

2006 Coaches and Judges Technical Guide Addendum

Chapter 1

Generalities - SPECIFICATIONS

B. Music

It is the responsibility of the coach to turn in her athletes' cassette or CD music (optional routines) appropriately cued.

*** A separate CD/tape is required for each gymnast and for each of her routines even if the entire team uses the same music***

If the tape or CD is not properly cued, the appropriate deduction may be taken by the Assistant Judge. The music may be interpreted by one or several instruments including the voice used as an instrument without words.

C. Attire

The USA Junior Olympic Program utilizes all the FIG rules governing attire. (see Rules & Policies). **Level 3 and Level 4 gymnasts must wear one (1) leotard for all routines.**

Level 5 through Level 8 may wear individual, optional leotards.

Group leotards must be identical in style and color, the only exception is in the case of a patterned fabric where slight variations are acceptable.

Chapter 2

Technical Movements for Balances and Flexibilities:

Level 3 & Level 4: For all balances and flexibilities the apparatus must remain in motion.

Level 5 & Level 6 For all balances, the apparatus must perform one (1) technical movement during the difficulty to be a valid difficulty. During Flexibilities, the apparatus must remain in motion and/or perform one (1) technical movement during stationary flexibilities.

Level 7 & Level 8 All FIG rules for balances and flexibilities apply.

Reference: FIG Code of Points page 66 - Technical Movements

Chapter 3

Purpose of Level 3

The rhythmic level 3 program is the first “evaluation” stage in an athlete’s competitive development. The goals of the Level 3 program are to focus attention on skill development, not the score of the exercise. Also an emphasis will be placed on proper self-presentation and the preservation of the athlete’s physical and emotional well-being.

- One judge per gymnast.
- Up to four gymnasts compete on the floor at the same time from the same club.
- Gymnasts compete all together in one category. Achievement ribbons will be given by event. **No All Around Awards will be given.**

10.0-8.50	Blue Ribbon
8.49-7.00	Red Ribbon
6.99-5.50	White Ribbon
5.49-4.00	Yellow Ribbon
3.99 & Below	Purple or Rainbow Ribbon

- The length of the music is 30 seconds to 1 minute in length.
- Apparatus will follow the rotation chart.

Optional Routine Composition:

- Music Length: 30 seconds to 1 minute
- All skills are Pre-A & A level difficulty
- **All apparatus routines are optional choreography. The routine may contain a maximum of 5 skills (Pre-A & A Level only) and all optional routines from a club must have the same music. The routine may contain skills of value greater than Pre A & A, however, those skills are still judged by execution.**

Chapter 4

Purpose of Level 4

Level 4 is for the gymnast who can successfully perform the skills and routines from Level 3.

- A panel of two judges is required for State and Regional Competitions. One judge per gymnast can be used for local or invitational meets.
- 2 gymnasts from the same club will compete at the same time.
- Gymnasts compete all together in one category. Achievement Ribbons will be awarded for Event. All gymnasts will be Ranked and awarded all-around medals and ribbons up to 12 places.

10.0-8.50	Blue Ribbon
8.40-7.00	Red Ribbon
6.90-5.50	White Ribbon
5.40-4.00	Yellow Ribbon
3.90 & Below	Purple or Rainbow Ribbon

- **The length of the music is 45 seconds to 1 minute 10 seconds in length.**
- The routine will be comprised of 6 body skills (A value only) and optional choreography

Judging Breakdown

Max Score: 10.00

Body Skills (6 skills @ 0.30 each)	1.80
Execution Faults	6.20
Basic Choreography	1.30 + 0.20 bonus

****Bonus 0.20 for Front Walkover****

(connections, transitions, levels, use of space, floor pattern, choice of elements)	
Musicality	.50

Routine Composition:

- Music Length: 45 seconds to 1 minute 10 seconds
- All skills are "A" difficulty value.
- All apparatus routines are optional choreography. The routine may contain a maximum of 6 skills (A Level only) and all optional routines from a club must have the same music. The routine may contain skills of value greater than A value, however, those skills are still judged by execution.

