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**JUNIOR
COMPETITION
MANUAL**

2021-2024

Version: Nov. 2022

**MEN'S
DEVELOPMENT PROGRAM**



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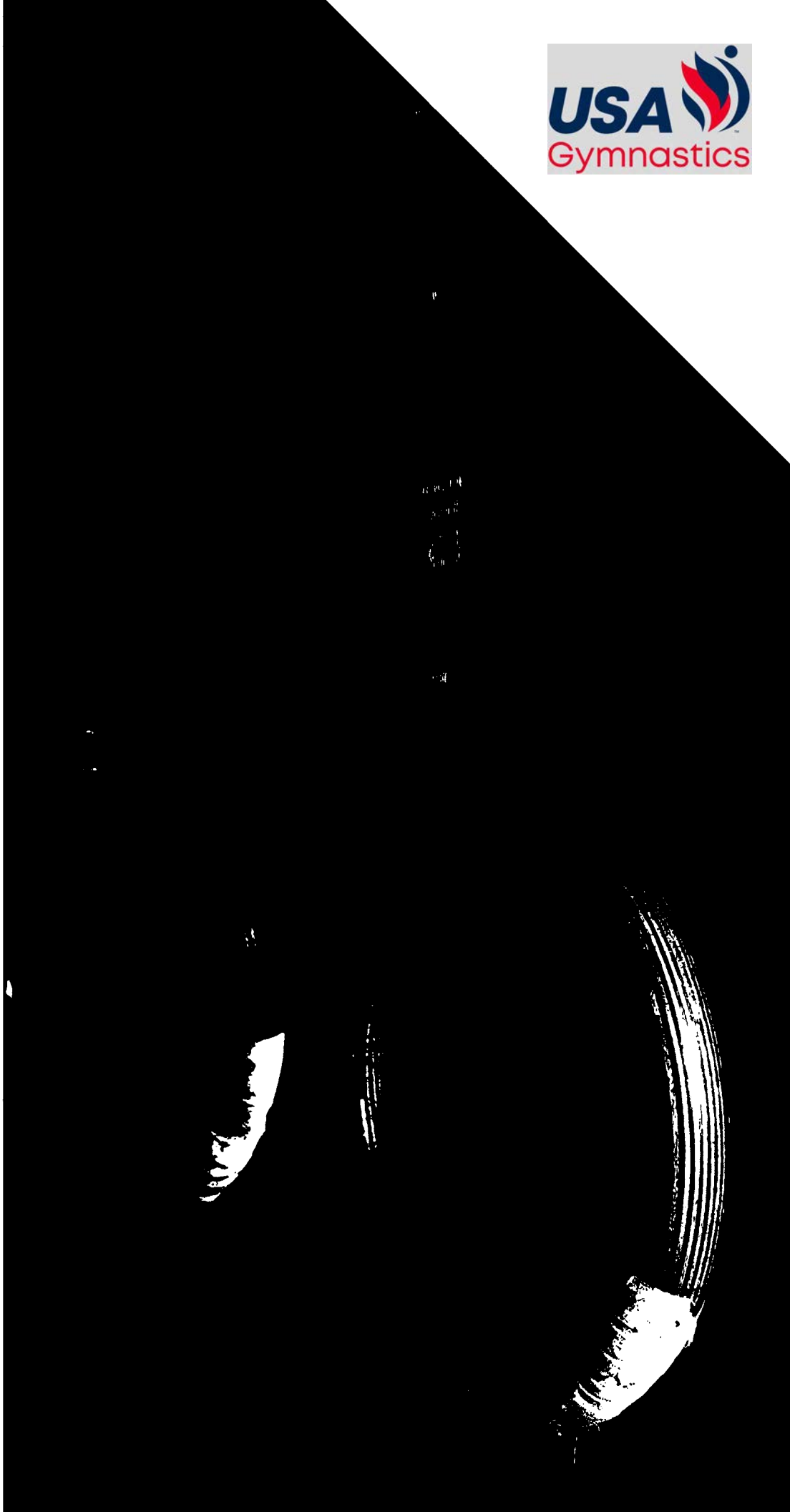
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The Men's Development Program is developed under the direction of the Men's Development Program Committee (MDPC). The MDPC has the final determination in the application of the program, its rules, and organization of its corresponding competitive divisions. The MDPC Members directing the design of this program are as follows:

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In addition, the MDPC would like to thank Lynn Boman for her expertise in formatting the manual in its presentation form.

The MDPC would like to recognize the work of the following committee members in their respective areas for their commitment and expertise in guiding the program development:

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FOREWORD

In order to envision the potential for growth and the future of men's gymnastics and our club industry, the Men's Development Program is presented as three tracks. While separate in their mission, they are linked by the opportunity to transition between the tracks as an individual athlete's development progresses. We understand that member clubs must offer programs that are tailored to the different needs of their member participants. These tracks have missions that address the hourly commitment, cost of participation, and goals of the athlete members, while striving to provide a safe and fun experience in each one of these tracks. They are designed with the opportunity for athletes to grow in the sport and evolve in their commitment each step of the way.

Our committee members are representative of the entire country and experienced both in their coaching knowledge as well as the needs associated with providing a successful business model. The committees have strived to insure consistency and practical application for athletes, coaches and judges. One of the goals of this manual is to simplify the presentation of the rules and create a format that provides easy access to each area that a coach may need to reference in the course of his/her work.

Experiencing recognition and success, as always, is central to retention and continued growth of the junior men's program. It is our hope that coaches and club owners use the program in its entirety to ensure that the placement of every member is appropriate to their needs and aspirations in the sport. We hope that the mission statements will help clubs design and grow their participation by offering a wider variety of participant options.

Lastly, the effort has been made to design a program that can remain stable and require little change for the next ten years or more. This 2021-2024 program is the first major step towards that effort. The changes to the compulsory and optional competition formats in the National and Elite tracks along with the inclusion of the new Club track will hopefully stand the test of time as we implement them throughout this quadrennium.

Sincerely,



Dusty Ritter
Former Men's Development Program Coordinator



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Chapter 1

JUNIOR MEN'S COMPETITION PROGRAM OVERVIEW

A. Competition Program Design: The Men's Development Program is divided into three general tracks and offers competitive formats appropriate for any athlete depending upon interest, level of commitment and relative ability. The mission statements for each of these tracks provide an overview of the respective differences and goals to help coaches place athletes in a competitive environment best suited to their needs.

You will also find information in this chapter that gives an overview of the general rules and proposed age levels for each track within the Men's Development Program. Future chapters are devoted to more specific information including rules as they relate to each track.

Knowing the individual needs and goals of each athlete is an important consideration for their appropriate development. Growth and participation in a variety of programs and disciplines is essential to the health of each club and the industry as a whole. Each and every gymnastics program is invaluable in regards to sustaining men's gymnastics in the U.S. and are vital to ensuring that the sport continues to prosper.

Although coaches may be more familiar with the curriculum based compulsory and optional formats of the National and Elite tracks, there is a huge benefit to creating a strong Club program in each local area that may provide service for an untapped market and a larger number of participants who desire to enjoy gymnastics with less rigorous criteria. This program is entirely driven by customer demand, rather than a rule structure typical of more in-depth gymnastic curriculum.

Both the National and Club tracks move away from restrictive age requirements. This will allow coaches and clubs to manage their clientele base with more flexibility and efficiency. Each level in these programs will be open-ended and supportive of age; in most levels only a minimum age is required. This allows coaches to divide age categories to better reinforce the concept of retention and recognition. The Elite track, due to its specific mission of development of our National Team Program, retains more traditional designated age categories. *Refer to [Page 37 of Rules and Policies](#) for more guidance on recommended age groups.*

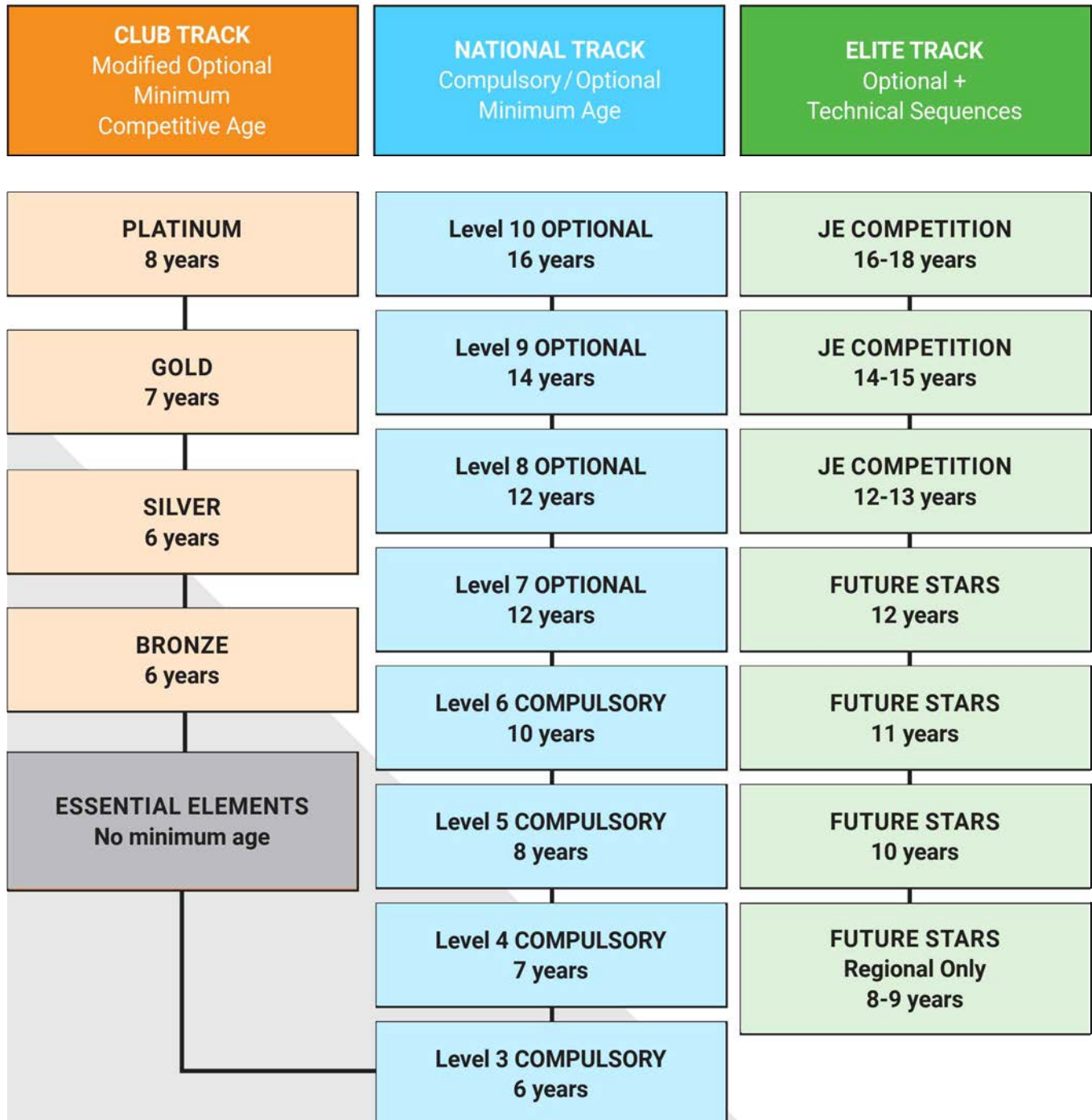
Junior Competition Program – 3 Track Design

Track	Club	National	Elite
Junior Level of Competition	Local (State/Regional)	State, Regional and National	National
Program Mission	Recreational competition to promote participation & growth	Participation & development leading to higher levels of competition	Development & training of athletes for international competition
Potential Level Of Participation	High School Collegiate Club	Collegiate Gymnastics Senior Competition	Junior National Team International Competition
Structure	Level Based	Level Based	Age Based

B. Track Overview: This chart gives a general overview of each track, relative age requirements, levels of competition, and general curriculum. Athletes have flexible and unlimited opportunities to migrate between tracks subject to local or

regional qualification guidelines for championship events. Migration between tracks based on ability and achievement is encouraged. The Essential Elements program is encouraged to allow athletes to transition seamlessly from class participation to an appropriate team program.

Program Overview Flow Charts



Competitive Age Determination

C. Athlete Age Based on Birth Year: For all levels of competition in each of the three tracks an athlete's competitive age will be defined by the year in which he is born. The competitive season is defined by the year in which the championship for that competition program is held. For example, if a championship at any level is held in the year 2022 regardless of what month it is held in, the athlete's competitive age for that season or year is defined by his age as of December 31st of that year. For example, if an athlete was born in 2010 then his age for the 2022 season is 12 years old. Further, if

the season's competitions began in December of the previous year (i.e., 2021) but the championship for that season is held in 2022, the athlete's age is his age as of the year 2022. Athletes whose competitive age is 6 years must reach their 5th birthday before they are allowed to compete in Level 3.

Mission Statements

D. Track Descriptions: The following descriptions explain the purpose and design of each program and the goals of each of the three competition tracks.

CLUB TRACK

Mission Statement

The Club Track is a level-based, recreational competitive program designed to promote increased participation in boy's gymnastics, locally. This cost-effective platform does not require expensive equipment, experienced boy's coaches, or a large section of gym space. The Club Track is ideal for clubs looking to start a boy's program. In addition, it provides the opportunity to identify and train new coaches and judges for the sport. The structure, rules, and execution of the program should be driven by meeting the needs of the customers (athletes and parents), rather than what has been the traditional boy's gymnastics path.

What The Track Is

The Club Track has a simple format that is easy to understand and implement. Routines are in a modified optional format to allow for versatility, creativity, and fun. The program provides an opportunity for a boy to walk into the gym, join the team, and be ready to compete within a short period of time. Each level has basic building block skill requirements to promote gymnastics progressions with minimal hours of training, and a lower cost of participation. The

program is also designed to provide pathways both in and out of the National Track, allowing athletes and their families the ability to choose what is best for them throughout their gymnastics career.

Who The Track Is For

The Club Track is for any boy five years of age and older and wants to experience competitive gymnastics. Most boys want to feel as though they are part of a team, which would typically take a considerable amount of time using traditional gymnastics pathways. Because of this, boys often gravitate to other sports, where they can sign up and start competing or playing the game right away with minimal time and financial commitments. The Club Track will give them that same opportunity to "get in the game" and be part of the gymnastics team. In addition, due to the lower commitment level of the program, it is ideal for the multi-sport athletes, and boys with other activities who still want to compete in gymnastics. Finally, the Club Track is great for boys who are introduced to gymnastics at a later age. The simplified progressions provide an expedited process of achievement that can keep pre-teen and teenage boys engaged and encouraged.

NATIONAL TRACK

Mission Statement

The National Track is a level-based competitive program designed to promote participation while emphasizing long-term gymnastics development. This track recognizes differences in an athlete's acquisition and mastery of gymnastics skills and progress. The National Track utilizes divisions, minimum ages or age groups, and a compulsory/optional pathway to increase the opportunities for recognition, social interaction, and progressive achievement in the sport. The structure, rules, and execution of the program should be based on a combination of consumer needs and follows the traditional gymnastics development path.

What The Track Is

In compulsory levels 3, 4, 5, & 6, the tracks are divided into two compulsory divisions - Division 1 & 2. In optional levels the track includes Levels 7, 8, 9 & 10. The different compulsory divisions create a range of developmental needs and expand opportunities for peer versus peer competition among athletes of varied ability levels. For this reason, the Divisions 1 and 2 may not be mixed for the purpose of awards. The tracks have also been designed to allow movement from one track to another in order to meet the athlete's needs over their entire gymnastics career. As an example, the Essential Elements Program and the Club Program, provide an opportunity for an athlete to cross over to the National Track. The National Track may provide an opportunity for an athlete to move into the Elite Track.

The compulsory levels contain carefully constructed routines that are designed to develop a comprehensive, progressive, and fundamental foundation of skills on each event. The final compulsory level, Level 6, prepares athletes for

the transition to one of the optional levels, which use different competition rule structures.

The Level 7-10 optional track is designed to prepare an athlete for higher level competition using the Junior FIG rule structure with some modifications specific to each level based on ability or age. Participation in these levels provides opportunities that could potentially lead to a career at the Collegiate Level.

Level 7, as a simplified optional level, is designed to encourage continued participation for athletes desiring a less rigorous path to optional gymnastics skills. The rules are created to reward a greater variation of skill levels allowing competitive success and recognition, while continuing to gain skill difficulty and moving towards the Level 8, 9, or 10 optional levels. Additionally, Level 7 provides an opportunity for athletes to continue advancement on events where they may excel, without being held back on events that they find more challenging and without requiring them to participate in the All-Around.

Who The Track Is For

The National program is for any boy six years of age and older that is interested in team and individual competition. Due to the progressive nature of skill development, an athlete in the National Track may require more hours in the gym each week as compared to the less demanding Club Track. Specifically, the National Track offers a wide range of opportunities for athletes that may want to actively achieve a higher level in the sport with the possibility of continuing their participation in gymnastics at the collegiate or senior level.

