

– UNOFFICIAL Clinic Notes (6/ 6/ 09 Connie Maloney)
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GENERAL

Score Range

9.5-10.0	0.2
9.0-9.475	0.5
8.0-8.975	0.7
<8.0	1.0

The range is determined by the average.

Range and the Final Score - Base score (the procedure of including the Meet Referee in the average) is not used. *The Chief Judge may ask panel judges to consider changing their scores if the Chief Judge feels a change could be appropriate.* At this point, the panel judge may consider changing their score, but is not obligated to. When out of range and the judges are unable to compromise, the Chief Judge may mandate that the scores be brought into the allowable range.

~Know Meet Referee and CJ duties

Meet Referee should have a meeting, which includes new rule changes, equipment & how the meet will be run. Judges should go to MR with questions, not to Meet Director Judges **should go to the Meet Referee (npt Meet Director) with your questions.**

If not the Chief Judge a judge should not perform the duties of the Chief Judge. **The Chief Judge should always instruct the timers.** Suggestion that the timer tell the Chief Judge the time after each routine. This may help them to pay attention and helps CJ determine if they are keeping time correctly.

For the test, you need to know how to come up with the Start Value. Suggested to do so in this order: Label value parts, Add connection bonus, Add D/E bonus, Deduct Special Requirements, Deduct for missing Value Parts, Deduct for unallowable skills.

Memorize the *deduction headings* as well as exact language in which the deduction was written. (example: slight/small faults, medium faults, large and very large,

No Change in Bonus Requirements : +0.4 CV max and +0.4 max D/E bonus (9.5 SV)

No Change in VP Requirements: 3A, 3B, 2C

Additive Value will be referred to as BONUS

- *Connective Value and Difficulty Value*

Counting of elements must be chronologic 3rd time performed → NO VP, NO BONUS and NO SR

If NO VP awarded in 1st or 2nd attempt you CAN get VP credit on 3rd attempt if complete

- e.g. gymnast performs back tuck [fall no feet touch beam] then back tuck-back tuck connected) you can give credit for flight series and 2 “C” elements
- e.g. gymnast performs BHS-BHS [fall no feet] then BHS) you obtain credit for 2 “B” elements but NO SR [flight series]
- e.g. gymnast performs BHS stop BHS-BHS [fall no feet] you obtain credit for 2 “B” elements but NO SR [flight series]

**If performing a skill and do not land feet first (0.5 deduction + no VP + no SR + no bonus)

Spot during element (no VP, no SR, no bonus) All execution taken

Any skill which is spotted or if a gymnast falls = NO BONUS

3rd run approach is NOT CJ deduction

Execution	
Sickle/Flexed feet in VP elements	0.05 each
Legs Crossed on VP elements	<u>0.1</u>
Legs Separated	→0.2
UB/BB/FX: Medium Faults	
Insufficient Tuck (90° Ideal)	→ 0.2
Insufficient Pike (90° Ideal)	→ 0.2
Stretch Throughout (Maintain at 180°)	
Arch	→ 0.2
Hips Bent (136°-179°)	→ 0.2
BB/FX Medium Faults:	
Foot work – Relaxed on Non Value Parts	→ 0.2
Sureness of movement	→ 0.2 (BB only)
Relaxed leg/posture in Non Value parts	→ 0.3

Regarding the deduction “Lack of balance between pirouettes and flights” – remember that it is with pirouettes only not elements with turn.

Level 9

Restrictions – one D only in chronological order Any extra “D’s” -0.5 off SV

Example: Routine has 3 A’s 2 B’s (need 4) 1 C 2D’s

2 D’s replace missing B’s Still has additional D so -.5 off SV

Level 7

There are NO VOID Routines only .5 for unallowable skill

Note: Level 7’s cannot do double back off bars, Z leap on beam or double turn on floor.

