

2005 JO C/O Flip Book Errata 09.23.06

General Faults & Penalties

Changes in Text **Change:** >VP Incomplete Major Element

Signals, Verbal Cues No warning needed if information given during routine

Compulsory Floor: Add 0.30 Stop between elements in acro series

Optional Landings All Elements & Vaults Add: >0.30 Brushes/Touches landing surface w/ 1 or both hands (no support)

Optional Landings All Elements & Vaults Change to: 0.50 Fall on mat to knee(s) or hips

Vault Clarification: Gymnast lands on hands & soles of feet simultaneously = Vault Scored, VP OK

Bar Fall Time 45 Sec

Bars Add: Underline 0.1 Reposition/adjust hands in front support or feet in squat/stoop

Levels 1-5 Bars BHC Change to: >0.20 Failure to maintain hip or upper thigh contact on bar throughout BHC

Level 4 Vault: Unfolded panel mat allowed on top of uppermost surface of mat stack or resi-pit

Level 5/6 Vault: Coach standing between board & Vault Table = **NO Deduction**

Level 4 Bars: Add 0.30 supplementary support if gymnast rests chin on bar prior to hip pullover

Level 4 Bars Add: Glide & Return, Back Hip Pullover 0.40 each

Level 4 Bars Add: 0.30 failure to cast immediately after FHC, DO NOT also take 0.30 extra swing

Level 5 Bars Add to Cast to Horizontal on HB 0.2 Incorrect Body Alignment

Level 6 Bars Add to Cast to 30° above Horizontal on HB 0.2 Incorrect Body Alignment

Level 7 Bars Change: *A counterswing to straddle back over LB that finishes within 20° of vertical on the LB is a "C" element and if performed would **VOID the exercise**

Levels 8-10 Bars Change ¾ Giant Circle forward with or without grip change **0.1 ded**

Level 9 Bars, Beam, & Floor Add No CV awarded if Level 9 exceeds 0.30 max in CV

Level 1 Beam Add to Candlestick: Pushing off beam w/hands to arrive in tuck stand 0.30

Level 2 Beam Releve' Balance - Change value to **0.20**

Level 3 Beam Change V-Sit Value Part **0.20**

Add Swing to Push-up Position Value Part **0.60**

Delete Deduction for Failure to Hold HS 1 sec in Dismount

Level 5 Beam Change Dismount Deduction from >0.1 to **>0.2** Fail to hold 2 sec

Add to Mount: Pushing off beam with hands to arrive in tuck stand 0.30

Level 5 Beam Add: ½ Pivot Turn following Scale

Level 6 Beam Add to Mount: Pushing off beam with hands to arrive in tuck stand 0.30

Level 5 & 6 Beam Change to Split Jump <90 from >90 **Change** to >0.2 Insuff Leg Sep

Level 7 Beam: Add Straddle Jump with 180 Leg Separation = "B" VP.

Levels 8-10 Beam SR Change to leap/jump w/ 180° split

Levels 8-10 Beam ADD to Composition: 0.20 Missing Dance Series (Min 2 elems grps 1/2/3)

Level 9 & 10 Beam CV: 3 Acro Flight elements: B+B+C = 0.1

Level 10 Beam Add to Spec Req: Acro Series (Min of 2 flight elems, 1 a Min "C" w/ or w/o hand support)

Level 2 Floor Change VP for Headstand to Kneel & Arch Back from 0.40 to **0.40 each**

Delete Deduction for Fail to maintain TK position as buttocks touch floor in HS

Change "bridge" to "balance" for Front Leg Balance before Split Jump

Level 3 Floor Change "bridge" to "balance" for Front Leg Balance before Forward Chasse'

Level 5 Floor Add "each" to Fail to show "rocking" action thru use of plie'

Level 7 Floor: Add 2/1 Turn on One Foot = "B" VP

Level 7 Floor Add to Acro Series: **Additional saltos OK provided 1 BK salto LO to 2 feet is included**

Level 7 Floor Change Max Time to **1:30**

Level 9-10 Floor Change Connection of 2 Dance/Acro elements with flight **w/ or w/o** hand support

Level 9-10 Floor Change SR 1 Acro series w/ 2 saltos OR 2 directly connected saltos. Saltos may be same or different.

ALWAYS check USAG Minutes for all OFFICIAL information