

## USA GYMNASTICS JUNIOR OLYMPIC RULES SURVEY – FALL 2008

The following questionnaire will hopefully allow all Professional Members to express their opinions on topics to be discussed at the JO/WTC Meeting on September 5-7. If you have any issues other than those listed below, please bring them up with your RJOCC or RTCC member.

Please think carefully before responding to the questions. Consider the philosophy of the program and what you think we should be accomplishing. Are we making rules that will keep children involved in the sport? Are we making it harder? Is this something parents will keep their children involved in? Is it progressive? Is it fair to other levels?

These topics will affect competition for the next Quadrennium for Junior Olympic Gymnastics (2009-2013). We value each member's opinion, so please take the time to respond and think about your responses.

Feel free to respond to any or all questions you have input regarding.

\* Required

Name \*

USAG Pro# \*

Region \* Please select the Region you are from

Position \* You may select more than one

- \* Coach
- \* Judge
- \* Other:

GENERAL #1 - Should Level 7 gymnasts be allowed to perform all C dance skills on floor and beam without the 2.0 penalty?

The current ruling that certain C skills are approved appears selective and not consistent. For example, the double toe turn on floor is progressive and not risky/dangerous. However, perhaps an athlete struggles with toe turns, but is an excellent "jumper". She performs a tuck 1 ½ and receives a 2.0 deduction. Or does this raise the bar for beginning level optionals to attempt skills too difficult for their ability in order to keep pace with the top gymnasts?

1      2      3      4      5

Agree

Disagree

GENERAL #2 - Should Level 9 gymnasts be able to perform ONE "D" or "E" valued skill for one-tenth of their bonus?

Will this make it more difficult to compete at this Level? With the present system we have gymnasts doing these moves and not getting credit, do we need to give them something for their effort and accomplishment?

1      2      3      4      5

Agree

Disagree

GENERAL #3 - Should we limit the maximum time for meets to be more

comparable with other sports?

For example, a soccer, basketball, baseball game is about 1 ½ hours long.  
Would smaller sessions keep parents happier with being at competitions?

Vault #1 - Should any of the Optional Levels perform only one vault?

1 2 3 4 5  
Agree Disagree

Choice 1: One vault per gymnast unless the second vault is a higher start value or different family.

1 2 3 4 5  
Agree Disagree

Choice 2: If gymnast chooses to do a second vault, she must take the score from the second vault.

1 2 3 4 5  
Agree Disagree

Choice 3: Things are fine the way they are, no changes are necessary.

1 2 3 4 5  
Agree Disagree

Comments or other Suggestions regarding optionals performing one vault

Vault #2 - Should any of the Compulsory Levels perform only one vault?

1 2 3 4 5  
Agree Disagree

Choice 1: If gymnast chooses to do a second vault, she must take the score from the second vault.

1 2 3 4 5  
Agree Disagree

Choice 2: Things are fine the way they are, no changes are necessary.

1 2 3 4 5  
Agree Disagree

Comments or other Suggestions Compulsory gymnasts performing one vault

VAULT #3 - Should we change the Level 4 vault to a handspring over the current L4 mat stack turned 90 degrees (sideways)?

1 2 3 4 5  
Agree Disagree

VAULT #4 - If we change the Level 4 vault, then should we then change the Level 3 vault to the current Level 4 Handspring to Back?

1 2 3 4 5  
Agree Disagree

Comments or other Suggestions regarding changing L3-4 Vault

BARS #1 - Should Level 4 gymnasts be given the option to do a kip in place of the current mount for the same start value?

1 2 3 4 5

Agree

Disagree

**BARS #2** - Should we have a "standard" high bar and low bar height setting for optionals?

This would be to facilitate changing the bars for meets. Can you fit all body types with just one height setting for the bars? Spreaders can be moved wherever necessary.

1      2      3      4      5

Agree

Disagree

**BARS #3** - Should clear hip circles that finish at or below horizontal be valued as an "A"?

This would separate the gymnasts that have better circling skills and give the judges the ability to reward them. Clear hip circles above horizontal would still be a "B" and would get an amplitude deduction if they were below 45 degrees.

Should an "A" clear hip get an amplitude deduction if they finish below a certain level?

1      2      3      4      5

Agree

Disagree

**BARS #4** - Should front and back stalders to Handstand be awarded "D" value?

This would be one way of encouraging the development of these skills. Do we need to?

1      2      3      4      5

Agree

Disagree

**BARS #5** - Should a double back pike dismount off bars be raised to a "D" value?

This is a logical progression from a tuck to pike to layout double flyaway. Do we need this?

