

# The **New** **USAIGC**

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

## **USAIGC COMPETITIVE RULES**

### **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 the format for our National Championship. *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**

**Vault** - 2 warm-up vaults 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. **NOTE:** 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. 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**

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

**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.

### **Equipment Specs**

#### **Bronze & Copper Levels**

No equipment and mat restrictions. Equipment can be used at any height to accommodate the gymnasts.

#### **Silver & Gold Levels**

**Vault** – minimum 100cm – maximum 135cm

**UB** – Height & Width to accommodate the gymnast size, skill level and safety with a minimum 100cm – maximum 135cm. Height and width must be at increments of the locking mechanisms set by the manufacturer.

**BB** – athletes can compete between 100cm – maximum 135cm. Height must be at increments of the locking mechanisms set by the manufacturer.

**FX** – regulation floor exercise mat 12 meters X 12 meters per the manufacturers spec's.

**Platinum & Premier** - NCAA Rules

### **USAIGC Event Specific Rules & Policies**

**1. Skill Identification: Clarification: Only "A" elements in the USAG Code of Points 2009-2013 shall be recognized as eligible for "" value part credit for ALL competition levels EXCEPT COPPER.** The USAIGC uses the USAG JO Code of Points for skill level identification ONLY, *unless stated otherwise.*

#### **Vault Specific Rules & Policies**

**Copper Level:** Skill specific rules are listed below under Copper

**Bronze & Silver:** 2.0 point deduction for Coaches spotting their athlete in any phase of the vault except the landing which is a .5 deduction .

Bronze & Silver may perform one vault without penalty BUT two vaults are allowed.

**Gold, Platinum & Premier perform ONE VAULT**

If the gymnast falls on their one vault they may take a second vault, with that second vault score counting. **This is an option not a requirement.**

**Premier Level** Gymnasts at the USAIGC National Championship Vault Event Finals have the option to perform a second vault with the understanding that the second vault will be the gymnast's counting score

#### **Balance Beam - Specific Event Rules & Policies**

**Copper, Bronze and Silver Level** Have a 3 fall maximum deduction. No additional .5 deduction can be taken for any additional fall exceeding three (3).

**Copper, Bronze, Silver & Gold Level's** 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 - Specific Event Rules & Policies**

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

Skill specific rules are listed below under Copper

#### **Bronze, Silver & Gold Levels**

A. 50 second minimum time, 1 minute and 30 sec. maximum time.

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

**B. *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***

**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

**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

**Platinum & Premier - Specific Event Rules & Policies** - follow the NCAA Collegiate Rules

### **Vault:**

**a. *Sting Mats are no longer allowed for use as a Round-Off (RO) entry hand placement mat for vault. The only allowable entry pads are the TAC-10 RO 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 gymnast's 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 Bars:**

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

b. 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.***

c. 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 Bars & Balance Beam**

a. The minimum run distance that must be provided for mounts on uneven bars and balance beam during competition is 27 1/2', from the base or leg of the respective apparatus. If more than 27 1/2'

of matting exists, the maximum run distance maybe 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.

b. If a plywood board is used under the springboard for mounting bars and beam, then it must be a 1/2" plywood board with a non-skid surface on both sides.

### **Balance Beam**

c. 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.

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

### **Floor Exercise**

a. 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)

### **Mounting Apparatus**

Silver, Gold, Platinum & Premier levels – follow NCAA Rules

#### **Vault Runway Requirements**

**Copper & Bronze** – minimum 60'      **Silver** – minimum 64'

**Gold** – minimum 74'      **Platinum & Premier** – minimum 82'

### **Matting**

**Premier, Platinum & Gold Levels** - NCAA matting spec's for safety.

**Silver Level** follow USAG JO Age Group matting spec's for Level 6 or 7

**Copper & Bronze** - no restrictions

### **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. During the individual event finals, individual leotards may be worn that meet all other apparel requirements.

f. 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 MR for each violation.
3. Third Time Coach will be removed from the competition floor and the Team will forfeit.

### **Copper Level Competition Requirements & Evaluation**

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

**Qualification Scores:** There are NO qualification scores for our Copper Level Gymnasts to any sanctioned USAIGC competition on the local, State, Regional or National Championships.