ELITE TRACK

Mission Statement

The Elite Track is an age-based competitive program designed to develop and train athletes to be successful in international competition. The Elite Track uses technical sequences designed to achieve an exceptional level of refinement and technique, combined with foundational skills for optional skill development using the Junior FIG rule structure. The United States Junior National Teams are selected through the Elite Track competition track, and are eligible for potential selection to represent the USA in international competitions.

What The Track Is

The Elite Track is a program that requires a high level of commitment from both athletes and coaches. The Elite Track has two supplemental programs in addition to Level 8, 9, and 10 optional routines: the Future Stars and Technical Sequence programs. The Future Stars Program is designed to provide gymnasts 8-12 years of age with a foundation of advanced level techniques necessary to successfully transition to the optional rules structure. Future Stars routines fit together directly into Technical Sequences. Technical Sequences ensure the continued

focus on technical execution and refinement as athletes increase skill difficulty. Athletes 11-18 years of age, aspiring to the Junior Elite Track, are required to compete in the Technical Sequence Program. These athletes may qualify to the Elite Track by competing both Technical Sequences and Optional routines at their State and Regional Championships. If they meet the required qualification score, they may compete at the Junior National Championships in the Elite Track where National Team selection takes place.

Who The Track Is For

The Elite Track is open to any athlete willing to make the commitment to the rigorous requirements of the program. The Elite Track can also assist athletes in their advancement through the National Track. Athletes competing in the Elite Track aspire to qualify for selection to the Junior National Team and attend national team training camps, where they receive further instruction to assist in their development to international standards. National Team athletes may be assigned to represent the United States at various international competitions up to and including the Junior World Championships.

National & Elite Track Competition Overview Chart

Non-Competitive Levels 1 - 2

Levels 1 & 2	No Minimum Age	Essential Elements Program
--------------	----------------	----------------------------

Competitive Levels 3 - 10

Competition Requirements – Qualification to Championship Events will be determined by each region/state organization. Qualification to Junior Sectional and National Championship events will be determined by the MDPC.
Birth year determines competition age for all levels – Age in the year of each level's Championship

Compulsory Levels 3 - 6

Division 1 & 2 may not be combined for the purpose of awards

Level	Minimum Competitive Age Allowed	Scoring Breakdown – (Exception: Vault – Refer to Chapter 3 Vault)					
		Base Score	Identified Virtuosity	Stick Bonus	Division 2 Max Score	Specified Bonus (D1-SB)	Division 1 Max Score
3	6 yrs.	9.5	0.3	0.2	10.0	1.5	11.5
4	7 yrs.						
5	8 yrs.						
6	10 yrs.						

Optional Levels 7 - 10

Junior FIG Rules apply except where noted by modifications or exceptions

Level	Minimum Competitive Age Allowed	Score Components				
		Number of Value Skills	Element Groups	Listed FIG Dismount	Stick Bonus	Vault Restrictions
7	12 yrs.	6 (Any 6 skills)	1.5	A = 0.5	None	No Multiple Flip or Twisting Yurchenko
8	12 yrs.	8 (7 + dismount)	2.0	A = 0.5	C+ = 0.1	Two Vaults allowed See <i>Vault Bonus</i> section for requirements
9	14 yrs.			A = 0.3 B = 0.5	C+ = 0.1	
10	16 yrs.			B = 0.3 C = 0.5	D+ = 0.1	

Note: Stick bonus will not be awarded on Vault for Level 3-7 only.

Chapter 2

CLUB TRACK COMPETITION FORMAT

A. The Junior Men's Program Club Track provides a recreational based gymnastics competition option to expand participation and enjoyment of the sport to a wider audience. This format is designed to provide solutions to limited training hours, elevated costs associated with a team program, judging, and travel, regimented training and competition uniform requirements and more.

In addition, gymnastics typically requires a lengthy time commitment before an opportunity is afforded to compete. The Club Track requires minimal experience in both training and fundamental mastery. This track is flexible enough to allow for participants to successfully experience a competitive environment. This track may be seasonal and does not require a year-round commitment. Another key contributor to this track is the ability for athletes to use their gymnastics training and conditioning to support their skills in other sports.

By reducing the number of training hours per week, the number of competitions in a season, fees, the cost of competitions, and the cost of the uniforms, this program is designed to offer a competitive gymnastics experience for a significantly reduced cost. This will encourage more families to participate in competitive men's gymnastics, and ultimately aid in the overall growth of the sport.

The Club Track is based upon a *modified optional* format that lessens the rigid requirements of doing a compulsory routine, yet parallels the compulsory levels with three required elements on each event. This similarity supports migration from the Club Track to the National track. The Essential Elements program can be used as an entry point for clubs to establish a team program at the Club Track level that does not require a major capital expense for men's equipment or highly experienced coaches. The Club Track is not seen as a separate track, but one of three tracks to provide access to the sport for every individual to participate in the Junior Men's Competitive Program regardless of experience level.

The Club Track may culminate at a State or Regional Championship level; however, flexibility is provided for each state or local area to tailor the competitive format according to its needs and time of year or season the competitions are held. Providing opportunity and recognition is the guiding principle of this track. The growth of the Club Track, over time, supports the National and Elite tracks by providing greater numbers and revenue to the overall men's program.

B. Modified Optional Format: The following table defines the general format structure for composition of routines by level:

Club Track Table of Requirements						
Age groups within the levels will be determined by each individual competition director						
Level	Minimum Age	Associated National Level	Number of Value Skills required	Number of Special Requirements	Maximum FIG Value Part Allowed	Maximum Score
Bronze	6 yrs.	Essential Elements	6	3	A	10.0
Silver	6 yrs.	Level 3	6	3	A	10.0
Gold	7 yrs.	Level 4	6	3	B	10.0
Platinum	8 yrs.	Level 5+	6	3	C	10.0 + Diff.
Note: Parts should be connected for no deduction unless written otherwise						

C. Scoring System: The Club Track is designed to require a minimum set of requirements for gymnasts to fulfill. It is expected that a gymnast entering the program for the first time may have a limited foundation of experience and skill level, therefore a complex system of rules is not appropriate for this level of competition. Similarly, evaluation should be straight forward enough to allow anyone with a basic

knowledge, such as a coach or newly certified judge at the local level, to quickly and accurately determine a score or ranking. The scoring system is designed to be less punitive in terms of deduction values so as to encourage participation.

The following table lists the specific rules application to evaluate performance and arrive at a final score:

Club Track – General Table of Deductions		
Error	Deduction	Explanation
Small	- 0.1	Deduct as per FIG
Medium	- 0.2	
Large	- 0.3	
Fall	- 0.5	
Missing value part	- 0.5	Less than 6 value parts required as per level's requirements
Missing Special Requirement	- 0.5	Missing one of three requirements as per level's rules
Skill of disallowed difficulty	- 0.5	Difficulty skill above the maximum FIG value allowed per level
Club Track – Skill Value Determination		
Note: Only the Platinum Level adds difficulty value for the 6 allowed parts to the execution score		
Any allowable skill from the FIG Code of Points		
Any skill from the listed Junior "A" published list		
Any skill from the National compulsory routines including basic swings will be given an "A" value (no difficulty value) unless it is a listed FIG allowed value part as described above		
Any Essential Elements skill will be given "A" value (no difficulty value)		
Club Track – Additional Judging Notes		
There is no stick bonus in the Club track		
The minimum score for any attempted exercise is 6.0		
There are no deductions for repetition of skills – parts may be repeated to count as a value part		
One skill cannot fulfill more than one Special Requirement		
A routine constitutes 6 parts of value – with the exception of Vault and Mushroom Bronze, Silver, Gold		
Only one deduction will be assessed for each skill in the exercise. Exception: Vault will be judged for Run, Board position, Flight, and Landing		
A spotter can appear on the floor exercise with no deduction if they do not make contact with the athlete.		

D. Coaches and Uniforms: Participants are not required to wear typical competition uniforms, i.e., competition pants, competition jersey. T-shirts, shorts or similar attire are acceptable on all events to reduce cost to participants. No footwear is required for any of the events in the Club Track. Coach's attire and professional responsibilities are the same as the U.S. National Program and listed in Chapter 3.

E. Competition Fees and Operations: Competition fees will be set by each individual State committee or board overseeing the Club Track competition. Qualifications to State Championships and awards will be determined by each State.

F. Safety: Meet directors should insure that equipment specifications and matting are consistent with approved guidelines and adequate for the safety of the participants.

Club Special Requirements Tables

G. Modified Optional Requirements: The following grids show the Special Requirements necessary for routine composition on each event:

Floor		Bronze	Silver	Gold	Platinum
	1.	3/4 Handstand	Handstand	Handstand forward roll	Handstand full pirouette
	2.	Forward roll	Backward roll	Front Handspring or Front Tuck	Front Salto any position
	3.	Cartwheel	Round-off	Back Handspring or Back Tuck	Back Salto any position
Pommel Horse or Mushroom		Bronze-Mushroom	Silver-Mushroom	Gold-Mushroom	Platinum-Horse
	1.	½ circle to support	Circle	2 circles	Use 2 parts of horse
	2.	½ circle with ¼ turn	Circle	1 circle	Swing, False or full scissor
	3.	Dismount landing	¼ turn to dismount	¼ turn to dismount	½ circle or loop
Rings		Bronze	Silver	Gold	Platinum
	1.	Hanging tuck	Hanging tuck or "L"	Pull to inverted hang	Support or "L" hold
	2.	Inverted hang	Intermediate swing	Swing to horizontal	Inlocate or dislocate
	3.	Drop to dismount	Any dismount	Salto dismount	Salto dismount pike or stretch
Vault		Bronze-Any mat	Silver-Skill Cushion	Gold-Skill Cushion	Platinum-Table/Mats
	1.	Steps to hurdle from two folded panel mats onto springboard to Stretch, Tuck or Straddle Jump	Run and hurdle to board: Stretch jump Tuck or Straddle jump	Run and hurdle to board: Front Salto Tucked or Piked	Front handspring Or Round-off
Parallel Bars		Bronze-Mat/Bars	Silver-Mat/Bars	Gold-Bars	Platinum-Bars
	1.	Support tucked	Support "L" or straddle	Support "L" Hold	Momentary handstand
	2.	Support swing	Swing bar height	Long hang swing	Moy Upper Arm or Any EG 3
	3.	Drop to stand	Swing to drop or flank	Forward ½ turn off	Wende or Salto dismount
Horizontal Bar		Bronze-Any bar	Silver-Any bar	Gold-Any bar	Platinum-High Bar
	1.	Support (assist)	Swing	Pull over	Any ¾ or full giant swing
	2.	Cast	Undershoot	Back hip circle	Kip or Clear hip
	3.	Drop dismount	Swing to drop	Swing to any dismount	Salto dismount

H. Club Format and Linkage: The design of the Club Track is intended to encourage transition to the National Compulsory Track. The concept is that if the special requirements at each level are similar to the National Track compulsory level then a gymnast may have the opportunity to migrate to the compulsory track at any time should he progress to the point where competition in that track is appropriate. This is provided for at each of the four levels of competition within the Club Track. This is referred to as a *modified optional* format because only three requirements are listed, and not the full routine of compulsory skills. A gymnast and coach may construct their own routine as long as the three required skills or skill areas are included in that

composition. This format is easier for athletes with limited and varied abilities to participate and enjoy gymnastics as a sport.

I. Judges Requirements: Only one judge will be used for each event. Judges may include any USA Gymnastics professional member or Junior certified coach. Any issues that may arise with operation of the program should be reviewed and managed within each individual State organization with regard to the best interests of the athletes participating in the program. Each State or Region may determine cost parameters for judging fees based on need and format.

Chapter 3

NATIONAL TRACK COMPULSORY PROGRAM

Fundamental Elements of the Track

A. Two Division Format: The National Track Compulsory Program is designed with two divisions. Coaches may decide, based on the experience of the athlete, which division of competition is most appropriate for that athlete. Athletes may switch divisions at any time during a season up until the date mandated by the state or region for qualification to their championship event. Division II is designed for athletes to compete the basic compulsory routine at each level without performing the designated difficulty bonus skills. This is an opportunity for athletes who may be less experienced, new to the level, or have not yet reached the point in their development to compete the more advanced bonus skills. Division I gives athletes the opportunity to compete with other gymnasts in their peer group. Division I provides the option to perform up to three bonus skills on each event in Levels 3 through 6. These more difficult fundamental skills typically replace a basic part in the routine composition. The scoring breakdown for each compulsory division is listed in the Men's Development Program competition overview table. Division I may be appropriate for stronger or more experienced athletes who, along with their peers, are capable of doing more advanced skills. ***Based upon the difference in the scoring structure for these two divisions, Division 1 and 2 may not be combined for the purpose of awards.***

B. Base score, Identified Virtuosity, Stick bonus: The compulsory program in both divisions includes scoring that evaluates execution and performance criteria for a maximum value of 10.0 points. The Base Score for each routine starts at 9.5 (Vault starts at 9.7 or 9.2 – refer to the Vault Compulsory Table for reference) and execution deductions are taken from that score. Each routine identifies specific criteria for 3 additional tenths of a point (+0.1 each) called *Identified Virtuosity*. A judge may award these additional tenths if the gymnast fulfills the defined criteria listed in the tables with (-0.1) or less in deductions. The *Stick Bonus* is worth two tenths (+0.2) for fulfilling the criteria

of a stuck landing on the dismount of each routine (Exception – Vault has no stick bonus). The criteria used for determining a stuck landing is defined in the FIG Code of Points. Note: additional errors in execution may result in loss of credit for the performance of a dismount even though the bonus is awarded for stick.

C. Specified Bonus: Each compulsory level and routine, except vault, in Division I lists 3 skills as *Specified Bonus*. Each skill, when performed, has a value of (+0.5). If all three bonus skills are awarded, the maximum score for Division I competition is (11.50) at each compulsory Level 3 through 6. *Specified Bonus* skills are generally more advanced than the corresponding basic skill listed in the routine and can help to prepare athletes for the next level of their development. As athletes matriculate through the levels they will be more prepared to enter optional competition as they advance in age and ability. Generally speaking, *Specified Bonus* may be awarded even if there are multiple small or medium errors in the performance of the skill. *Specified Bonus* will not be awarded if there is a single large error or fall in the performance of the skill. However, a *Specified Bonus* skill may be repeated without limitation on the number of attempts to gain the bonus.

D. Documents of precedence: The FIG Code of Points rules of execution and performance apply to the compulsory program in all cases. Deviations from these rules specifically noted for each event as defined in the Men's Development Program manual or subsequent updates take precedence. Otherwise, all deductions are defined as *per FIG*. For further clarification, refer to the current FIG Code of Points, it's official newsletters, and NGJA interpretations. There are many references to *per FIG* deductions throughout the compulsory program. Coaches should familiarize themselves with the FIG Code of Points thoroughly in addition to using the compulsory tables as a guide to performance criteria. Specific required performance criteria may be listed in each compulsory table.

E. Uniforms: At all compulsory levels, gymnasts are not required to wear long pants or footwear on floor and vault. Gymnasts may compete in shorts and barefoot on those events. Up to and including Level 3, the minimum attire in competition is shorts and T-shirt (no footwear is required) on all events. In compulsory levels 4, 5, and 6 the gymnast must compete with long pants, socks or footwear, and a tank or compression style top on pommel horse, rings, parallel bars and horizontal bar. On floor exercise and vault the gymnast may compete in shorts, tank or compression style top, and barefoot.

For safety reasons, jewelry of any kind is NOT allowed during competition and is considered a uniform violation. Athlete's hair must be secured away from the face so as to not obscure their vision of the apparatus. Failure to do so will result in a uniform violation. Uniform violations will result in a medium behavioral deduction of 0.3 on each event in which the infraction occurs. The judge will warn the gymnast that the deduction will be taken at each event.

F. Coaches Attire: Coaches are required to be in professional attire on the competition floor. Professional attire includes athletic attire such as a warm-up suit, polo shirt or t-shirt/hoodie with club/team logo, athletic footwear (no street or dress shoes), long athletic style pants or shorts (i.e., golf shorts), no hats or denim style pants or cargo style shorts are allowed. In addition, backpacks should remain in the competitor seating areas off the floor and may not be worn by coaches on the competition floor.

Compulsory Judging Guidelines

G. Judging Criteria: All deductions in the compulsory program are *per FIG* as defined in the International Gymnastics Federation Code of Points unless otherwise specified in the Men's Development Program manual or subsequent updates. The following table lists the general deductions for errors in execution that may be taken at the judge's discretion in evaluating performance:

Compulsory Table of Routine Errors and Deductions	
Error	Deduction
Omitted numbered part (as numbered in table)	1.0
Non-Recognizable part (not listed in routine) <i>Includes specified bonus skills performed in D2 routines</i>	0.5 (plus all accrued execution deductions) <i>Apply to bonus skill in Division 2 each time</i>
Composition Error (not performed as written)	0.5 (once per routine)
Fall (as per FIG, onto or off the apparatus)	1.0
Large error (as per FIG)	0.5
Medium error (as per FIG)	0.3
Small error (as per FIG)	0.1
Empty and Intermediate swings (as per FIG)	Empty (½) - 0.3, Intermediate (Full) - 0.5

Partial Completion of a skill: If a judge determines that 50% or more of the skill or numbered part was performed then deductions for the omitted part or composition error will not be taken. The gymnast, in this case, will receive credit for having performed the part. In the case of a *Specified Bonus* skill, the gymnast may receive credit for having performed the numbered part even though he is not awarded bonus due to a fall or single large deduction.

