (A or B)**

**Fall Time: 45 seconds**

**Restrictions:** Circling skills in the Silver Level of "C" Value are not permitted, ie. Free hip circles and staldler circles to handstand as well as handstand ½ pirouette if performed will incur a .4 content deduction, however if in the process of finishing a giant circle the gymnast performs a half turn prior to a fall this will not be penalized.

#### **USAIGC Special Uneven Bars Judging Considerations:**

Horizontal casts receive "A" VP credit twice when used in a different combination. There is no minimum cast requirement throughout the routine nor a specific deduction imposed under execution at the Bronze level. However, those gymnasts who achieve more swingful execution along with good rhythm throughout the routine should be differentiated from those who show minimal to poor amplitude throughout (content & quality of movement).

### **Silver Balance Beam Start Value 10.0**

#### **Special requirements**

1. An Acro element with flight
2. Dance series of two elements with one being a leap, hop or jump showing a minimum 120 degree split
3. A Full turn 360 degree turn on one foot
4. A Salto / Aerial Dismount ( A or B)

Time: Minimum time 50 seconds, Maximum time 1 minute, 30 seconds

#### **USAIGC Special Balance Beam Judging Considerations**

- A. If a gymnast falls from the balance beam, remounts and falls off the balance beam again prior to the start of her routine (clock start), NO ADDITIONAL DEDUCTION will be taken
- B. If the gymnast falls off the balance beam more than three times no additional deductions of .50 will be taken for any falls exceeding three (1.5 deduction)

### **Silver Floor Exercise Start Value 10.0**

#### **Special requirements**

1. RO, BHS, back salto in any body position (NO TWISTS)
2. **Forward Acro Pass of 2 or more non-flight, or flight elements.**
3. Dance Series OR Passage\* with a minimum of 2 elements including a leap with a minimum of 135 degree split
4. B turn on one foot

**Time:** Minimum Time 50 seconds, Maximum time 1 minute 30 seconds

Dance Passage\* should consist of a minimum of two (2) different gymnastics elements from Group 1 (leaps, jumps, hops) directly or indirectly connected. Passages must be continuous without pauses, stops or lunge preparations and without acro elements. They may include running steps, small leaps, hops, chasses or any continuous turn on one or two feet between the dance value parts (minimum two) from group 1. Elements landing in a prone position must be last in the passage.

## **Gold Level**

**Age Divisions:** 8-10,11-12, 13-14, 15-18, 19+ up to State Championships. The USAIGC can sub-divide the age divisions based on numbers at the National Championship. State Championship and local hosts can combine age divisions based on numbers.

**Special Apparatus Requirements** (If the minimum SR is not achieved no VP credit will be given)

**Four (4) Special Requirements valued @ .4 each** 1.6 point value

**Difficulty / Value Parts 4 A's @ .1 ea., & 4 B's @ .3 ea.** 1.6 point value

**Bonus (extra C)** .1 point value

**Technical Performance** 5.2 point value

**Execution & Amplitude with small, medium and large degree of error**

**Content** 1.0 point value

Includes transitions of connections, combinations and choice of elements with an emphasis on the development of strong fundamental skills and correct body shapes. Development of solid basics is the foundation of this level along with good rhythm and sureness of movement. It's all about EXECUTION!

The 1.0 value will allow more differentiation throughout the routine.

**Quality of Movement** .5 point value

Artistic impression, stylization and presentation

## **Neutral Deductions**

.1 overtime & out of bounds

.5 spotting and no value part credit

.1 failure to present before and/or after the routine.

.5 floor or beam under time

NO deduction after remounting if there is an immediate fall. The Beam routine (and running clock) begins when the gymnast resumes her routine again from before the fall.

## **Gold Level Apparatus Requirements**

Four (4) "A's" @.1 each,

Four (4) "B's" @ .3 each

"C's" receive "B" value, IF less than four (4) "B's" are performed

**Bonus:** .1 maximum awarded for a "C" performed only after the value parts of "A" and "B" are fulfilled.

## **Restrictions**

*No skill of "D" value or higher will receive credit for value part nor special requirement and a .4 content deduction will be imposed in addition to all execution and amplitude errors incurred.*

## **Gold Vault**

## **Collegiate Vault Chart All Groups @ 9.90 or less**

Any Vault selected will receive the START VALUE as written in the NCAA Collegiate Chart. See **Optional** Vaulting Deduction Chart below for Bronze through Gold Levels

2 Vault Option. All gymnasts' have the option of taking one or two vaults with the highest score counting.

If a void vault situation should occur the score will be entered as a 5.0 since the USAIGC has adopted a 5.0 minimum score for the record.

## **OPTIONAL VAULT DEDUCTIONS: BRONZE, SILVER & GOLD**

### **First Flight:**

>0.3 Incomplete LA Turn

### **LEGS:**

0.1 Crossed

>0.2 Separated

>0.3 Bent

### **POOR TECHNIQUE**

>0.1 Stagg/ Alternate hands on front entry vaults

>0.2 Shoulder Angle

>0.2 Arch

>0.2 Alternate Repulsion (Group 1)

>0.5 Arms bent (slight arm bend of lead arm allowed for Group 3 Vaults)

2.00 Head touching table in support (includes 0.5 for bent arms)

>0.3 Steps/hops on hands

>0.3 LA turn begun to early

1.00 (CJ) Touch with only 1 hand

\*VOID No touch

### **SECOND FLIGHT**

>0.5 LA turn begun too late

>0.1 Exactness of LA turn

>0.5 Insufficient height

>0.3 Insufficient length

### **LEGS**

0.1 Crossed

>0.2 Separated

>0.3 Bent

### **Insufficient Exactness of BP**

>0.3 Insufficient TK or PK

>0.3 Insufficient Stretched position Arch or Pike (136-179 degrees)

>0.3 Fail to maintain stretch position (pikes down)

>0.25 Insufficient / late extension of TK or PK

0.30 Total absence of extension of TK or PK

>0.3 Late completion of twist (Group 1 & Group 4/5 without saltos)

>0.2 Brush/hit of body/head on table

### **LANDING/GENERAL**

>0.1 Slight hop/adjustment of feet

>0.1 Extra arm swings

>0.1 each 0.4 Maximum Steps

0.2 Very large step/jump

>0.2 Body Posture

>0.2 Trunk movement for balance

>0.3 LA turn under/over rotated

>0.3 Deep Squat

>0.3 Brush/touch with hands(s)

>0.3 Direction

>0.3 Dynamics

0.5 Fall or support on hands

0.5 Fall against vault table

0.5 Spot on landing

0.5 Coach between board & table (except Groups 4/5-no penalty)

0.5 Vaults w/o signal from CJ

\*VOID Fail to land on soles of feet first \*VOID No safety collar (Groups 4/5)

\*VOID Spotting during landing \*VOID Landing in sitting, lying, or standing position on top of table

## **Gold Uneven Bars**

**Start Value 9.9**

### **Special Requirements**

1. Minimum one (1) bar change

2. Circling element finishing 60 degrees above horizontal

3. A "B" element with flight or turn

4. Dismount Salto (*A, B, or C*)

### **Fall Time: 45 seconds**

*Horizontal casts will receive "A" VP credit twice when used in a different combination. There **WILL BE** a minimum horizontal cast requirement throughout the routine otherwise an up to .2 deduction will be incurred each time for failing to achieve the horizontal. Those gymnasts who achieve more swingful execution along with good rhythm throughout the routine should be differentiated from those who show minimal to poor amplitude throughout (content & quality of movement)..*

## **Gold Balance Beam Start Value 9.9**

### **Special Requirements**

1. An Acro series of two (2) elements on beam one (1) with flight
2. Minimum 360 degree turn on one foot
3. Dance Series of Two or more elements, one of which is a leap/jump with a minimum of 135 degree split
4. A minimum “B” or “B” element in a series prior to an “A” dismount

**Time:** Minimum Time 50 seconds, Maximum time 1minute 30 seconds

### **USAIGC Special Balance Beam Judging Considerations**

- A. If a gymnast falls from the balance beam, remounts and falls off the balance beam again prior to the start of her routine (clock start), NO ADDITIONAL DEDUCTION will be taken
- B. If the gymnast falls off the balance beam more than three times no additional deductions of .50 will be taken for any falls exceeding three (1.5 deduction)

## **Gold Floor Exercise Start Value 9.9**

### **Special Requirements**

1. Double Salto Series with a minimum of 2 elements (same or different)
2. Acro series of three (3) or more flight elements with one salto
3. Dance Series or Passage\* with a minimum of two (2) elements including a leap with a minimum of 150 degree split
4. A minimum of a “B” turn on one foot

\*A Dance Passage should consist of a minimum of two (2) different gymnastics elements from Group I ( leaps, jumps, hops) directly or indirectly connected. Passages must be continuous without pauses, stops or lunge preparations and without acro elements. They may include running steps, small leaps, hops, chasses or any continuous turn on one or two feet between the dance value parts (minimum two) from group I. Elements landing in a prone position must be last in the passage.