1      2      3      4      5

Agree

Disagree

**BEAM #1** - Should we return the value of the back layout step-out (and variations) to "C" and award .1 connection bonus for an acro flight series, B + C, with one element being a salto. (series must begin and end on the beam)?

Rationale: 1. For those who favored the athletes receiving .1 for the "D" this year for a BHS-BLO step-out, they lose nothing. They still get bonus, just in a different category. Not many athletes choose to use a standing back-layout step out as a single element--it is most frequently seen in an acrobatic series. 2. This DOES encourage different acrobatic connections, but at the same time keeps different series calibrated according to difficulty level. There would not be a need to create a separate exception for a series based on a skill choice, which is what we are doing now. The rules can remain consistent across skill choices in a series AND across levels. Here is an example of how 3 element series would be awarded CV under this proposal: 1st series: BHS, BHS, Layout step-out B+B+C .1 CV 2nd series: BHS-BLO step-out-BHS B+C+B .2 CV (this series is harder than series #1) 3rd series: BHS-BLO step-out-BLO step-out B+C+C .3 CV (this series is harder than series 1 and 2) This helps to calibrate difficulty within a connected series with how much bonus is awarded without going into exceptions, etc. The Level 9's will receive bonus as well

**BEAM #2** - Should there be more specific "A" mounts for optional beam rather than saying anything you do, such as climbing onto the beam, is an "A"?

Is it necessary to give all these mounts an "A" or can we make sure the body of

the routine has all the value parts needed for the routine level?

BEAM #3 - Should there be a minimum time for optional beam (and floor) routines?

At this time, compulsory routines are longer than most of the beginning level optional routines. They also have more dance skills and artistry than some of the 40 second routines for Level 7 and 8. The deduction for a short routine of less than 30 seconds was made for the gymnast that is unable to finish the routine because of an injury or other problem. When the minimum time was eliminated no one realized that routines would be cut down such minimal levels. On the other hand, is this a great way for gymnasts to be able to get great scores because the judges only see the minimum requirements?

BEAM #4 - Should a straddle jump be evaluated as a "B" element?

This is a very common element, is it as hard as some of the other dance elements that are valued "C"? Or should we leave it as it is so gymnasts have more choices for connection bonus?

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L10 GENERAL - Would you like to see any changes in Difficulty Requirements?  
Currently 2C-3B-3A

L10 GENERAL - Would you like to see any changes in Start Value?  
Currently 9.50

L10 GENERAL - Would you like to see any changes in the Recognition of Value Parts?  
Currently 2x per element

L10 GENERAL - Would you like to see any changes in Difficulty Value (DV)?  
Currently: Additional "D" +0.10, and Additional "E" +0.20

L10 VAULT - Do you have any suggested changes in Vault Values?  
Refer to JO Code of Points for current values

L10 BARS - Would you like to see any changes in the Special Requirements?  
The current JO Requirements are: 1. Bar change without an element each 0.10 2. More than 2 of the same element into the dismount 0.10 3. More than 1 element before the mount 0.30 4. No non-flight element with a 360° turn 0.30 5. Less than 3 different groups 0.30 6. Empty swing 0.30 7. No attempt to dismount 0.50. The current FIG Special Requirements are: 1. Flight element from HB to LB and from LB to HB 2. Flight element on same bar 3. Elements fwd. and bwd. (no cast, mt, or dt) of which one must be a close bar circle element (non flight) 4. Non flight element with 360° turn (on the bar) 5. Dismount "D" or higher "C" receives 0.30 credit "B" or "A" receive no credit

L10 BARS - Would you like to see any changes in the Compositional Deductions?

The current JO Compositional Deductions are: 1. Lack of variety of choice of elements and connections... ↑0.20 2. Lack of balance between elements with pirouettes and flight phase ↑0.10 3. Failure to perform elements (circles, releases) both forward and backward within the exercise 0.05 4. Lack of elements that achieve (or pass thru) vertical ↑0.20 5. More than one squat on w/

or w/out sole circle each 0.10 6. Uncharacteristic elements each 0.10 7.  $\frac{3}{4}$  giant circle forward with or without grip change 0.10 8. Choice of release elements not up to the competitive level  $\uparrow$  0.20 9. Insufficient distribution of elements  $\uparrow$  0.10 10. Insufficient use of entire apparatus—space/direction  $\uparrow$  0.10 11. Lack of elements with LA turn 0.05 The current FIG Compositional Deductions are: 1. Bar change without an element each 0.10 2. More than 2 of the same element into the dismount 0.10 3. More than 1 element before the mount 0.30 4. No non-flight element with a 360° turn 0.30 5. Less than 3 different groups 0.30 6. Empty swing 0.30 7. No attempt to dismount 0.50