Added swings: Unless specifically restricted in a compulsory routine, added circles on Pommel Horse or Mushroom, extra swings on Rings, or extra swings/giants on Horizontal bar are allowed and will be judged for execution only.

Position and swing criteria: All handstand position criteria are *per FIG* rules. Required positions or angles of swings in compulsory routines, unless

specifically noted, are defined and evaluated as either (a.) Horizontal (b.) 45 degrees (c.) Vertical (d.) Bar or Ring height.

Required Holds: A required hold is defined as 2 second stop in the required position, as per FIG, unless otherwise noted. Failure to achieve a stop position in the execution of a Specified Bonus skill requiring a hold will result in a single large deduction (-0.5). Credit for the numbered part will be awarded, but NO Specified Bonus will be awarded for the skill.

Momentary Holds: Defined as a definite stop in the required position, but with a hold of less than 2 seconds. Lack of momentary hold will result in a medium deduction (-0.3).

Added holds: Where continuous rhythm is required, any added pauses greater than 2 seconds will be treated as rhythm errors and result in a small deduction (-0.1).

Video Review, Behavioral, and Spotting deductions:

There is no video review allowed. All behavioral deductions follow FIG rules and Junior Men's Program requirements pertaining to attire and conduct on the competitive floor. Spotters must be active USA Gymnastics professional members. A spotter is required on Rings, Vault, and Horizontal Bar. A routine may not begin until a spotter is present. If a spotter leaves the apparatus during the performance of a routine at any point a (-0.3) deduction will be taken from the execution score. Assisting a gymnast to perform a skill will result in a (-1.0) deduction. Incidental brushes or touches that do not assist the gymnast are allowed without deduction. Spotting may not be performed from a surface higher than the floor matting.

H. Compulsory Table: The following pages list the compulsory routines for each level and event as well as description of basic routines, *Specified Bonus* skill substitution, bonus, and performance criteria. The format of the tables is such that performance criteria is stated within each table. The compulsory table below is reprinted from the Overview Table shown in Chapter 1

Compulsory Levels 3 - 6							
Division 1 & 2 may not be combined for the purpose of awards							
Level	Minimum Competitive Age Allowed	Scoring Breakdown – (Exception: Vault – Refer to Chapter 3 Vault)					
		Base Score	Identified Virtuosity	Stick Bonus	Division 2 Max Score	Specified Bonus (D1-SB)	Division 1 Max Score
3	6 yrs.	9.5	0.3	0.2	10.0	1.5	11.5
4	7 yrs.						
5	8 yrs.						
6	10 yrs.						

NATIONAL TRACK COMPULSORY ROUTINES

FLOOR EXERCISE

Notes: All routines may be performed on a tumbling strip or a 40x40 floor.

Level 3 Floor Exercise

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Lift arms and kick leg up, step forward to momentary hold of lunge	Momentary hold of lunge	Momentary hold must show stop No momentary hold (-0.3)
2	Kick to momentary hold of handstand	Momentary hold of handstand	Momentary hold must show stop No momentary hold (-0.3)
V1	In #2 perform a 2 second hold of handstand (+0.1)		
3	Straight arm forward roll, jump hurdle to cartwheel, cartwheel with 1/4 turn to stand	Continuous rhythm throughout sequence	Pause of 2 seconds or more (-0.1)
4	Tucked backward roll to straight or hollow body extended front support	No height requirement on backward roll	
V2	In #4 perform tucked backward roll with straight arms (+0.1)		
5	Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended	Continuous rhythm throughout sequence	Pause of 2 seconds or more (-0.1)
6	Straddled press to momentary hold of headstand	Momentary hold of headstand	Momentary hold must show stop No momentary hold (-0.3)
V3	In #6, perform a 2 second hold of headstand (+0.1)		
SB 1	Replace #6 with straddled press to handstand hold (+0.5)	Momentary hold of handstand	Momentary hold must show stop No momentary hold (-0.3)
V3	In SB1, perform a 2 second hold of handstand (+0.1)		
7	Forward roll, tuck jump to stand	Knees to chest in a tight tuck	
SB 2	Replace #7 with forward roll, straight jump with 1/1 turn to stand (+0.5)	Arm position optional on jump 1/1 turn	
8	Run, hurdle, round-off, rebound to stand		Less than one running step (-0.1)
SB 3	Replace #8 with run, hurdle, round-off, back handspring, rebound to stand (+0.5)		Less than one running step (-0.1)

Level 4 Floor Exercise

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Run, hurdle, punch straight jump to stand	Feet in front of hips on punch Show distinct vertical rise No rebound allowed Arm position optional	Less than 1 running step (-0.1) Lack of distinct vertical rise from punch (-0.1)
2	Kick leg up and cartwheel with ¼ turn to stand, tuck or pike back extension roll through handstand	Back extension roll through handstand	
V1	In #2, perform back extension roll with straight arms (+0.1)		
3	Lower to arched prone support with head up and toes pointed, lift to straddle stand with head up and arms extended	Continuous rhythm throughout sequence	Pause of 2 seconds or more (-0.1)
4	Jump from straddle stand to momentary hold of handstand, Pike down or roll out with straight arms to stand	Momentary hold of handstand Lower or roll out smoothly with control	Momentary hold must show stop No momentary hold (-0.3)
V2	In #4, perform a 2 second hold of handstand (+0.1)		
SB 1	Replace #4 with straddled press to handstand with momentary hold,, Pike down or rollout with straight arms to stand (+0.5)	Momentary hold of handstand Lower or roll out smoothly with control	An Endo roll to handstand is not an option for this SB, Momentary hold must show stop No momentary hold (-0.3)
V2	In SB1, perform a 2 second hold of handstand (+0.1)		
5	Run, hurdle, forward handspring	Rebound allowed	
6	Step forward and kick to momentary hold of handstand	Momentary hold of handstand	Momentary hold must show stop No momentary hold (-0.3)
SB 2	Replace #6 with step forward and kick to handstand with 360° full pirouette (+0.5)	Continuous rhythm no hold of handstand required Show control of handstand during full pirouette	No momentary hold required.
7	Straight arm forward roll, straight legged sissone, step forward to ½ turn rearward	Sissone with legs split 45° or greater	
V3	In #7, perform sissone with legs split greater than 90° (+0.1)		
8	Run, hurdle, round-off, back handspring, rebound to stand		Less than one running step (-0.1)
SB 3	Replace #8 with run, hurdle, round-off, back handspring, back handspring, rebound to stand (+0.5)		Less than one running step (-0.1)

Level 5 Floor Exercise

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Run, punch, salto forward tucked		A controlled landing of salto is required Less than one running step (-0.1)
SB 1	Replace #1 with run, punch, salto forward piked, (+0.5)		A controlled landing of salto is required Less than one running step (-0.1)
2	Step forward and kick to handstand with full 360° pirouette	Continuous rhythm throughout sequence Show control of handstand during full pirouette	
3	Straight arm forward roll to handspring, straight legged sissone, step forward to ½ turn rearward	Sissone with legs split 45° or greater	A jump prior to handspring is not allowed (-0.3) A controlled landing of handspring is required
V1	In #3, perform sissone with legs split greater than 90° (+0.1)		
4	Run, hurdle, forward handspring step-out, forward handspring. Straight jump with ½ turn to stand	Rebound allowed on second handspring followed by jump ½ turn	Less than one running step (-0.1)
5	Straight arm tuck or pike back extension roll through handstand, lower to arched prone support with head up and toes pointed, lift to straddle stand with head up and arms extended	Continuous rhythm throughout sequence	Pause of 2 seconds or more (-0.1)
6	Momentary hold of Straddle press handstand	Momentary hold of handstand	Momentary hold must show stop No momentary hold (-0.3)
V2	In #6, perform a 2 second hold of handstand (+0.1)		
SB 2	Replace #6 with Endo roll to momentary hold of handstand (+0.5)	Continuous rhythm throughout sequence. Momentary hold of handstand	Momentary hold must show stop No momentary hold (-0.3)
V2	In SB2, perform a 2 second hold of handstand (+0.1)		
7	Pike down or rollout to stand and kick rearways 180 (add degree sign) to one or more steps, assemble 1/2 turn to stand facing diagonal	Continuous rhythm throughout sequence	Pause of 2 seconds or more (-0.1) during sequence
8	Run, hurdle, round-off, back handspring, salto backward tucked		Less than one running step (-0.1)
V3	In #8, show full extension of body prior to landing (+0.1)		
SB 3	Replace #8 with run, hurdle, round-off, back handspring, back handspring, salto backward tucked (+0.5)		Less than one running step (-0.1)
V3	In SB3, show full extension of body prior to landing (+0.1)		

Level 6 Floor Exercise

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Run, hurdle, round-off, back handspring, salto backward stretched		Less than 1 running step (-0.1)
SB 1	Replace #1 with run, hurdle, round-off, back handspring, salto backward stretched with a full twist (+0.5)		Less than 1 running step (-0.1)
2	Straight arm tuck or pike back extension roll to handstand with ½ turn, lower to arched prone support with head up and toes pointed	Continuous rhythm throughout sequence	Pause of 2 seconds or more (-0.1)
3	Lift to tuck position, jump to straight legged sissone, step forward to ½ turn rearward	Continuous rhythm throughout sequence Legs split 45° or greater	Pause of 2 seconds or more (-0.1)
V1	In #3, perform sissone with legs split greater than 90° (+0.1)		
4	Run, hurdle, forward handspring, salto forward tucked to stand	A controlled landing of salto is required	Less than one running step (-0.1)
SB 2	Replace #4 with run, hurdle, forward handspring, salto forward piked or stretched to stand (+0.5)	A controlled landing of salto is required	Less than one running step (-0.1)
5	Step forward and kick ½ turn to Swedish fall, lower to arched prone support with head up and toes pointed or lift to straddle stand <u>or</u> split with head up and arm(s) extended	Continuous rhythm throughout sequence Gymnast may perform any movement from Swedish fall to prepare for Part #6	Pause of 2 seconds or more (-0.1)
V2	In #5, perform Swedish fall with top leg past vertical (+0.1)		
6	Perform any FIG "B" or higher press or Endo roll to handstand hold	Continuous rhythm throughout sequence 2 second hold of handstand	Pause of 2 seconds or more (-0.1) < 2 second hold (-0.3) No hold (-0.5)
7	Pike down, turn toward the corner, step forward (one or more steps allowed) to hitch kick, step forward to ½ turn rearward	Continuous rhythm throughout sequence Hitch kick with both legs at horizontal	Pause of 2 seconds or more (-0.1)
8	Run, hurdle, round-off, back handspring, back handspring, salto backward tucked		Less than one running step (-0.1)
V3	In #8, show full extension of body prior to landing (+0.1)		
SB 3	Replace #8 with run, hurdle, round-off, back handspring, tempo salto backward, back handspring, salto backward tucked (+0.5)		Less than one running step (-0.1)
V3	In #8, show full extension of body prior to landing (+0.1)		

NATIONAL TRACK COMPULSORY ROUTINES

HORSE, MUSHROOM

Note: Unless otherwise specified, all circles begin and end in a front support

Level 3 Mushroom

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Double leg circle	Defined in chart below	Not attempted (-5.0) 0°–179° (-1.5) Plus fall 180°–269° (-1.0) & 270°–359° (-0.5) execution
V1	In #1, performed with 0.1 or less in execution deductions (+0.3)		
SB 1	Following #1, add one double leg circle (+0.5)		
SB 2	Following SB1, add one double leg circle (+0.5)		
SB 3	Following SB2, add one double leg circle (+0.5)		
2	½ double leg circle with ¼ turn to flank dismount		No dismount attempted (-5.0)

Double Leg Circle Performance Criteria Defined	
<p>No circle attempted deduct 5.0 0° – 179° deduct 1.5 plus execution 180° – 269° deduct 1.0 plus execution 270° – 359° deduct 0.5 plus execution</p>	

Level 4 Mushroom

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Double leg circle		
V1	In #1, performed with 0.1 or less in execution deductions (+0.1)		
2	Double leg circle		
V2	In #2, performed with 0.1 or less in execution deductions (+0.1)		
SB 1	Following #2, add two double leg circles (+0.5)		This bonus must be performed immediately following part #2 and prior to SB2 or SB3
SB 2	Following #2, SB1 or SB3, add ½ spindle within one or two double leg circles (+0.5)		This bonus may be performed following part #2, SB1 or SB3
SB 3	Following #2, SB1 or SB2, add two flaired double leg circles (+0.5)		This bonus may be performed following part #2, SB1 or SB2 Leg separation of 90° or more
3	Double leg circle		
V3	In #3, performed with 0.1 or less in execution deductions (+0.1)		
4	½ double leg circle with ¼ turn to flank dismount		

Level 5 Mushroom

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Two double leg circles		
V1	In #1, performed with 0.1 or less in execution deductions (+0.1)		
2	Czechkehre (Moore)		
V2	In #2, performed with 0.1 or less in execution deductions (+0.1)		
3	One or more double leg circles		
SB 1	Following #3, add a Direct Stockli A (DSA) (+0.5)		
4	Two or more flaired double leg circles	Leg separation of 90° or greater	
V3	In #4, perform with leg separation of 135° or greater (+0.1)		
SB 2	Replace #4 with ½ spindle within two or more flaired double leg circles (+0.5)		
V3	In SB2, perform with leg separation of 135° or greater (+0.1)		
SB 3	Following #4 or SB2, add Russian wendeswing with 270 or 360° (+0.5)		
5	Double leg circle		
6	½ double leg circle with ¼ turn to flank dismount		

Level 6 Pommel-less Horse

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	One or more circles in cross support frontways on end (front loops)		Must be performed in the routine but in no particular order
V1	In #1, performed with 0.1 or less in execution deductions (+0.1)		
2	Two flaired circles in cross support frontways on end (flaired front loops) in direct succession	Leg separation of 90° or greater	Must be performed in the routine but in no particular order
V2	In #2, perform with leg separation of 135° or greater (+0.1)		
3	Circle in cross support frontways with ¼ turn forward to side support		Parts #3, #4 & #5 must be performed in direct succession
4	Two double leg circles in side support		Parts #3, #4 & #5 must be performed in direct succession
V3	In #4, performed with 0.1 or less in execution deductions (+0.1)		
5	One double leg circle in side support with ¼ turn forward to cross support rearways		Parts #3, #4 & #5 must be performed in direct succession
6	Circle in cross support rearways on end (back loop)		Must be performed in the routine but in no particular order
SB 1	Replace #6 with cross support rearways ½ spindle within maximum two circles (+0.5)		
SB 2	Add a Russian wendeswing with 270° or more (+0.5)		
SB 3A	Add travel forward in cross support to other end (also in flairs) (3/3) (Magyar) or ... (+0.5)		Only one of the SB 3A or 3B skills may receive bonus credit
SB 3B	Add travel backward in cross support to other end (also in flairs) (3/3) (Sivado) (+0.5)		Only one of the SB 3A or 3B skills may receive bonus credit
7	One circle in cross support into flank or wende dismount		A circle must be performed from front support following the completion of any skill prior to the dismount. No circle, deduct as routine composition error (-0.5)

NATIONAL TRACK COMPULSORY ROUTINES

STILL RINGS

Level 3 Still Rings

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From straight arm hang, pull up to momentary hold of flexed arm hang	Head between the rings on flexed arm hang Momentary hold of flexed arm hang	Momentary hold must show stop No momentary hold (-0.3)
2	Lower to straight arm hang, lift knees to hanging tuck position hold	2 second hold of hanging tuck	< 2 second hold (-0.3) No hold (-0.5)
SB 1	Replace #2 with lower to straight arm hang, lift legs to hanging "L" hold (+0.5)	2 second hold of hanging "L"	< 2 second hold (-0.3) No hold (-0.5)
3	Shoot legs out, swing backward, swing forward	Turnover swing technique throughout Swing backward to 45° below horizontal	
4	Swing backward, swing forward	Turnover swing technique throughout Swing backward to 45° below horizontal	
V1	In #4, swing backward with turnover greater than horizontal (+0.1)		
5	Swing backward, swing forward to momentary hold of straight body inverted hang	Turnover swing technique throughout Swing backward to 45° below horizontal Momentary hold of straight body inverted hang	Momentary hold must show stop No momentary hold (-0.3)
V2	In #5, swing backward with turnover greater than horizontal (+0.1)		
6	Lower legs to momentary hold of piked inverted hang	Momentary hold of piked body inverted hang	Momentary hold must show stop No momentary hold (-0.3)
SB 2	Following #6, add extend body to momentary hold of hanging scale rearways (back lever) (+0.5)	Momentary hold of hanging scale rearways	Momentary hold must show stop No momentary hold (-0.3)
7	Lower to German hang hold (skin-the-cat)	2 second hold of German hang	< 2 second hold (-0.3) No hold (-0.5)
V3	In #7, perform with fully extended shoulder flexibility (+0.1)		
SB 3	Following #7, pull out of German hang to momentary hold of piked body inverted hang, lower through German hang (skin-the-cat) (+0.5)	Momentary hold of piked body inverted hang No hold required on second German hang, continuous rhythm to dismount	Momentary hold must show stop No momentary hold (-0.3)
8	Release hands and drop to stand		