### **Platinum Division**

**Age Divisions:** 9-11, 12-14, 15-18, 19+ up to State Championships with the understanding that the USAIGC can sub-divide the age divisions based on numbers at the National Championship. State Championship and local hosts can combine *and sub-divide* age divisions based on number.

**Difficulty Requirements:** 3 A’s, 4 B’s, 1C

Start Value: 9.70, maximum of .30 bonus to be achieved through connection value (C+C+D) or extra “D” receiving .1 bonus. Any “E’s” performed will receive “D” value part credit.

## **Platinum Vault NCAA Collegiate Rules see Vault Chart in Premier Vault**

### **Platinum Uneven Bars Requirements**

1. Two (2) bar changes
2. One flight element must be a minimum “B”
3. One LA turn-excluding mount or dismount
4. Minimum “B” dismount

*There will be a minimum cast of 45 degrees above the horizontal throughout the routine otherwise there will be a .3 deduction for failing to achieve the requirement*

### **Platinum Balance Beam Requirements**

1. Acrobatic series with a minimum of two (2) flight elements (both must start and finish on beam)
2. Dance/series of two (2) or more elements with a leap/jump/hop of 180 degree split
3. Minimum of 360 degree turn from Group 3 JO Elements
4. Minimum of “B” dismount

### **Platinum Floor Exercise Requirements**

1. Acro series with two (2) saltos, same or different OR two (2) directly connected saltos
2. Three (3) different saltos in exercise
3. *Dance passage with a minimum of two (2) different Group 1 elements, directly or indirectly connected one of which is a leap (one foot take off requiring a 180 degree cross or split position).*
4. Minimum of “B” salto as last salto or in last connection of saltos

## **Premier Division**

**Age Divisions:** 9-11, 12-14, 15-18, 19+ up to State Championships with the understanding that the USAIGC can sub-divide the age divisions based on numbers at the National Championship. State Championship and local hosts can combine or *sub-divide* age divisions based on numbers.

## **Vault Platinum & Premier** – NCAA Collegiate Rules In Play

1. The JO Bonus Rule WIL NOT BE IN EFFECT for select 10.0 start value vaults
2. Vault Numbers will not be flashed (USAIGC)
3. Gymnasts will perform one vault, the score of which will count. A gymnast is allowed three attempts to complete one vault. \*If a gymnast touches and/or vault apparatus or inverts on the approach or vault table without going over the vault apparatus, then this counts as one of her three attempts. It is not considered a vault. If a gymnast inverts on the approach and/or the table and goes over the vault apparatus, then this would be considered an executed vault and must be scores.
4. 1.00 deduction for touching the vault table with only one or with no hands taken by each judge.
5. 1.00 deduction for failure to land on the soles of feet first (include fall) taken by each judge.
6. 1.00 deduction for spotting assistance during the vault by each judge.
7. If a gymnast vaults prior to the judges hand or flag signal, the gymnast must repeat the vault for score and would receive a .50 deduction

## **Premier Uneven Bars**

1. Minimum of two (2) bar changes
2. Two (2) flight elements, minimum of two (2) different C's OR a D and B
3. One element with longitudinal axis (LA) turn, minimum of "C" (not to include dismount)
4. "C" dismount with the following modifications: "C" dismount immediately preceded by same two A and B elements = .10 deduction (not .20)

## **Uneven Bar Specific Deductions**

- a. Lack of choice of elements and/or connections .....up to .20

Consider

1. Overuse of one group of elements
2. Overuse of specific element variation of that element
3. Overuse of same element for connections
4. Elements of highest value connected primarily to elements of lowest value

- b. Insufficient distribution of the elements .....flat .05

Consider

1. Level of difficulty not maintained throughout the exercise
  2. Most difficult elements placed in the same section of the exercise
- c. More than one squat/stoop on LB with/without sole circle to grasp high bar .....each .10

Reminder: After a fall, judging resumes once the gymnast performs an element; therefore, if she resumes with a glide kip, squat on, and has already performed a squat/stoop on, the deduction will be applied.

- d. Uncharacteristic elements

Examples:

1. Squat on LB and 1/2 turn on feet to grasp high bar
2. Swing forward on HB, place feet on LB to stand with or without 1/2 turn unless followed by a circling move.

- e. 3/4 giant circle forward with or without grip change.....each .10

This is not considered an element and will break a connection

- f. Choice of elements not up to the competitive level .....flat .10

1. Choice of elements up to the "competitive level" will now be defined by the following basic standards:

-A release sequence (minimum C+C+D in any order or D=D)

-OR a pirouetting sequence (minimum C+C+D in any order or D+D)

-OR a combination of release and pirouette (minimum C+C+D in any order or D+D)

Clarification: Only one skill in the above combinations has to contain a turn or release to fulfill the requirement

- OR a dismount sequence (minimum C+C+D in any order or D+D)

- OR minimum two "D" releases

2. Exercise must have minimum of a "D" release as part of, or in addition to, the above AND a minimum of "D" dismount or "C" dismount in bonus combination

### **3.3 Element Values Different From Level 10**

- a. 2.303 Uprise backward to handstand on HB with 1/2 turn = D

- b. All elements that include a 1/1 (360 degree) turn completed on one arm after handstand phase in the descent phase (healy technique) = D (listed below)

-2.301 Cast Healy, 2.303 Uprise Healy, 3.305 Clear Hip Healy, 4.303 Back Giant Healy, 5.302 Front Giany Healy  
-7.308 Front Sole Circle Healy, 7.309 Sole Circle Healy

c. Value of the Stalder

1. Stalder (forward or backward), straddled or in-bar, to handstand with or without a 1/2 turn=D
2. Stalder (forward or backward), straddled or in-bar, to handstand with a 1/1 turn = E
- d. 1 1/2 pirouette (turn is in handstand, not a Healy) = E

**Premier Balance Beam**

**BEAM SPECIAL REQUIREMENTS** (.2 each taken off of the Start Value)

- a. Acro series: Minimum of two (2) flight elements, one element must be a minimum of C with or without hand support (both elements must start and finish on the beam).
- b. Dance series with a minimum of two (2) elements, one element C or higher.
- c. A leap or jump requiring 180 degree split. (This may be part of the dance series.)
- d. Minimum of 360 degree turn from Group 3. No hand support permitted.
- e. Minimum of C dismount, or B dismount preceded by and directly connected to any C element (acro or dance).

**BEAM SPECIFIC COMPOSITIONAL DEDUCTIONS**

a. Lack of variety in choice of elements

1. Missing a backward acro element with a minimum of A value. .... **flat .10**  
Missing a forward/sideward acro element with a minimum of A value. .... **flat .10**

The following five (5) notes apply to both backward and forward/sideward acro requirements.

