

## USAG CHANGES AND CLARIFICATIONS FOR THE 11-12 SEASON

Excerpts from Technical Committee Meeting Minutes and  
Joint Jr. Olympic/Technical Committee Meeting Minutes, May 2011  
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\*\*These are all optional additions, changes and clarifications. Rules Interpreters will meet to determine effects, if any, on the high school program. A final version of this document will be posted for all coaches and judges on the OHSAA website in the fall.

### V. New Business

Clarification for **LEVEL 8** Beam Acro series: Any handstand that does not require a 2-second hold for Value-part recognition (such as press handstand or a handstand with turn) and is performed within the exercise (not as a mount) may be used as the first element of the acro series, provided there is not a 2-second hold and the handstand phase (vertical) is reached.

Example: Press to handstand, immediate step down to back handspring.

VII. Clarification for Level 9 and 10 Floor Exercise Composition: When applying the deduction for lack of balance between acro and dance elements, consider both the quality and quantity of the dance elements. The lack of dance connection bonus in Level 9 and 10 Floor Exercise is not necessarily a compositional deduction.

### X. JO Code of Points Clarifications

Add to page 147, #3 regarding Series on Beam:

When evaluating a connection of two dance elements, if the first element lands in plié on two feet, then straightens the legs totally before a second plié occurs to initiate the jump into the next element, the straightening of the legs will break the series.

Pages 139 & 219, regarding Technique of Turns on one foot and Leaps/Jumps/Hops with Turns on Beam and Floor:

The degrees listed and illustration shown refers to turns with a minimum of 360°. If 90° or more of the turn is missing, award the lower value part.

However, when evaluating jumps/leaps/hops/turns that have values based upon less than a 360° turn (example, wolf jump  $\frac{3}{4}$ ), the gymnast must finish a minimum of 1° past the half-way mark between the two value parts. Example: Since there is a value-part listed for the wolf  $\frac{1}{2}$ ,  $\frac{3}{4}$  and 1/1 on Beam, we must was completed and which value to award. If the turn is completed within 44° or less of the designated degree of turn, it will be awarded the higher Value part.

Basically, in order to receive credit for the higher value part, the turn must be finished closer to the higher degree of turn.

Technique on the Sissone and Ring Jump on Beam and Floor: The front leg is required to be in a forward-downward diagonal position at a minimum of 45° (see page 140, 142, and 220). If the front leg is less than 45°, deduct "up to 0.10" for insufficient amplitude of the front leg.

Landing of Dance elements on Beam and Floor:

Recommendation to add an "up to 0.10" deduction for failure to land with legs/feet together on:

- Jumps/leaps/hops that land on two feet on Floor Exercise
- Jumps/leaps/hops that land on two feet in SIDE POSITION on Balance Beam

### IV. Mats for Mounting Bars and Beam

Recommendation that a manufactured (folded) panel mat be allowed as a mounting surface for Bars and

Beam at the Optional levels, but it must be removed as soon as possible after the gymnast has mounted. It may not be placed on an 8-inch skill cushion.

## VI. Landing Deductions

The committees discussed the landing deductions for Vault and Bar/Beam dismounts and concluded that we currently have adequate tools (deductions) to address the lack of balance which would cause the athlete to turn quickly to salute the judges. Judges' education will continue to reinforce the proper use of these deductions.

## IX. FLOOR EXERCISE

New Element Evaluation for Floor Exercise

Recommendation to award "B" Value for a Switch-leg stag ring leap on Floor (#1.211)

### CLARIFICATION:

The 0.3 insufficient amplitude deduction will not be applied to a front layout used as an accelerating element in a directly connected front salto series.

(Example: Front layout directly connected to any another Front salto)

### CORRECTION

Delete III. C. #2. in the May 2010 Joint JO/Technical Minutes: "If the forward leg of one of the two dance Value parts finishes in a stag position, it will NOT fulfill the Special Requirement."

Clarification: Only the leap that is used to fulfill the 180° split requirement in the dance passage may not finish in a stag position.

### CLARIFICATION:

No deduction would be applied for the coach stepping onto the floor exercise area to adjust mat placement. Add to pages 6 and 213 in the *JO Code of Points* the inadvertently deleted statement: "also to adjust placement of the mat" as part of the bullet stating examples of no deduction.

## X. BALANCE BEAM

New Elements on Beam:

Recommendation that the following values be awarded to these new Beam elements:

- Switch-leg stag ring leap (#2.407) D
- Full illusion to scale on Beam (#3.505) ( Jarred and Medvitz) E
- One leg take-off Front Salto Piked with ¼ twist to land on two feet (#8.502) (Oswalt) E

Recommendation to award B value to a "Kick to a Cross Handstand with a full (360°) pirouette" (ending position optional) (#5.206)

Recommendation to add the following to the Level 9 Beam Bonus Principles: In a direct connection of two Acro flight elements B+ C, the Level 9 gymnast may use either a C salto or any aerial element to receive bonus.

Recommendation that any C + C directly connected Dance elements will receive 0.2 bonus on Beam for Levels 9 and 10.

## XI. UNEVEN BARS

New Elements on Uneven Bars

Recommendation that an Underswing (pike sole circle) on LB, release and counter movement forward in flight with 1/1 turn to hang on HB (toe shoot with full twist) be awarded a value of D (Oster) (#7.410)

Recommendation that the following element be awarded E-value (# 3.508) (Sims):

From near handstand, clear hip circle forward to immediate front salto straddled to catch same bar

Recommendation that an "A" Clear Hip would receive NO deduction if the angle achieved was From 1 to 10 degrees below horizontal. More than 10 degrees below horizontal would receive "up to 0.2" deduction for insufficient amplitude.

CLARIFICATION

For Level 7 & 8 Bars: a Clear Hip Circle performed at 45° or above will receive NO deduction for insufficient amplitude. The 0.05 deduction for "C" clear hip circles performed between 11-20° is not applied at Level 7 or 8.

CLARIFICATION:

In Level 8, if a gymnast performs skills on both low bar and high bar, she has fulfilled the Special Requirement of a bar change. At Levels 8-10, the bar change SR does not imply that a value-part must be used to transfer from one bar to another; only that the gymnast must work on both rails a minimum of one time (at Level 8) or at Levels 9 and 10, work one rail at least twice and the other rail at least once.