Level 4 Still Rings

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From straight arm hang (false grip allowed), muscle up to support with spotter assistance and with as straight a body as possible	Slight pike in hips permitted	
SB 1	Replace #1 with from straight arm hang (false grip allowed) muscle up to support WITHOUT spotter assistance and with as straight a body as possible (+0.5)	Slight pike in hips permitted	
2	Straight body, straight arm support hold	2 second hold of support Rings turned out and arms free of straps	< 2 second hold (-0.3) No hold (-0.5)
SB 2	Following #2, add lift legs to "L" hold (+0.5)	2 second hold of "L" support Rings turned out and arms free of straps Hips between rings	
3	Roll backward to piked body inverted hang	Bent arms allowed	
SB 3	Following #3, add extend body horizontally to hanging scale rearways hold (back lever) (+0.5)	2 second hold of hanging scale rearways	< 2 second hold (-0.3) No hold (-0.5)
4	Lower to momentary hold of German hang (skin-the-cat)	Momentary hold of German hang	Momentary hold must show stop
V1	In #4, perform with fully extended shoulder flexibility (+0.1)		No momentary hold (-0.3)
5	Pull out to piked inverted hang and cast forward to swing backward	Turnover swing technique throughout Swing backward to 45° below horizontal	
6	Swing forward, swing backward	Turnover swing technique throughout Swing backward to horizontal	
V2	In #6, swing backward with turnover greater than horizontal (+0.1)		
7	Swing forward, swing backward	Turnover swing technique throughout Swing backward to horizontal	
V3	In #7, swing backward with turnover greater than horizontal (+0.1)		
8	Swing forward to salto backward tucked dismount	Show slight rise in salto Bent arms allowed	No rise (-0.3)

Level 5 Still Rings

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From straight arm hang, straight arm piked body pull directly to piked inverted hang	Pull with straight arms, bent body	
SB 1	Following #1 extend body horizontally to hanging scale rearways (back lever) (+0.5)	Pull with straight arms, bent body 2 second hold of hanging scale rearways	< 2 second hold (-0.3) No hold (-0.5)
2	Lower slowly to momentary hold of German hang (skin-the-cat), pull out and extend to momentary hold of straight body inverted hang	Momentary hold of German hang Momentary hold of straight body inverted hang	Momentary hold must show stop No momentary hold (-0.3)
V1	In #2, perform German hang with fully extended shoulder flexibility (+0.1)		
3	Compress to a tight pike and dislocate backwards	Straight body at horizontal or higher	
4	Swing forward, swing backward	Turnover swing technique throughout Swing backward to horizontal	
V2	In #4, swing backward with turnover greater than horizontal (+0.1)		
5	Swing forward, swing backward to uprise backward to support	Turnover swing technique throughout Bent arms allowed on uprise backward	
V3	In #5, perform uprise backward with straight arms (+0.1)		
6	Lift legs to "L" hold	2 second hold of "L" Arms straight, rings turned out	< 2 second hold (-0.3) No hold (-0.5)
7	Pike press to shoulder stand hold	2 second hold of shoulder stand Straight body shoulder stand, rings parallel, arms free of straps	< 2 second hold (-0.3) No hold (-0.5)
SB 2	Replace #7 with momentary hold of bent or straight arm, bent body press to handstand, lower to shoulder stand hold (+0.5)	Momentary hold of handstand Rings turned out on handstand 2 second hold of shoulder stand Straight body shoulder stand, rings parallel, arms free of straps	Momentary hold must show stop No momentary hold (-0.3) < 2 second hold (-0.3) No hold (-0.5)
	Note: In SB2, feet may be on the inside of the cables in the handstand and during the lower down (no bonus awarded if legs or feet wrap around or touch the outside of the cables), maximum execution deduction of (-0.5) taken for achieving the handstand in SB2 additional deductions if the gymnast falls or does not hold the 2 skills.		
8	Bail forward, swing backward	Swing backward to horizontal	
9	Swing forward, swing backward	Turnover swing technique Swing backward to horizontal	
SB 3	Following #9 add inlocate stretched, swing backward (+0.5)	Inlocate stretched with continuous rhythm and turnover must show rise Swing backward to horizontal	Failure to show any rise (-0.3)
10	Swing forward to salto backward tucked or stretched dismount	Hips at ring height Bent arms allowed	

Level 6 Still Rings

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From straight arm hang, straight arm piked body pull directly to straight body inverted hang		
V1	In #1, perform with straight arms and straight body (+0.1)		
2	Cast, swing backward to uprise backward with straight arms to "L" support hold	2 second hold of "L" support Rings turned out and arms free of straps	< 2 second hold (-0.3) No hold (-0.5)
3	Press to tucked Planche hold, lower to "L" support hold	Hips level with shoulders 2 second hold of Planche 2 second hold of "L" support Rings turned out and arms free of straps throughout	< 2 second hold (-0.3) No hold (-0.5)
4	Pike press to shoulder stand hold and bail forward	2 sec. hold of shoulder stand Straight body shoulder stand, rings parallel, arms free of straps	< 2 second hold (-0.3) No hold (-0.5)
SB 1	SB#1: Replace #4 with momentary hold of bent or straight arm, bent body press to handstand, lower to shoulder stand hold and bail forward (+0.5)	Momentary hold of handstand 2 sec. hold of shoulder stand	Momentary hold must show stop No momentary hold (-0.3) < 2 second hold (-0.3) No hold (-0.5)
Note: In SB1, feet may be on the inside of the cables in the handstand and during the lower down (no bonus awarded if legs or feet wrap around or touch the outside of the cables), maximum execution deduction of (-0.5) taken for achieving the handstand in SB1 additional deductions if the gymnast falls or does not hold the 2 skills			
SB 2	SB#2: Following #4, add bail to swing backward to shoulderstand (baby giant), bail forward to #5 (+0.5)	Momentary hold of shoulder stand	Momentary hold must show stop No momentary hold (-0.3)
5	Inlocate stretched	Inlocate stretched with continuous rhythm and turnover must show rise	Failure to show any rise (-0.3)
V2	In #5, perform with shoulders at ring level with body vertical (+0.1)		
6	Uprise backward with straight arms to support		
7	Roll backward to piked body inverted hang	Bent arms allowed	
8	Dislocate backwards	Straight body at horizontal or higher	
9	One or two dislocates backward stretched	Straight body	
V3	In #9, perform with shoulders at ring level (+0.1)		
10	Swing forward to salto backward stretched dismount	Hips at ring height	
SB 3	Replace #10 with swing forward to double salto backward tucked dismount (+0.5)	Hips at ring height	Maximum deduction for execution + landing, except a fall (-0.3), For fall deduct (-1.0) and no bonus awarded

NATIONAL TRACK COMPULSORY ROUTINES

VAULT

Notes: The Junior Men's Compulsory program will not give a zero for an attempted vault. A minimum score of 1.0 will be awarded. A 'balked' attempt or unrecognizable vault, (i.e., different vault) may be repeated with a 1.0 deduction from the final score. A balked vault is defined as follows: 1. The athlete stops prior to touching the vaulting board or runs by the vaulting board. 2. The athlete pushes from the feet off the vaulting table. No third attempt is allowed. A 2nd attempt may be awarded at the discretion of the judge.

Evaluation Guidelines: The compulsory program is integral to establishing proper technique in execution of aspects of the run, approach, board position and block position if a gymnast is to progress successfully to higher levels of competition. The table below enumerates specific deductions that can be taken in order to promote consistent evaluation and correct technique. All other deduction for execution are per the FIG Code of Points.

Vault Judging Criteria

Table of Specific Errors and Deductions for Vault: Level 3 – 6			
Compulsory Vault Scoring: Level 3 – 5*	Base	Virtuosity	Max
Vaults at all levels do not receive stick bonus	9.7	0.3	10.0
Error	Small	Medium	Large
Run Deductions: (Levels 3 – 6)			
Run slows down before hurdle, insufficient velocity or acceleration	0.1	0.3	N/A
Improper arm position and swing action not complementary to the run	0.1	0.3	N/A
No distinct lift of front knee and extension of back leg	0.1	0.3	N/A
Rhythm break during run (stutter-steps) or insufficient stride	0.1	0.3	N/A
Hurdle Deductions: (Levels 3 – 6)			
Hurdle does not stay on level plane as knees lift, insufficient knee lift	0.1	0.3	N/A
Feet are behind hips on initial contact with springboard	0.1	0.3	N/A
Arms overhead or arm swing not executed from back to front	0.1	0.3	N/A
Body not at vertical upon completion of board contact	0.1	0.3	N/A
First (Pre) Flight Deductions: (Levels 5 & 6)			
Diving or insufficient rotation to the blocking surface	0.1	0.3	0.5
Body position too arched or piked	0.1	0.3	0.5
All other deductions per FIG	0.1	0.3	0.5
Second (Post) Flight Deductions: (Levels 5 & 6)			
Repulsion not within 0° - 15° of vertical	0.1	0.3	0.5
Lack of distinct lift or rise from blocking surface	0.1	0.3	0.5
Lack of tight body position from blocking surface	0.1	0.3	0.5
Landing Deductions: (Levels 3 – 6)			
All landing deductions per FIG			
* Note: Level 6 Compulsory Vault Scoring Table listed in Level 6 Vault Chart			

Level 3 Vault – Straight Jump

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Run: From a maximum distance of 60'	Run must maintain velocity Distinct lift of front leg and extension of back leg Rhythmic movement of flexed arms in run	Per Table of Specific Errors
V1	In #1, show acceleration during the run to the hurdle (+0.1)		
2	Hurdle: Lift knees upward while body's center of gravity remains level and feet extend forward to contact the springboard in front of the body	Body at vertical upon contact with the springboard Arm swing from back to front during hurdle	Per Table of Specific Errors
V2	In #2, complete hurdle with feet in front of hips upon contact with the springboard (+0.1)		
3	Straight Jump: Punch vertically off the springboard with straight body	Full extension of arms to vertical above head Legs straight throughout flight	
V3	In #3, show distinct vertical rise from the springboard (+0.1)		
4	Landing		Deductions per FIG

Level 4 Vault - Front Salto Tucked

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Run: From a maximum distance of 60'	Run must maintain velocity Distinct lift of front leg and extension of back leg Rhythmic movement of flexed arms in run	Per Table of Specific Errors
V1	In #1, show acceleration during the run to the hurdle (+0.1)		
2	Hurdle: Lift knees upward while body's center of gravity remains level and feet extend forward to contact the springboard in front of the body	Body at vertical upon contact with the springboard Arm swing from back to front during hurdle	Per Table of Specific Errors
V2	In #2, complete hurdle with feet in front of hips upon contact with the springboard (+0.1)		
3	Front Salto Tucked: Punch vertically off the springboard and complete a front salto tucked	Arms reach upward above shoulders and forward Hands grasp legs in tight tuck	
V3	In #3, show distinct vertical rise from the springboard (+0.1)		
4	Landing	Open to straight body prior to landing	Deductions per FIG

Level 5 Vault - Forward Handspring

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Run: From a maximum distance of 82' (25m)	Run must maintain velocity Distinct lift of front leg and extension of back leg Rhythmic movement of flexed arms in run	Per Table of Specific Errors
V1	In #1, show acceleration during the run to the hurdle (+0.1)		
2	Hurdle: Lift knees upward while body's center of gravity remains level and feet extend forward to contact the springboard in front of the body	Body at vertical upon contact with the springboard Arm swing from back to front during hurdle	Per Table of Specific Errors
V2	In #2, complete hurdle with feet in front of hips upon contact with the springboard (+0.1)		
3	First flight (pre-flight): Rotate from the springboard to straight or tightly arched extension at vertical	Rotate quickly to hand contact position on the vault table slightly before vertical	Per Table of Specific Errors
4	Second flight (post-flight): Block at vertical from the vault table with straight body	Vertical block from vault table Straight body throughout	Per Table of Specific Errors
V3	In #4, show distinct vertical rise off the vault table (+0.1)		
5	Landing		Deductions per FIG

Level 6 Vault

Level 6 Modified Vault Scoring Table – Divisions I & II			
Vault	Base Score	Virtuosity	Maximum Score
Yamashita	9.7	0.3	10.0
Handspring	9.2	0.3	9.5

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Run: From a maximum distance of 82' (25m)	Run must maintain velocity Distinct lift of front leg and extension of back leg Rhythmic movement of flexed arms in run	Per Table of Specific Errors
V1	In #1, show acceleration during the run to the hurdle (+0.1)		
2	Hurdle: Lift knees upward while body's center of gravity remains level and feet extend forward to contact the springboard in front of the body	Body at vertical upon contact with the springboard Arm swing from back to front during hurdle	Per Table of Specific Errors
V2	In #2, complete hurdle with feet in front of hips upon contact with the springboard (+0.1)		
3	First flight (pre-flight): Rotate from the springboard to straight or tightly arched extension at vertical	Rotate quickly to hand contact position on the vault table slightly before vertical	Per Table of Specific Errors
4	Second flight (post-flight) for all vaults: Block at vertical from the vault table with straight body	Vertical block from the vault table	Per Table of Specific Errors
V3	In #4, show distinct vertical rise off the vault table (+0.1)		
5	Landing		Deductions per FIG

NATIONAL TRACK COMPULSORY ROUTINES

PARALLEL BARS

Notes: A "hand on hand" spot is permitted for any bail from support to a long hang swing. Extra swings are not permitted except where specifically noted in the routine table. A springboard or additional mats may be used for mounting. If a springboard is used between the uprights it must be removed after the gymnast mounts the bars.

Level 3 Parallel Bars

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From stand, jump to support swing forward, swing backward	Swing forward and backward with feet at bar height	Any combination of mats and springboard may be used to elevate the mounting surface. If a springboard is placed between the uprights it must be removed immediately after the mount. (-0.3)
V1	"In #1, Perform swing backward to horizontal		
SB 1	Replace #1 with from stand, jump to support and press to tucked Planche hold, extend legs backward (+0.5)	2 second hold of tucked Planche hold Hips at horizontal in Planche Legs extended backward to bar height	< 2 second hold (-0.3) No hold (-0.5) Criteria for tucked Planche hold 0° - 15° from horizontal (-0.1) 15° - 45° from horizontal (-0.3) > 45° from horizontal (no bonus)
V1	In SB1, Perform extension of legs backward to horizontal		
2	Swing forward to straddled support on bars	Extended body in rear support with straight legs	
3	Lift legs into a momentary hold of forward straddled "L"	Hips should be in line with or forward of hands Momentary hold of straddled "L" hold	Momentary hold must show stop No momentary hold (-0.3)
SB 2	Replace #3 with lift legs into a forward straddled "V" hold (+0.5)	2 second hold of straddled "V" hold Hips should be in line with or forward of hands	< 2 second hold (-0.3) No hold (-0.5) Criteria for straddled "V" hold 0° - 15° from vertical (-0.1) 15° - 45° from vertical (-0.3) > 45° from vertical (no bonus)
4	Bring legs together and extend forward to straight body		
5	Swing backward, swing forward	Swing forward and backward with feet at bar height	
6	Swing backward	Swing backward to horizontal	
V2	In #6, perform swing backward to 45° above horizontal (+0.1)		
7	Swing forward	Swing forward with feet at bar height	
V3	In #7, perform swing forward to horizontal (+0.1)		
8	Swing backward and dismount between the bars/mats or over either bar to stand.	Swing backward to horizontal Moving a hand to the dismount bar is allowed	Gymnast may not hold onto the bar on landing the dismount (-0.3)
SB 3	Replace #8 with swing backward to momentary hold of handstand and dismount between the bars/mats or over either bar to stand (+0.5)	Momentary hold of handstand Moving a hand to the dismount bar is allowed	Gymnast may not hold onto the bar on landing the dismount (-0.3) No momentary hold (-0.3)