### **Total Routine Deductions 6.0**

#### **Special Apparatus Requirements:**

Four (4) Event Requirements at .4 each = **1.6 point value**

**Difficulty / Value Parts** (4 at .1 each) = **.4 point value**

**Technical Performance** = **3.0 point value**

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

**Content** **.5 point value**

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

**Quality of Movement (including expression): .5 point value**

**Neutral Deductions:** .1 overtime & out of bounds .5 spotting with 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 beam remount / immediate fall. Beam routine begins when gymnast resumes her "routine" again for Copper, Bronze, Silver & Gold

### **Copper Apparatus Requirements**

Four (4) "A" Skills valued at .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.

### **VAULT Start Value 10.0**

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

The USAIGC uses the same deductions as Level 4, just as we do for the handspring vault.

## **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 with out executing the vault. Void if the gymnast touches the board or mat stack

**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 above**

**Support Phase** >0.50 - arms bent >0.20 - head contacting mat >0.30 - showing shoulder angle 2.0 - fail to show inverted vertical position from hands to hips (performing a forward roll action)

## **UNEVEN BARS**

**Start Value 10.0**

**Special Event Requirements @** .4 each

**Low Bar Routine ONLY. High Bar Cannot Be Used**

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

**Restrictions** - inappropriate for this level

A. Circling skills MUST NOT arrive in a handstand NOR pas through a handstand

B. Kipping Elements are NOT permitted.

## **BALANCE BEAM**

**Start Value 10.0**

**Special Event Requirements @** .40 each

1. 3/4 handstand, can execute a full handstand without a deduction
2. Isolated Leap, minimum 60 degrees
3. A Gym series of two elements including a straight jump
4. **Dismount:** Round-Off or Cartwheel to Handstand 1/4 turn

**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 acro elements such as: Cartwheels, Walkovers and Flight Elements are permitted on balance beam and CANNOT fulfill ANY balance beam requirement and SHOULD NOT BE PERFORMED - inappropriate.

## **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 three times, ANY ADDITIONAL FALLS will receive NO DEDUCTION. No additional deductions of .50 can be taken for any falls exceeding

three (3).

### **FLOOR EXERCISE**

**Start Value 10.0**

**Special Requirements** @ .40 each

1. One Acro Pass with two (2) or more elements

**Examples:** Cartwheels, **Round-Off\***, Walk-Over (front & back), Handstands, Valdez

2. Split Leap with 60 degree split

3. Handstand (roll or limber out) handstand held for 2 seconds

4. Half turn 180 degree on one (1) foot

**Restrictions:** No Handsprings or saltos may be performed; they are inappropriate for this level.

*\*The Round-Off was ALWAYS ALLOWED ON FLOOR EXERCISE. We voted on something that has been included since Day One?*

**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

### **Bronze Level**

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

The USAIGC can sub-divide the age divisions based upon the number of gymnasts per age group at the National Championship. Local and State Championship hosts can combine or sub-divide age divisions based upon the number of athletes per age level.

### **Total Routine Deductions 6.0**

**Special Requirements**

**1.6 point value**

Four (4) Event Requirements valued @ .4 each

**Difficulty / Value Parts** 6 @ .1 each

**.6 point value**

**Technical Performance**

**2.3 point value**

Execution & Amplitude with small, medium and large degree of error (2.3 points is the maximum deduction that can be taken from this category).

**Content**

**1.0 point value**

The level of connections, combinations & choice of elements The 1.0 value will allow more differentiation throughout the entry-level routine.

**Quality of Movement**

**.5 point value**

**Neutral Deductions:** .1 overtime, .5 floor or beam under time, .1 out of bounds, .5 spotting and no value part credit, .1 failure to present before and/or after the routine, No Deduction after beam remount / immediate fall. Routine begins when gymnast begins from where they left off again. No addition .5 fall deductions after the 3<sup>rd</sup> fall off beam

### **Bronze Level Apparatus Requirements**

Six (6) "A" Skills valued @ .1 each. No skill of C value or higher will receive credit for value part nor special requirement and all amplitude and execution errors will be deducted.

### **Bronze Vault**

**Start Value 10.0**

**Handspring**

One or Two Vaults are permitted.

USAG compulsory deductions for Level 5 will be used for Bronze Vault.

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

**Special Event Requirements @ .40 each**

1. Back Pullover or Glide Element
2. A Cast minimum horizontal
3. A Forward or Backward Circling Skill
4. "A" Dismount: Under swing Sole Circle OR *Tuck, Pike or Layout Flyaway* ONLY

Restriction: Circling skills in the Bronze division must not arrive in handstand nor pass through handstand (no giant, free hip nor stalder circles to handstand).

