

## II. TIMING REGULATIONS

### A. Touch Warm-up

1. The gymnast is allowed a 30-second touch warm-up period, unless the timed warm-up immediately precedes competition, as in traditional and non-traditional formats.
  - a. All gymnasts in the squad warm-up at the same time, unless the number in the squad is 9 or more, in which case the squad **MAY** be split into two groups for touch warm-up. The first half would touch and compete; then the second half would touch and compete.
    - The option to alternate competition with the touch warm-ups (staggered touch) may also be used, at the discretion of the Meet Director.
  - b. The touch warm-up period for Floor Exercise is determined by multiplying the number of athletes in the largest squad by 30 seconds.
  - c. No block time by team/club is allowed.
2. When the warm-up time is exceeded, a warning is given.
3. If the gymnast continues to exceed the warm-up time, the Chief Judge would deduct 0.20 from the gymnast's average score. In team competitions such as JO Nationals, this deduction would be taken from the team event score.
4. *The gymnast is allowed to jump within the boundaries of the Floor Exercise mat to warm-up her legs while waiting for the signal to compete.*

### B. Timing of the exercise

1. The maximum time limit is:
  - a. One minute, 30 seconds (1:30) for Levels 7, 8, 9, and 10.
  - b. One minute, 15 seconds (1:15) for Level 6.
2. Timing begins with the first movement of the gymnast and stops with the final movement of the gymnast.
3. The entire exercise is evaluated, regardless of overtime.
4. The Chief Judge takes the overtime deduction of 0.10 from the average score.
  - a. This deduction must be indicated to the coach either verbally or by visual means.
  - b. No overtime deduction is taken if the time is within a fraction of a second over the time allotment.

Example: Routine is clocked at 1:30.01 to 1:30.99 (less than 1:31). Do not take the overtime deduction.
5. No time warning is given on Floor Exercise.

### C. Short Exercise: Floor routine is less than 30 seconds (either complete or incomplete)

1. Deduct for any missing Value Parts from the Start Value.
2. Deduct for any missing Special Requirements from Start Value.
3. Chief Judge deducts 2.00 from the average score.

## III. MUSIC REGULATIONS

- ### A. The musical accompaniment must be recorded with orchestra, piano or other instruments (without singing/voice). Human sounds are allowed, provided there are no words spoken or sung.
1. Absence of music or music with words/song incurs a 1.00 deduction, taken from the average score by the Chief Judge.
  2. Music with whistles/animal sounds will NOT receive a deduction.
  3. If a coach has any question of the music containing words, the music should be sent to the Regional Technical Committee Chairman from their region. *The RTCC will forward the music to the National Technical Committee Chairman, JO Program Director, and JO Technical Director. The NJOPD will send the final decision on the official music approval form to the coach (with a copy to the RTCC, NTCC and NJOTD).*
    - *The coach should carry the approval form to competitions as a form of verification that the music has been approved and should not receive a deduction.*

- B. Procedures for music failure during the routine due to technical failure:
  1. The gymnast may continue her routine. Upon completion of the routine, gymnast and coach must decide whether to repeat the routine or accept the score that is given. The judges will post no score until that decision is made. No deduction would be taken for the absence of music.
  2. The gymnast may stop her performance immediately and request permission from the Chief Judge to repeat her routine or to continue from the point of interruption. Once permission is given, the gymnast would perform again (either from the point of interruption or the entire exercise) after a reasonable amount of rest time. No score would be given for the partial routine.
- C. Floor Exercise music must be recorded digitally. Meet Directors of all sanctioned events must provide options to play only digital copies of music (MP3 players, computers, tablets, etc.) and are no longer required to provide compact disc players.
  - These electronic devices must have a display screen and must be on airplane mode, when applicable.