Example: If Level 7 does double back dsmt off bars deduct execution and amplitude, NO VP, -.5 missing SR, -.3 no dismount Plus .5 unallowable skill

Example: Beam Bkhdsp FALL same Bkhdsp second one is “0” VP

UNEVEN BARS

Counting of Value Parts

- Different VP if:
 - Salto is in different body positions
 - Different degree of turn/twist
 - Support of one or both arms
 - Mount element performed in exercise
 - Legs together or straddled in SALTO not relevant to casts or kips
- Same VP if:
 - Finish skill in SAME grip
 - Perform cast or kips with legs together or straddles or piked
 - Within 20° swing Fwd/Bkwd = Giant VP

Special Requirements – One skill can count as 2 SR

- ***All LARGE release** elements Performed on LB are considered ONE VP Level lower than HB
- *If Overshoot “B” preceded by D/E release the Overshoot should be awarded “C” value part
- **This does NOT apply to the straddle back**
- ***There is NO “A” Cast**, If cast to handstand within 20° Award “B” VP
- ANGLE DEDUCTIONS REVIEWED – see angle deductions sheet
- IF Gymnast performs Toe shoot or Chinese sit up it **MUST** be preceded by **HANDSTAND** even if they squat on and perform the Chinese sit up, they will be deducted for low cast and it is considered ONE skill not two

(Question asked re: turning uprise and uprise will be awarded “B” value if above horizontal but if below horizontal = “A”?)

Value Parts:

Circling elements – clear hip within 20° C below 20° at horz B below horizontal A

Late turns: Cast handstand ½ (Higgins) and full turn 21°-30° -0.05-.1

31°-45° -0.15-.2

under 45° to hang -0.25-.3

(watch for hand – 1st hand change should occur early so they can finish on top)

If gymnast performs Cast to 21° with ½ turn (e.g. Higgins roll) then award “A” skill and take cast amplitude deductions

If gymnast performs uprise to handstand within 20° degrees = “C” and <20° = “B”

But if poor amplitude may take →0.2 for lacking amplitude of the element

New/Changed Elements:

A: Clear hip below horizontal

B: Clear hip at horizontal

C: Clear pike circle bk on LB with release and counter flight to HB

Clear pike circle bk hecht to HB

D: From ! clear pike circle bkwr to inverted pike support

Pike sole frwr in Lgrip to !

Pike sole frwr in Lgrip with ½ turn to !

Dismount:: Clear Pike sole bkwr to salto frwr stretched with 1/2 turn

E: Giant circle frwr to ! with initiation of 1/1 turn on 1 arm before ! phase

Giant frwr to ! with 1 ½ turn (540°)

Jaeger salto straddled with ½ turn

On HB, Pike sole circle bkwr to counter straddle reverse hecht wih ½ turn

Pike sole circle frwr in L grip with 1/1 turn

Review of VP

Straddle Back Handstand = “C”

Straddle Back = “B”

Front Giant or slip grip to Straddle Back = “C”

Front Giant or slip grip to Straddle Back Handstand= “D”

Overshoot HB→LB = “B”

Handstand to Bail/Overshoot HB→LB = “C”

From long hang or handstand overshoot HB→ LB HANDSTAND = “D”

Execution

- **Under Rotation of Release/flight Elements → 0.1
- **Precision of Handstand Positions throughout → 0.1
- Insufficient extension of glides/kips → 0.1
- Swing Forward or Backward Under Horizontal (0.1 each)
- **Landing to close to bars on dismount (0.10)

Composition:

Regarding the deduction Lack of balance between pirouettes and flights – remember that it is with pirouettes not elements with turn.

BONUS:

	0.1CV	0.2CV
Level 10	C+C/D	D+D

Both “C” Elements Must have flight or turn to receive CV UNLESS:

1. If “C” is connected to “D” then “C” does not have to have flight or to get bonus
 - a. Example: Uprise Handstand – Geinger = C+D = 0.1CV
 - b. Example: Clear Hip Handstand- Tkachev= C+D = 0.1CV
 - c. Example: Front Giant – Yeager = C+D = 0.1CV
2. If Both “C” Skills are from 3/6/7 then you do not need turn or flight to obtain CV
 - a. Example: Clear Hip Handstand-Pike sole Circle HS = C+C = 0.1CV
 - b. Example: Clear Hip Handstand-Stalder to Handstand = C+C = 0.1CV
 - c. Example: Stalder Bkwd to HS- Stalder Backward to HS with ½ = C+C = 0.1CV
 - d. Example: Clear Hip HS – Clear Hip HS = C+C = NO CV **Must be different skills**

C + D + 0.1 Flight not needed

CV Bonus: No fall, spot

Practice Judging Bars

Remember 3/6/7 combination does not need to have turn or flight to obtain C+C bonus (both skills must be different)