Level 4 Parallel Bars

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From stand or short run, jump to long hang swing forward	Long hang swing forward to 45° below horizontal	Bent knees allowed on forward swing
2	Long hang swing backward, long hang swing forward	Straight legs required at peak of long hang swing backward Long hang swing forward to 45° below horizontal	Bent knees allowed on forward swing
3	Long hang swing backward, uprise to upper arm hang	Long hang swing backward to 45° below horizontal Straight legs required at peak of swing backward	
V1	In #3, perform long hang swing backward with hips at bar height (+0.1)		
4	Upper arm swing forward, upper arm swing backward	Upper arm swings forward and backward with shoulders even with elbows	
V2	In #4, perform upper arm swing backward with hips at bar height (+0.1)		
5	Upper arm swing forward to straddled front uprise to support and immediately lift legs off bars	Straight legs required Finish with arms straight and hips extended	
SB 1	Replace #5 with upper arm swing forward to forward uprise to support (+0.5)	Finish with straight body and straight arms Feet at bar height	
6	Swing backward	Swing backward with feet at bar height	
7	Swing forward to "L" hold	Hips should be in line with or forward of hands 2 second hold of "L"	< 2 second hold (-0.3) No hold (-0.5)
SB 2	Replace #7 with swing forward to "V" or Manna hold (+0.5)	2 second hold of "V" or Manna hold	< 2 second hold (-0.3) No hold (-0.5) Criteria for "V" hold 0° - 15° from vertical (-0.1) 15° - 45° from vertical (-0.3) > 45° from vertical (no bonus)
8	From hold, extend forward to swing backward	Swing backward with feet at bar height	
9	Swing forward, swing backward	Swing forward and backward to horizontal	
V3	In #9, perform swing backward to momentary hold of handstand (+0.1)		
10	Swing forward, swing backward to momentary hold of handstand and push off either side to stand	Swing forward to horizontal Momentary hold of handstand Moving hand to dismount bar allowed	Momentary hold must show stop No momentary hold (-0.3) Gymnast may not hold onto the bar on landing the dismount (-0.3)
SB 3	Replace #10 with swing forward, swing backward to handstand hold and push off either side to stand (+0.5)	Swing forward to horizontal 2 second hold of handstand. Moving hand to dismount bar allowed	Gymnast may not hold onto the bar on landing the dismount (-0.3)

Level 5 Parallel Bars

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From stand or short run, jump to glide kip to support	Glide kip with straight arms	
2	Swing backward, swing forward	Swing backward and forward to horizontal	
V1	In #2, perform swing backward to 45° above horizontal (+0.1)		
3	Swing backward and bail to Moy finishing in upper arm support	Swing backward to horizontal "Hand-on-hand" spot allowed	Bent knees are allowed on the bail to Moy Note: Gymnast too tall to swing through bottom may replace with cast to upper arm hang No deduction for allowable spot
V2	In #3, perform swing backward to 45° above horizontal (+0.1)		
SB 1A	Replace #3 with swing backward and bail to Moy to support, swing backward and layaway to upper arm support, upper arm swing forward (+0.5) or ...	Swing backward and bail to horizontal "Hand-on-hand" spot allowed	Only one of the SB 1A or 1B skills may receive bonus credit. No deduction for allowable spot
SB 1B	Replace #3 with swing backward and bail to giant swing backward to support, swing forward, swing backward, layaway to upper arm support, upper arm swing forward (+0.5)	Bent knees are allowed on the bail	Only one of the SB 1A or 1B skills may receive bonus credit No deduction for allowable spot
4	Upper arm swing backward	Shoulders even with elbows Hips at bar height	
5	Upper arm swing forward to straddled front uprise to support and immediately lift legs off bars	Straight legs required Finish with arms straight and hips extended	
SB 2	Replace #5 with upper arm swing forward to forward uprise to support (+0.5)	Finish with straight body and straight arms Feet at bar height	
6	Swing backward	Swing backward with feet at bar height	
7	Swing forward to "L" hold, lift legs and extend forward and swing backward	Hips in line with hands 2 second hold of "L" Swing backward with feet at bar height	< 2 second hold (-0.3) No hold (-0.5)
SB 3	Replace #7 with swing forward, swing backward to straddle "L" press to handstand hold (+0.5)	2 second hold of straddle "L" Momentary hold of handstand	
8	Swing forward, swing backward	Swing forward and backward to horizontal	
V3	In #8, perform swing backward to momentary handstand hold (+0.1)		
9	Swing forward, swing backward	Swing forward to horizontal Swing backward to 45° above horizontal	
10	Swing forward to ½ turn and post on one arm over single bar and dismount to stand (Stützkehr forward movement)	Swing forward to horizontal Land parallel to hand placement on bars	Gymnast may not hold onto the bar on landing the dismount (-0.3)

Level 6 Parallel Bars

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From stand or short run, jump to glide kip to support	Glide kip with straight arms	
V1	In #1, perform glide kip with hips at horizontal (+0.1)		
2	Swing backward, layaway to forward uprise to support	Swing backward to horizontal Finish uprise with straight body & straight arms Feet at bar height	
V2	In #2, perform forward uprise to horizontal (+0.1)		
3	Swing backward, swing forward	Swing backward and forward to horizontal	
4	Swing backward and bail to Moy finishing in upper arm support	Swing backward to horizontal "Hand-on-hand" spot allowed	Bent knees are allowed on the bail to Moy Note: Gymnast too tall to swing through the bottom may replace with cast to upper arm hang No deduction for allowable spot
5	Upper arm swing backward to backward uprise to support	Finish with arms straight, feet at bar height	
SB 1A	Replace #4 & #5 with swing backward and bail to Moy to support, swing backward (+0.5) or ...	Swing backward and bail to horizontal "Hand-on-hand" spot allowed Bent knees are allowed on bail	Only one of the SB 1A, 1B or 1C skills may receive bonus credit. Bent knees are allowed on the bail No deduction for allowable spot
SB 1B	Replace #4 & #5 with swing backward and bail to giant swing backward to support (+0.5) or ...		Only one of the SB 1A, 1B or 1C skills may receive bonus credit No deduction for allowable spot
SB 1C	Replace #4 & #5 with swing backward and bail to basket (peach) to support (+0.5)		Only one of the SB 1A, 1B or 1C skills may receive bonus credit No deduction for allowable spot
6	Swing forward to an "L" hold	Hips in line with hands 2 second hold of "L"	< 2 second hold (-0.3) No hold (-0.5)
SB 2	Following #6 add press to handstand hold and replace #7 with swing forward and backward to horizontal	2 second hold of handstand Swing forward and backward at horizontal or higher	< 2 second hold (-0.3) No hold (-0.5)
7	From "L", extend forward to swing backward to horizontal	Swing backward to horizontal or higher	
8	Swing forward, swing backward to momentary hold of handstand	Swing forward to horizontal Momentary hold in handstand	Momentary hold must show stop No momentary hold (-0.3)
V3	In #8, swing backward and perform a 2 second hold of handstand (+0.1)		
SB 3	Following #8, add swing forward, swing backward to ½ pirouette to handstand (forward or backward) (+0.5)	Pirouette must show control of handstand position Handstand hold allowed before 1/2 pirouette	Deviation from handstand per FIG. A swing or a still pirouette is allowed
9	Swing forward to salto backward dismount or Swing forward, swing backward to salto forward dismount	Salto may be tucked, piked or stretched Pike or Layout Front 1/2 allowed	One extra swing may be added after pirouette prior to the dismount. Only execution deductions on allowed extra swing

NATIONAL TRACK COMPULSORY ROUTINES

HORIZONTAL BAR

Note: All under swings forward should be performed as tap swings.

Level 3 Horizontal Bar

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From a hang in overgrip, hanging ½ turn to mixed grip, change second hand to overgrip		The gymnast is required to perform all skills with straight legs if the competition bar provided is high enough for the gymnast to do so. Otherwise the gymnast may bend his knees during all hanging skills. Facilities with limited equipment may use any bar available to them such as the low uneven bar rail, parallel bars with one rail removed, and/or a low horizontal bar.
V1	In #1, maintain a hollow body throughout the ½ turn (+0.1)		
2	Pullover to support with spotter assistance	Momentary stop in support is allowed	Momentary stop > 2 secs. (-0.1)
SB 1	Replace #2 with pullover to support WITHOUT spotter assistance (+0.5)	Continuous rhythm in pullover Momentary stop in support is allowed	Momentary stop > 2 secs. (-0.1)
3	Cast to undershoot forward	Undershoot with hollow body and straight arms	
V2	In #3, undershoot to horizontal with hips at bar height		
SB 2	In #3 perform cast to horizontal (+0.5)	Pike and cast to horizontal straight body position	
SB 3	In #3 add back hip circle prior to undershoot forward (+0.5)	Back hip circle with straight body Undershoot with hollow body and straight arms	
V2	In SB#3, undershoot to horizontal with hips at bar height		
4	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
5	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
V3	In #5, perform swing backward to horizontal (+0.1)		
6	Swing backward and uprise to hop with both hands, tap swing forward	Hop with simultaneous hand release and regrasp Swing backward and forward to 45° below horizontal	Failure to execute a "hop" on the backward swing will be treated as a (-0.5) composition error instead of a missing part since the entire part has not been omitted. No hop = (-0.5)
7	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
8	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
9	Swing backward to uprise and release hands dismounting to stand	Shoulders at bar height	

Level 4 Horizontal Bar

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From hang in overgrip pullover to support	Momentary stop in support is allowed	Momentary stop > 2 secs. (-0.1)
2	Cast to back hip circle to undershoot forward	Cast to horizontal Back hip circle with straight body Undershoot with hollow body and straight arms	
V1	In #2, perform cast to 45° above horizontal (+0.1)		
SB 1	Replace #2 with cast to free hip circle to undershoot forward (+0.5)	Cast to horizontal Free hip with hollow body and hips clear of the bar Undershoot with hollow body and straight arms	No angle requirement for free hip circle
V1	In SB#1, perform cast to 45° above horizontal (+0.1)		
3	Swing backward, tap swing forward with ½ turn to mixed grip	Swing backward and forward to 45° below horizontal Maintain hollow body shape during ½ turn	
4	Tap swing forward, swing backward and change hand to double overgrip		
5	Swing forward and kip to support.	Momentary stop in support is allowed	No extra swing allowed before kip Maximum deduction for execution and spotting, except fall (0.5) > 2 sec. stop (-0.1)
6	Cast to undershoot forward	Cast to horizontal Undershoot with hollow body and straight arms	
SB 2	Following #6, add swing backward, tap swing forward to swinging pullover (¾ giant swing backwards) to undershoot forward (+0.5)	Continuous rhythm Contact with bar allowed Bent arms allowed	A swinging pullover (hips touching bar) or a giant swing backwards to support (free of bar) is allowed. No deduction for bent arms. Deduct only for excessive strength, lack of continuous rhythm, and standard FIG errors.
7	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
V2	In #7, perform swing backward or forward to horizontal (+0.1)		
8	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
V3	In #8, perform swing backward or forward to horizontal (+0.1)		
9	Swing backward to uprise and release hands dismounting to stand	Shoulders at bar height	
SB 3	Replace #9 with swing backward, tap swing forward to salto backward (flyaway) tucked, piked, or stretched dismount (+0.5)	Salto backward with hips at bar height	A spotter is required to follow, but not assist, the gymnast during the salto backward. Spotter not present (-0.3)

Level 5 Horizontal Bar

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From hang in undergrip pullover to support	Continuous rhythm	Pause of 2 seconds or more (-0.1)
2	Cast forward to $\frac{3}{4}$ giant swing forward	Cast to horizontal with full extension of body	
V1	In #2, perform cast to 45° above horizontal (+0.1)		
SB 1	Replace #2 with cast forward to one or more giant swings forward to $\frac{3}{4}$ giant swing forward (+0.5)	Cast to horizontal with full extension of body	Maximum deduction for execution, except fall (-0.5) Fall from bar (-1.0)
V1	In SB#1, perform cast to 45° above horizontal (+0.1)		
3	Hop both hands simultaneously to double overgrip	Hollow body	
4	Tap swing forward with $\frac{1}{2}$ turn to mixed grip, tap swing forward in mixed grip	Maintain hollow body shape during $\frac{1}{2}$ turn	
V2	In #4, perform blind turn at horizontal (+0.1)		
5	Swing backward in mixed grip, change hand to double overgrip		
6	Swing forward, kip to support	Momentary stop in support is allowed	No extra swing allowed before kip. Stop > 2 secs. (-0.1)
7	Cast to $\frac{3}{4}$ giant swing backward (baby giant)	Cast to horizontal	
SB 2	Replace #7 with cast to free hip circle, swing forward to $\frac{3}{4}$ giant swing backward (baby giant) (+0.5)	Cast to horizontal Full extension of body at horizontal at completion of the free hip circle	If SB#2 and SB#3 are both performed, replace #7 with cast to free hip circle, two giant swings backward and $\frac{3}{4}$ giant swing backward (baby giant) (+1.0) Maximum deduction for execution, except fall (-0.5) Fall from bar (-1.0)
SB 3	Replace #7 with, cast to two giant swings backward and $\frac{3}{4}$ giant swing backward (baby giant) (+0.5)	Cast to horizontal	
8	Undershoot to swing backward or Undershoot to swing backward, tap swing forward, swing backward	Undershoot with hollow body and straight arms Swing forward and backward to horizontal	Additional tap swing forward, swing backward allowed without deduction
9	Tap swing forward to salto backward (flyaway) tucked, piked or stretched dismount	Salto backward with hips at bar height	
V3	In #9, Salto backwards with hips above bar height		

Level 6 Horizontal Bar

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From hang or small preliminary swing in overgrip, cast forward to a back uprise, free hip circle	Back uprise to horizontal Free hip circle to 45° above horizontal	A maximum of 5 forward and backward movements is allowed prior to start of routine
V1	In #1, perform free hip circle to handstand (+0.1)		
2	Tap swing forward with ½ turn or hop ½ turn to both hands in overgrip	½ turn or hop ½ turn to horizontal with hollow body	
3	Tap swing forward to ¾ giant swing backward (baby giant), undershoot	Undershoot with hollow body and straight arms	
4	Swing backward, swing forward, kip to support, change both hands to undergrip	Momentary stop in support is allowed	No extra swing allowed before kip Stop > 2 secs. (-0.1)
5	Cast forward to one or more giant swings forward		
SB 1	Following #5, add Endo through handstand (+0.5)		
6	One or more forward giant swings to ½ pirouette		Additional giants are only judged for execution
V2	In #6, perform pirouette with no angle deduction (+0.1)		
7	One or more giant swings backward		
SB 2	Following #7, add Stalder or 'Toe on – Toe off' through handstand. One or more giants allowed prior to #8 (+0.5)		
8	¾ giant swing backward (baby giant), undershoot to swing backward	Undershoot with hollow body and straight arms Swing backward to horizontal	
9	Tap swing forward to salto backward (flyaway) tucked, piked or stretched dismount	Salto backward with hips at bar height	
V3	In #9, perform salto backward with hips above bar height (+0.1)		
SB 3	Replace #8 and #9 with one or more giants backward with salto backward (flyaway) tucked, piked or stretched dismount (+0.5)	Salto backward with hips at bar height	
V3	In #9, perform salto backward with hips above bar height (+0.1)		

Chapter 4

NATIONAL TRACK OPTIONAL LEVELS

A. Optional Rules & Documents of Precedence: The rules in the National Track Optional levels are based on the FIG Code of Points (Junior Code) published by the International Gymnastics Federation. A general overview of basic routine requirements appears in Chapter 1 of this manual. The FIG Code requirements may change from time to time and are published and updated on the FIG website as newsletters. These documents are also available on the National Gymnastics Judges Association website (NGJA). These changes are always enforced in their current form as of the date they are officially published, unless otherwise specified. The FIG Code of Points, official newsletters, and NGJA rulings are documents of precedence **unless otherwise specifically stated in this manual where the rules of competition require the exceptions stated in this manual to take precedence.** Invitational or open competitions, qualifying competitions, and championship levels competitions in the National Optional Track should state the rules of competition being used in their directives or entry information. Evaluation of execution follows the FIG Code of Points and its interpretations unless specifically stated in the Men's Development Program modifications and exceptions taking precedence. Refer to the FIG Code of Points for details regarding evaluation of exercises.

Video Review, Behavioral, and Spotting deductions:

There is no video review allowed. All behavioral deductions follow FIG rules and Junior Men's Program requirements pertaining to attire and conduct on the competitive floor. Spotters must be active USA Gymnastics professional members. A spotter is required on Rings, Vault, and Horizontal Bar. A routine may not begin until a spotter is present. If a spotter leaves the apparatus during the performance of a routine at any point a (-0.3) deduction will be taken from the execution score. Assisting a gymnast to perform a skill will result in a (-1.0) deduction. Incidental brushes or touches that do not assist the gymnast are allowed without deduction. Spotting may not be performed from a surface higher than the floor matting.

B. Modified Rules Tables: Levels 7 and 8, considered entry optional levels to which younger or less experienced gymnasts are transitioning from compulsory levels or from the Club Track, have significantly modified rule requirements appropriate to their age and level of competition. The modified rules tables and exceptions to the FIG Code appear in this chapter. In Level 8, a Pommel-less horse is used for competition and the associated Pommel-less Horse Code of Points Tables appear in this chapter. The modifications to these levels are intended to help these gymnasts adapt to optional competition and build a base of fundamental routine composition. In Levels 9 and 10 the rules are closely based on the FIG Code for juniors with fewer exceptions.