#### IV. LINE VIOLATIONS (OUT OF BOUNDS)

- A. If the gymnast touches any part of her body outside of the prescribed area, she will receive a 0.10 deduction each time.
  1. On surfaces where the Floor area is marked by two different colors, if any part of the body touches the outside color, it is considered out of bounds.
    - It is permissible to place small pieces of tape (of the same color as the floor area carpet) at the inside corners of the boundary to assist the gymnast's awareness of the actual boundary.
  2. If the gymnast steps on (but not over) the line, she is **not** out of bounds.
- B. The Chief Judge takes the deduction of 0.10 for line violation from the average score.
- C. If the gymnast also falls while out of bounds, each judge must deduct 0.50 for the fall and the Chief Judge would deduct the 0.10 line deduction from the average score.
- D. Elements or connections completed out of bounds are recognized. The take-off for the element must be performed while inside the boundary line in order to receive Value-Part credit.
  - If the take-off for a Value Part is outside of the Floor Exercise boundary line, no Value-Part credit is awarded; therefore, the element could not be used to fulfill a Special Requirement or for a Connection Value or "D/E" Bonus.
- E. If two auxiliary judges act as line judges, they should be seated at opposite corners in order to view two lines each.
- F. If there are no auxiliary line judges, the Chief and panel judge(s) must also watch for line violations and indicate such by raising their hand.
- G. Line violations should be indicated in writing by the line judge (or the panel judge) and submitted to the Chief Judge. The deduction must be communicated to the coach either verbally or by visual means.

#### V. COACH ON FLOOR EXERCISE MAT/SPOTTING REGULATIONS

- A. For Levels 6-10, no deduction is applied if a coach inadvertently steps into the corner area of the Floor Exercise mat when placing, adjusting the placement of, or removing the mat.
  - No deduction is applied if the coach enters the Floor Exercise area during the exercise to remove any object (such as a hair clips, eyeglasses, etc.) which may impede or endanger the athlete.
- B. The 0.50 deduction for the coach on the Floor Exercise area without physically assisting the gymnast is applied only once, regardless of the number of times the coach enters the area. (Applies to Level 6 and above.)
- C. If the coach is on the Floor Exercise mat and assists the gymnast during an element:
  1. Each judge deducts 0.50 for the "spot".
  2. If the gymnast falls after the "spot", an additional 0.50 deduction is taken for the fall.
  3. Value-Part credit, as well as Special Requirement and/or Bonus credit, if applicable, is NOT awarded.
  4. The Chief Judge deducts 0.50 from the average score for "coach on the floor".

b. **#1.204 Split leap forward with leg change (Switch-leg leap) (B)**

- 1) The first leg must swing forward to a minimum of 45° prior to swinging backward to a 180° split. If the first leg does not reach 45°, award an "A" Value Part (comparable to a Split leap # 1.101).
- 2) If there is insufficient split after the leg change, deduct "up to 0.20" or credit the actual Value Part performed as specified above.
  - *If the split is less than 135°, recognize it as a different element (Switch-hop - A value). Because the split is not a minimum of 135°, the element cannot be used to fulfill the Special Requirement for the leap element in the Dance Passage.*
- 3) If the gymnast performs a stag-switch leap (stags and never extends the first leg forward prior to the leg switch), award an "A" Value Part.

c. **#1.208 Schushunova (B)**

Must show a 180° side split position, then rotate legs rearward to attain a horizontal stretched body position in the air before landing. A slight forward lean of the body, rather than a strict vertical torso, is acceptable.

d. **#1.210 Ring or Stag-ring Leap/Jump (B)**

A release of the head backward past the vertical line must be shown in order to be considered a "Ring" position. The expected amplitude of the rear foot is to the top of head.