L10 BARS - Would you like to see any changes in the Execution Deductions?  
The current JO Execution Deductions are: 1. Swing fwd. or bwd. Under horizontal each 0.10 2. Amplitude of elements each  $\uparrow$  0.20 3. Insufficient height of salto dismounts  $\uparrow$  0.30 4. Intermediate(extra) swing 0.30 5. Insufficient swingful execution throughout  $\uparrow$  0.20 6. Insufficient dynamics  $\uparrow$  0.20

L10 BARS - Would you like to see any changes in the Connection Value (CV)?  
The current JO Connection Value (Connection Bonus) is: 1. C+C = 0.1 2. C+D = 0.1 3. D+D = 0.2

L10 BARS - Would you like to see any changes in the Element Values?  
Refer to JO Code of Points for current values

L10 BARS - Other Considerations, Ideas or Comments?

L10 BEAM - Would you like to see any changes in the Special Requirements?  
The current JO Requirements are: 1. Min. of 360° turn on one foot 2. Min. of 2 flight acro series- one element at least a "C" 3. Leap/jump any split with 180° split required 4. Dismount C or higher or B dismount with a "C" skill connected to it.  
The current FIG Special Requirements are: 1. Min. 360° turn on one foot 2. Acro series – 2 flight one a salto (elements may be the same) 3. One connection of at least 2 different dance elements, 1 being a leap, jump or hop with 180 split (cross position only) 4. Dismount "D" or higher "C" receives 0.30 credit "B" or "A" receive no credit 5. Acro elements in different direction (fwd/side and bwd)

L10 BEAM - Would you like to see any changes in the Compositional Deductions?  
The current JO Compositional Deductions are: 1. Missing a forward or sideward and backward acro element each 0.10 (if only backward or fwd./side is in the dismount) 0.05 2. More than 2 dance elements of the same shape 0.10 3. Lack of balance between acro and dance Value Part elements  $\uparrow$  0.20 4. Insufficient distribution of the elements  $\uparrow$  0.10 5. Insufficient level changes throughout the exercise  $\uparrow$  0.10 6. Spatially (use of the entire length of the beam)  $\uparrow$  0.10, Directionally  $\uparrow$  0.10 7. More than one leap/jump/hop to front support 0.10 8. Lack of dance series with a minimum of 2 dance elements from groups 1,2,3 0.20 9. Acro elements not up to the competitive level  $\uparrow$  0.20

L10 BEAM - Would you like to see any changes in the Execution Deductions?  
The current JO Execution Deductions are: 1. Insufficient height of leaps/jumps/hops each  $\uparrow$  0.20 2. Insufficient height of acro flights and aerials each  $\uparrow$  0.20 3. Insufficient height of saltos (including dismounts) each  $\uparrow$  0.30 4. Insufficient split

each ↑ 0.20 5. Support of 1 leg against side of BB 0.20 6. Concentration pause each 0.10 7. Tempo during execution of connections each ↑ 0.10 8. Direction on gainer dismount off the end of the beam ↑ 0.30 9. Insufficient variation in rhythm/tempo throughout ↑ 0.20 10. Insufficient dynamics ↑ 0.20 11. Insufficient Artistry throughout exercise ↑ 0.30

L10 BEAM - Would you like to see any changes in the Connection Value (CV)? Currently CV is awarded for: 1. 2 acro Flight elements (excluding mt. and dt.) C+C = 0.2 B+D = 0.1, C+D = 0.2, B+E = 0.2, D+D&↑ = 0.2 2. 3 acro Flight elements (including mt. and dt.) B+B+C = 0.1 B+C+C = 0.1, B+B+D = 0.2, C+C+C = 0.2, B+C+D&↑ = 0.2, B+C+C+C = 0.2 3. 2 gym or gym/acro (or rev.) elements (excluding dt.) A+D = 0.1, B+C = 0.1, B+D = 0.2, C+C&↑ = 0.2

L10 BEAM - Would you like to see any changes in the Element Values?  
Refer to JO Code of Points for current values

L10 BEAM - Other Considerations, Ideas or Comments?

