

COMPULSORY UPDATES

Compulsory Vault

LEVEL 3: The height requirement for the mat stack has been changed to “waist high, ± up to 8” of skill cushion

LEVEL 4: Even though the run is evaluated, if the gymnast falls on the runway during the approach, it will be considered a balk (one of three allowed to complete 2 vaults). It is NOT a Fall or Void vault

Uneven Bars

Compulsory Level 5 and 6 Counterswing deductions the wording is changed in the Level 5 and 6 Compulsory Bars penalties to read:

Failure to show a straight line from hands to hips with chest in a hollow position Up to 0.20

Failure to show a rounded hip angle with the feet below the hips during the counterswing(upswing)

Hips extended in line with the feet at horizontal 0.20

Body arched (flaired) with the feet higher than the hips 0.30

Failure to maintain hollow body position until feet pass the low bar in the downward-forward swing of the tap swing forward (early tap) Up to 0.20

Compulsory Beam Time

Level 4, 5, 6 compulsory Balance Beam time will increase by 5 seconds:

Level 4: from :50 to :55

Level 5: from 1:05 to 1:10

Level 6: from 1:10 to 1:15

Compulsory Beam

HEEL-SNAP TURNS

If the heel-snap turn is performed on the correct foot, but turns in the wrong direction, apply the deduction for reversing a major element.

This element is worth 0.40, so deduct 0.20

Beam Clarification

Warm-up following a fall from the beam

Clarification: If an element is performed on the mat after a fall before remounting, a deduction for additional warm-up should be applied. No warning is required.

Compulsory Floor Ex

Level 1 FX: Replace the bridge with a crab stand

Level 2 FX: Replace the arch back with a Hinge back

Level 3 FX: Replace the backbend from a stand, kick-over with a push up to bridge, kick-over