- 1) Insufficient arch, deduct "up to 0.10".
- 2) If the rear foot is at shoulder or upper back height, deduct "up to 0.10".
- 3) If the rear foot is at hip height or if there is no backward head release, (regardless of the height of the leg), it would be considered a split leap with bent back leg or sissonne ("A"- #1.101 or #1.110).
- 4) For the Ring jump, the front leg must be a minimum of 45° from the floor in a forward-downward diagonal position; if not, deduct "up to 0.10" for insufficient amplitude of front leg.
- 5) For the Ring leap, the front leg should first brush/extend close to horizontal. As the ring shape is executed, the front leg must be a minimum of 45° from the floor; if not, deduct "up to 0.10" for insufficient amplitude of front leg.
- 6) For the Stag-ring jump or stag-ring leap, the expectations are:
  - a) The front leg bent a minimum of 90° with no extension of the leg.
  - b) A 180° leg separation from the front knee to the back knee.

e. **#1.305 Switch-leg leap with ¼ (90°) turn (Switch-side leap) (C)**

To be recognized as a Switch-side leap, the first leg must swing forward to a minimum of 45° prior to swinging backward. The ¼ (90°) turn must occur in the air; not prior to the leg swinging backward. The expected amplitude of side-split position is 180° split.

- 1) If in any of the following cases there is less than 135° split, then recognize it as another element, if applicable.
- 2) If the gymnast fails to swing the first leg forward to a minimum of 45° and shows an incomplete ¼ (90°) turn, award "A" Value-Part credit.
- 3) If the gymnast fails to swing the first leg forward to a minimum of 45° but completes the ¼ (90°) turn, award "B" Value-Part credit for a side leap.
- 4) *If the gymnast swings the first leg forward to a minimum of 45° but begins the ¼ (90°) turn early (before the first leg begins to swing backward), apply the "Lack of precision in dance elements" deduction of "Up to 0.10".*
- 5) If the gymnast swings the first leg forward to a minimum of 45° but shows an incomplete ¼ (90°) turn, award "B" Value-Part credit for a switch-leg leap.
- 6) A rond de jambe technique is acceptable (in which the front leg swings forward to a minimum of 45° prior to the ¼ (90°) turn, then moves across the horizontal plane to the side-split position).
- 7) If the first leg is in a stag position (never extends prior to the leg switch), award "A" Value-Part credit.
  - A stag means that the first (swing) leg is bent a minimum of 90°, with no extension of the leg prior to the leg switch.

- f. **#1.309 Tour Jeté with 1/2 (180°) turn and #1.404 Switch-leg leap with 1/1 (360) turn**  
 These elements are often identified incorrectly. Both elements show a cross split position and finish facing the same direction as they take-off. The Tour Jeté 1/2 (180°) **turns away** from the initial swing leg; the Switch leg 1/1 **turns toward** the initial swing leg.



- g. **#1.307 Straddle Pike Jump with 360° turn (Popa) - (C)**  
 Must show a straddle pike jump position in ANY phase of the 360° turn (with legs at or above horizontal). A Side Split Jump with 360° turn (#1.307) would also receive "C" Value-Part credit.

- h. **#1.308 Jump with 1/1 (360°) turn to side split jump, landing in a front lying support (prone) (Schushunova 1/1) (C)**

Two variations of the Schushunova with 1/1 turn are "C" Value Parts:

- 1) A Straddle pike jump with 1/2 (180°) turn and "turn over" (appears as 1/2, 1/2) to land in a front lying position.
- 2) A jump with 1/1 turn to side split position, then legs rotate backward finishing in the horizontal plane, to land in a front lying position.

- i. **#1.311 Switch Ring Leap (C)**

The first leg must swing forward to a minimum of 45° prior to swinging backward to a 180° split, with the rear foot at head height, upper body arched and head released backward past the vertical line.

- 1) If the rear foot is at shoulder or upper back height, deduct "up to 0.10".
- 2) If the rear foot is at hip height or if there is no backward head release (regardless of the height of the leg), it is recognized as a switch leg leap and "B" Value Part credit would be awarded.

- j. **#2.202 1/1 (360°) Turn with free leg at or above horizontal from start to end of turn (B)**

The gymnast must have time (up to 45° -1/8<sup>th</sup> of the turn) to quickly lift the leg into position without deduction.

