

Reminders from Region V RJD, Hilary Carlson

- I. In talking with some coaches recently I realize that some do not look at Specific Composition Deductions in the Code. PLEASE review those. There are flat deductions in Optionals that do not show up on the Start Value. Examples are:

Level 8-10 Floor must have

- a “B” turn (- 0.2)
- Back and front or side salto or aerial (-0.1)

Level 8-10 Beam must have

- Back and front or side acro (includes rolls) (-0.1). If it’s the dismount only, -0.05. Note: if the dismount is a roundoff, back tuck, the roundoff is a side acro and on the beam and will count as a side acro. The actual dismount is the back tuck.
- Dance series, connected (-0.2)

Level 9-10 Bars

- Lack of a forward element (-0.05)
- Direction change must be a change of direction – i.e., a $\frac{1}{2}$ or $1\frac{1}{2}$ turn in a skill in the routine, not in the mount or dismount. Examples are $\frac{1}{2}$ pirouette, bail, Geinger. Two $\frac{1}{2}$ turns = no deduction, one $\frac{1}{2}$ turn = - 0.05, no direction change = -0.1.

This list is not complete, so please read sections on Composition in your Code.

II. Inquiries

I always encourage coaches to inquire if they are seeing Start Values they don’t understand. It is a learning experience for you and the judge. Please remember to ask a question in the inquiry (e.g., “did she get credit for her Special Requirements”). “Nice routine, score too low” is not acceptable. (I actually got that once!) Coaches, please be respectful with the inquiry. Judges, please be respectful with your reply. Remember, we are all in this sport for the same reason – the gymnasts!!