L10 FLOOR - Would you like to see any changes in the Special Requirements?  
The current JO Requirements are: 1. Dance series with a minimum of leaps/jumps...one must take off of one foot 2. Acros series with 2 different saltos 3. Dismount "C" or higher. The current FIG Special Requirements are: 1. Dance passage of at least 3 different leaps or hops (from the Code) connected directly or indirectly with running steps, small leaps, hops, chasse or chaine turns (No jumps or turns are permitted) 2. Acro series with 2 different salto 3. Salto fwd. and bwd. 4. Dismount "D" or higher "C" receives 0.30 credit "B" or "A" receive no credit 5. Salto with double BA and LA (min 360).

L10 FLOOR - Would you like to see any changes in the Compositional Deductions?

The current JO Compositional Deductions are: 1. More than 2 dance elements of the same shape 0.10 2. Lack of a turn on one foot, minimum of "B" 0.20 3. More than 1 leap/jump/hop to prone position each 0.10 4. Lack of balance between acro and dance Value Part elements ↑ 0.20 5. Overuse of forward/sideward or backward saltos ↑ 0.10 6. Lack of balance between acro and dance value part elements ↑ 0.20 7. Insufficient distribution of the elements ↑ 0.10 8. Acro elements not up to the competitive level ↑ 0.20 9. Lack of a minimum of a "C" salto 0.30 10. Spatially (use of the entire length of the beam) ↑ 0.10 11. Directionally ↑ 0.10

L10 FLOOR - Would you like to see any changes in the Element Values?  
Refer to JO Code of Points for current values

L10 FLOOR - Would you like to see any changes in the Execution Deductions?  
The current JO Execution Deductions are: 1. Insufficient height of leaps/jumps/hops each ↑ 0.20 2. Insufficient height of acro flights and aerials each ↑ 0.20 3. Insufficient height of saltos (including dismounts) each ↑ 0.30 4. Insufficient split each ↑ 0.20 5. Concentration pause each 0.10 6. Tempo during execution of connections each ↑ 0.10 7. Insufficient variation in rhythm/tempo throughout ↑

0.20 8. Insufficient dynamics ↑ 0.20 9. Insufficient Artistry throughout exercise ↑  
0.30 10. Insufficient use of the floor area Spatially Up to 0.10 Directionally Up to 0.10

L10 FLOOR - Would you like to see any changes in the Connection Value (CV)?  
Currently CV is awarded for: 1. Indirect acro connection of 2 or more saltos  
A+A+C = 0.1, A+B+C = 0.1, C+C = 0.1, A+D = 0.1, B+D = 0.1, C+D&↑ = 0.2. 2.  
Direct acro connection of 2 or more saltos A+C = 0.1, B+C = 0.1, A+A+C = 0.1,  
A+D = 0.2, B+D = 0.2, A+A+D = 0.2, C+C&↑ = 0.2. 3. Gym and mixed  
combinations C+C = 0.1, B+D = 0.1, C+D&↑ = 0.2

L10 FLOOR - Other Considerations, Ideas or Comments?

L9 GENERAL - Would you like to see any changes in Difficulty Requirements?  
Currently 1C-4B-3A

L9 GENERAL - Would you like to see any changes in Start Value? Currently 9.70

L9 GENERAL - Would you like to see any changes in the Recognition of Value  
Parts? Currently 2x per element

L9 GENERAL - Would you like to see any changes in Difficulty Value (DV)?  
Currently not given in Level 9

L9 VAULT - Do you have any suggested changes in Vault Values? Refer to JO  
Code of Points for current values

L9 BARS - Would you like to see any changes in the Special Requirements?

L9 BARS - Would you like to see any changes in the Compositional Deductions?  
The current JO Compositional Deductions are: 1. Lack of variety of choice of  
elements and connections... ↑0.20 2. Lack of balance between elements with  
pirouettes and flight phase ↑0.10 3. Failure to perform elements (circles,  
releases) both forward and backward within the exercise 0.05 4. Lack of  
elements that achieve (or pass thru) vertical ↑0.20 5. Uncharacteristic elements  
each 0.10 6. ¾ giant circle forward with or without grip change 0.10 7. Insufficient  
distribution of elements ↑0.10 8. Insufficient use of entire apparatus—space/  
direction ↑0.10 9. Lack of elements with LA turn 0.05

L9 BARS - Would you like to see any changes in the Execution Deductions?

L9 BARS - Would you like to see any changes in the Element Values? Refer to  
JO Code of Points for current values

L9 BARS - Would you like to see any changes in the Connection Value (CV)?

L9 BARS - Other Considerations, Ideas or Comments?