Level 4 Floor Routine

R Single Stag Jump with Back Leg at 80°

- Step L, assemble R, execute a R single stag jump (R leg bent at 90°, L leg extended back at a minimum of 80°) finish feet together in releve`

ARMS: Lower down, extend L front, R side, finish extended over head

- Step R, execute a Cartwheel, **(0.20 Bonus R Front Walkover)** step R, close feet in R 5th position releve`

ARMS: Stay extended over head

- Step R, L, feet together on top of toes, arch back, lower body down to knees

ARMS: Circle back, finish down by sides

- Roll body forward into an arch over with legs extended over head, roll down, lift chest up to vertical position

ARMS: On floor for support, finish extended over head

Chapter 5

Judging Breakdown

Max Score: 10.00

Identified Skills (8 skills A & B value only)	1.60
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(Substitute Passe Back Scale – A value – 0.10)

Execution Faults	6.40
Basic Choreography	1.50

(connections, transitions, levels, use of space
floor pattern, choice of elements)

Musicality	.50
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Floor Skills:

1. B – 360° Pencil jump
2. B – Split leap
3. B – Double Stag leap
4. B – Back Scale or **substitute Passe Back Scale = A - 0.10**
5. B – Arabesque Balance

6. B – Side Balance with Assistance
7. B – 360° Arabesque Pivot
8. B – Penche (Chest down) – Preparation with hands on the floor

Optional Routine Composition:

- Music Length: 1 minute to 1 minute 30 seconds
- Difficulty Level – A & B
- All apparatus routines are optional choreography and music. The routine may contain a maximum of 8 skills (A & B Level only). The routine may contain skills of value greater than A & B value, however, those skills are still judged by execution.

Level 5 Compulsory Floor Routine

Start Facing S2

Beginning Pose

- R leg turned out, L leg extended back in tondeu`
- ARMS: L extended over head, R bent, holding onto L elbow
- Slide L leg behind R to close R 5th position releve`, facing S8
- ARMS: R extends over head, L crosses in front of body and extends to the R

360° Vertical Jump

- Plie`, execute a 360° vertical jump rotating to the L, finish feet together in releve`, facing S8
- ARMS: Swing down to the L, finish extended over head
- Lower L foot to flat, tondeu` R foot to side
- ARMS: L extended over head, R rounded in front of chest
- Side Body Wave (Tilt head and body to the R, hips stay L, push hips to R side, body and head tilts L, weights on R leg, L leg in tondeu` to side)
- ARMS: L circles down to the R side while R lifts up to the R side, finish with a small wave to the R
- Slide L leg into L 5th position releve`, facing S8
- ARMS: Extend side

R Split Leap

- Step L, chasse R, step R, L, split leap R, step L, execute a tuck jump with knees and hips twisting to the L side, land on two feet in plie`, rise to R 5th position releve`, facing S1
- ARMS: Lower down, swing forward, swing back to side, lower down, extend L front, R side, lower down, lift up over head on the diagonal, finish over head on the diagonal

Rhythmic Steps

- Lower weight onto L flat foot, R leg (with a bent knee) rotates in, then out, pose (L leg straight, R leg side, bent knee, R foot on releve`)
- ARMS: Hands on hips, finish extended overhead, bend at wrists, hands pointing down
- Step R, L, R on releve` (legs straight), facing S8
- ARMS: Extended over head, sway R, L, R coordinated with each step (head follows hands)
- Hitch kick (kick out L leg then R), cross R leg over L, push hips back, pose facing S7
- ARMS: Lower down to sides, extend L front, R side
- Soutenu` to the L, finish in R 5th position releve`, facing S3

ARMS: Swing down, lift arms to finish extended over head

- Hop on L leg, R leg coupe` front, small jete` R, hop on R leg, L leg coupe` front, small jete` L

ARMS: Lower side, L rounded in front, R side, L extends front, R stays side, R rounds in front, L extends side, R extends front, L stays side

R Double Stag Leap

- Immediately assemble R, execute a R double stag leap (R leg bent at 90⁰, L leg kicks ring to the back, foot in contact with top of head), finish feet together in releve`

