

PREVIEW OF CHANGES FOR THE 2009-13 WOMEN'S JR. OLYMPIC CODE OF POINTS

In order to assist coaches in the preparation of Level 7-10 routines for the 2009-2010 season, the following basic information is being posted/published now.

In April 2009, the official Appendix items for the new 2009-2013 *Women's JO Code of Points* will be posted/published.

The 2009-2013 *Women's JO Code of Points* will be ready for purchase by June 1st, 2009.

I. GENERAL INFORMATION

Philosophy

Considering the overall decline in numbers of optional athletes throughout the country and in an attempt to return to the original linear structure of the JO Program, the JO Committee reevaluated the philosophy of the overall competitive structure.

The philosophy is to provide a linear structure of the competitive levels in which each level prepares gymnasts for future endeavors.

- A. Developmental Levels
 - Level 1-Beginner Developmental
 - Level 2-Intermediate Developmental
 - Level 3-Advanced Developmental Level
- B. Competitive Compulsory Levels
 - Level 4 – Beginner
 - Level 5 – Intermediate
 - Level 6 – Advanced
- C. Competitive Optional Levels
 - Level 7 – Beginner
 - Level 8 - Beginner/Intermediate
 - Level 9 – Intermediate/Advanced
 - Level 10 – Advanced

The following explains the specific philosophy for each of the optional levels:

Level 7: This Beginner Optional level is the introduction to the construction of optional routines, using skills and sequences.

- Restricted difficulty (only A's and B's) + selected C's on Bars only (1/2 pirouette, clear-hip circle, clear hip circle ½ are exceptions on UB) *
- 10.0 Start Value
- No compositional requirements
- Emphasis on basic optional skills performed with excellent execution & artistry
- Preparing for future endeavors

Level 8: The Beginner/Intermediate Optional level is the continuation of Optional routine development.

- Restricted difficulty (only A's & B's and C dance on BB/FX) plus selected C's on Bars (1/2 pirouette, clear hip circle, clear hip circle ½) *
- Start value is 10.0 - No Opportunity to earn bonus
- Use of compositional requirements
- Emphasis on execution & artistry
- Preparing for future endeavors

Level 9: The Intermediate/Advanced Optional level is a continuation of routine development, using a higher proficiency of technical mastery.

- Restricted difficulty to A, B & C elements only plus a maximum of 1 D per event (which is awarded "C" credit). *
- Start value is 9.70 with opportunity to earn 0.30 bonus through connections only
- Use of compositional requirements
- Emphasis on execution & artistry
- Preparing for future endeavors

Level 10: The Advanced Optional level is the pinnacle of the Jr. Olympic Program, emphasizing the technical mastery of skill and art.

- Unrestricted difficulty
- Start Value is 9.50 with opportunity to earn 0.50 bonus through connections and D/E skills (same as present system)
- Use of compositional requirements
- Emphasis on execution & artistry
- Preparing for future endeavors

** Unallowable elements that are performed (additional C's in L 7/8 and D's/E's in L 9) will receive no value part credit and will be given a 0.50 deduction each.*

BONUS FOR LEVEL 9 AND/OR 10: Bonus for connections and D/E skills will be awarded regardless if 0.30 or more in execution was deducted - unless a fall occurs (0.50). This will change the focus from "whether to give it or not" to the actual execution of the skill/combination. This is similar to what is being done in FIG.

II. VAULT

- A. There will be a separate Vault Value chart for each Optional level.
- B. There will be NO changes to the Level 7 and Level 8 Vault values.
- C. All 10 vaults from the current Level 9/10 Vault chart will NOT be allowed at Level 9 beginning August 1, 2009.
- D. Many vaults will have a higher value at Level 9 than at Level 10
Examples: Handspring -Front salto tucked will be 10.0; Tsukahara layout & Yurchenko Layout will be 10.0)
- E. Most of the Level 10 vault values will remain the same as the current chart, with the exception of the twisting without salto vaults, which have been lowered.
- F. For Level 10 only, there will be a select group of 10.00 SV Vaults (if performed successfully) that will receive 0.10 of Bonus.

III. BARS

- A. Special Requirements:
1. Level 7
 - a. One Cast (min. of 21° to 45° from VERTICAL)
 - b & c. Two clear circling elements (no hips touching the bar)
 - one must be a "B" value clear circle
 - one must be a clear circle from Groups 3, 6 or 7
 - d. Salto dismount, minimum of A
 2. Level 8
No Change from current rules
 3. Level 9
No Change from current rules
 4. Level 10
 - a. One Flight Element, minimum "C" value
 - b. 2nd Flight Element, minimum "B" value (must be different)
 - c. One element with LA Turn, minimum of "C" value (not in mount or dismount)
 - d. Dismount- Minimum "C" value
- B. Element Value Changes
1. There will no longer be "A" casts for Level 7 or 8 on Bars – Casts will be awarded "B" from vertical to thirty (30) degrees from vertical
 2. Clear Hip circles that are performed below horizontal will be awarded "A" value
- C. Bonus for Level 10: "C"* skills from family 3, 6 or 7 that do not have turn or flight are eligible for use in bonus connections.
- *If two skills from Groups 3, 6, or 7 are done in connection, they must be different to receive bonus*
Example: Clear hip circle to HS + Clear hip circle to HS = 0 CV
Clear hip circle to HS + Stalder circle to HS = +0.10 CV

IV. Balance Beam

- A. Special Requirements: There will be NO changes to the BB Special Requirements for Levels 7-10 for the 2009-2013 cycle.
- B. Element Value Changes-effective August 1, 2009.
1. Straddle Jump starting and finishing in a cross position (facing length of beam) will be valued at "B"
 2. Straddle jump in side position and all straddle jumps with ¼ turn will be valued at "C"
 3. Back Layout Step-outs will be valued at "C"
 - Gainer back layout step-out will remain valued at "D" for difficulty and connection bonus
 4. The Front Aerial and kickover (1-foot take-off) Front Salto, swing through to scale will be valued at "E"

5. Gainer Layouts with $\frac{1}{2}$ twist dismount off the side of beam will be valued at "B".
- C. New Connection Value principle on Beam for a 2-acro flight element connection (excluding mount or dismount):
B+ C (salto) = +0.10 CV

V. FLOOR EXERCISE

- A. Special Requirements
All Floor Special Requirements will remain the same as the current cycle for Level 7-10, except the existing dance series SR that requires a minimum of two directly connected leaps/jumps.
The Dance SR will be changed to:
"A dance passage of at least three (3) leaps or hops (from the JO Code) connected directly or indirectly with running steps, small leaps, hops, chassés or chaîné turns
- No jumps or turns are permitted because they are stationary. (Chainé turns are $\frac{1}{2}$ turns on two feet and are allowed because they are traveling steps)
 - First element may take-off from one or two feet
 - One element must show a 180° split in cross or side position
 - Only the last leap/hop element may land on two feet
- B. Element Values:
1. No changes from current JO Code
 2. Any leap with 360° turn and 180° split will receive "C" value
- C. Connection Value Bonus
Change in the Principle for Connections of Two Dance Elements:
A turn on one foot followed by a jump with a two-foot take-off will not be eligible for Connection Value bonus (example: 2/1 turn to Popa).
- If the jump/leap precedes the turn, the Connection Value is possible.