Example: Sole Circle Handstand to Sole Circle Handstand with ½ = C+C = 0.1CV

Example: Bkwd Stalder Handstand to Chinese Sit up = C+C = 0.1

Example: Clear Hip HS to Clear Hip HS with ½ = C+C = 0.1CV

LEVEL 7/8: Cast on HB not required before bail ½ or peach salto or overshoot

BALANCE BEAM

Gymnast may stand on stack mat, no board on 8 inch mat, board may placed on sting mat or 4 inch mat
Can't warm up skills after fall

Counting of Value Parts

- Mounts must be listed in code
- IF 0.5 deduction is taken for mount balk you still may award bonus for that skill
- VP different if:
 - different number
 - different body positions
 - support of one vs. both arms
 - different degree of turn (1/2=3/4 unless listed different in code)
 - Straddle jump (B), Straddle jump 1/4 (C)
 - Element performed in mount and then later in routine

Turns: Turn is considered complete when heel drops

Leaps: All leaps to have 180° leg separation

**Legs not parallel to beam → 0.2

Press Mount: no hold required

Switch Side Leap = "D" not the same as a Switch leap with a 1/4 = C

**1st leg on switch MUST be minimum 45° and 1/4 must be complete otherwise = "A"

**If 1st leg not to 45° but 1/4 turn complete = "B"

Special Requirements

"C" dismount required OR "B" dismount directly connected to acro/dance "C" or connected to acro series with a "C" skill.

- One arm BHS-BHS-Full Dismount = Meets SR
- Switch Side Leap-Tuck Full Dismount = Meets SR

Acro Series must have 2 flight elements BUT if non-flight element (GROUP 7) connected to an "E" that would meet requirement

- Back walkover-Onodi = meets special requirement

Composition

The deduction for overuse of dance elements with the same shape refers to more than two elements with either wolf or tuck positions with or without turn and/or more than two straddle jumps with or without turn. This deduction does not apply to the split position. Also the deduction of 0.10 is per shape not skill, same as it is with pivot turns.

Greater than 2 pivots flat 0.1

- If you do 6 pivots = 0.1 deduction

Execution

**Legs Crossed in value part elements .1 (during salto twists, feet flexed during VP .05-.1)

**Lack of sureness → 0.2

**Legs not parallel to beam or floor (in split or straddle pike) → 0.2

**Landing to close to beam on dismount 0.10

- Probably not applicable to gainer off side of beam

Dance Skills

- Rhythm during execution of dance/mixed connections → 0.1 each

Acro Skills (fwd-bkwd, fwd/fwd, or counter connections)

- Slow Connection or lack of tempo between elements in a series → 0.3
 - (this is still being teased out so wait until course for final clarification)

Acro Skills (bkwd-bkwd)

- No slow connection deduction – if series is slow or broken = 0.5 for missing special requirement

BONUS

	0.1CV	0.2CV
2 Element Acro excludes mount/dismount	B+C C must be a salto	B+D/E C+C
3 Element Acro	B+ B+C	B+C+C
2 Dance/Mixed Acro elements must have flight	A+D or B+C C+ C Same Dance	B+D C+C Diff Dance
Turns	A+C or C+A	

Examples:

Gymnast performs: BHS-Layout Stepout-BHS = +1cv, +1cv = +2cv total

Gymnast performs: BHS-BHS-Layout Stepout = 0.1cv total

Gymnast performs: BHS-BHS (two feet)-Double Full Dismount = 0.1cv total

- cannot apply 2 element rule to dismount

Gymnast performs: one arm BHS-BHS-BHS = 0.1cv total

Gymnast performs: BHS-one arm BHS-BHS = 0.1cv total

- 2 element rule applies only with C salto

Gymnast performs: BHS-one arm BHS-one arm BHS = 0.2cv total

- 2 element rule applies only with C salto, apply B+C+C award +0.2CV

Gymnast performs: BHS-Layout Stepout-Layout Stepout = 0.1cv + 0.2cv = 0.3cv total

Gymnast performs: BHS-Layout Stepout-Double Twist = 0.2cv total

- cannot apply 2 element rule to dismount

Gymnast performs: Full turn-Full turn with leg extended = A+C = 0.1cv

Value Part Changes

Straddle Jump = B

Straddle Jump Cross Position = C

Handstand forward roll = B

Valdez = B

Back walkover to split sit = C

Layout Stepout = C

Front Aerial to scale = E (leg must be horizontal or above in scale, no hold required)

One foot takeoff front pike salto = E

Gainer ½ dismount off side = B

Front tuck one leg takeoff to scale = E (leg must be horizontal or above in scale, no hold required)