ARMS: Lower down, swing forward, finish extended overhead

R Back Scale or Substitute Passe Back Scale (0.10 value)

- Step L, kick R with a deep arch back, finish in R 5th position releve`

ARMS: Stay extended over head, go back in coordination with the head and back, finish extended over head

- Lower down to R knee facing S1, execute a side roll to S3, finish sitting on L knee, R foot on the floor, facing S1

ARMS: L crosses over to the R side, both arms swing down, open to side on the floor, finish 2 hands in front of body on the floor

- Extend L leg out to S7, switch legs (kick R leg out to S3 and pull L leg in), twist body to the L, roll onto R hip, bring L leg over to meet R in front, facing S3, finish sitting with both legs bent in front of the body with toes pointed

ARMS: Stay on floor for support, finish L hand on floor next to L hip, R arm extended over head

- Open legs shoulder width apart, push hips up off floor, arch back, finish with body up, legs straight

ARMS: Use L hand to push hips off floor then extend to side, R stays extended over head and executes one small wave up to finish

- Slide R leg in front of L to pose in R 5th position releve` (head looks to S1)

ARMS: L stays side, R stays extended over head

R Arabesque Balance

- Step forward on R leg, facing S2, extend L leg back to arabesque, releve`, hold 2 counts, close in R 5th position releve`

ARMS: Push to side, wave side, finish extended side

- Start with L leg, walk backwards 12 steps to S5 while executing a circular body wave,(L, back, R, center), finish in 1st position, facing S1

ARMS: Follow circular body wave moving L, back, R, center, wave side, finish extended over head

R Side Balance with Assistance

- Lift R leg up through developpe`, with R hand lift leg to extension over head, releve`, hold 2 counts, lower leg to finish in R 5th position releve`

ARMS: L stays extended over head, R lifts R leg to extension, L does a small wave, finish with arms extended side

- Lunge, facing S1

ARMS: Lower down, lift front to extend overhead, lower side, L stays side, R is rounded in front

360⁰ R Arabesque Pivot

- Pivot 360⁰ in back arabesque position (turning toward support leg), finish in allonge` (plie`, leg remains in arabesque), facing S3, close L leg back, finish in R 5th position releve`

ARMS: Extend over head for pivot, lower to side, finish extended side

- Cross R foot over L, soutenu L, facing S6, finish in R 5th position releve`

ARMS: L starts windmill down, finish extended over head, R immediately follows to finish extended over head

- Step R down to knee, continue rotating L, execute a butt roll, finish on knees, immediately execute 2 forward rolls with both knees together, the last roll is finished by sitting up on the L knee and stepping onto the R leg, facing S7, continue by rotating to the L, finish in R 5th position releve`, facing S3

ARMS: Hands are down on the floor for support, extend side as you come off the floor, finish extended side

Penche

- Step forward onto R leg

ARMS: Push side

- Lift L leg back to arabesque, continue lifting until you reach 180⁰ split while lowering chest to R leg (**may prepare with hands on the floor**), fix Penche position, bring chest back up, lower leg down, finish in R 5th position releve`

ARMS: Stay side, finish extended over head

- Lower to flat feet, tondue R leg front, execute a back walkover to S7, finish in R 5th position releve`

ARMS: Keep extended over head throughout

Finishing Pose

- Extend L leg back, lower body to deep R lunge (all the way down to the floor), chest stays up (head looks to S1)

ARMS: Reach down and back to help support ending pose with hands

Chapter 6

Optional Routines:

All apparatus routines are optional choreography and music. The routine may contain a maximum of 8 skills (A,B & C Level only). The routine may contain skills of value greater than A ,B & C value, however, those skills are still judged by execution

Chapter 7

Optional Program Description

- Eligible Age Categories: Child, Junior , Senior
- The length of the music is 1 minute 15 seconds to 1 minute 30 seconds in length.
- Gymnasts compete 1 at a time.
- Apparatus will follow the rotation as written.
- The optional program will utilize the FIG Code of Points.
- The Floor routine for Level 7 will be judged out of 10.0 and for Level 8 out of 12.0
- **The FIG form for difficulties and Artistic Value will NOT be used in the Junior Olympic Program – effective September 2006**

