

USA Gymnastics Rule Updates FOR 2014-15 Season

Excerpts from Joint Jr. Olympic/Technical Committee Meeting Minutes May 2014

Only the rule changes that apply to OHSAA are included. To see the Minutes in their entirety you may go to www.usagym.org, select Women, go to Rules, and select Technical Updates.

VAULT AND GENERAL

- Regarding landings on Vault and dismounts on Uneven Bars and Balance Beam: Effective August 1, 2014 no deduction will be applied for landing with feet a maximum of hip width apart, provided that they join (slide) the heels together on the controlled extension. If the entire foot/feet are sliding or lifted off the floor to join, it is considered a small step and a deduction of up to 0.10 would be applied. Landing with feet further than hip-width apart will receive a 0.10 deduction.
- A deduction of up to 0.10 will be applied for landing with feet staggered (one in front of the other).
- Effective August 1, 2014 add Vault #5.301 - Yurchenko ½ on, front salto tucked to the Level 9 Vault chart. (Level 9 Start Value – 10.0)

UNEVEN BARS

- Clarification: The Weiler Kip elements (#3.207, 3.407) may be performed with legs straddled (hips bent) or together (hips extended) to receive “B” or “D” credit at the JO level.
- Whenever a “B” release element with flight over LB is directly connected with no counterswing to a “D” or “E” release element on HB, the “B” release will receive “C” value-part credit.

BALANCE BEAM

- Clarification - Stag-split leap and split leap on Beam are considered the same element, both listed as element #2.101 in the JO Code of Points.
- The stag or double stag jump in place on beam is an “A” (2.101). The split jump on beam is a “B” (2.201).
- Beam Mount - Recommendation to add to the JO Code of Points under Group 1, Beam mounts: Back pullover - “A” value part #1.109.

FLOOR EXERCISE

- Clarification: Stag-split leap, and split leap on Floor are considered the same element – all listed as element #1.101 in the JO Code of Points.
- Clarification: Stag-split jump, and split jump on Floor are considered the same element – all listed as element #1.101 in the JO Code of Points.
- Amend JO Code, page 229, I. A. 2: Whenever additional matting is placed on the Floor Exercise area and covers any portion of the boundary line(s), the mat must be clearly marked. It is recommended that athletic tape (provided by the coach) be used to mark the mats. Chalk may be used, but should be removed before the next competitor.
- Clarification regarding the coach on the Floor exercise mat
 1. JO Code of Points, p. 231, V.A. changes to: No deduction is applied if a coach inadvertently steps into the corner area of the Floor Exercise mat when placing, adjusting the placement of, or removing the mat.
 2. JO Code of Points, p. 231, V.A.2. becomes a bullet under V.A. – No deduction is applied if the coach enters the Floor Exercise area during the exercise to remove any object (such as hair clips, eyeglasses, etc.) which may impede or endanger the athlete.
 3. JO Code of Points, page 248 Add an asterisk (*refer to page 231) to K. Coach on floor exercise mat (Levels 6-10) = CJ deducts from average 0.50

NEW ELEMENTS

Floor Exercise

1. 1½ twisting double salto backward tucked: Jones “E” 8.503
2. Sheep jump with 1/1 turn: Dunn “C” #1.311

Beam

1. Side aerial, swing back (free) leg forward-upward to a stand on one foot with the leg held above 140° with the hand Martinez “D” 7.403
2. Mount: Split leap forward with leg change (180° leg separation) to cross split sit position, no hand support; Whitney “D” 1.405