Dismount on Beam

- If dismount on beam is not a salto or aerial deduct 0.5 for missing SR, but do not deduct for no dismount
- If dismount is of NO Value deduct 0.5 for missing SR or 0.3 for no dismount
- If gymnast leaves apparatus deduct 0.5 for missing SR, 0.3 for no dismount and 0.5 for fall
- If salto initiated but not landing on feet deduct for no VP, 0.5 for missing SR, do not take for no dismount but do take 0.5 for fall
- If salto not initiated, just punched and landed on feet deduction for no VP, 0.5 for missing SR, 0.5 for fall and 0.3 for no dismount

Practice Judging

Don't forget to count pivots

Watch for dance series

Watch closely for connections of dance

Watch for completeness of turns on leaps and jumps

Review p. 145 for changes

? P 133 Can a skill count as 2 as before? Press to ! planche hold, then double pirouette?

FLOOR

Special Requirements:

- *Acro Series 2 different saltos or 2 directly connected saltos
 - (can be front tuck, front tuck, NO AERIALS)
- *3 Different saltos within exercise
- * Dance pass with 2 Different Group 1 Elements, direct or indirect, one a leap requiring 1 foot take-off OR cross or side split
- * Last Salto connection or last isolated Salto minimum C
 - The last Acro C required under SR can be isolated

- ****CHANGE:** Leap Passage: Looking for running passage that travels and flows
 - Must be leap with 180° cross or side split position
 - May be tour jeté, switch leap, side leap, etc.

First skill MUST take off OR land on ONE foot. No intermediary turns allowed except chainé turns.

May do running steps, hops, small leaps, chassés, assemblés between 2 leaps

If first leap finishes in a stag position it will not count.

Examples

Cat leap 1/1 – Wolf 1/1 = NO SR (no split)

Popa steps Split 1/1 = NO SR (no one leg takeoff or stepout)

Switch Side-popa-split full = SR Fulfilled

Cat leap step Tour Jete = SR fulfilled

Cat leap 1/1 Wolf 1/1 = NO SR (no 180)

Split leap steps split leap = NO SR (not different skills)

Saltos

No VP if 3rd time performed or 2nd time performed in same connection

- Round off BHS BHS Full = Round off BHS Full

Aerials do NOT count for 'saltos' but okay for CV Dance elements break acro series

OK:

Floor Composition

Failure to perform salto 2 of 3 directions 0.1 (Bkwrd & F/S)

- Arabians considered forward

Overuse of same shape of dance skills 0.1 each

- Straddle/popa/schus Schonova
 - Switch Side (not considered for straddle shape)
- Tucks/wolfs/switch wolf
- (Can you have too many ring jumps? No, only 2 categories above)

The deduction for overuse of dance elements with the same shape refers to more than two elements with either wolf or tuck positions with or without turn and/or more than two straddle jumps with or without turn. This deduction does not apply to the split position. Also the deduction of 0.10 is per shape.

**Legs not parallel to beam or floor (in split or straddle pike) →0.2

BONUS

	0.1CV	0.2CV
Acro Indirect	A/B+A/B+C/D C+C, A/B+D	C+D
Acro Direct	B+B, A+C A+A+C	B+C, C+C A+A+D, A/B+D
2 Dance/Mixed	B+D or C+C Dsalto+Ajump	B+D C+D

A + C = .1

B + C = .2

D + A = .1 (This order only)

*D salto+A jump (must be in this order)

- ex: RO-BHS-Double Layout-Sissone

Turn on 1 foot to jump with 2 feet NO BONUS

Turn→Jump = NO CV

Jump→turn

Wolf 1/1 one leg step out-double turn = 0.1CV

Clarification: RING JUMP-must have bottom leg 45°

Value Part Changes

NO STRETCH JUMP = 0

Switch 1/1 = D

1 turn leg held by head with hand = B

1-1/2 turn leg held by head with hand = C

2 turns leg held by head with hand = D

MISC:

Remember Bonus may be awarded unless athlete FALLS or is SPOTTED

Falling out of bounds: Coach spots – deduct .5 for spot and .1 for out of bounds, DO NOT also deduct for spot and fall

The last Acro C required under SR can be isolated

PRACTICE JUDGING

Watch for Dance Pass

Watch for completion of turning leaps/jumps/turns

Review for all Special Requirements
Watch for too many skills with same shape