- Technical Value is outlined on the chart following.
- Artistic Value is outlined on the chart following. Music = 1.00, Basic Choreography = 2.00 and CAP value is stated below.
- **For Artistry - All of Newsletter 25 and the Attachment apply.**
- Execution – All optional apparatus routines will be judged out of 10.00
- The scores for Level 7 and 8 will be calculated by adding the averages of the Difficulty score and the Artistry score and dividing by 2 and then adding the Execution score. $(D + A)/2 + E = \text{Total Score}$

**Rhythmic Junior Olympic Program
Level 7 & 8**

	D(TV) – Max Value	TV - # of Difficulties	TV – Allowed Value	Min – Comp Body Group	Max – Other Body Group	AV- Basic Comp	AV- Music	AV – Max Value CAP	Execution	Max total Score
Level 7	3.00	10	A, B, C, D, E	5	2 from each	2.00	1.00	3.00 max	10.00	14.50
Level 8	5.00	12	A, B, C, D, E, F	6	2 from each	2.00	1.00	4.00 max	10.00	16.00

Score Calculation = $(D (TV) + AV)/2 + EX = \text{Total Score}$

Chapter 8

Beginner Group Breakdown: Floor Routine

Difficulty/Artistry Panel:

7 Difficulties (Pre-A, A only) @0.20each	1.40 max
4 Collaborations @ 0.40 each	1.60 max
Basic Composition	2.00 max
Music	1.00 max

Execution Panel

Execution Faults	9.00 max
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Total Score: 15.00 max

Beginner Group Breakdown: Apparatus Routine

Difficulty/Artistry Panel:

5 Difficulties (Pre-A & A only) @0.20each	1.00 max
3 Collaborations @ 0.40each	1.20 max
4 Exchanges (by throwing)@ 0.20each	0.80 max
Basic Composition	2.00 max
Music	1.00 max
Execution Panel:	
Execution Faults	9.00 max
Total Score: 15.00 max	

Intermediate Group Breakdown: Floor Routine

Difficulty/Artistry Panel:	
8 Difficulties (A, B & C by value)	2.40 max
4 Collaborations @ 0.40each	1.60 max
Basic Composition	2.00 max
Music	1.00 max
Execution Panel:	
Execution Faults	10.00 max
Total Score: 17.00 max	

Intermediate Group Breakdown: Apparatus Routine

Difficulty/Artistry Panel:	
5 Difficulties (A, B & C by value)	1.50 max
3 Collaborations @ 0.40each	1.20 max
0.20 without Risk	
0.40 with Risk	
4 Exchanges (by throwing)	1.80 max
2 Exchanges with Difficulty @ 0.5each	
2 Exchanges with min 4m distance @ 0.40each	
Basic Composition	2.00 max
Music	1.00 max
Execution Panel:	
Execution Faults	9.50 max
Total Score: 17.00 max	

Advanced Group Breakdown: Floor Routine

Difficulty/Artistry Panel:	
10 Difficulties (A, B, C, D, E and F by value)	4.60 max
6 Collaborations @ 0.40each	2.40 max
Basic Composition	2.00 max
Music	1.00 max
Execution Panel:	
Execution Faults	10.0 max
	Total Score: 20.00 max

Advanced Group Breakdown: Apparatus Routine

Difficulty/Artistry Panel:	
5 Difficulties (A, B, C, D, E and F by value)	2.80 max
3 Collaborations @ 0.40each	1.20 max
0.20 without Risk	
0.40 with Risk	
6 Exchanges (by throwing)	3.00 max
2 Exchanges with Difficulty @ 0.5each	
2 Exchanges with min 6m distance @ 0.50each	
2 additional Exchanges@ 0.50	
Basic Composition	2.00 max
Music	1.00 max
Execution Panel:	
Execution Faults	10.0 max
	Total Score: 20.00 max

Chapter 9

JUDGE'S UNIFORM

The Judge's uniform is a **black** or navy blue skirt or dress pants, **black** or navy blue blazer, white blouse and appropriate dress shoes.