- Must be from Groups: 1-Mounts, 6-Rolls, 7-Walkovers/Cartwheels, or 8- Saltos.
- Round-off is considered a sideward element.
- BHS1/4 or 3/4 to handstand is considered a backward element
- A jump backward (BHS) with 1/2 twist to walkover forward (Arabian walkover or salto) is considered a forward element.
- A tic-toc can be considered either a forward or backward element, to the advantage of the gymnast

2. **Lack of variety in dance elements**

- Gymnasts are required to show at least two (2) different shapes in leaps and/or jumps with shape being defined as the body position reached at the peak of the skill ..... **flat .10**

**Clarification:** Entry technique (scissors, 1-foot takeoff, 2-foot takeoff, etc.) does not change the shape of the skill.

**These are different shapes:**

Pike, Cat, Tuck, Sheep, Wolf  
Straddle (side split or piked), Ring(requires head release)  
Straight/beat Split (forward, includes, stag, and double stag)

- More than one leap/jump/hopelement to prone. .... **each .1**

b. Insufficient distribution of the elements..... **up to .10(unique to beam)**

**Consider:**

- Level of difficulty not maintained throughout the exercise.-
- Most difficult elements placed in the same section of the exercise.

c. insufficient use of entire beam apparatus

1. Insufficient level changes throughout the exercise..... **up to .10**

**Consider:**

- Level changes by the performance of elements and/or connections [look for movements that are high off the beam, standing, semi-low, and low (kneel, squat, sit, lying).
- No longer required to touch the beam with a part of the torso and/or head.

2. Spatially (use the entire length of the beam) ..... **up to .10**

3. Directionally(movement/choreography forward, backward and sideward) ..... **up to .10**

d. Choice of acro elements not up to the competitive level..... **flat .10**

Choice of elements up to the “competitive level” will now be defined by the following basic standards:

- If a flight series without connective bonus is performed, then an additional D acro skill is required (mounts and dismounts may be included).

**ELEMENT VALUES DIFFERENT FROM LEVEL 10**

#2.307 Stag-ring leap or jump with front leg stag or straight = D

#7.412 Full Twisting BHS swing down =E

#8.301 Salto Forward take off from one leg to a sit =D

#8.304 Salto backward stretched throughout (no pike down)with legs together = D

#9.202From a stand on one leg=swing free leg backward to fron salto STRETCHED with 1/1 twist off side or end of beam=C TUCKED=B

#9.309 Gainer salto tucked with 1/1 twist off end of beam = D

g. Salto backward stretched through vertical and then pike down, with legs together =D

**CONNECTION VALUE EXCEPTIONS.**

- a. NO BONUS: 2 Acro Flight Element connection B+C Salto WILL NOT receive Connection Bonus
- b. Back Salto Stretched with Step-Out receives "D" bonus but will be considered as "C" value for purposes of awarding connection value in Back Handspring Sries only(Step-out BHS, BHS to 2 feet, or gainer BHS, in an order

**Examples:**

- BHS+ Layout Step-Out, B+D, receives .10D Bonus &No Connection Value Bonus (B+C)
- BHS+BHS+Layout, B+B+D, receives .10 Bonus &.10 CV (B+B+C)
- Split Jump + Layout Stepout, B+D, receives.10D &.20 CV (B+D, not a BHS series)
- Round-Off+Layout Step-Out, B+D, receives.10 D &.20 CV (B+D, not a BHS Series)
- c. B+D Acro-Flight - BHS+Layout, stretched then piked down with feet together = .10 CV (not .20CV)

**Premier Floor Exercise**

**FLOOR EXERCISE SPECIAL REQUIREMENTS**(.20 each taken off Start Value)

**JO Special Requirements have been adopted for floor.**

- a. One acro series with two (2) saltos (same or different), OR two (2) directly connected saltos. If the two (2) saltos are not directly connected, they must be included in an acrobatic series, which is defined as a minimum of three acrobatic flight elements, with or without hand support. Aerials are NOT considered saltos.
- b. Three (3) different saltos within the exercise
- c. The salto performed as the last isolated salto or within the last salto connection must be minimum "C".
- d. Dance passage with a minimum of two (2) different Group 1 elements directly or indirectly connected one of which is a leap (one foot take off requiring a 180 degree cross or split position. An indirect connection would allow for running steps, small leaps, hops, chasses', assembles', or any kind of turn on 1 or 2 feet between the two dance

**FLOOR SPECIFIC COMPOSITIONAL DEDUCTIONS.**

- a. Lack of variety in choice of elements
  - 1. Lack of variety *in dance elements*
    - Lack of Dance Bonus from Groups 1 or 2 (minimum of .10 Connection Value or .10 D/E Bonus is required}.....flat.10
    - Gymnasts are required to show at least two (2) different shapes in leaps and/or jumps with shape being defined as the body position reached at the peak of the skill. .... flat.10

**Clarification:** Entry technique (scissors, 1-foottakeoff, 2-foot takeoff, etc.) does not change the shape of the skill.

**These are different shapes:**

- Pike, Cat, Tuck, Sheep, Wolf, Straddle (side split or piked), Ring (requires head release)
- Straight/beat Wolf, Split (forward includes stag, and double stag)
- More than one (1) leap/jump/hop to prone position.....each .10
- 2. Lack of variety in acro elements.....up to .10
- Missing a backward salto with a minimum of A value .....flat.10
- Missing a forward / sideward salto with a minimum of A value.....flat.10
- b. Insufficient distribution of the elements.....flat .05

<b>USAIGC UNEVEN BAR ELEMENT VALUES</b>			
<b>GROUP 1</b>	<b>SYMBOL</b>	<b>MOUNTS</b>	<b>VALUE</b>
1.100		Facing HB-Jump with ½ or 1/1 turn to hang on HB	A
1.101		Squat or Straddle jump w/hand repulsion over LB to hang on HB	A
1.102		glide kip mount (and kips in routine)	A
1.103		reverse kip	
1.200		jump w/ ½ turn kip to support kip ½ turn catch HB / stoop through to rear support straddle cuts to same bar jump ½ turn kip up to HB (from outside of HB) jump with 1/1 turn kip on LB	B
1.201		Free tuck, straddle or stretch body over LB to hang on HB; also with ½ turn	B
1.202		jump to brief hang on HB, salto roll backward with grip change to LB	B
1.203		Hecht jump (legs together) with hand repulsion over LB to hang on HB	B
1.204		Round-off in front of LB, flight backward momentary clear straddle support on LB	B
1.205		jump to handstand on LB with hips bent, then extended	
1.206		Jump to hang on HB-underswing with ½ turn and flight over LB to glide	B
1.300		Glide kip on LB with 1/1 turn and grip change to hang on HB	C
1.301		Glide on LB, stoop through, back kip-up with straddle cut backward to hang on HB	C
1.302		Jump with ½ turn over LB-kip to support on HB	C
1.303		Salto forward tuck,pike,straddled over LB to brief sit on LB	C
1.304		Round-off in front of LB-flight backward over LB with legs together or straddled to hang on HB	C
1.305		Jump to handstand on LB with hips bent, then extended with ½ turn in handstand	C
1.306		Jump with extended body to handstand on LB	C
1.307		Jump to brief clear support on HB (with reverse,mixed or regular grip)-clear hip circle to handstand on HB	C
<b>GROUP 2</b>		<b>CASTS &amp; COUNTERSWINGS</b>	
2.100		Cast to squat, stoop or straddle on bar; <i>also to horizontal</i>	A
2.200		Cast to Handstand – (hips bent or extended)	B
2.201		Front support on LB-free squat stoop or straddle over LB to hangvon HB; also with ½ turn	B
2.202		Front support on HB-stoop or straddle with flight over HB and ½ turn to hang on HB	
2.203		Hang on HB-uprise backward to clear support on HB	B
2.204		Swing down from HB with ½ turn and uprise backward to clear support on HB, (turning uprise)	B
2.205		Hang on HB-swing backward with release and 1/1 turn to hang on HB	B
2.206		From HB counterswing backward in straddle or pike with flight over LB to hang on LB	B
2.300		Cast to handstand with hop to reverse grip in handstand	C
2.301		Cast to handstand with ½ turn in handstand, also to “L” or mixed grip (Higgins Technique)	C
2.302		Cast to handstand with 1/1 turn on one arm after handstand (Healy technique) to “L” or mixed “L” grip; also from cast with	C