*New 2009-2010:*

*1. Bronze Level Gymnasts must perform a "skill" on the high bar. Omission for not going to the high bar: Lack of Bar Change .20, Distribution of Elements .10. Variety of Elements .10 + execution*

*2. Bronze Level Gymnasts may dismount uneven bars in ANY BODY POSITION.*

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

**Special Event Requirements .40 each**

1. One (1) Acro non-flight element on the beam that passes through vertical (front, back, or side)
2. An Isolated Leap, minimum 90 degrees
3. A Gym Series of two (2) elements with one being a leap, hop or jump, minimum 120 degrees
4. Any "A" Dismount

**Time:** Minimum 50 seconds, Maximum 1minute 30 seconds, .5 deduction for under time If a gymnast falls from the beam, remounts and falls off the beam again prior to the starting of her routine (clock start); no additional deduction shall be taken. There is a 3 fall maximum deduction. No additional .5 deduction can be taken for any fall exceeding three (3). Flight Elements on beam will not fulfill the acro requirement.

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

**Special Event Requirements @ .40 each**

1. One (1) tumbling pass forward or backward with two (2) or more acro elements,
2. A Dance Series of 2 elements including a leap with minimum *120 degree split (consistent w/ beam)*
3. A Dance / acro or acro / dance series, acro element must show strength or flexibility
4. A Full turn 360 degrees on one foot

**Time:** Minimum Time 50 seconds, Maximum time 1minute 30 seconds *New Change 2009-2010: Gymnasts on the Bronze Level MAYNOT perform a Salto in their Floor-Exercise routine. Deduction for performing a salto: TBD*

*\*Examples of Strength or Flexibility in Acro Series: Strength: Press-Up or Press Down (Handstand) Flexibility: Walkovers, Tinsicas, Valdez*

**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

**Total Routine Deductions** **6.5**

**Special Requirements**

**Four (4) Special Requirements** valued at .4 each = **1.6 point value**  
**Difficulty / Value Parts** (6 A's @ .1 each & 1 B @ .3) **.9 point value Technical**

**Performance****2.5 point value**

Execution & Amplitude with small, medium and large degree of error. (2.5 points is the maximum deduction that can be taken from this category).

There is a 3 **fall maximum deduction** for Bronze & Silver & Gold Levels.

**Quality of Movement**

**.5 point value:** Artistic impression, showmanship and stylization

**Content****1.0 point value**

*The level of connections, combinations & choice of elements*

**Neutral Deductions** .1 overtime, .1 out of bounds, .5 spotting and no value part credit, .1 failure to present before and/or after the routine.

**Silver Level Apparatus Requirements**

Six (6) "A" Skills valued at .1 each

One (1) "B" valued at .3

No skill of C value or higher will receive credit for value part nor special requirement and all amplitude and execution errors will be deducted.

**Vault****Value 10.0**

Collegiate Vault Chart Group 1 with NO vaults greater than 360 degrees in post flight One Vault may be taken on the Silver Level without a penalty (two vaults are allowed)

**Silver Uneven Bars****Start Value 10.0****Special requirements**

1. One (1) bar change
2. Cast minimum 30 degrees above horizontal
3. A Circling skill from groups 3, 6, 7\* (Giants are allowed) \*Groups from USAG age group code
4. *A Salto dismount in any position: tuck, pike or layout Flyaway*

**Silver Balance Beam Start Value 10.0****Special requirements**

1. A Full turn 360 degrees on one foot
2. Dance series of two elements with one being a leap, hop or jump showing a minimum 150 degrees
3. An Acro element with flight
4. A Salto / Aerial Dismount

If a gymnast falls from the beam, remounts and falls off the beam again prior to the starting of her routine (clock start); no additional deduction shall be taken. There is a 3 fall maximum deduction.

No additional .5 deduction can be taken for any fall exceeding three (3).

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

**Silver Floor Exercise Start Value 10.0****Special requirements**

1. RO, BHS, back salto in any body position (twists permitted up to 360 degrees)
2. A Dance series of two (2) elements with one (1) being a leap of a minimum of 150 degrees
3. *Forward Acro Pass of 2 or more non-flight, fast-flight or flight elements.*
4. One and a half turn, 540 degrees, on one (1) foot

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

## Gold Level

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

### Special Requirements

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

**Difficulty / Value Parts** (4 A's .1 each, & 4 B .3) = **1.6 point value**

**Technical Performance** >**1.7 point value**

Execution & Amplitude with small, medium and large degree of error (1.7 points is the maximum deduction that can be taken from this category). There is a **3 fall maximum deduction** for Bronze & Silver & Gold Level.

