

TECHNICAL PROGRAM - WOMEN'S ARTISTIC GYMNASTICS

Updated on May 31th, 2018

GENERAL INFORMATION

- **The program is open to all Promotional Gym League (GPL) members.**
- - The GPL program includes two levels: A1 and A2. Gymnasts are then further divided by age. .
- Gymnasts must compete the same level for the entirety of the season. -USAG gymnasts may only enter the A2 level. gymnasts members are accepted only in A2 level .
- Coaches are required to be in position to spot entire routines on Uneven Bars, Vault and Trampoline. Coaches are allowed to spot on Floor and Beam, but not required.

CATEGORIES

- LEVEL A1 and A2 will compete on Vault,, Uneven Bars, Beam, Floor, and Trampoline.
- Gymnasts who place first, second, or third in the A1 competition will be required to move up to level A2 the following year.-Gymnasts who participate in USAG/JOGA/USAIGC Sanctioned Meets must compete level A2.
- USAG Level 5 and up may not compete.

NOTES

- Level A1 and A2 gymnasts must compete at least 3 events out of Vault, Uneven Bars, Beam, Floor, and Trampoline. The all-around score is the sum of the best 3 event scores.
- If multiple gymnasts receive the same score, the younger gymnast will be awarded the tie break.
- Routines will be judged based on the rules and deduction in the Code of Points (CoP).Judging of the routines and the definition of the final score is according to the rules of the Code of Points (CoP) and deductions currently in.
- Exceptions to the Code of Points:
 - a fall is a .5 deduction instead of a 1.0
 - middle deductions are .2 instead of .3
 - skills that do not exist in the CoP but are in the grid attached below are allowed
 - repetition of a skill does not incur a deduction (except for execution)
 - missing a requirement is a .5 deduction
 - missing an Element group is a .5 deduction
- Repetition of any skill is deductible only for execution.
- Any missing skill is 0.5 deduction each.
- Any missing Element Group is 0.5 deduction each.

For more information about judging contact Veselin Manov at vesso.manov@gmail.com or 908 494 0439

PROMO LEVEL A1

Age Groups:

Freshmen: 2012-'11 (6 years old at the time of the event)

Sophomore: 2010-'09

Junior: 2008-'07

Senior: 2006-'05

Over 2004 and earlier

Floor Exercises: 40' x 40' or 6' x 40' strip

Time: 40s to 60s (with or without music)

Requirements:

1 element chosen from those in row B (Rolls) + 5 other elements chosen from the other 6 rows of the table. You can not choose two items from the same row or the same box (see table grid on p.4)

Start value: 10.00

Each missing skill: 0.50 deduction

Beam: Low Beam, 20" high

Time: 30s to 50s

Requirements:

1. At least one pass

2. A skill held for 2 seconds: passè on relevè, scale, L-sit, or straight leg lift at 45 ° forward

3. An artistic jump: Straight Jump, Tuck Jump, or Cat leap

4. A squat

5. Optional dismount (different from Requirement #3).

Start value: 10.00

Each missing skill: 0.50 deduction

Vault: 16-20' mats

Points

Vault Start Values

- Dive Roll

9.5

- Handstand Flatback

10.0

Uneven Bars: Lower female bar is allowed

- 5 different skills chosen from at least two different structural groups (marked in the grid with the letters A, B, C, D, E, F). (see table grid on p.4)

Start value: 10.00

Each missing skill: 0.50 deduction

Trampoline

5 different skills:

- Tuck Jump

- Straddle Jump
- Pike Jump
- Half Twist
- Seat Drop
- Return to feet from Seat Drop
- $\frac{3}{4}$ Front Tucked Back Drop
- Return to feet from Back Drop
- Belly Drop
- Return to feet from Belly Drop
- Knee Drop
- Return to feet from Knee Drop

Start value: 10.00

Each missing skill: 0.50 deduction

Floor Exercise

A) Stretching (2s)	Any split	Pike	Pancake	Bridge
B) Rolls	Forward roll	Backward roll	From laying on the back, ½ turn to belly	
C) Artistic Jumps (different form passes)	Straight jump or Tuck jump	Cat leap or Scissors (at least 90°)	Sissonne (legs open at least 90°) or Split jump (legs open at least 90°)	Wolf jump
D) Balance (2'')	Straight led up forward or sideways at 45°	Scale	Passè	Candlestick
E) Coordination skills	2 straight jumps with tight arms circles (forward or backward)	Body wave with arms movements forward and backward finished on toes	Alternating circles with arms (left arm forward, right arm backward and vice versa)	
F) 2 equal or different artistic jumps, (w/o steps and interruption in between)	Straight jump and Tucked jump	Cat leap and scissor jump	Sissonne (legs open at least 90°) and Enjambè rebound one or both legs (legs open at least 90°)	Wolf Jump
G) Kick overs	Handstand	Cartwheel on one or two hands	Front Walkover	Back Walkover