C. Bonus System: The National Track Optional Program will use a system of bonus (Levels 9 & 10 only) that can be awarded to gymnasts who achieve the published benchmark for start value on each event. Start values are based on the FIG's Junior Code of Points. A table appears in this chapter listing the benchmarks for awarding bonus. The bonus system is designed to encourage gymnasts to work towards the development of higher value skills in each element group. It also directly supports the development of the National Team Program and serves as a guide for athletes who aspire to be part of that program. These benchmarks are based upon the start values identified to be competitive at international junior competition levels. Coaches and athletes should realize that the bonus program provides linkage between the National Track and the Elite Track for those athletes who are able to qualify to those programs. It is not intended that the great majority of athletes competing in the National Optional Track are able to achieve these benchmarks. Rather, the focus of the track remains on building a strong, complete fundamental mastery of basic skills in on each event that promote athletes choosing skills for routine composition they are able to perform with a high level of mastery. This formula typically yields the highest final score for most athletes. Highly talented athletes in the National or Elite Track can progress in their development over time to achieve bonus on one or more events.

D. Modified Junior “A” Skills: There are recognizable gymnastics skills that are no longer listed for value in the FIG Code but are considered valid skills for the developing gymnast. These skills are listed by event in this chapter and given a junior value of “A” for (+0.1) element value. Typically, these skills may not fulfill an element group requirement. A gymnast must generally perform a skill from the official FIG Code of Points to receive credit for an element group and it’s associated (+0.5) value. However, the junior “A” skill does count as a value skill to fulfill any of the counting skills in the junior routine composition, if necessary. Only the approved skills appearing in this table can be counted for value as junior “A” skills. The primary purpose of this modification is to ensure that any gymnast can fulfill the minimum number of required skills on any event and avoid a deduction for a short routine. Junior “A” skills may be counted at all levels of optional competition except those that require the use of FIG rules specifically.

E. Applying Skill Value (FIG Exception): The difficulty value of a skill may be awarded **even in the case of a singular large deduction** (-0.5) in the execution for the skill. Angle deductions will still apply.

The chart below is a duplication of the optional levels portion of the junior competition chart in Chapter 1. The chart shows basic requirements for routine con-

struction at each optional level as well as the minimum age allowed for participation in each level and certain restrictions on vault for some levels. Note that Junior FIG rules apply except where noted. More detailed exceptions to Junior FIG rules are detailed in the following pages.

F. Age Guidelines: The ages listed in the chart are based on the athlete’s birth year, which may also be referred to as their age in the year of competition. Competition year is designated as the year of each level’s championship. Sanctioned invitational or open competitions held during the regular season may adjust age groups for classification of awards to create a balanced grouping according to the field of entries at the discretion of the meet director. Qualification and Championship events at the State, Regional or National level will have age groups designated by the approved body overseeing those championship events. For example, a State or Regional board may determine the award categories for their respective championships. The national governing body overseeing those events such as the MDPC or the MPC will always determine qualification and age groups for National Championship events.

Note: The table of levels below is a duplication of the complete table presented in Chapter 1 and shows general rules format for each optional level.

National Track Optional Levels 7 - 10						
Junior FIG Rules apply except where noted by modifications or exceptions						
Level	Minimum Competitive Age Allowed	Score Components				
		Number of Value Skills	Element Groups	Listed FIG Dismount	Stick Bonus	Vault Restrictions
7	12 yrs.	6 (Any 6 skills)	1.5	A = 0.5	None	No Multiple Flip or Twisting Yurchenko
8	12 yrs.	8 (7 + dismount)	2.0	A = 0.5	C+ = 0.1	One Vault No Multiple Flip
9	14 yrs.			A = 0.3 B = 0.5	C+ = 0.1	Two Vaults allowed See <i>Vault Bonus</i> section for requirements
10	16 yrs.			B = 0.3 C = 0.5	D+ = 0.1	

Notes:

- Stick bonus will not be awarded on Vault for Level 7 only.
- Level 8 – Vault stick bonus of 0.1 will be awarded for any vault with a minimum of 4.0 or higher start value.
- Level 9 & 10 – Vault stick bonus of 0.1 will be awarded for any vault with a minimum of 4.8 or higher start value.

Modifications & Exceptions

G. Exceptions to Junior FIG: The tables below show a combined list of modifications or exceptions to the FIG Code of Points when applying rules at sanctioned events in the Men's Development National competition program at the optional levels. Note that each entry denotes the level in which the exception to the FIG rules applies. The exceptions do not apply to championship events such as US Championships and Winter Cup or to qualifying or selection events so designated where Junior FIG Rules are applied as written without exception as approved by the Men's Development Program Committee (MDPC) or the Men's Program Committee (MPC) for those events and are published in their respective directives.

Junior Men's Modifications & Exceptions Table	
FIG Exception: Skill value may be awarded even in the case of a large deduction (-0.5)	
Level 7, 8 & 9 – Routines with less than 6 recognized skills receive a neutral deduction of (-1.0) per skill less than 6	
Level 7 Only – PH, R, PB, HB – Maximum -0.5 Global deduction for any number of empty/intermediate swings	
FIG Exception: Dark colored pants are allowed in the Development Program	
Floor Exercise	
Level 7, 8, 9 & 10 – Multiple salto element NOT required	
Level 7, 8 & 9 – Only - Separate skills in combined boxes each have their own virtual box, no repetition	
Pommel Horse	
Level 7 – Utilization of all 3 parts of the horse NOT required	
Level 7 – A performed element does not need to be followed by a FIG "A" skill to receive credit	
Level 8 – All skills must come from Pommel-less Horse COP listed in the JMCP Manual	
Level 7, 8, 9 – Circle to Handstand dismount receives "C" Value	
Level 7, 8, 9 & 10 – FIG circle deductions will be applied by skill, not by section	
Still Rings	
Level 7 & 8 – FIG Swing to handstand NOT required	
Vault	
Level 7, 8 & 9 – Multiple salto vaults NOT allowed	
Level 7 – FIG EG IV vaults with twist NOT allowed	
Level 7, 8, 9 & 10 – Handspring Pike Front vault = 3.6 difficulty value FIG 2.12	
Level 7, 8, 9 & 10 – Handspring Pike Front with ½ twist = 4.0 difficulty value FIG 2.213	
Level 7, 8, 9 & 10 – Handspring Layout with ½ twist = 4.4 difficulty value FIG 2.220	
Level 7, 8, 9 & 10 – Handspring Layout Salto with 1/1 twist = 4.6 difficulty value FIG 2.220	
Invalid Vaults Level 7 - 10	
Level 7, 8, 9 & 10 – An invalid vault (FIG COP Page 101) will be scored and defined as follows:	
7a) No support phase = large error (.5), evaluate as is, 2nd attempt is NOT allowed	
7b) No safety collar = large error (.5), evaluate as is, 2nd attempt is NOT allowed	
7c1) Unrecognized vault = deduction (1.0), defined as a balk, 2nd attempt IS allowed	
7c2) Pushes from feet = deduction (1.0), defined as a balk, 2nd attempt IS allowed	
7d) Spotting = deduction (1.0), evaluate as is, 2nd attempt is NOT allowed	
7e) No foot/feet first landing = deduction (1.0), evaluate as is, 2nd attempt NOT allowed	
7f) Side Stand = apply incomplete twist deductions, evaluate as is, 2nd attempt NOT allowed	
7g) Prohibited vault = large error (.5), evaluate as is, 2nd attempt NOT allowed	
7h) N/A	

Parallel Bars
Level 7 – Empty ½ swing allowed prior to any skill
Level 8, 9 – Empty ½ swing allowed prior to EG III skills
Level 7, 8 & 9 – Stutz and Giant to Support = “B” Value, counts for value and EG credit, in addition to FIG 1.3, FIG 3.21
Level 9 Only – Layout Back Salto 1/2 (4.19) & Front Pike or Layout Salto 1/2 (4.1) Virtual “B” Value

Horizontal Bar
Level 7 – Empty ½ swing allowed prior to any skill
Level 7, 8 & 9 – Swing half turn allowed following any flight element without salto over the bar
Level 7, 8 & 9 – A maximum of 5 forward and backward movements is allowed prior to start of routine

All FIG Adler Skills: Value Modifications – Levels 7, 8 & 9 Only		
Adler to Handstand	Any FIG Adler to HS	No angle deduction
Adler from 15° to 45°	Lower one letter value	No angle deduction
Adler from 44° to Horizontal	Lower two letter value	No angle deduction
Adler below Horizontal	Junior “A” Value	Angle deduction (-0.5)

Program Junior “A” Table

H. Non-FIG Value Skills: The chart below lists the approved Junior “A” value skills that may be awarded on each event in the National Track Optional program. Unless otherwise specified, Junior “A” value skills (skills that are not listed in the FIG Code of Points) receive (+0.1) skill value for difficulty but

do not qualify for element group value. Full or partial element group value may only be applied for skills that are listed in the FIG Code of Points. Skills not listed in the chart and not included in the FIG Code of Points are not eligible for value. Where two options are written in the table both may be performed and count for Junior “A” value of (+0.1).

Junior Men’s Competition Program: Approved Junior “A” Skills – All Levels	
Floor Exercise	Pommel Horse
Cartwheel	False scissor
Any Backward Roll	Single leg travel
Headspring	Single leg Stockli turn
Press to Headstand	Flair in any position
Round-off	Any flank off dismount
Swedish fall	Loop with ¼ turn to leg cut
Still Rings	Vault
Tuck planche hold	No exceptions to the FIG Code
Shoulder stand or giant to shoulder stand hold	
Hanging “L” hold	
German hang hold	
Muscle up to support unassisted hold	
Tuck salto dismount	
Parallel Bars	Horizontal Bar
Moy to upper arm	Any Kip to support
Flank, Stutz, Wende or tuck somersault dismount	Any non-FIG Salto dismount
“V” or Manna hold	Toe on Toe off either direction
Drop kip	Front or back hip circle
Back Uprise to support	Pullover to support
Shoulder stand or forward roll	¾ giant forward or backwards
	Back uprise to any height

Notes:

- Where two skills are listed both may count for Junior ‘A’ value.
- PH Single leg travel does not have a leg amplitude requirement

Competition Level 7

I. Additional Notes for Level 7 Competition:

Level 7 is designed as an opportunity for athletes to compete in an optional format with slightly modified difficulty requirements that are similar to the FIG structure, while achievable by gymnasts with a limited repertoire of skills. The basic routine requirements are listed in the optional levels chart. Level 7 Optional competition is subject to modifications and exceptions to the FIG Code of Points where specified in the listed charts.

J. Level 7 Table: This table below is similar to national competition at Levels 8, 9, and 10 with fewer difficulty requirements. The rules are designed to provide a structure similar to the other levels and serve as a bridge to those levels. Experience at this level can support an athlete's development to eventually move up to higher levels within the optional competition structure. The following table lists rules of competition in addition to the general routine requirements table for Level 7:

Rule #	General Rules of Competition and Value in Level 7:
1.	Three element groups are required for a total of (1.5) in element group value and may come from any of the four element groups. Dismount EG is not required as one of the 6 value skills.
2.	Only six value skills are counted. This requirement simplifies the ability of the gymnast to put together a full value routine. Junior "A" skills count for value (+0.1) but do not count for EG credit. FIG "A" dismount is required for EG IV credit.
3.	No multiple flipping vaults or twisting Yurchenko vaults allowed at Level 7.
4.	No Stick bonus awarded in Level 7.
5.	Level 7 is not eligible for Start Value Bonus or Vault Bonus.
6.	Level 7 competition uses the Pommel Horse with the pommels.

Competition Level 8

K. Level 8 Modifications: The following charts list modifications and exceptions as well as the general structure of the rules for Level 8 competition in the National Track. Generally speaking, Level 8, although open to all ages, specifically modifies certain rules that are appropriate to both the typical age as well as the ability of most athletes at this level of competition. These may include modifications to specific FIG requirements as listed in the Junior Modifications and Exceptions chart as well as modifications to some element groups on various events and the inclusion of a Pommel-less Horse Junior Code of Points for that event. Also, like Level 7, Level 8 is not eligible for the Start Value or Vault bonus system. The focus for this level remains the mastery of fundamental execution while developing routine construction and a repertoire of skills in each of the four element groups.

Level 8 competition utilizes a Pommel-less Horse. The design of this event is intended to promote the development of a wide repertoire of skills that

can be adapted to the pommel horse when the gymnast advances in age and/or ability. Removing the pommels from the horse, similar to the Future Star program, promotes the mastery of circle and flair technique while encouraging development of new skills. Level 8 makes available a somewhat wider range of skills from the Level 6 compulsory design and provides the flexibility for unlimited optional routine construction. This can be viewed as the basis for an athlete's routine construction as he advances through higher levels of competition.

Level 8 Rules

L. Level 8 Rules Table: Refer to the Junior FIG Code of Points for skill values and structure of routines. All FIG requirements apply except where noted in the following chart and the Junior Modifications and Exceptions Table. Attention noted: Adjustments to some element groups in the chart below have been made to modify FIG rules and structure. These include use of the Pommel-less Horse (refer to the Level 8 Pommel-less Horse

Code of Points in this chapter). Additional level-appropriate modifications on Rings addressing FIG requirements for swing to strength and swings to

handstand (EG III) are reflected in the chart below as well as flight and “in bar” group requirements for Horizontal Bar (EG II).

Level 8 Competition Table

Table of Element Groups and Rules for Level 8 Competition			
Floor Exercise			
EG I	EG II	EG III	EG IV
FIG I – Non-acrobatic	FIG II – Acrobatic-Forward	FIG III – Acrobatic-Backward	FIG IV – “A” ≥ Dismount
Multiple salto skill NOT required			
Connection bonus awarded for directly connected single saltos – D+B or higher			
Pommel-less Horse			
EG I	EG II	EG III	EG IV
Flair elements	FIG II – Circles/Turning skills	FIG III – Travel elements	FIG IV – “A” ≥ Dismount
Elements must come from the Level 8 Pommel-less Horse Table = +0.5 EG except where noted			
Note: EG I - Flair elements replace the FIG EG I category for Single Leg or “scissor” elements			
Still Rings			
EG I	EG II	EG III	EG IV
FIG I – Kips & Swings	FIG II – Strength & Hold	Handstand 2s hold	FIG IV – “A” ≥ Dismount
EG III: Held Handstand required – (No hold = No EG, Momentary hold = EG3 credit and deduct -0.3)			
Exception – FIG swing to HS with NOT required			
EG III Handstand 2s hold replaces the FIG EG III “Swing to Strength” requirement			
Any FIG EG II or III skill may fulfill EG II requirement “Strength & Hold”			
Vault			
All FIG Value Vaults – Exception: Multiple salto vaults NOT allowed			
Parallel Bars			
EG I	EG II	EG III	EG IV
FIG I – Support element	FIG II – Upper arm	FIG III – Hang & Basket	FIG IV – “A” ≥ Dismount
Jr. Men’s Competition Program Modifications allowed: Empty ½ swing into EG III skill is allowed			
Stutz or Giant to support = (B) value and can fulfill EG			
Horizontal Bar			
EG I	EG II	EG III	EG IV
FIG I – Giants, turns	Any FIG Flight or Inbar forward	Any FIG Inbar backward	FIG IV – “A” ≥ Dismount
Refer to Adler Skill Value Modifications table			
Swing half turn allowed following any flight element without salto over the bar			
EG II : “Flight” modified to include In-bar Under grip skills – EG III modified to Over grip only skills			

Level 8 Pommel-less Horse

M. Pommel-less Horse Code of Points: The competition in Level 8, similar to the Level 6 compulsory program, utilizes a Pommel-less Horse. Skills for this event have been re-categorized from the FIG Code of Points to create a Pommel-less Horse Code of Points. All skills performed in this level must come from this Pommel-less Horse Code. Skills retain their FIG Code values unless otherwise noted. Where applicable, listed Code numbers have been provided to refer to the FIG Code of Points. Although this is the official code for this event at Level 8, coaches should familiarize themselves in depth with the FIG Code of Points for Pommel Horse.

Level 8 – Pommel-less Horse Rules & Skills FIG Code Exceptions:

- ONLY skills listed in the Level 8 Pommel-less Horse Skills Table are allowed.
- FIG skill selection and elimination criteria:
 - Skills that are defined by being on the pommels have been eliminated.

- Skills that are defined by their starting and/or ending position on or around the pommels have been eliminated.
- One skill can count for one element group only
- Skills on the pommels are included that can be done on the leather and are easily identified.
- The FIG rule of utilization of all 3 parts of the horse applies in Level 8.
- The Czechkehre and DSA can start and end in both side and cross support.
- Skill identification and evaluation criteria:
 - A skill is completed when both hands have reached the intended part of the horse.
 - Traveling skills will be evaluated as either traveling 1/2 or 3/3 of the horse, 1/3 and 2/3 travels will not be used
- Flank off from cross support in middle of horse or from cross support rearways on end. Note: must be preceded by one full cross support circle (circle not part of another skill).