The free leg may be bent or extended, but the entire leg must be at a minimum of horizontal to receive "B" Value-Part credit.

Once the minimum of horizontal position of the free leg is established, it must be maintained throughout the turn in order to receive Value-Part credit as listed. The free leg may not be supported with the hand in order to maintain the minimum of horizontal position.

- If the correct leg position is missing for more than 45° of the turn or is not maintained throughout the remaining 7/8<sup>ths</sup> (315°) of the turn, recognize it as an "A" 1/1 (360°) turn.

Note: #2.208 depicts a 1/1 (360°) turn with the free leg held upward at a 180° split position. If the leg is held at less than a 180° split position, but at least at 135°, award "B" and deduct up to 0.20 for insufficient split. If the leg position is less than 135°, award "A" for a 360° turn.


- k. **Front saltos in direct connection**

Any forward salto used as an accelerating element in a directly connected front salto series is not subject to the "up to 0.30" deduction for insufficient amplitude. The last salto of the connection is expected to have greater amplitude.

Example:

Front handspring + Front salto stretched + Front salto stretched with 1/1 twist



2) Wolf hop + cat leap: neither element requires a 180° split.  = NO

3) Split Leap + 360° turn on one foot: missing a 2<sup>nd</sup> Group 1 element

 = NO

4) Switch-leg leap, flic-flac to two feet, side split jump: acro elements are not allowed in between the dance elements.

 = NO

4. THE SALTO PERFORMED AS THE LAST ISOLATED SALTO OR WITHIN THE LAST SALTO CONNECTION MUST BE:

- LEVEL 10 - MINIMUM OF "C" SALTO
- LEVEL 9 - MINIMUM OF "B" SALTO
- LEVEL 8 - MINIMUM OF "A" SALTO

EXAMPLE 1: Level 9 gymnast performs:

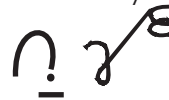
Round-off, Flic-flac, Salto backward with 1/1 twist (B), Salto forward tucked (A)



This fulfills the requirement.

EXAMPLE 2: Level 10 gymnast performs:

Front handspring (A), Front salto stretched with 1/1 twist (C)



This fulfills the requirement.

EXAMPLE 3: At the end of the exercise, a Level 9 or 10 gymnast performs:

Front handspring, Front salto with 1/1 twist (C); then performs Round-off, Straddle jump, Front salto tucked (A)



Deduct 0.50 for performing an "A" salto as the last salto.

a. At Levels 8, 9, and 10, if the salto intended to be used to fulfill this requirement does NOT receive Value-Part credit due to:

- 1) Failure to land on the bottom of the feet first.
- 2) Being the third time the element was performed.
- 3) Being performed for the second time in the exact same series.
- 4) Being a restricted element for the level of gymnast (applies to Levels 6-9).
- 5) A "spot" during the element by the coach.

Deduct 0.50 from the Start Value for not fulfilling this Special Requirement, in addition to any other appropriate deductions, such as a fall or performing a restricted element.

- In the case of performing more than one restricted element at Level 8 or 9, if the salto intended to be used to fulfill the "last salto" Special Requirement does NOT receive Value-Part credit, deduct an additional 0.30 from the Start Value.

*Example: A Level 9 gymnast performs a 2½ twist (D) in the 1st pass; then performs a Front pike (B), Round-off, Flic-flac, Double back salto tucked (D-but no value awarded due to 2nd restricted element) for the last pass. The Front pike still fulfills the minimum of B salto in the last acro series; therefore the 0.30 would NOT be applied.*



**b. If a final salto was NEVER initiated:**

- 1) Deduct 0.50 from the Start Value for not fulfilling the last salto Special Requirement (due to no value part).
- 2) Deduct 0.30 from the Start Value for no attempt to perform a “last salto.”
- 3) Deduct 0.50 from the individual judge’s score if a fall occurs.

