

USA Gymnastics Changes and Clarifications
For the 15-16 Season
Excerpts from joint meeting of JO and Technical Committee Meeting Minutes,
May 2015
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For OHSAA use in 2015-2016 Season

I. New skills added to the Code of Points

- A. Bars:
1. From a jump to clear support in reverse grip, clear-hip circle forward to HS with ½ turn: Garner "D" #1.416
 2. From high bar, swing down between the bars, swing forward to a double salto backward stretched with a ½ twist: Peele "E" #8.505
 3. From the high bar, swing down between the bars, swing forward to a double salto backward stretched with scissor split of legs to closing before landing: Rickett "E" #8.505
- B. Beam:
1. Leap forward to land on one leg with a grasp of the rear leg prior to landing, free leg held in vertical split (180) with hand above head, free hand optional: Dillman "C" #2.301
 2. From stand on one leg, swing free leg through to front aerial to land in kneel/sit: Stevens "D" #7.402

II. Apparatus Clarification

- A. At Levels 6-10, the board (or) mount mat MAY NOT be placed on an 8" skill cushion for the purpose of mounting.

III. Exceeding warm-up time

- A. It is not considered exceeding warm-up if:
1. Vault- A gymnast waiting to compete on vault runs or jumps on the vault runway following previous competitors' final vault. The gymnast may not run or jump in front of the vault judges' table. A warning would be given in this instance for exceeding the warm-up time.
 2. Floor- A gymnast may jump within the boundaries of the floor exercise mat to warm-up her legs while waiting to compete on floor.

IV. Optional Vault

- A. If a gymnast touches the board and/or table without going over the table, then this counts as one of the three attempts and is considered a balk. If two balks are performed in the three attempts, the gymnast receives the score for the one vault performed.
- B. Level 8 Vault ONLY: If the coach spots the gymnast during the post flight, a 1.00 deduction is applied rather than voiding the vault. The current 0.50 deduction for spotting assistance upon the landing is still in effect.
- C. Level 8 Vault ONLY: The athlete may choose to attempt one or two vaults. If she decides to perform the second vault, she is declaring the score of the second vault as her final and official score, regardless of the result.
- D. ***Levels 6-10 to add the following deductions to any non-salto vault from any group:
1. Angle of repulsion, up to 1.00
 2. Too long in support, up to 0.50 (***NOT ADOPTED FOR OHSAA COMPETITION)
- E. Add an up to 0.20 deduction for bent legs in support on vaults with saltos.

V. Optional Uneven Bars

- A. Add the following to Shaposhnikova-type elements (#3.401, 6.405, and 7.410): An up to 0.10 deduction is applied if the backward swing does not achieve a minimum of horizontal.
- B. Clarification on consecutive sole circles: This is NOT an extra swing. Execution and rhythm deductions may be applied if the gymnast performs the sole circle three or more times consecutively.

VI. Optional Balance Beam

- A. Re-word the description of the following beam mounts:
 - 1. #1..211- Jump to side planche (clear front support above horizontal) 2 seconds
 - 2. #1.311- ...lower to planche (clear front support at horizontal) or clear pike support 2 seconds
- B. #5.206- change description to read: From a side front support, cast to handstand or kick-up to handstand with large arch span in cross or side position, also piked with one leg vertical and one leg bent. 2 seconds
- C. Add the following to the description of forward scale elements #5.101 and #5.201 (Also with hand holding free leg)
- D. For the back hip pullover mount #1.109: Mounting the beam from a sitting or kneeling position on the mat or the board is NOT allowed. In order to receive value part credit, the pullover must be performed from a side stand front ways with take off from one or two feet.
- E. If, when mounting the beam, a gymnasts' foot remains on the mat or the board, deduct 0.30 for supplemental support. This is also applied when feet make contact with the mat in cross straddle sit during the exercise.
- F. Reminder to coaches that only small markings may be placed on the beam. Abuse of this directive will result in a deduction of 0.20 for excessive use of magnesia taken from the average score without a warning.

VII. Optional Floor Exercise

- A. Awarding value part credit to a switch leap: if the minimum of the 45 degree swing of the first leg requirement is met, but the final split position is less than 135 degrees, award "A" value part. Because the split position is less than 135 degrees, this will NOT fulfill the Special Requirement for the leap element in the dance passage.
- B. Switch-side leap clarification: Whenever this element is performed with an early $\frac{1}{4}$ turn, apply the "lack of precision in dance elements" deduction of up to 0.10.
- C. Clarification- pg. 248 M. in JO Code: For an isolated salto or the last salto element in an acro series, there is no penalty for landing with the feet a maximum of hip-width apart, provided the gymnast either slides the heels together or takes a CONTROLLED step forward out of a forward acro element or backward to a lunge out of a backward acro element. Do not deduct unless the landing position appears out of control.
- D. Clarification- top of pg. 244 in JO Code: The gymnast runs down the diagonal for her last acro pass and fails to perform the last salto element. Deduct 0.50 for not fulfilling Special Requirement of the last salto plus 0.30 for no attempt to perform the last salto.
- E. Add the following element to the Code of Points:
 - 1. #2.105 "A" Full (360 degree) illusion turn with brief touching of the floor with one hand.