		hop to reverse grip	
2.303		Hang on HB-Uprise backward with straddle flight or rear vault over HB to "L" hang	C
2.304		Hang on HB-Uprise backward to handstand on HB; also with 1/1 turn after handstand (Healy technique-to "L" or mixed "L" grip)	C
2.305		From support on HB-swing backward with release and 1/1 turn to hang on HB	C
2.306		Hang on HB-Counterswing backward in straddle or pike with flight to handstand on LB; also with ½ turn in handstand	C
2.307		Hang on HB-Counterswing backward in straddle or pike with ½ turn flight in flight to arrive in a clear support	C
<b>GROUP 3</b>		<b>UNDERSWINGS &amp; CLEAR HIPS</b>	
3.100		Underswing(clear or toe-on)with½ turn on HB to hang	A
3.101		Underswing backward (inverted pike swing) dislocate to hang on HB	A
3.102		Clear hip circle to clear support-below horizontal	A
3.200		Underswing on LB with grip change to hang on HB; also with ½ turn to hang	B
3.201		Facing outward-underswing with ½ turn to clear support on same bar	B
3.202		Underswing (toe-on) with ½ turn and flight over LB to hang on LB	B
3.203		Clear hip circle to clear support-at or above horizontal	B
3.300		Clear underswing on LB release and counter movement forward in flight to hang on HB, also with ½ turn	C
3.301		Underswing with ½ turn to hang	C
3.302		From handstand on HB, underswing (toe-on) with ½ turn and flight over the LB to hang on LB	C
3.303		Clear hip circle to handstand	C
3.304		Clear hip circle to handstand with ½ turn in handstand phase; also to "L" grip	C
<b>GROUP 4</b>		<b>GIANT SWINGS BACKWARD</b>	
4.100		Swing downward between bars, swing forward with ½ turn above the HB height	A
4.101		On HB - long hang pullover to front support	A

4.200		Swing down between bars, swing forward with 1/1 turn to "L" hang at height of HB	B
4.201		On LB-Backward giant circle to handstand also with ½ turn- (legs tucked at bottom)	B
4.202		From hang on HB- long swing forward with a ½ turn and flight over LB to hang on LB	B
4.203		Hang on HB, facing LB-swing forward and salto roll backward to hang or clear straddle support on LB	B
4.204		On HB-giant circle backward to handstand;	B
4.300		On HB-giant circle backward to handstand with ½ turn; or ½- 1 1/2 turn in different directions	C
4.301		(Handstand on HB)-swing down between bars, swing forward with 1 1/2 turn to be completed above height of HB	C
4.302		(Handstand HB) – giant circle backward to handstand with hop-change grip in handstand phase	C
4.303		(Handstand on HB) – giant circle backward to handstand with hop ½ turn to reverse grip; also ½ turn to "L" or mixed	C

		grip	
4.304		(Handstand on HB)-long swing forward with ½ turn and flight over LB to hang on LB	C
4.305		On LB facing HB, backward giant circle with release and ½ turn in tuck with flight to catch HB, finishing in a hang on HB, facing LB	C
<b>GROUP 5</b>		<b>GIANTS SWINGS – CIRCLES FORWARD</b>	
5.200		Swing down forward between bars, swing backward and 1/1 turn at height of of HB	B
5.201		On LB-giant circle forward in reverse grip-legs may tuck at bottom of circle	B
5.300		(Handstand on HB)-giant circle swing forward in reverse grip (legs straddled of hips bent) also with ½ turn	C
5.301		On LB-giant circle forward in reverse grip to handstand with 1/1 turn in handstand phase-legs may tuck at bottom of circle	C
5.302		(Handstand on HB)-swing down forward (back facing LB) in regular or reverse grip-straddle flight backward over LB to hang on LB	C
5.303		(Handstand on HB)-swing down between bars with grip change to cross grip and ½ turn through hang position to swing upward to handstand on HB; also with ½ turn in handstand phase	C
5.304		(Handstand on HB) – circle forward in reverse grip with free stoop or straddle vault and ½ turn over HB to hang on HB	C
<b>GROUP 6</b>		<b>STALDER CIRCLES</b>	
6.200		Stalder forward to clear support	B
6.201		Stalder backward to clear support	B
6.202		Clear straddle circle backward on HB with grip change to hang on LB	B
6.203		Clear straddle circle backward on HB with ½ turn to hang HB	B
6.300		Stalder forward to handstand; also with ½ turn in handstand phase	C
6.301		Stalder forward to handstand with 1/1 turn on one arm after handstand phase to “L” or mixed “L” grip	C
6.302		Long kip on HB, passing through clear straddle support-swing/press to handstand, also with ½ turn in handstand phase	C
6.303		Clear straddle circle forward on HB with flight backward over LB to hang on LB	C
6.304		Stalder forward in “L” grip to clear support	C
6.305		Stalder backward to handstand, also with ½ turn in handstand phase	C
6.306		Stalder backward to handstand with 1/1 turn on one arm after handstand to “L” or mixed “L” grip	C
6.307		Facing inward-stalder backward with release and counter movement forward in flight to hang on HB	C
6.308		Facing inward-stalder backward with release and hecht to hang on HB	
<b>Group 7</b>		<b>CIRCLE SWINGS / HECHTS</b>	
7.100		Hip circle backward to support (with or without hand support)	A
7.101		Hip circle forward to support (with or without hand	A

		support)	
7.102		Sole circle forward or backward to stand; also with grip change to hang on HB	A
7.103		Rear support-seat(pike) circle forward through clear rear support	A
7.104		Rear support-seat (pike) circle backward to rear support	A
7.200		Rear support-seat (pike) circle forward with straddle cut backward to hang on same bar	B
7.201		Rear support LB-seat circle backward with ½ turn and grip change to hang on HB	B
7.202		Inner rear support on HB seat (pike) circle backward with release to stand on LB or with grip change to hang on LB	B
7.202		Pike sole circle backward (toe on & off) to clear support	B
7.300		Outer front support-clear hip circle backward on LB with hecht to hang on HB, also with ½ turn (legs together or straddled)	C
7.301		Outer rear support on HB-fall backward to inverted pike swing or seat circle forward-straddle cut backward with flight over LB to hang	C
7.302		Rear support on LB-seat circle forward with straddle cut backward and grip change to hang on HB	C
7.303		Pike sole circle forward to handstand, also with ½ turn in handstand phase	C
7.304		Pike circle backward to handstand, also with ½ turn	C
7.305		Underswing (pike sole circle) on LB, release and counter movement forward in flight to hang on HB; also with ½ turn	
<b>GROUP 8</b>		<b>DISMOUNTS</b>	
8.100		Underswing (also clear) to stand, also with ½ or 1/1 twist to stand	A
8.101		(Handstand on HB)-swing down between bars-swing forward to salto backward tuck/pike/stretch (Flyaway)	A
8.200		Swing down forward between bars in reverse grip, salto forward tuck/pike/stretch with ½ or 1/1 twist	B
8.201		Clear front support on HB-underswing (toe-on or clear) with 1 1/2 or 2/1 twist	B
8.202		Flyaway in tuck/pike/stretch with ½ or 1/1 twist	B
8.203		Swing down forward between bars in reverse grip, salto forward tuck/pike/stretch with ½ or 1/1 twist	B
8.204		Hip circle backward on LB or HB-hecht; also from clear hip circle backward	B
8.205		Outer front support on HB-cast to near handstand, salto forward in tuck	B
8.206		From a cast, uprise or backswing, straddle cut to salto backward tuck/pike/stretch off LB or HB (Whipsalto-Tanac)	B
8.300		Clear front support on HB-underswing (toe-on or clear) to salto forward tuck/pike; also with ½ twist	C
8.301		Clear front support on HB-underswing (toe-on or clear) with ½ twist to salto backward tuck/pike (comaneci)	C
8.302		(Handstand on HB)-swing down between bars-swing forward to salto backward stretched with ½ or 2/1 twist	C
8.303		(Handstand on HB)-swing down between bars-swing forward to double salto backward tuck/pike	C
8.304		(Handstand on HB)-swing down forward between bars in reverse grip, salto forward tuck/pike/stretch with 1 1/2 or	C