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

Artistic impression, showmanship, and stylization

**Content** **.5 point value**

The level of connections, combinations & choice of elements

**Bonus:** .1 **Neutral Deductions** .1 overtime, .1 out of bounds, .5 spotting and no value part credit, .1 failure to present before or after the routine

### Gold Level Apparatus Requirements

Four (4) "A" Skills valued at .1 each,

Four (4) "B" valued at .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. "D" skills are *discouraged*. "D" skills performed receive no credit in any manner but receive execution and composition deductions.

### Gold Vault

#### **Collegiate Vault Chart**

Vault Groups One & Two can be selected by the Gold Level Gymnasts AND the following vault numbers 3.1 to 3.20 from Group Three (3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 3.8, 3.9, 3.10, 3.11, 3.12, 3.13, 3.14, 3.15, 3.16, 3.17, 3.18, 3.19 & 3.20). Any Vault selected on the Gold Level will receive the START VALUE as written in the NCAA Collegiate. **ONLY - these Collegiate Groups and Vaults from Group 3 can be used for the GOLD Level.**

Only one Vault will be allowed for our Gold Level Gymnasts. *If the Gymnast falls on her first vault, a second vault may be taken and the second vault score will count. If the gymnast falls on the second vault or the vault is void the gymnast would receive no score.*

### 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. A Salto Dismount

### Gold Balance Beam

**Start Value 9.9**

#### **Special Requirements**

1. *Minimum 360 degree turn on one foot*
2. A Dance series of two (2) or more elements with 180 degree split
3. An Acro series of two (2) elements on beam, one (1) element with flight

4. A "B" element dismount OR in the dismount series on and off the beam.

Ex.: BHS- Back Tuck or isolated "B" element as a dismount.

If a gymnast falls from the beam, remounts and falls off the beam again prior to the starting of her routine (clock start); no additional deduction shall be taken. There is a 3 fall maximum deduction.

No additional .5 deduction can be taken for any fall exceeding three (3).

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

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

#### **Special Requirements**

1. An Acro series of at least 3 flight elements with two (2) saltos (same or different)
2. A Dance *Series* of two (2) or more elements including a leap with a minimum of 180 degrees
3. A Forward Acro flight series of two (2) or more elements (front salto, flyspring, handspring, etc.)
4. A Dance turn on one (1) foot minimum "B"

### **Vault Specific Technical Rules - Collegiate Vault Chart & Rules**

1. All twisting should be completed at the apex of the vault with increasing deductions taken the later the twist is completed.

2. Tsukahara vaults may be performed with 90 to 180 degree turn in the preflight.

3. No deduction should be taken for a bent lead arm when performing Tsukahara entry vault.

#### ***Deduct for bending of second arm***

4. 1/4 on, 1/4 off, in opposite directions should be judged as a handspring vault

***5. During the touch warm-up, each vaulter is guaranteed three times over the vaulting table (USAIGC)***

### **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**

View above Vault Specific Technical Rules & Premier Vault Rules below

#### **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

#### **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
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 combined or *sub-divide* age divisions based on numbers.

**Difficulty Requirements:** 3 A's, 3 B's, 2C

**Start Value:** 9.50, maximum of .50 bonus to be achieved through connection C+C = .1 and both must have turn OR flight C+D = .1 no turn or flight required D+D = .2 Additive / Difficulty Value D = .1 E = .2

### **Platinum & Premier Vault Rules - NCAA Collegiate Vault Chart**

Only one Vault will be allowed for our Premier Level Gymnasts. **If the Gymnast falls on her first vault, a second vault may be taken and the second vault score will count (USAIGC Modification)**

1. **JO Bonus Rule WILL NOT be in effect for select 10.0 start value vaults.**
2. Vault Numbers will not be flashed but vault groups will be flashed (see NCAA Vault Chart) **ONLY at USAIGC National Championship per the National Meet Directors Direction.**
3. USAIGC Premier Gymnasts receive 4 warm-up vaults (USAIGC Rule)
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 the feet first (includes fall) **taken by each judge**
6. 1.00 deduction for spotting assistance during the vault **taken by each judge** *Note: for items 4,5,6, the 1.00 deduction is taken by each judge. If not in range, then a conference is called*
7. All twisting should be completed at the apex of the vault with increasing deductions taken the later the twist is completed.
8. Tsukahara vaults may be performed with 90 to 180 degree turn in the preflight.
9. No deduction should be taken for a lead bent lead arm when performing Tsukahara vault. Deduct for bending second arm.
10. 1/4 on, 1/4 off, in opposite directions should be judged as a handspring vault
11. During the touch warm-up, each vaulter is guaranteed two times over the vaulting table