L9 BEAM - Would you like to see any changes in the Special Requirements?

L9 BEAM - Would you like to see any changes in the Compositional Deductions?

L9 BEAM - Would you like to see any changes in the Execution Deductions?

L9 BEAM - Would you like to see any changes in the Element Values?  
Refer to JO Code of Points for current values

L9 BEAM - Would you like to see any changes in the Connection Value (CV)?

L9 BEAM - Other Considerations, Ideas or Comments?

L9 FLOOR - Would you like to see any changes in the Special Requirements?

L9 FLOOR - Would you like to see any changes in the Compositional Deductions?

The current JO Compositional Deductions are: 1. More than 2 dance elements of the same shape 0.10 2. Lack of a turn on one foot, minimum of "B" 0.20 3. More than 1 leap/jump/hop to prone position each 0.10 4. Lack of balance between acro and dance Value Part elements ↑ 0.20 5. Overuse of forward/sideward or backward saltos ↑ 0.10 6. Lack of balance between acro and dance value part elements ↑ 0.20 7. Insufficient distribution of the elements ↑ 0.10 8. Acro elements not up to the competitive level ↑ 0.20 9. Lack of a minimum of B salto in exercise ↑ 0.30 10. Spatially (use of the floor area ↑ 0.10, Directionally ↑ 0.10

L9 FLOOR - Would you like to see any changes in the Element Values?

L9 FLOOR - Would you like to see any changes in the Execution Deductions?

L9 FLOOR - Would you like to see any changes in the Connection Value (CV)?  
Refer to JO Code of Points for current values

L9 FLOOR - Other Considerations, Ideas or Comments?

L8 GENERAL - Would you like to see any changes in Difficulty Requirements?

L8 GENERAL - Would you like to see any changes in Difficulty Requirements?  
Currently 0C-4B-4A

L8 GENERAL - Would you like to see any changes in Start Value? Currently 10.00

L8 GENERAL - Would you like to see any changes in the Recognition of Value Parts? Currently 2x per element

L8 VAULT - Do you have any suggested changes in Vault Values? Refer to JO Code of Points for current values

L8 BARS - Would you like to see any changes in the Special Requirements?

L8 BARS - Would you like to see any changes in the Compositional Deductions? The current JO Compositional Deductions are:

L8 BARS - Would you like to see any changes in the Execution Deductions?

L8 BARS - Would you like to see any changes in the Element Values? Refer to JO Code of Points for current values

L8 BARS - Other Considerations, Ideas or Comments?

L8 BEAM - Would you like to see any changes in the Special Requirements?

L8 BEAM - Would you like to see any changes in the Compositional Deductions? The current JO Compositional Deductions are:

L8 BEAM - Would you like to see any changes in the Execution Deductions?

L8 BEAM - Would you like to see any changes in the Element Values? Refer to JO Code of Points for current values

L8 BEAM - Other Considerations, Ideas or Comments?

L8 FLOOR - Would you like to see any changes in the Special Requirements?

L8 FLOOR - Would you like to see any changes in the Compositional Deductions? The current JO Compositional Deductions are:

L8 FLOOR - Would you like to see any changes in the Execution Deductions?

L8 FLOOR - Would you like to see any changes in the Element Values? Refer to JO Code of Points for current values

L8 L8 FLOOR - Other Considerations, Ideas or Comments?

L7 VAULT - Do you have any suggested changes in Vault Values? Currently 0C-2B-5A

L7 VAULT - Do you have any suggested changes in Vault Values? Currently all Vaults are valued at 10.00

L7 BARS - Would you like to see any changes in the Special Requirements?

L7 BARS - Would you like to see any changes in the General Faults/ Compositional Deductions?

L7 BARS - Would you like to see any changes in the Element Vaues? Refer to JO Code of Points for current values

L7 BARS - Other Considerations, Ideas or Comments?

L7 BEAM - Would you like to see any changes in the Special Requirements?

L7 BEAM - Would you like to see any changes in the General Faults/  
Compositional Deductions?

L7 BEAM - Would you like to see any changes in the Element Vaues? Refer to JO Code of Points for current values

L7 BEAM - Other Considerations, Ideas or Comments?

L7 FLOOR - Would you like to see any changes in the Special Requirements?

L7 FLOOR - Would you like to see any changes in the General Faults/  
Compositional Deductions?

L7 FLOOR - Would you like to see any changes in the Element Vaues? Refer to JO Code of Points for current values

L7 FLOOR - Other Considerations, Ideas or Comments?

Anything else you would like to suggest or contribute?