Pommel-less Horse Code of Points

Skills – These skills receive value, but do not fulfill any Special Requirement			
Skill Description	FIG Code Box	Modification	Value
1/4 turn from cross support frontways (1/2 Kehr)		Added Skill	A
1/4 turn frontways from side support (1/2 Kehr)		Added Skill	A
1/4 turn from cross support rearways (1/2 Stockli)		Added Skill	A
1/4 turn rearways from side support (1/2 Stockli)		Added Skill	A

EG 1 – Flairs			
<i>Note: Skills from EG 2 or EG 3 done FLAIRED, can fulfill EG 1 except Magyar travel flaired #3.40 & Sivado travel flaired #3.52</i>			
Skill Description	FIG Code Box	Modification	Value
Circle in side support	2.1	Flaired	A
Circle in cross support frontways (front loop)	2.13	Flaired	A
Circle in cross support rearways (back loop)	2.19	Flaired	A
1/4 Spindle on end (from cross or side support)	2.25	Flaired	A
1/2 Spindle on end (from cross or side support)	2.26	Flaired	B
1/1 Flair spindle from side support (max 2 circles)	2.28		D
Magyar – 1/1 spindle (max 2 circles)	2.34	Flaired	D
Tippelt – Flair or Circle through H.S. back to flair or circle	2.39	Flaired	C
Busnari	2.54		F

FIG EG 2 – Circle with and/or without spindles and handstands, Kehre swings, Russian wende swings.

Skill Description	FIG Code Box	Modification	Value
Circle in side support	2.1		A
Circle in cross support frontways (front loop)	2.13		A
Circle in cross support rearways (back loop)	2.19		A
1/4 Spindle on end (<i>from cross or side support</i>)	2.25		A
1/2 Spindle on end (<i>from cross or side support</i>)	2.26		B
1/1 Flair spindle from side support (max 2 circles)	2.28		D
Magyar – 1/1 spindle (max 2 circles)	2.34		D
Tippelt – Flair or Circle through H.S. back to flair or circle	2.39		C
Direct Stockli A (<i>*from cross or side support</i>)	2.50		B
Busnari	2.54		F
Double rear (Kehre)	2.61		A
Reverse Stockli 180° or 270°	2.80		B
Schwabenflank	2.91		A
Czechkehre (<i>*from cross or side support</i>)	2.92		B
180° or 270° Russian	2.103		A
360° or 540° Russian	2.104		B
720° or 900° Russian	2.105		C
1080° Russian	2.106		D
180° or 270° Russian (in the middle)	2.110		B
360° or 540° Russian (in the middle)	2.111		C
720° or 900° Russian (in the middle)	2.112		D
1080° Russian (in the middle)	2.113		E

FIG EG 3 – Travel type elements, including Wu, Roth & Traveling Spindles.

Skill Description	FIG Code Box	Modification	Value
Travel in side support (3/3)	3.3		C
Travel with 1/2 spindle from cross support (1/2)	3.21		C
Travel (3/3) with ½ spindle in cross support	3.23		E
Travel forward in cross support (1/2)	3.38		B
Magyar (3/3) travel forward legs together or flaired	3.40		D
Travel backward in cross support (1/2)	3.50		B
Sivado (3/3) travel backward legs together or flared	3.52		D
Molguilny: Kehre forward, reverse Stockli, Kehre forward (3/3)	3.58		D
Belenki: reverse Stockli, Kehre forward, reverse Stockli (3/3)	3.76		D
Wu Guonian: 720° Russian with 3/3 travel	3.77		E
Roth: 360° Russian with 3/3 travel	3.82		D
360° Russian with 1/2 travel		Added Skill	C

FIG EG 4 – Dismounts			
Skill Description	FIG Code Box	Modification	Value
Flank off from cross support		Added Skill	A
Wende	4.1		A
Chaguinian to wende	4.2		B
Kolyvanov - circle or flair H.S. + 3/3 travel + 450° turn	4.4		D
DSA to handstand, 3/3 travel with 450° or more turn	4.5		E
360° or 540° Russian	4.8		B
720° or 900° Russian	4.9		C
1080° Russian	4.10		D
Circle or FLAIR to handstand	4.20	Junior upgrade	C

Levels 9 & 10 Rules

N. FIG Rules and Level Appropriate Adjustments: Levels 9 & 10 in the National Track follow Junior FIG Rules and use the FIG Code of Points for skill values and Element Group rules. These levels have fewer modifications to the FIG Rules in some cases. The Levels 9 & 10 do use and follow the modifications which allow for the use of Junior “A” skills listed in the corresponding table as well as the Junior modifications that are noted in the Junior Modifications Table specific to their levels. The overview table lists any scoring differences between Level 9 & 10. The Bonus section also gives information regarding Vault options for competition in Levels 9 & 10.

The design of the National Track emphasizes that as gymnast’s advance in age and ability, working their way up through Levels 9 & 10 in competition, they must adapt to the FIG Code of Points and rules as written with fewer exceptions. The FIG Code is standard throughout the sport, and in order for athletes to advance in their abilities with the opportunities to further their competitive career, whether it be in college programs or beyond, they must become familiar with the FIG Code and its rules. The entire program is designed to make this transition smoothly for those athletes aspiring to compete at Levels 9 & 10.

Coaches should take it as their professional responsibility to plan the direction of their athletes’ development with these goals in mind. Therefore, we encourage all coaches to become familiar with the FIG Code of Points from the outset of their professional career. Whether coaching at the compulsory level or the optional level, development of optional skills and their foundational progressions should start at a young age in order to give their athletes the best opportunity for success at the higher competitive levels.

Future chapters discuss the opportunities for competition for these athletes at the championship levels and include their potential migration through the Elite Track as well.

Levels 9 & 10 Bonus System

O. Start Value Bonus Benchmarks: The Men’s Development Program will implement a program of bonus for optional routine development. The bonus is based upon the start value benchmark achieved by the gymnast’s performance on any individual event. The gymnast will receive an additional (+0.2) added to his difficulty score if that minimum benchmark is achieved. The benchmarks established for each event are based upon the calculated start values that are competitive with higher-level gymnasts and junior international competition. The purpose of the program is to incentivize athletes to

develop their routine construction in all element groups in order to reach these benchmarks and to prepare them for routine construction that will assist them in reaching national team status at both the junior and senior levels.

It's important to note that the bonus program is intended for gymnasts who are capable of showing an international level of skill and at the same time are able to maintain a very high level of execution. Only those with a high level of fundamental mastery on each event are likely to even attempt such a benchmark. The program is modeled after the current standards required for Junior National Team

development. These standards are factors that have been used for assignment to international meets and are actively promoted at camps. The standards are subject to change year by year. This program is implemented in the National Track to provide any athlete the opportunity to transition to the Elite Track if he aspires to that level.

The table below lists the competitive options for vault scoring for Level 9 & 10 gymnasts in the Junior National Optional Track. The purpose of this program is to allow and incentivize gymnasts to develop more than one category or type of vault.

Junior Men's Start Value Bonus Table – Level 9 & 10 Only		
Event	Minimum SV Bonus Level	Bonus
Floor Exercise	4.8	+0.2
Pommel Horse	4.9	+0.2
Rings	4.4	+0.2
Vault	5.2	+0.2
Parallel Bars	4.7	+0.2
Horizontal Bar	4.3	+0.2
Note: Use only FIG Code values for Juniors for 8 counting skills		
Note: Stick Bonus does not count for Start Value difficulty component		
Bonus is available for Levels 9 and 10 except where championship events may prohibit their use		
Level 9 FX Bonus includes value for virtual exceptions on Floor Exercise		

Junior Men's Level 9 & 10 Vault Options	
<i>Requirements for the opportunity to perform a 2nd Vault</i>	
1 st Vault must be landed	No fall allowed
1 st Vault must fulfill a minimum Start Value	Level 9 – Minimum 4.0 Level 10 – Minimum 4.8
Conditions of the 2 nd Vault	
2 nd Vault must be a different vault from the 1 st Vault	NOT required to be from a different FIG vault group
2 nd Vault Start Value must be greater than or equal to the 1 st Vault Start Value	Level 9 – Minimum 4.0 Level 10 – Minimum 4.8
Scoring Notes	
Gymnast will be awarded the highest final score recorded for either the 1 st or 2 nd Vault	
If either Vault has a FIG Start Value of 5.2 or higher, gymnast receives +0.2 bonus (See "Start Value Bonus Table" on Page 57)	
Start Value Exceptions to the FIG	
Handspring Forward and Salto Forward Piked (FIG II – 212) – 3.6	
Handspring Forward and Salto Forward Piked with ½ Twist (FIG II – 213) – 4.0	
Handspring Forward and Salto Forward Stretched with ½ Twist (FIG II – 220) – 4.4	
Handspring Forward and Salto Stretched Forward with 1/1 Twist (FIG II - 220 Virtual) – 4.6	

Chapter 5

THE ELITE TRACK

A. Elite Rules: The third track within the junior competition sphere is focused on the development of athletes who aspire to be selected to the U.S. National Team program and ultimately international competition up to and including the Olympic Games and World Championships. However, since athletes compete with their teammates in the National Track for the majority of their competition season, the Elite Track uses the National Track rules of optional competition for most competitions. Only selection or championship level events that specifically state the use of FIG Rules will be the exception to this rule. These events include, but are not limited to, competitions such as U.S. Championships and/or Winter Cup.

B. Technical Sequences: A major difference between the Elite Track and the National Track is the evaluation and use of Technical Sequences in determining rankings. Technical Sequences are similar to compulsory exercises and are composed entirely of skills deemed essential to fundamental mastery of a wide variety of basic skills important to routine construction and the opportunity to build start value in each element group. The Technical Sequences may be used both for selection to the national team or for qualification to the Elite division in order to gain the opportunity to compete in competitions where the National Team selection will take place. Athletes may qualify to move from the National Track to the Elite Track at their State and Regional Championships in order to participate in the Elite Track at the Men's Development National Championships. Level 10 athletes competing at the Men's Development National Championships in the Elite Track have the opportunity to qualify to the U.S. Championships. The Technical Sequence Manual is published separate from this manual and contains very detailed descriptions of technical performance criteria necessary for elite development. The Technical Sequences are divided into six exercises for each specific age group of elite competition. For the purposes of ranking, the Technical Sequence

All-Around score may be combined with the Optional All-Around score to create a combined All-Around score either for qualification or selection as needed.

C. National Team: The U.S. National Team program is composed of athletes from various age groups. Elite Track athletes competing in junior age groups are eligible for selection to the National Team. Once named, athletes are eligible to attend National Team training camps and participate in development and assignment to compete in various international competitions. This training and these opportunities help to broaden the exposure and experience these athletes need to become world-class competitors. These Elite athletes, once named, are also subject to the High Performance Plan that is developed in concert with the U.S. Olympic & Paralympic Committee's High Performance team.

D. Future Stars: Another aspect of the Elite Track is the Future Stars National Development Team. The Future Stars program is the entry point to the Elite Track for athletes aged 8 to 12 years. Traditionally, this program operates separately from the normal competitive season and is open to any gymnast aspiring to learn what is involved in athlete development in the Elite Track. The Future Stars competition is combined with a workshop focused on coaches' education, which is a critical focus for elite development. The Future Stars competition program uses an adapted version of the Technical Sequences as the basis of its competition format. Athletes are selected or qualify through their region for participation at the Future Star National Championships where a developmental team of up to 50 athletes is recognized. The documents pertaining to the format and curriculum for this program are published under separate cover from this manual and are available through USA Gymnastics' website. Qualification scores are updated and published each year prior to the state and regional events.

The Elite National Teams

E. National Team Program Description: The following table shows the make-up of the U.S. National Team Program for junior and senior men's gymnastics. This includes both developmental teams as well as national teams who are also eligible for assignment to international competition subject to FIG guidelines for juniors. The table gives

a cursory idea of how the teams are populated. However, detailed information on selection can change from year-to-year. The Men's Program Committee as well as any conditions subject to the High Performance Plan submitted and approved by the U.S. Olympic & Paralympic Committee that may affect team selection:

U.S. National Team Program		
Qualification and selection criteria published in the R&P, National Team Handbook		
Future Star Nationals	National Development Team	Age Bracket(s)
25 attend National Camp	50 athletes recognized	Regional (8,9) National (10,11,12)
Level 8/9 Team	U.S. National Team	Age Bracket(s)
Up to 15 athletes & 2-3 NT camps	8 Rank order, 7 Open selections	Junior Elite 12, 13, 14, 15
Level 10 Junior National Team	U.S. National Team	Age Bracket(s)
Up to 14 athletes & 4 NT camps	10 Rank order, 4 Open selection	Junior Elite 16 & 17
18-20 National Team	U.S. Senior Development Team	Age Bracket(s)
Senior NT Camps	Up to 6 athletes	National (18,19, 20)
FIG U.S. Seniors	Senior National Team	Age Bracket(s)
Senior NT Camps	Up to 15 athletes	FIG (18+)

Note: The content and distribution of this table is subject to annual review

The Elite Track Competition Schedule

The following table lists competitions available in the Junior program for the Elite Track and approximate time of year, age guidelines, and qualifications or selections:

Junior Men's Elite Track Competitions and Event Qualifications or Selections			
<i>Note: Rules may vary – FIG Rules events do not include junior program modifications</i>			
Event	Age or Levels(s)	Annual	Selection
Future Stars	8-12 years	Summer/Fall	Qualify from Regional by score
State Championships	Level 8, 9, 10 / 12-19 years	March	Technical Sequence required
Regional Championships	Level 8, 9, 10 / 12-19 years	April	TS + Optional Qualification by score
Men's Development National Championships	Level 8 (12-13), Level 9 (14-15) Level 10 (16-19)	May	L8/9 National Team Selection L10 Qualify to US Championships
U.S. Championships – FIG Rules	Level 10 / 16-19 years	August	L10 National Team – Optionals Only
U.S. Classic – FIG Rules	Level 10 / 16-18 years	June/July	Qualify to U.S. Championships
Winter Cup – FIG Rules	Level 10 / 18+ years	February	Qualify to Senior division
Elite Team Cup – FIG Rules	Level 9, 10 / 14-19 years	February	Regional Team selections

Note: The content and distribution of this table is subject to annual review

The Elite National Team Program

F. Selection, Camps, and Responsibilities: Selection to the National Team for junior aged athletes requires qualification and competition in the Elite Track. At ages 12-18 in the Men's Development competition program Technical Sequences are required as one element of the qualification and/or selection. Combined with optional competition and the start value bonus program these three basic competition elements are central to the National Team program's mission. Elite level performance consistent with international standards depends on the execution of each of these three components at a high level.

Once selected to the U.S. National Team, numerous training camps are held throughout the year to assist in the development of athletes and goal setting for the international competition level. Athletes aspiring to compete for the United States in international competition are required to work towards and achieve the benchmarks in these areas set by the approved High Performance Plan. Only athletes selected to the U.S. National Team may compete for

the U.S.A. in international competition. International assignments are selected based upon competition and training camp performance and must be approved by the Men's Program Committee.

A National Team Handbook is distributed to each athlete that lists the requirements of coaches and athletes as members of the U.S. National Team. Internationally sanctioned meets are conditional on meeting FIG age guidelines and may vary from competition to competition. Typical competitions for junior aged athletes may include Junior Pan American Championships, FIG Youth Olympic Games, Junior World Championships, or a variety of invitational international events sponsored by countries around the world as members of the International Gymnastics Federation.

Coaches are advised to contact the **Men's Junior High Performance Coordinator** for more information about the U.S. National Team program or Elite division competition.

Chapter 6

CHAMPIONSHIP COMPETITIONS

A. State and Regional Championships: Each of the various levels in the junior competition program culminates in a championship at the end of each annual season. For the compulsory levels 3, 4, 5 & 6 this competition is the State or Regional Championship for each of the nine regions. Each state or region has the responsibility to determine their championship format and determine guidelines for who can qualify to those championships. In some larger regions there are even sectional championships for some levels as part of the qualifying process. These are ultimately determined by the elected state or regional boards based upon resources, competition sites, financial considerations, and other considerations to allow the number of participants that best fits their population numbers. These qualifications are published annually by each region or state based on their governance.

B. East and West Men's Development National Championships: The East and West Junior National Championships focus on providing the opportunity for athletes at Level 7, 8 & 9 in the National Track to attend their own season culminating championship in greater numbers. This format divides the country's nine regions into two relatively equal blocks geographically, one in the East and one in the West. Some of the features of this design are a shorter number of competition days, a more cost effective strategy in terms of travel and related expenses for athletes, coaches and families, and the maximum opportunity and recognition for those participants. A site will bid annually to host the event in the two areas of the country that will further enhance the exposure of our sport countrywide.

C. Development National Championships: Level 10 Junior National athletes qualify to attend this championship. The championships is generally held in May of each year. Qualification to these championships is done by either a score qualification or an allotment system based on rankings from the regional championship events. An allotment system is used for qualification to ensure a fair distribution of athletes among the nine regions.

