

JO UPDATE 2018 –

Unofficial Summary of the Minutes from the May 14th NJOCC and NTC Committee Meetings

(Be sure to read the actual minutes posted on the USA Gymnastics website. B. Synol)

EQUIPMENT

Only unaltered manufactured vaulting boards are approved for sanctioned USA Gymnastics competitions. The height of the board (22 cm + 1.5 cm) is measured from the floor to the highest point of the board, including the covering. All springboards meeting the stated specifications are allowed, however, it is required to provide a springboard with coil springs. (NJOCC) Effective August 1, 2018, motion passed to allow an alternate skill cushion made of softer foam, minimum 4 ft. x 6 ft. and eight (8) inches high for bar releases ONLY (to be placed under the gymnast during the release and immediately removed). This is NOT allowed for dismounts or landings on any event. (NJOCC)

COMPULSORIES

Effective August 1, 2018, motion passed to allow an additional entrance technique for Compulsory Acro elements (Balance Beam and Floor Exercise) to allow the back leg to bend (mountain climber entrance), torso upright, hips tucked under, shoulder angle open, neutral head position and arms cover the ears. (NJOCC)

OPTIONALS

NEW ELEMENTS SUBMITTED AT 2018 JO NATIONALS

Vault

1. Front Handspring onto the board, front Handspring onto the table, front salto pike with a 1/2 (180°) turn. #2.411 - Whitman – awarded 10.0 +.1 Start Value
2. Front Handspring onto the board, 1/4 to 1/2 (90°-180°) on, back salto tuck with 1/1 (360°) turn. #3.405 – Zuhlke - awarded 9.9 Start Value

Bars

Balance Beam

1. Mount – From rear stand (back towards beam) flic-flac over beam to candle position ending in front support with or without backward hip circle – #1.413 - “D”
2. Switch leg leap with 3/4 turn – #2.505 – Salcedo - “E”

Floor Exercise

Triple turn in tuck stand on one leg – free leg optional – #2.506 – “E”

INQUIRIES -

The Junior Olympic inquiry form will be updated to include “Composition (Optional)”.

Exception to the 5-minute to submit inquiry rule:

- 1) If, after the completion of the last event, an athlete’s AA score is a maximum of 0.10 less than the qualifying score to the State (or Regional) Championships, the coach may submit an inquiry for the gymnast’s lowest scoring event in order that the athlete be considered for qualification purposes. Any change of score is official and is included in the final results.
- 2) If an athlete begins her fourth event, is injured during the routine and unable to complete her fourth event, she may petition to Regionals if her score from her first three
- 3) events is equal to or greater than 75% of the required petition score.

EXAMPLE:

Regional Qualifying Score = 34.00. Required Petition Score = 35.00. The athlete must achieve a three event score totaling 26.25.

EXAMPLE:

Regional Qualifying Score = 35.00. Required Petition Score = 36.00. The athlete must achieve a three event score totaling 27.00. 3) These processes listed in 1) and 2) above DO NOT APPLY: a) for mobility purposes, OR b) if qualification to the state or regional meet is by percentage or designated number per age group. VIDEO REVIEW

3. At State Championships and above, a video review, if available, may be considered by the Jury of Appeals. All video must be reviewed in regular-time. Slow-motion video WILL NOT be considered.
4. Video review may also be used to verify if the gymnast lands on the bottom of the feet first on Vault, Uneven Bar / Beam dismounts, Beam Acro elements that finish on top of the beam (foot/feet), and Floor Exercise saltos.

IES GYMNASTS -

At all sanctioned USA Gymnastics State and Regional Championships, Individual Event Specialists (IES) shall be placed first on the event she is competing using the following steps:

1. Organize gymnasts into squads.
2. Draw for starting events and flights.
3. Place the IES first on the event she is competing within the squad.

CLARIFICATION OF ADDITIONAL BONUS

Eligibility for Additional Bonus + 0.10 (not included in Start Value). a. Must have 10.0 SV b. Total Bonus = +0.60 or more, and
c. Minimum of One ("E") Acro element (no fall / no spot)

REMINDER CONCERNING CASUAL CONVERSATION BETWEEN COACHES AND JUDGES AT A COMPETITION

5. Direct any inquiries regarding apparatus, judging or meet schedules through the Meet Referee or Meet Director.
6. Refrain from approaching a judge directly.
7. Refrain from conversation with other judges and coaches during the competition. In addition, the judges' responsibility does not involve the conduct of the gymnast(s) during warm-up or training. Any conversation or comments with the athlete should be made only if requested by the coach or athlete.

WARM-UPS

Vault – At all sanctioned USA Gymnastics events, the Vault warm-up time for Levels 6 and 7 shall be two (2) minutes per athlete. Bars - At all USA Gymnastics sanctioned competitions, for Levels 9 and 10, the warm-up time on bars shall be 2.5 minutes per athlete, including bar settings. Beam - Clarification timed warm-up on beam MAY NOT be staggered. TOUCH WARM- UP, on beam only, may be staggered.