EXAMPLE: A gymnast performs two acro (tumbling) passes early in the routine. Near the end of her exercise, *she runs down the diagonal for her last acro pass and fails to perform the salto element. Deduct 0.50 for not fulfilling the Special Requirement of the last salto, plus 0.30 for no attempt to perform the last salto.*

**c. The following flight elements without hand support are NOT considered saltos and cannot be used to fulfill this Special Requirement:**

- 1) **Aerials**
- 2) **Salto-like elements that land in a sitting, prone, or split-sit position.**

Example: one-foot take off, front salto tucked to finish in tuck sit.

*Note: A salto element takes off from two feet and lands on one or two feet. If a salto element lands on two feet, or lands on one foot and lowers with control to one knee, it will be considered a salto and may be used to fulfill Special Requirements and/or Connection Value.*

**B. LEVEL 7 FLOOR EXERCISE SPECIAL REQUIREMENTS**

1. ONE ACRO SERIES WITH A MINIMUM OF 3 DIRECTLY CONNECTED FLIGHT ELEMENTS, ONE OF WHICH IS A BACKWARD SALTO STRETCHED TO TWO (2) FEET
2. DIRECT CONNECTION OF 2 OR MORE FORWARD ACRO ELEMENTS WITH FLIGHT, ONE A SALTO OR AERIAL
3. DANCE PASSAGE WITH A MINIMUM OF 2 DIFFERENT GROUP 1 ELEMENTS, DIRECTLY OR INDIRECTLY CONNECTED, ONE OF WHICH IS A LEAP REQUIRING A 180° CROSS OR SIDE SPLIT POSITION
4. A MINIMUM OF 360° TURN ON ONE FOOT

1. ONE ACROBATIC SERIES (MINIMUM OF 3 DIRECTLY CONNECTED FLIGHT ELEMENTS), ONE OF WHICH IS A BACKWARD SALTO STRETCHED TO TWO FEET (BACK LAYOUT)
  - a. A Back salto stretched with 1/1 (360°) twist does not fulfill this requirement.
  - b. A Back salto stretched with step-out does not fulfill this requirement.
  - c. If the Back Salto stretched is performed in connection with less than two (2) other flight elements, the Special Requirement is not fulfilled.

2. A DIRECT CONNECTION OF TWO OR MORE FORWARD ACRO ELEMENTS WITH FLIGHT (ONE ELEMENT MUST BE A SALTO OR AERIAL)
  - a. Only forward acro elements may be considered (no aerial cartwheels or side saltos).
  - b. The forward acro series MAY include additional elements, provided that at least two forward acro elements are directly connected.

Example: Front Handspring, Front Salto tucked step-out, Round-off, Flic-flac, Back Salto tucked would fulfill the Forward Acro series requirement.

Note: Arabian handsprings and Arabian saltos (from backward take-off, jump with ½ turn to front handspring or front salto) are considered forward elements.

- c. A Dive Roll or Arabian Dive roll MAY NOT be used to fulfill this Special Requirement, since it ultimately has support on the shoulders and back.
  - If a Front handspring, Dive roll is performed, deduct 0.50 for missing the Special Requirement (using an inappropriate element in the forward acro series.)
- d. If one or both of the attempted forward flight elements are performed with no visible flight, the connection will not fulfill the Special Requirement.

EXAMPLE: Forward series is: Front salto tucked step-out to a Front handspring. On the Front handspring, the feet land while the hands are still on the floor, so it is considered a Front walkover or Front limber.

Deduct 0.50 for missing the Special Requirement.