Uneven Bars

Element groups	#1	#2	#3	#4
A) Skills under bar	Legs lift up to the horizontal	Bent legs lift to inverted tucked hang between arms, lower to German hang(skin the cat)	From German hang up to inverted tucked hang between arms, lower to hang	Tight legs lift, touch bar
B) Skills close to the bar	Cast	Undershoot	Back hip circle (assistance is allowed)	Pull over(jump form the mat is allowed)
C) Strength skills	From hang L-sit bent legs 2''	Hang to Chin up	Chin up 2 ''	Hang, legs up to L-sit 2''
A1 / A2				A2

PROMO LEVEL A2

Age Groups

Freshmen 2012-'11 (6 years old at the time of the event)

Sophomore 2010-'09

Junior 2008-'07

Senior 2006-'05

Over 2004 and earlier

Floor Exercises: 40' x 40' or 6' x 40' strip

Time: 40s to 60s (with or without music)

Requirements:

1 G skill (Kick overs) + 1 F skill (Artistic Jumps) + 5 other skills. You can choose up to two skills of the same line or box (see table grid on p.7).

Start value:9.50

Each missing skill: .50 deduction

Bonus + 0.5 points: Any I/J skill

Beam: Low Beam, 20" high

Time: 40s to 60s Requirements:

1. At least one pass (from one to another board of the Beam);

2. A skill held for 2 seconds: passe in releve, scale, L-sit, candlestick

3. Straight leg lift, at least 90 °, forward or outward performed in relevè;

4. Two connected artistic jumps (may be te same shape) You may use: straight jump, tucked jump or cat leap.

5. A squat.

6. Optional dismount (jump different from those performed in the middle of the routine).

Total starting value: points 5.0.

Any missing skill: 0.5 deduction each.

BONUS +0.50 points: insert a choreographic pass sideways in the middle of the routine.

Vault: 16-20" mat or vaul table

Points

Vault Start Values

- Dive Roll (slightly piked is allowed)

9.5

- Cartwheel landing in straddle on the 16-20" mat or roundoff

10.0

- Handstand flatback or handspring

10.0

Uneven Bars: Lower female bar is allowed

- 5 elements (each skill is different) must be chosen from at least 3 different structural groups (marked in the grid with the letters A, B, C) and at least 1 item in the column #4 (see table grid on p.7).

Start value:10.00

Each missing skill: 0.50 deduction

Trampoline:

6 different skills total

5 different skills from:

- Tuck Jump

- Straddle Jump
- Pike Jump
- Half Twist
- Seat Drop
- Return to feet from Seat Drop
- $\frac{3}{4}$ Front Tucked Back Drop
- Return to feet from Back Drop
- Belly Drop
- Return to feet from Belly Drop
- Knee Drop
- Return to feet from Knee Drop

1 Skill From

- Front Tuck
- Backed Tuck
- Full Turn Straight Jump
- Back Drop Pullover
- Swivel Hips, return to feet

Start value:10.00

Each missing skill: 0.50 deduction

Floor Exercises

A) Stretching (2'')	Any skip	Pike	Pancake	Bridge
B) Rollings	Forward roll	Backward roll	From straight laying back, ½ turn	
C) Artistic Jumps (different form the passes)	Straight jump or Tucked jump	Cat leap or Scissors (at least 90°)	Sissonne (legs open at least 90°) or Slit jump (legs open at least 90°)	Wolf jump
D) Balance (2'')	Straight led up forward or sideways at 45°	Scale	Passè	Candlestick
E) Coordination skills	2 straight jumps with tight arms circles (forward or backward)	Body wave with arms movements forward and backward finished on toes	Alternating circles with arms (left arm forward, right arm backward and vice versa)	
F) 2 equal or different artistic jumps, (w/o steps and interruption in between)	Straight jump and Tucked jump	Cat leap and Scissors	Sisonne (legs open at least 90°) and Enjambè rebound one or both legs (legs open at least 90°)	Wolf jump
G) Kick overs	Hand stand	Cartwheel on one or both hands	Kick over forward	Kick over backward
H) Pivot	1/2 turn in passè on tippi tow	1/2 turn in passè tippi tow + 1/2 turn on tippi tows		1/2 turn with straight leg at 45°
I) Hand stands		Hand stand 2s	Straddled hand stand 2s	Press to hand stand (bent or tight legs, any beginning position Is allowed)
J) Strength skills	Straddled L-sit 2s		L-sit 2s	

Uneven Bar

Element groups	#1	#2	#3	#4
A) Skills under bar	Legs lift up to the horizontal	Bent legs lift to inverted tucked hang between arms, lower to German hang(skin the cat)	From German hang up to inverted tucked hang between arms, lower to hang	Tight legs lift, touch bar
B) Skills close to the bar	Cast	Undershoot	Back hip circle (assistance is allowed)	Pull over(jump form the mat is allowed)
C) Strength skills	From hang L-sit bent legs 2s	Hang to Chin up	Chin up 2s	Hang, legs up to L-sit 2s
A1 / A2				A2

Rewards - first $\frac{1}{3}$ of all participants will receive first place - gold medal
second $\frac{1}{3}$ of all participants will receive second place - silver medal
third $\frac{1}{3}$ of all participants will receive third place - bronze medal

Every coach (gym) will receive incentive for participation in the event.