		2/1 twist	
8.305		Hip circle backward (also clear) on LB or HB-hecht with 1/1 twist	C
8.306		Outer front support on HB-cast to near handstand, salto forward pike	C
8.307		Outer front support on HB-cast to near handstand, salto backward tuck/pike	C
8.308		Outer front support-clear hip circle swing backward or clear hip circle through handstand to salto backward tuck/pike	C
8.309		(Handstand on HB)-giant circle backward (facing LB) to salto backward tucked over HB	C
8.310		From a cast, uprise or backswing, straddle cut to salto backward tuck/stretch with 1/1 or 1 1/2 twist off LB or HB (Tanac 1/1-1 1/2)	C

<b>USAIGC BALANCE BEAM ELEMENT VALUES</b>			
<b>Group 1</b>	<b>Symbol</b>		<b>VALUE</b>
1.100		Free leap to stand on one leg or both legs-take-off from one or both legs	A
1.101		Scissors leap to cross sit on thigh	A
1.102		From side stand, flank over or straddle cut forward to rear support	A
1.103		Jump (with or without hand support) to side straddle stand or split sit; or ¼ turn to cross sit	A
1.104		Leap to cross split from one foot take-off-hand support permitted	A
1.105		Jump to tuck stand, squat or stoop through to rear support	A
1.106		Forward roll from jump or clear straddle swing	A
1.107		Chest or head stand	A
1.200		Free jump with ½ turn in flight phase to stand-take-off from one or both legs	B
1.201		Thief vault-take-off from one leg, free leap over beam, one leg after another to rear support	B
1.202		Jump with ½ turn to clear straddle support-90 approach to beam	B
1.203		From side stand, squat or stoop through to clear pike support (hold 2 sec.)	B
1.204		Free forward roll at end of beam	B
1.205		Jump to chest stand, ½ turn over shoulder to shoulder stand	B
1.206		From cross stand, facing end of beam-head kip	B
1.207		Jump, press or swing to handstand; also with 1/2turn	B
1.208		Jump with bent hips to side planche (clear front support above horizontal) 2 sec. hold	B
1.209		Press to side handstand with hop ¼ (bending and stretching of knees) to cross handstand	B
1.210		From end of beam, jump (with hecht phase) to cartwheel	B
1.211		Handspring forward with hand repulsion from springboard; also front aerial to rear support; also take-off from two legs, roll over to rear support	B
1.300		Split leap with leg change at end of beam	C
1.301		Round-off straddle pike jump backward over the beam into immediate back hip circle	C
1.302		Free jump to cross split sit; also with ½ turn to cross split sit	C

1.303		Hecht roll-with extended hip angle in flight phase	C
1.304		Jump to chest stand, 1/1 turn over shoulder to chest stand	C
1.305		Jump to handspring forward with step-out	C
1.306		Jump,press or swing to handstand with 1/1 to 2/1 turn	C
1.307		Jump with stretched hips to planche (2sec. hold)	C
1.308		Jump,press or swing to handstand with ½ turn and lower to planche or clear pike support (2 sec. hold)	C
1.309		Jump or press to handstand with weight shift to one arm (2sec.hold)	C
1.310		Round-off in front of beam, jump with ½ turn to near side handstand	C
1.311		From side of beam or end, salto forward to land in a tuck cross sit	C
1.312		Round-off, flic-flac to stand on beam; also to swing down	C
<b>GROUP 2</b>		<b>LEAPS, JUMPS &amp; HOPS</b>	
2.100		Split leap forward, take off from one leg; also with bend of front leg (stag leap)	A
2.101		Hop with free leg extended above horizontal	A
2.102		Stag leap forward with leg change (stag switch leap)	A
2.103		Stride leap forward with change of legs to wolf position	A
2.104		Sissone, take-off from both legs	A
2.105		Stretched / arched jump forward	A
2.106		Scissors leap forward or backward with bent legs (cat leap)	A
2.107		Scissors leap forward or backward with extended legs	A
2.108		Tuck jump, take off from one or both legs	A
2.109		Wolf jump (2 legs) or hop (1 leg)-one leg tucked, other leg extended above horizontal	A
2.200		Split /stag leap forward or jump in place with ¼ turn to land in side stand	B
2.201		Split Jump in place, take-off from both legs to cross stand	B
2.202		Pike jump from cross position	B
2.203		Stretched jump with ¾ turn from cross or side position	B
2.204		Cat leap with ½ turn	B
2.205		Tuck jump with ½ turn, take-off from one or both legs	B
2.206		Wolf jump or hop with ½ turn from cross or side position	B
2.207		Straddle pike jump in cross position (facing length of beam)	B
2.300		Split leap or jump with ½ turn; also stag leap with ½ turn	C
2.301		Split jump in side position, also with the rear leg bent	C
2.302		Straddle pike jump, in side position	C

2.303		Straddle pike jump with ¼ turn, side or cross position	C
2.304		Straddle jump to swing down, in cross sit or with ¼ turn to back hip circle	C
2.305		Hop with ½ turn with free leg extended above horizontal	C
2.306		Fouette hop with ½ turn to land in scale (leg above horizontal)	C
2.307		Switch leg leap; also switch leap to land in scale forward (2sec. hold)	C
2.308		Switch leg leap with ¼ turn to land in front support	C
2.309		Pike jump from side position	C
2.310		Ring or stag-ring leap or jump (rear leg at head height)	C

2.311		Stretched jump 1/1 turn	C
2.312		Cat leap with 1/1 turn	C
2.313		Tuck jump with $\frac{3}{4}$ turn	C
2.314		Wolf jump or hop with $\frac{3}{4}$ turn	C
<b>GROUP 3</b>		<b>TURNS</b>	
3.100		1/1 turn on one leg	A
3.101		1/1 turn in knee scale-alternate hand support	A
3.102		$\frac{1}{2}$ turn in prone position (on stomach)-alternate hand support	A
3.200		1 1/2 on one leg	B
3.201		1/1 turn in tuck stand on one leg, free leg horizontal forward	B
3.202		1 1/2 turn in knee scale-alternate hand support	B
3.203		1/1 turn in prone position (on stomach)-alternate hand support	B
3.300		1/1 turn on one leg with thigh of free leg backward at or above horizontal	C
3.301		1/1 turn on one leg with free leg extended or bent forward at or above horizontal	C
3.302		$\frac{1}{2}$ illusion turn-through standing split without touching beam with free leg (brief touch of one hand permitted)	C
3.303		1 1/2 turn in tuck stand, free leg in forward horizontal	C
<b>GROUP 4</b>		<b>WAVES</b>	
4.100		Body wave forward to balance stand on both legs	A
4.101		Body wave sideward to balance stand on both legs	A
4.102		Body wave backward to balance stand on one leg	A
4.200		Body wave forward to balance stand on one leg	B
4.201		Body wave backward to balance stand on one leg	B
4.202		Body wave sideward to balance stand on one leg	B
4.203		From kneeling position, rise upward with body wave through toe to balance stand	B
<b>Group 5</b>		<b>HOLDS &amp; STANDS *(2 SEC HOLD ON ALL GROUP 5)</b>	
5.100		Scale forward, support leg extended or bent*	A
5.101		Standing split forward, with hand support-needle scale*	A
5.102		Stand on one leg with free leg forward or sideward above horizontal*	A
5.103		Free lying torso position at end or side of beam*	A
5.104		Planche with support on one or both arms*	A
5.200		Scale forward in balance stand, support leg extended or bent*	B
5.201		Balance stand on one foot, free leg in sideward hold above 140*	B
5.202		Clear pike "V" support*	B
5.203		Kick or jump to handstand; also with $\frac{1}{2}$ turn*	B
5.204		Handstand in cross position with large arch span*	B
5.205		Jump to chest stand*	B
5.300		Standing split backward, in stand on whole foot*	C
5.301		From handstand-lower to cross or side planche*	C
5.302		Cross or side handstand with horizontal leg hold-reverse planche*	C
5.303		One arm handstand*	C
<b>GROUP 6</b>		<b>ROLLS</b>	

