

USA Gymnastics Changes, New Deductions and Clarifications

For the 2020-2021 Season

Excerpts from joint meeting of JO and Technical Committee Meeting Minutes
And JO Code of Points

- A mount trainer (or panel mat) may be placed on an 8-inch skill cushion for mounting. A springboard is NOT permitted to be placed on a skill cushion.

- VAULT-
Coach catches a falling gymnast: deduct .50 for the fall but do not deduct for the spot. The clarification is when a coach spots on the landing and then the gymnast falls. In that case .50 for the spot AND .50 for the fall will be deducted.

- BARS-
A mount trainer mat (or panel mat) may be placed on an 8-inch skill cushion for mounting. A springboard may NOT be placed on an 8-inch mat. ****This also applies to beam mounts****

- BEAM-
 1. Any acro element performed a 3rd time (no VP credit) that is used in a direct connection to a beam dismount element may be used when determining level of dismount.
 2. Any leap/jump that achieves less than 135 degrees will be awarded an A value part. It will not be eligible for a B or SR credit unless 135 or greater.
 3. Sideward to Backward Acro series is connected or NOT connected. Tempo deduction does not apply. (like backward series)

- FLOOR-
 1. Concentration pauses of more than 2 seconds 0.10 each
 2. If the last salto is initiated but does not land on feet first (no VP) deduct:
.5 for fall .5 special requirement Do not deduct .3 for no dismount.

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- **Balance Beam and Uneven Bars block timing warm-ups:** Bars settings are not in the warm up time. The clock does not stop during a block. Bar settings must be made between blocks of time. On beam, a block is not required but is allowed. Individual time is OK within the block but the clock does not stop.

- **VAULT:**
 1. Optional vault has added the up to .30 for not thru vertical in Levels 8-10 (OHSAA adopted this rule several years ago)
 2. Vault settings are a minimum of 100cm and a max of 135cm
 3. Athletic tape or Velcro strips may be placed on the runway- **NO CHALK-** and must be removed no later than the end of rotation.

- **UNEVEN BARS:**
 1. A pillow mat is allowed for bar releases and warmups. The pillow mat may **NOT** be used for dismounts or landings in competition.
 2. Clarification and change in extra swing deduction- one extra swing will continue to be a 0.30 deduction. More than one extra swing on a single skill is a 0.50 deduction.

- **BALANCE BEAM:**
 1. Element 9.406 is now 9.506 (D to E) 2 ½ back layout dismount
 2. Additional connection bonus for 3 element acro series- award an additional 0.10 bonus to any 3 element acro series that has at least a C salto or aerial in the series. Mounts are OK to be part of the series but dismounts are not included. This is in addition to any connection bonus they might receive.
 3. All beam falls will now be 45 seconds in length.
 4. The following elements are **NOT** considered acro elements-
5.104 (lay back) 5.105 (planche) 5.204 (pike or straddle to V support)

- **FLOOR EXERCISE:**
 1. Do not use cellular or internet connections at competitions. Music must be loaded to mobile device.
 2. Element 1.310 is now 1.410 (C to D) Ring Jump full turn.
Note: the stag ring jump full turn remains a C element 1.310

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1. GENERAL

- Spotting assistance upon landing dismount (UB/BB) or Acro on Floor:
 - a. 0.50 for spot by each judge
 - b. Award Value Part Credit
 - c. Award Special Requirement
 - d. No Bonus awarded
 - e. NEW- if fall occurs after the spot upon landing, each judge deducts an additional 0.50 for the fall

II. VAULT

- Under rotation of Salto Vaults is now 0.10 (was up to 0.10)
- Legs bent in support phase OR early tuck (for salto vaults) up to 0.30

III. UNEVEN BARS

- New Element- Piked Deltchev #4.507 E Value Part
- Dismount must be a Salto- hecht option had been removed

IV. BALANCE BEAM

- New Elements- Flic Flac over beam mount #1.413 D Value Part
Switch leg leap with $\frac{3}{4}$ turn #2.505 E Value Part
- Change in value: Split leap on beam is now a B element #2.201 (no stag permitted or skill becomes an A Value Part)
- Missing acro backward and forward/sideward 0.10 (was 0.10 each)
- If only different direction is in the dismount 0.05
- CONCENTRATION PAUSE:
 - Two seconds Each 0.10
 - More than Two Seconds Each 0.20
- Switch leg leap Clarifications: Read full explanation in Code of Points

V. FLOOR EXERCISE

- New Element- Triple turn in tuck stand #2.506 E Value Part
- Change in Value: Tour jete to ring leap with $\frac{1}{2}$ turn #1.410 D Value Part (was C)
- CONCENTRATION PAUSE: prior to difficult elements or acro series
 - Two seconds Each 0.10
- Switch Leg Leap Clarifications: same as beam