3. **DANCE PASSAGE WITH A MINIMUM OF TWO (2) DIFFERENT GROUP 1 ELEMENTS (LEAPS, JUMPS, HOPS), DIRECTLY OR INDIRECTLY CONNECTED, ONE OF WHICH IS A LEAP (ONE FOOT TAKE-OFF) REQUIRING A 180° CROSS OR SIDE SPLIT POSITION.**
  - a. See Special Requirement #3 for Levels 8, 9 and 10 for specific information.
  - b. If either of the required Group 1 dance elements are of "C" value (or more difficult),
    - 1) Deduct 0.50 from the Start Value for the performance of a restricted element.
    - 2) The Dance Passage Special Requirement is NOT fulfilled.
4. **A MINIMUM OF 360° TURN ON ONE FOOT**  
 The 360° turn must be completed in high relevé. If the gymnast drops her heel onto the floor during the turn, the point at which the heel drops marks her degree of turn completion. The deduction for incomplete turn is applied, as stated under Chapter 3 - Execution & Artistry.
  - a. If the gymnast achieves only a ¾ turn or less (90° or more deficient), deduct 0.50 for missing the Special Requirement.
  - b. May be isolated or in a series.
  - c. An Illusion 1/1 (with brief touch of floor with one hand = "A") or (without touching floor with hand or free leg = B) may be used to fulfill the Level 6 and 7 Special Requirement of a Minimum of 360° Turn on One Foot.

### III. CLARIFICATION REGARDING SERIES

- A. A dance element performed within an acro series will break the indirect acro connection.
  1. It will not fulfill the Special Requirement of an acro series with two saltos.
  2. It cannot be used for Connection Value Bonus for an indirect acro series.

EXAMPLE: Round-off, Flic-flac, Double salto backward tucked, Straddle jump, Front salto tucked.

 = NO 2-SALTO SERIES

The two salto series Special Requirement is NOT fulfilled. (Straddle jump breaks the connection.)

- B. An acrobatic element may not be performed between the dance elements within the Dance Passage.
  1. The acro element will break the Dance Passage.
  2. It cannot be used for Connection Value Bonus (Direct connection of two dance elements).

EXAMPLE: Switch-leg leap + Flic-flac + Straddle jump 1/1

 = NO DANCE PASSAGE

The Dance Passage Special Requirement is NOT fulfilled. (The Flic-flac breaks the passage.)

### IV. SPECIFIC COMPOSITIONAL DEDUCTIONS (LEVELS 8, 9 & 10)

Note: Composition is not evaluated at Level 6 or 7.

- A. **LACK OF VARIETY IN CHOICE OF ELEMENTS**
  1. **FAILURE TO PERFORM SALTOS OR AERIALS IN TWO DIFFERENT DIRECTIONS (BACKWARD AND FORWARD OR SIDEWARD)** 0.10
    - Arabian saltos are considered forward saltos.
  2. **LACK OF VARIETY IN DANCE ELEMENTS**
    - a. **Overuse of dance elements with the same shape**
      - More than two elements with a wolf or tuck position with or without turn 0.10
      - More than two straddle jumps, with or without turn 0.10
    - b. **More than one leap/jump/hop to prone position** each 0.10
    - c. **Lack of a turn on one foot, minimum of "B"** 0.20

- I. **Missing synchronization of movement with musical beat throughout the exercise** . up to 0.30
- each time 0.05
  - at the end of the exercise 0.10
- J. **Absence of music or music with words/song** CJ deducts from average score 1.00
- whistles, animal or human sounds are allowed
- K. **Coach on the Floor Exercise mat (Levels 6-10)** CJ deducts from average score 0.50  
(Refer to page 231)
- L. **Exercise shorter than 30 seconds (complete or incomplete)**  
CJ deducts from average score 2.00
- M. Clarification on landings of *an isolated Acro element* or the last element in an Acro Series:  
There is no penalty for landing with the feet a maximum of hip-width apart, *provided that the gymnast either slides the heels together or takes a small, CONTROLLED step forward (out of a forward acro element) or backward (out of a backward acro element) to a lunge.* Do not deduct unless the landing *position* appears out of control.