6.100		Roll forward; also from a backward swing	A
6.101		Roll backward	A
6.102		Shoulder roll backward	A
6.200		Dive roll forward	B
6.201		Roll forward without hand support	B
6.202		Handstand roll forward	B
6.203		Roll backward to handstand	B
6.204		Roll sideward, in tuck or stretch through neckstand; also with ½ turn over shoulder	B
6.205		From back, roll sideward stretched (360)	B
6.300		Free shoulder roll forward to stand	C
6.301		Free shoulder roll backward	C
6.302		Neck roll stretched with 1/1 turn or 1 1/2 turn	C
<b>GROUP 7</b>		<b>WALKOVERS, CARTWHEELS, ETC</b>	
7.100		Walkover backward	A
7.101		Tic-Toc walkover forward-backward	A
7.102		Cartwheel; also with one arm	A
7.200		Walkover forward ; also with one arm	B
7.201		Walkover Backward, From front scale, ½ turn to walkover backward	B B
7.202		Tic-Toc walkover forward-backward	B
7.203		Cartwheel; also with one arm	B
7.204		Dive cartwheel	B
7.205		Round-off	B
7.206		From tuck sit-walkover backward (valdez); also with one arm or 1/2 turn	B
7.207		Handspring Forward	B
7.208		Flic-flac with step out	B
7.209		Flic-flac to land on both feet	B
7.211		Gainer flic-flac	B
7.212		Flic-flac swing down to cross sit	B
7.300		Walkover forward in side position to side stand	C
7.301		Handspring forward with leg change in flight phase	C
7.302		Aerial round-off	C
7.303		Aerial cartwheel	C
7.304		Walkover backward in side position to side stand	C
7.305		Back walkover with stoop through of one leg to cross split	C
7.306		From tuck sit-walkover backward with 1/1 turn	C
7.307		All walkovers forward, backward or cartwheels with 1/1 turn in handstand	C
7.308		One arm flic-flac step out	C
7.309		One arm flic-flac to land on both feet	C
7.310		One arm gainer flic-flac	C
7.311		Flic-flac with ¼ twist to side handstand	C
7.312		Flic-flac with tuck/pike and stretch of hips in flight to cross straddle sit	C
7.313		Flic-flac from side position to front support	C
<b>GROUP 8</b>		<b>SALTOS</b>	
8.300		From one foot, Salto forward tuck to extended tuck sit with hand support	C

8.301		From two feet, salto forward to tuck sit with hand support	C
8.302		From a straddle sit, cast and whip to front salto in straddle position to cross sit	C
8.303		Salto backward tuck, pike, or stretched with step out	C
8.304		Gainer salto backward	C
<b>Group 9</b>		<b>DISMOUNTS</b>	
9.100		Handspring forward or Salto tuck, or pike, also with ½ twist	A
9.101		Aerial walkover forward; also with ½ twist	A
9.102		Swing free leg bwd, to front aerial-off side of beam	A
9.103		Aerial round-off	A
9.104		Cartwheel with ¼ twist	A
9.105		Salto backward in tuck, pike or stretch	A
9.106		Gainer salto in tuck, pike, stretch to side of beam	A
9.200		Gainer salto in tuck, pike or stretch to side of beam with ½ twist	B
9.201		Gainer salto in tuck with 1/1 twist to side of beam	B
9.202		Gainer salto tuck, at end of beam	B
9.203		Handspring forward with 1/1 twist	B
9.204		Aerial walkover forward with 1/1 twist	B
9.205		Cartwheel with 1 ¼ twist	B
9.206		Salto forward stretch, also with ½ twist	B
9.207		Arabian salto, tuck or pike	B
9.208		Swing free leg bwd. To front salto with ½ or 1/1 twist-tuck or stretch-off side of beam	B
9.209		Salto backward tuck or stretch with 1/1 twist; also with ½ twist	B
9.210		Stretched jump forward with ½ twist and salto backward, tuck or pike	B
9.300		Handspring forward with 1 1/2 twist	C
9.301		Aerial walkover forward with 1 1/2 twist	C
9.302		Salto forward tuck or stretch with 1/1 twist	C
9.303		Salto backward with 1 1/2 twist	C
9.304		Gainer salto stretched with 1/1 twist to side of beam	C
9.305		Gainer salto pike at end of beam	C
9.306		Stretched jump forward with ½ twist and salto backward stretched	C

<b>USAIGC FLOOR EXERCISE ELEMENT VALUES</b>			
<b>GROUP 1</b>	<b>SYMBOL</b>	<b>LEAPS, JUMPS</b>	
1.100		Split leap forward; also stag split leap	A
1.101		Split jump in place	A
1.102		Stride leap forward with change of legs to wolf position	A
1.103		Scissors leap forward or backward with straight legs	A
1.104		Sissone	A
1.105		Chasse with full turn	A
1.106		Stretched jump with 1/1 turn	A
1.107		Cat leap, also with ½ turn	A
1.108		Hop with ½ turn, free leg extended above horizontal, take off from one leg	A
1.109		Tuck jump; also with ½ turn-take-off from one or both legs	A

1.110		Wolf jump or hop-one leg tuck, one leg extended, take off from one or both legs	A
1.200		Tuck jump to cross split during flight phase	B
1.201		Side split jump, also split leap or jump with ¼ turn	B
1.202		Jete' en tournant-spit leap backward with ¼ to ½ turn	B
1.203		Switch leg leap	B
1.204		Pike jump with legs above horizontal; also with ½ turn to front lying support	B
1.205		Straddle pike jump or side leap in straddle pike position	B
1.206		Side split jump to front lying support (Schushunova)	B
1.207		Tour jete'	B
1.208		Ring leap or jump with rear leg at head height	B
1.209		Tuck jump backward with arch (sheep jump)	B
1.210		Stretched jump with 1 1/2 turn	B
1.211		Cat leap with 1/1 turn	B
1.212		Fouette hop to land in scale	B
1.213		Tuck jump with 1/1 turn-take-off from one or both legs	B
1.216		Wolf jump or hop with ½ turn	B
1.300		Split jump with 1/1 turn	C
1.301		Switch leap with ½ or 1/1 turn	C
1.302		Switch leg leap and ¼ turn to side split leap	C
1.303		Switch leg leap with ½ turn to front lying support	C
1.304		Pike jump with 1/1 turn and legs at horizontal	C
1.305		Straddle pike jump with 1/1 turn (popa)	C
1.306		Jump with 1/1 to side split and land in front lying support	C
1.307		Leap with 1 1/2 turn in horizontal plane to land in front lying position	C
1.308		Tour jete with additional ½ turn	C
1.309		Tour jete to ring leap	C
1.310		Switch ring leap	C
1.311		Stretched jump with 2/1 turn	C
1.312		Cat leap 1 1/2	C
1.313		Hop with 1 1/2 turn, free leg extended above horizontal	C
1.314		Tuck jump with 1 1/2 turn, take-off from one or both legs	C
1.315		Wolf jump or hop with 1/1 turn, take-off from one or both legs	C
<b>GROUP 2</b>		<b>TURNS</b>	
2.100		Full turn on one leg	A
2.200		1 1/2 turn on one leg	B
2.201		Full turn with free leg at or above horizontal	B
2.202		Full turn with free leg held upward with hand at a 180 split position	B
2.203		Full turn to scale forward (2 sec. hold)	B
2.204		1/1 illusion turn without touching floor with leg or hand	B
2.205		2/1 spin on back in a closed hip position	B
2.300		2/1 turn on one leg	C
2.301		1 1/2 turn with free leg at or above horizontal	C
2.302		1 1/2 turn with free leg held upward with hand at a 180 split position	C
2.303		1 1/2 turn to forward scale- (2 sec. hold)	C