### **Premier Uneven Bars UNEVEN BAR**

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

- A. Minimum of two (2) bar changes.
- B. Two (2) flight elements, minimum of two (2) different C's OR a D and B.
- C. One element with longitudinal axis (LA) turn, minimum of C (not to include dismount).
- D. C dismount with the following modification: C Dismount immediately preceded by same two A or B elements = .10 deduction (not .20) Difficult Value: Giant ½ Turn (blind) + 1/1 Healy (any direction) = D

## **UNEVEN BAR SPECIFIC COMPOSITIONAL DEDUCTIONS**

A. Lack of variety in choice of elements and/or connections ...up to .20

### **Consider:**

1. Overuse of one group of elements
2. Overuse of specific element or 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 .....a 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 listed in the JO level 10; 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 ..... each .10

### **Examples:**

1. Squat on LB bar 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 it 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 & 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

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.

2. When applying this compositional deduction, consider not only the value part of the release element, but also: - the type of release element; - the direct connection with other release elements and/or other elements of higher value; - the total number of release elements in the exercise above the minimum

## **ELEMENT VALUES DIFFERENT FROM LEVEL 10**

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

b. All other 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 Giant Healy
- 7.308 Front Sole Circle Healy
- 7.309 Back Sole Circle

Healy Amplitude of body at turn completion for Healties:

Angle Achieved: Deduction 0 - 30° No deduction

31 - 45° - .05 deduction, 46 - 90° .10 deduction, >90° - .20 deduction

**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.

- The round-off is considered a sideward element.

- A jump backward (BHS) with 1/2 twist to walkover forward (Arabian walkover or salto) is considered a forward element.

- A BHS 1/4 or 3/4 to handstand is considered a backward 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/hop element to prone. .... each .1

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

**Consider:**

1. Level of difficulty not maintained throughout the exercise.
2. 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).
- Any balance beam dismount of C value is up to the level of competition and will not receive adduction in this category.

**ELEMENT VALUES DIFFERENT FROM LEVEL**

- 10.a. #2.307 Stag-ring leap or jump with front leg stag or straight = D
- b. #7.408 Full twisting BHS = E
- c. #7.412 Full Twisting BHS swingdown = E
- d. #8.301 Salto Forward take off from one leg to a sit = D
- e. #8.304 Salto backward stretched throughout (no pike down) with legs together = D
- f. #9.309 Gainer salto tucked with 1/1 twist off end of beam = D
- g. Salto backward stretched through vertical and then p[ike 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 anu 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 .20 CV)**

**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 exercisec.*

*c. 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.*

*d. The salto performed as the last isolated salto or within the last salto connection must be minimum "C".*

**FLOOR SPECIFIC COMPOSITIONAL DEDUCTIONS.**

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-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 ,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

- Minimum of one (1) forward/sideward salto and a minimum of one (1) backward salto (A value or higher)

**b. Insufficient distribution of the elements .....a 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. Insufficient use of the floor area 1. Spatially (floor pattern) ..... up to .10

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

**d. Choice of acro elements**

1. Lack of a minimum of C salto in exercise .....30

2. 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: *(flat .10 deduction if missing any or all):*

*- One (1) D salto or better*

*- One SERIES with a C salto or better*

*- An acro dismount with a C (minimum) salto in bonus combination or D minimum salto*

**Clarification:** Acro dismount is defined as an acro skill or an acro combination.

**3. Prone landings**

- More than one (1) acro element to prone landing .....each .10
- Maximum of two (2) prone landings will be allowed. One from dance and one from acro elements.
- 1 1/4 saltos to prone landing retain the same value as the root element.

**ELEMENT VALUES DIFFERENT FROM LEVEL 10**

#6.201 Front salto piked = A

***DANCE CONNECTIONS BONUS***

***Turn+Jump***

***- a turn on one foot followed by a jump with a two-foot take off WILL be eligible for CV Bonus (if directly connected with no stop, extra steps, hop or repositioning of the foot) Example: 2/1 turn + Popa, C+C = .10CV***