

## USA Gymnastics Changes, New Deductions and Clarifications

### For the 2019-2020 Season

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

- **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