<b>GROUP 3</b>		<b>HANDSTANDS</b>	
3.100		Kick, press or jump to handstand, also with ½ to 1/1 turn in handstand	A
3.200		Kick or press to handstand with 1 1/2 or more turn	B
<b>GROUP 4</b>		<b>ROLLS</b>	
4.100		Forward roll, hecht roll, handstand forward roll	A
4.101		Backward roll	A
4.102		Roll backward to handstand, also with 1/2	A
4.200		Stretched jump with ½ twist to hecht roll	B
4.201		Jump 1/1 twist to hecht roll	B
4.202		Roll backward to handstand with 1/1 turn or more	B
<b>GROUP 5</b>		<b>WALKOVERS, CARTWHEELS</b>	
5.100		Walkover forward or backward; also from tuck sit (valdez)	A
5.101		Front handspring	A
5.102		Cartwheel with or without flight	A
5.103		One butterfly forward or backward	A
5.104		Side or front aerials	A
5.105		Round off	
5.106		Aerial round off	
5.107		All gainer flic-flac variations	A
5.108		All head or neck kips	A
5.200		Back walkover or valdez with full turn in handstand	B
5.201		Flic-flac with full twist	
5.202		Flyspring-front handspring from two feet to land on two feet	B
5.203		Arabian handspring-jump backward with ½ turn to front handspring	B
5.300		Handspring forward with 1/1 twist-before or after hand support	C
5.301		Front aerial with 1/1 twist	C
<b>GROUP 6</b>		<b>SALTOS FORWARD</b>	
6.100		Salto Forward Tuck	A
6.200		Salto forward pike or stretch	B
6.201		Salto forward tuck, pike or stretch with ½ twist	B
6.300		Salto forward in tuck, pike or stretch with 1/1 twist	C
<b>GROUP 7</b>		<b>SALTOS SIDEWARD &amp; ARABIAN SALTOS</b>	
7.200		Salto sideward tuck, pike or stretch	B
7.201		Arabian salto tuck, pike or stretch (take-off backward with ½ twist to salto forward)	B
<b>GROUP 8</b>		<b>SALTOS BACKWARD</b>	
8.100		Salto backward, tuck pike or stretch	A
8.102		Whip salto backward	A
8.103		Gainer salto tuck, pike or stretch	A
8.200		Salto backward tuck, pike or stretch with ½ or 1/1 twist	B
8.201		Whip salto backward with ½ twist or 1/1 twist	B
8.300		Salto backward with 1 1/2 or 2/1 twist	C
8.301		Jump forward with ½ twist to salto backward stretch	C

## 2010 - 2011 NCAA (USAIGC) VAULT VALUE CHART

### Group 1 • Handsprings

1.1 Handspring	8.8
1.2 Yamashita	8.8
1.3 Handspring 1/2	8.8
1.4 Yamashita 1/2	9.0
1.5 Handspring 1/1	9.2
1.6 Yamashita 1/1	9.3
1.7 Handspring 1 1/2	9.5
1.8 Yamashita 1 1/2	9.6
1.9 Handspring 2/1	10.0
1.10 Handspring 2 1/2	10.0
1.11 Handspring 3/1	10.0
1.12 Handspring Front Tuck	9.8
1.13 Handspring Front Tuck 1/2	9.9
1.14 Handspring 1/2 Back Tuck	9.9
1.15 Handspring Front Tuck 1/1	10.0
1.16 Handspring 1/2 Back Tuck 1/2	10.0
1.17 Handspring Front Tuck 1 1/2	10.0
1.18 Handspring Front Pike	9.9
1.19 Handspring Front Pike 1/2	10.0
1.20 Handspring 1/2 Back Pike	10.0
1.21 Handspring Front Layout	10.0
1.22 Handspring Front Layout 1/2	10.0
1.23 Handspring 1/2 Back Layout	10.0
1.24 Handspring Front Layout 1/1	10.0
1.25 Handspring Front Layout 1 1/2	10.0
1.26 Handspring Front Layout 2/1	10.0
1.27 Handspring Double Front Tuck	10.0
1.28 1/2 on 1/2	8.9
1.29 1/2 on 1/1	9.1
1.30 1/2 on 1 1/2	9.5
1.31 1/2 on 2/1	9.9
1.32 1/2 on 2 •	10.0
1.33 1/1 on Handspring	9.6
1.34 1/1 on Yamashita	9.6
1.35 1/1 on •	9.6
1.36 1/1 on 1/1	9.8
1.37 1/1 on 1 •	10.0
1.38 1/1 on 2/1	10.0
1.39 1/1 on Front Tuck	10.0
1.40 1/1 on Front Pike	10.0
1.41 1/1 on Front Layout	10.0
1.42 FHS (onto board) Handspring Front Tuck	9.9
1.43 FHS (onto board) Handspring Front Tuck 1/2	10.0
1.44 FHS (onto board) Handspring Front Pike	10.0
1.45 FHS (onto board) Handspring 1/1 Twist off	9.3
1.46 FHS (onto board) Handspring 1 1/2 Twist off	9.6

### Group 3 • Round • Off Entry

3.1 RO, FF Handspring	8.8
3.2 RO, FF 1/1 Twist Off	9.2
3.3 RO, FF 1 1/2 Twist Off	9.5
3.4 RO, FF 2/1 Twist Off	9.9
3.5 RO, FF Back Tuck	9.5
3.6 RO, FF Back Tuck 1/2	9.8
3.7 RO, FF 1/2 Front Tuck	9.8
3.8 RO, FF Back Tuck 1/1	9.9
3.9 RO, FF 1/2 Front Tuck 1/2	9.9
3.10 RO, FF Back Tuck 1 1/2	10.0
3.11 RO, FF Back Tuck 2/1	10.0
3.12 RO, FF Back Pike	9.6
3.13 RO, FF Back Pike 1/2	9.9
3.14 RO, FF 1/2 Front Pike	9.9
3.15 RO, FF Back Pike 1/1	10.0
3.16 RO, FF 1/2 Front Pike 1/2	10.0
3.17 RO, FF Back Layout	9.8
3.18 RO, FF Back Layout 1/2	10.0
3.19 RO, FF 1/2 Front Layout	10.0
3.20 RO, FF Back Layout 1/1	10.0
3.21 RO, FF 1/2 Front Layout 1/2	10.0
3.22 RO, FF Back Layout 1 1/2	10.0
3.23 RO, FF Back Layout 2/1	10.0
3.24 RO, FF Back Layout 2 1/2	10.0
3.25 RO, FF Double Back	10.0
3.26 RO, FF 1/2 1/1	9.3
3.27 RO, FF 1/2 1 1/2	9.5
3.28 RO, FF 1/2 2/1	10.0
3.29 RO, FF 1/2 Front Tuck	9.9
3.30 RO, FF 1/2 Front Tuck 1/2	10.0
3.31 RO, FF 1/2 1/2 Back Tuck	10.0
3.32 RO, FF 1/2 Front Tuck 1 1/2	10.0
3.33 RO, FF 1/2 Front Pike	10.0
3.34 RO, FF 1/2 Front Pike 1/2	10.0
3.35 RO, FF 1/2 1/2 Back Pike	10.0
3.36 RO, FF 1/2 Front Layout	10.0
3.37 RO, FF 1/2 Front Layout 1/2	10.0
3.38 RO, FF 1/2 1/2 Back Layout	10.0
3.39 RO, FF 1/1 1/1	9.7
3.40 RO, FF 1/1 1 1/2	9.9
3.41 RO, FF 1/1 2/1	10.0
3.42 RO, FF 1/1 Back Tuck	10.0
3.43 RO, FF 1/1 1/2, Front Tuck	10.0
3.44 RO, FF 1/1 Back Pike	10.0
3.45 RO, FF 1/1 Back Layout	10.0
3.46 RO, FF 1 1/2 1/1	10.0