D. Elite Championships Qualification and Selection: In addition, the Elite track has its championship as part of the Men's Development National Championships that the Level 10 athletes attend. After qualifying to the Elite Track at their Regional Championships, a select number in each of the levels 8, 9 and 10 elites qualify to compete at the Men's Development National Championships by achieving a pre-determined combined score including the Technical Sequences and their Optional All-Around score from regionals. This score is recommended each year and approved by the MDPC prior to the regional championships. Elite athletes competing at the Men's Development National Championships have the opportunity to be selected to the U.S. National Team in the Level 8 and 9 divisions.

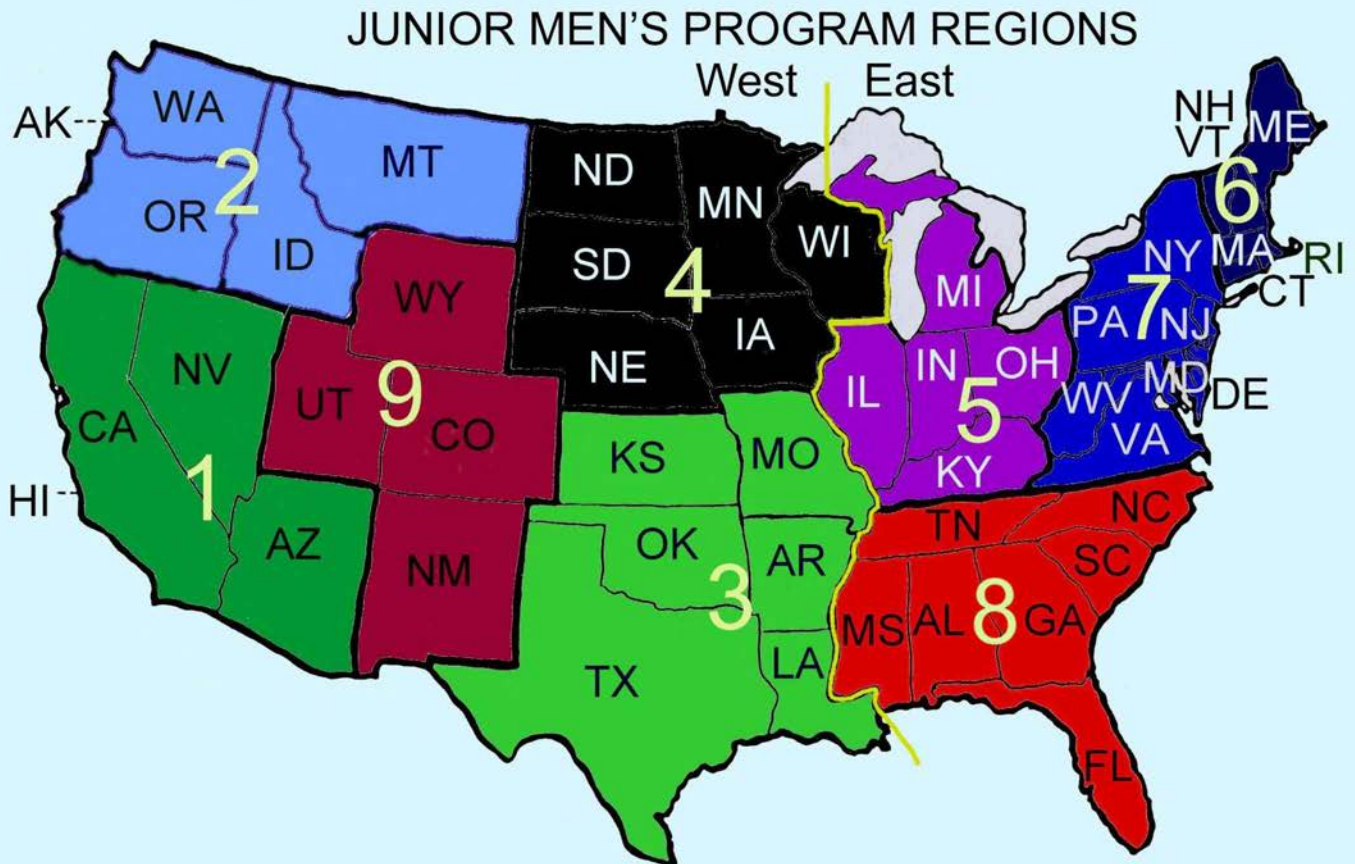
The Men's Development National Championships is used as a qualifying step for Level 10 athletes to the U.S. Championships later in the season. The U.S. Championships are used as one criteria for selection to the U.S. National Team for Level 10 athletes.

Championship Competitions Formats

The tables below give a general idea of the format design for the Men's Development National Championship competitions at the optional levels.

The details of these formats are published annually, prior to the start of the championship competition season and may change slightly from year-to-year.

East (Regions 5, 6, 7, 8) and West (Regions 1, 2, 3, 4 & 9) Men's Development Nationals



Basic Format for East and West Men's Development Nationals

Athletes will qualify to attend the East and West Nationals through their respective regional championships using an allotment system, published annually. The qualifying age groups for each level and age divisions will be determined prior to the State Championships each year based on registered numbers and the allotment for each of the East and West Development Nationals. A qualification document will be published with all pertinent information prior to the State

Championship. A petition process will be available for athletes who were not able to compete at their qualifying competition due to injury or illness. Athletes will compete in one session with awards to follow at each level. The number of sessions and athlete numbers may vary year-to-year based upon member registrations at each level as well as assignment of sessions based upon a sample format shown below. Information on facility requirements and the bid process will be included in the Men's Program Rules and Policies.

E. Sample Competition Format for East and West National Championships: (Subject to change annually)

Sample Format East & West Men's Development National Championship				
<i>Note: Adjustment of number of sessions and levels may be made each year by the MDPC based on registered numbers</i>				
Competition Schedule	Level	Session #s	Approximate #'s	Allotment
Friday Session #1	JN8	96	192	6 event AA rank by Region Top 3 Ind. Event – 16 + years
Friday Session #2	JN8	96		
Saturday Session #1	JN9	96	264	6 event AA rank by Region Top 3 Ind. Event – 16+ years
Saturday Session #2	JN9	96		
Saturday Session #3	JN9	96		
Sunday Session #1	JN7	96	192	6 event AA rank by Region Top 3 Ind. Event – 16+ years
Sunday Session #2	JN7	96		
<i>Totals</i>	JN-7,8,9	672	672 + Petitions	Allotment based on Registration

F. General Parameters – East & West Nationals Bid Process:

General Parameters – East & West Men's Development Nationals Bids	
<i>Note: Specific requirements to be stated in contract agreed upon by USAG and Host</i>	
3-day event	Set-up on Thursday, Competition Friday to Sunday, Load out Sunday after competition
Training	No training prior to sessions (warm-up & compete), No off-site training scheduled
Medical	Follows USA Gymnastics approved coverage requirements, medical plan must be filed
Hotel	Hotel packages must be coordinated through USA Gymnastics Travel Partner
Competition	Capitol Cup Format, one session, one level with awards to follow each session
Awards	Single age year categories in each level + Club/Region Team, provided by USA Gymnastics
Dates	Target date for event is 3 rd weekend of May (subject to calendar changes)
Equipment	Provided by National Equipment Sponsor (AAI), two sets, host pays cost (TBD annually)
Judges	2 per event - 12 judges + 1 Technical Director/Meet Referee, paid by host
Ages	All athlete age groups to be determined by MDPC each year based on level's field numbers
Schedule	Published each year by the MDPC on March 1 st in coordination with meet host
Facility	Recommended minimum: 35,000 square feet, Ceiling height 20 feet, elevated seating
Travel	Athletes and coaches may arrive and depart according to their competition schedule

Note: General information presented is subject to change and spelled out in more detail in a bid package and subsequent contracts between USA Gymnastics and potential meet hosts. Those interested in bidding should contact USA Gymnastics for more details.

Basic Format – Men's Development National Championships

G. Overview: The Men's Development National Championships is held for National Track Level 10's (JN-10) and Elite Track Levels 8, 9, and 10 (JE-8, JE-9, JE-10). Age Groups qualifying through State and Regional Championships to Development Nationals are defined as Level 8 12 & 13, Level 9 14 & 15, Level 10 16 & 17, 18+. Limiting this format to these higher levels opens up more space for National Track Level 10's to reach the Men's Development National Championships. This format will still allow a full training day for all athletes

and a day off between the preliminary competitions and finals competitions at each level. The Junior National Championship will be the site of Junior National Team selection in the Elite Track for Level 8 and Level 9. Elite Track division Level 10's will qualify to U.S. Championships from this competition. The National Track competition will identify rankings and placement for awards based upon a two-day optional format. Elite Track athletes will compete for selection and qualification using a combined score of Technical Sequences and Optional routines in a two-day format.

H. Sample Competition Table for Men's Development National Championships

Sample Format for Development National Championship			
<i>Note: Adjustment of number of sessions and levels may be made each year by the MDPC based on registered numbers</i>			
Competition Schedule	Level	Approx. #'s	Notes
Wednesday – All Regions	JN+JE	700+	Training Day
Thursday Session 1	JE Level 8&9 (12, 13, 14, 15)	120+	Optionals
Thursday Session 2	JE Level 10 (16, 17, 18, 19)	120+	
Thursday Session 3	JN Level 10 (16, 17, 18, 19)	120	Regional Teams
Friday Session 1	JN Level 10 (16, 17, 18, 19)	120	
Friday Session 2	JN Level 10 (16, 17, 18, 19)	120	
Friday Session 3	JN Level 10 (16, 17, 18, 19)	120	
Saturday Session 1	JE Level 8&9	120+	Technical Sequences
Saturday Session 2	JE Level 10	120+	Optionals Day 2
Sunday Session 1	JN Level 10 (16 & 17)	96+	Finals – AA + IE
Sunday Session 2	JN Level 10 (18 & 19)	96+	Finals – AA + IE

I. General information about Allotment System:

Where an allotment system is used to qualify athletes to a national event, a system is in place to determine the allotment numbers for each region. Prior to state championship events each season, the data from athlete registrations in each level of competition will be used to determine relative allotment numbers from each region. A percentage of the total national numbers at that level is then assigned to each region. That percentage is used to determine the number of qualifiers each region will receive to the national event. This system is designed to ensure that a relatively equal distribution of qualifiers compared to their national percentage is guaranteed for each region. Inherently, regions with smaller registered athlete numbers have fewer qualifying spots than regions which have a large number of athlete registrants. Each year, these numbers are approved by the MDPC and released to the community prior to the championship season.

J. General Information about Qualifying Scores:

Where qualifying scores are used to determine entry into national events, such as in the Elite Track events, the data from recent past events is used to review the accuracy of the qualifying scores

moving forward. In the Elite Track, a Junior Coaches Advisory group is consulted to recommend whether a qualifying score should be raised or lowered. The purpose is to populate the event with the desired optimal number of participants for that event. A qualifying score is sometimes used when it is important to create a pool of athletes with the highest level of quality and ability regardless of which region in which they are competing. Each year, these numbers are approved by the MDPC and released to the community prior to the championship season.

K. Awards Guidelines: Awards guidelines for each championship are published in the directives for each championship competition. Generally speaking, the national championship events will distribute awards based upon single age years to individual events, the All-Around, and by age groups designated for each event. Age Groups and awards for team competitions at each event will be determined by the format for that event. In addition, state and regional championship events may adjust their format to meet space, financial considerations and participation guidelines based upon each state or regions resources.

Chapter 7

EQUIPMENT SPECIFICATIONS & OFFICIAL DUTIES

Junior Modifications to Equipment Specifications

Equipment specifications are based upon those listed in the FIG Code of Points. In the junior program, the maximum height specifications approved by the FIG may not be exceeded. However, depending on the level of competition, there are modifications to equipment specifications that allow adjustments below those maximum heights or substitution of standard equipment with modified equipment set up without deduction. These modifications are listed below and may apply to all competitions unless otherwise stated.

A. General guidelines for modifications to FIG equipment standards: *In all cases, equipment used for competition must be manufactured by an approved equipment manufacturer and fall within approved safety guidelines. Meet directors and judging officials have a responsibility to inspect equipment prior to competition to insure it meets accepted standards.*

- a. A panel mat may be used to mount Pommel Horse, Pommel-less Horse, Mushroom, and Parallel Bars.
- b. There is no minimum height requirement for Parallel Bars or Pommel Horse and Pommel-less Horse.
- c. Matting can be adjusted upward using approved landing mats and/or safety cushions to attain a minimum height for Rings and Horizontal Bar for all National compulsory, Club, and National optional competition unless the directives for equipment specifications and/or matting are specifically stated.
- d. A springboard may be used to mount the Parallel Bars event. If the springboard is placed between the uprights it must be removed after the mount (for safety reasons). A behavioral deduction may be assessed for compromising the safety of the gymnast.

- e. If ceiling mounted rings are to be used the meet director must inform all participants prior to the event (in the entry procedures documents) so coaches may assess whether their gymnast should compete on that event.
- f. Boxes constructed with spotting blocks or mats may be used in Club competition or compulsory competition for lower levels, where appropriate, if parallel bars are not available. The use of Boxes or Parallel Bars must be communicated in pre-meet information.
- g. Where mushrooms are used, they must be taped to the floor panel mats on which they rest to insure stability of the equipment.
- h. Additional landing mats or safety cushions are generally allowed on Vault.
- i. A tumbling strip, minimum width 6 feet and length of 40-60 feet, may be used for National Track compulsory competition and Club Track competition.
- j. In all cases, such as certain championship level competitions, if FIG equipment specifications are required the meet directives must state those rules.

B. Statement on Judging and Evaluation

Procedures: All modifications or exceptions to the FIG Code of Points are listed in this manual and take precedence in competitions using junior program rules. All other evaluation criteria follow the FIG Code of Points and interpretations by FIG or the National Gymnastics Judges Association directives (NGJA). Junior National Apparatus Judges under the direction of the NGJA's Junior Technical Director will communicate any necessary interpretations to the rules that arise during the competitive season.

C. Landing Mats and Mat Specifications Table: This table lists basic minimum requirements. Mats may be adjusted within the rules ensure safety of the athletes.

Minimum Recommended Landing Mat Specifications For Junior Men's Competition Program						
Notes: 10 cm is approximately equal to 4 inches and 20 cm is approximately equal to 8 inches Specific matting requirements may be stated for some championship competitions Meet Directors should provide timers where necessary for floor routines at Levels 7, 8, 9 & 10						
National-Elite	Level 3	Level 4	Levels 5	Level 6	Level 7	Level 8, 9 & 10
Floor Exercise	40'x40' or 6' x 40' strip Minimum 1¼" thick		40'x40' or 6' x 60' strip 1½" foam on 4" spring deck		40'x40' 1½" foam on 4" spring deck Additional mat up to 4" allowed for landings – may not be moved	
Pommel Horse	Not Applicable			12' x 12' x 10 cm (4")		
Mushroom	10' x 10' x 1¼" (panel mat)			Not Applicable		
Still Rings	8' x 15 ½" x 30 cm (8")					
Vault Table or Board to Mats	6' x 12' x 30 cm (4"+ 8") Additional 20 cm (+8") allowed		8' x 15 ½" x 30 cm (4" + 8") (Refer to Technical Sequence Manual for required JE matting)			
Parallel Bars	Raised surface for mounting	14' x 16' x 20 cm (8")				
Mats or Blocks	Allowed	Not applicable				
Horizontal Bar	Low bar	Bar w/mats raised to allow any height			8' x 30' x 30 cm (4" + 8")	

Club	Bronze	Silver	Gold	Platinum
Floor Exercise	40'x40' or 6' x 40' strip Minimum 1 1/4" thick		40'x40' or 6' x 60' strip 1½" foam on 4" spring deck	
Pommel Horse	Mushroom – 10' x 10' x 1¼" (panel mat)			12' x 12' x 10 cm (4")
Still Rings	8' x 15 ½" x 30 cm (8")			
Vault	Two panel mats to 6' x 12' x 20 cm (8")	6' x 12' x 30 cm (4" + 8") Additional 20 cm (+8") allowed		8' x 15 ½" x 30 cm (4" + 8")
Parallel Bars	Mats or Spotting Blocks Any Height		14' x 16' x 20 cm (8")	
Horizontal Bar	Low bar or bar with mats raised to allow any height			8' x 30' x 30 cm (4" + 8")

General Duties of Officials

D. Officials Duties: Unless otherwise specified, judges as well as meet directors are responsible to ensure the following conditions of the competition are followed and provide a safe environment for the competing athletes:

- Equipment provided meets approved specifications
- Landing areas are provided with adequate matting within approved guidelines
- Spotters are present prior to an athlete's competition where required at Vault and Horizontal Bar
- Judges are responsible for both Difficulty & Execution scoring unless otherwise specified
- Applicable rules for each level of competition are followed
- Judges are responsible for line duties unless line judges are provided
- Judges are responsible for determining if an athlete may repeat an exercise within applicable rules
- All scoring is "per FIG" with the addition of approved modifications or exceptions