1.47 FHS (onto board) Handspring 2/1 Twist off 10.0

**Group 2 • Tsukaharas (1/4 to 1/2 on)**

2.1 Tsukahara Handspring	8.8
2.2 Tsukahara Back Tuck	9.5
2.3 Tsukahara Back Tuck 1/2	9.8
2.4 Tsukahara 1/2 to 3/4 Front Tuck	9.8
2.5 Tsukahara Back Tuck 1/1	9.9
2.6 Tsukahara 1/2 to 3/4 Front Tuck 1/2	9.9
2.7 Tsukahara Back Tuck 1 •	10.0
2.8 Tsukahara Back Pike	9.6
2.9 Tsukahara Back Pike 1/2	9.9
2.10 Tsukahara 1/2 to 3/4 Front Pike	9.9
2.11 Tsukahara Back Pike 1/1	10.0
2.12 Tsukahara 1/2 to 3/4 Front Pike 1/2	10.0
2.13 Tsukahara Back Layout	9.8
2.14 Tsukahara Back Layout 1/2	10.0
2.15 Tsukahara 1/2 to 3/4 Front Layout	10.0
2.16 Tsukahara Back Layout 1/1	10.0
2.17 Tsukahara 1/2 to 3/4 Front Layout 1/2	10.0
2.18 Tsukahara Back Layout 1 1/2	10.0
2.19 Tsukahara Back Layout 2/1	10.0
2.20 Tsukahara Back Layout 2 1/2	10.0
2.21 Tsukahara Double Back Tuck	10.0

USAIGC OVERVIEW CHART – to supplement our USAIGC Code/ Rules

1/2010	Copper	Bronze	Silver	Gold	Platinum	Premier
<b>SR</b>	.4each	.4 each	.4 each	.4 each	.2 each	.2 each
<b>VP</b>	5A &/OR I Elements	6 A's- No C	6A's & 1 B – NO C	4 A & 4 B- NO D	3 A, 4 B & 1 C	3 A, 3 B & 2 C
<b>SV</b>	10.0	10.00	10.00	9.90 (X.VT)	9.70 (X.VT)	9.50 (X.VT)
<b>BP</b>	Not Applicable	Not Applicable	Not Applicable	.10 extra C	.30 CV & Extra D	.50 CV & extra D & E
<b>C/QM</b>	1.0/.5	1.0/.5	1.0/.5	1.0/.5	Not Applicable	Not Applicable
<b>VT</b>	Jump to Handspring onto mat stack Level 4 deductions	Handspring 2 Vault Option Optional Vault Deductions	Collegiate VT Chart Group 1 with no vaults > 360 turn in post flight-NO Saltos Also Vault# 2.1 (1/4-1/2 on – repulsion off	Collegiate Vault Chart- All Groups @ 9.90 or less *2 vault option	Collegiate VT. Chart ONLY 1 VT. Allowed, unless a fall, 2 <sup>nd</sup> vault counts	Collegiate VT. Chart Only 1 VT allowed, unless a fall, 2 <sup>nd</sup> Vault Counts
<b>UB 45 sec fall clock</b>	1. Back Pull over 2. Cast 45 below horizontal 3. Circling Element 4. Dmt. Underswing, Sole Circle OR Cast Push Away	1. One Br Change 2. Cast min. horizontal 3. Circling Element-NO Handstand or Giants 4. DMT. Underswing, Sole Circle OR Tuck, Pike, Layout Flyaway	1. One Bar Change 2. Cast min. 30 above horizontal 3. Circling Element 4. DMT. Salto A or B	1. Min. 1 bar change 2. Circling element finishing 60 above horizontal 3. B element with flight or turn 4. DMT. Salto A-B-C	1.Min. 2 bar changes 2. 1 fight element min. B 3. 1 LA turn-excluding MT. or DMT 4. DMT. Min. B	1.Min. 2 bar changes 2. 2 flight elements. Min. 2 diff. C's or D & B 3. 1 LA turn, min. C (not dmt) 4. DMT. C Min
<b>BB 30 sec. fall clock</b>	1. 1¼ handstand 2. Isolated Leap, min. 60 split 3. Dance Series of 2 elements 4.DMT. Round off or Cartwheel to Handstand ¼ turn (min. 1 sec. hold)	1. Acro non-flight elem. that passes through vertical (F/B/S) – Not in mt/dmt 2. Isolated Leap, min. 90 split 3. Dance Series of 2 elements 1 of which is a leap/jump, with min. 90 split 4. DMT. A (any)	1. Acro flight element 2. 360 turn on one foot 3. Dance Series of 2 or more elements 1 of which is a leap/jump with min. 120 split 4. DMT. Salto / Aerial A or B	1. Acro Series of 2 elements 1 w/flight 2. Min. 360 turn on 1 foot 3. Dance Series of 2 or more elements 1 of which is a leap/jump min. 135 split 4. DMT. "B" or "B" element in a series prior to an "A" DMT	1. Acro Series of 2 flight elements 2. Min. 360 turn on 1 foot 3. Dance or Dance/Acro sries of 2 or more elements 1 a leap/jump with 180 split 4. DMT. Min. B	1. Acro Series, min. of 2 flight elements 1 min. C 2. Min. 360 turn from Group 3. (no hand supp) 3. Dance Series: min. of 2 elements, 1 element min. C 4. DMT. Min. C or B DMT conn. to C element (acro/dance)
<b>FX</b>	1. Acro Series w/min. of 2 elements (CW, RO, WO, Rolls) No Handstands 2. Leap min. 90 split 3. Stretched Handstand Element (Min 1 sec.) 4. 180 or 360 turn on one foot	1. Acro Series w/min of two (2) fast flight elements (No Saltos) 2. Dance Series with a min. two (2) elements including a leap with a min. 120 split 3. Dance /Acro OR Acro / Dance Series (any acro) 4. 360 turn on 1 foot	1. RO, BHS, back salto in any body position (no twists) 2. Forward Acro Pass of two (2) or more non-flight, fast flight or flight elements 3. Dance Series / Passage with a min. of 2 elements including a leap min. 135 split 4. B turn on 1 foot	1. Double Salto series w/min 2 elements (same or different) 2. Acro Series of 3 or more fast flight elements with 1 salto 3. Dance Series/ Passage with a min. of 2 elements including a leap min. 150 split 4. Min. B turn on 1 foot	1. Acro series w/2 saltos 2. 3 diff. saltos 3. Dance Passage w/a min. of 2 diff. Group 1 elements, directly or indirectly connected, (one foot take off requiring a 180 cross or split position) 4. DMT. Min. B Salto, as last salto or in last conn. of saltos	1. Acro Series w/ (2) saltos, same or diff. OR 2 directly conn. saltos 2. Three (3) diff. saltos within the exercise 3. Dance Passage w/a min. of 2 diff. Group 1 elements, directly or indirectly conn., one which is a leap (one foot take off requiring 180 cross or split pos.) 4. Min. C Salto DMT. In last pass or isolated last pass