

**PART TWO  
JR. OLYMPIC PROGRAM**

**SECTION II  
DESCRIPTIONS AND REQUIREMENTS OF THE LEVELS**

**I. DEVELOPMENTAL LEVELS 1 THROUGH 4: NON-COMPETITIVE**

- A. In-gym or inter-club testing shall be conducted by certified Skill Evaluators, certified Women's Level I-IV PDCP or PDP-II coaches.
- B. Equipment should accommodate the size of the gymnasts.
- C. Gymnasts must enter at Level 1, but may progress through the events and skills at different levels.
- D. Once an event has been passed at a specific level, it need not be re-tested.
- E. A gymnast may test at more than one level at a time, but may not advance to Level 5 until she has completed the requirements as listed in the Entry & Mobility chart.

**I. LEVELS 1, 2, 3, 4, 5 & 6 COMPETE COMPULSORY EXERCISES**

- A. Levels 1-3: Some states have an organized Level 1-3 competitive program with sanctioned events.
  - Contact your State Administrative Committee Chairman for information on scheduling, judging criteria, etc.
- B. Levels 4-6: all events will have a start value of 10.00.

**I. LEVEL 7-10 COMPETE OPTIONAL EXERCISES**

Refer to the *Jr. Olympic Code of Points* for a complete explanation of Level 7-10 rules.



# JR. OLYMPIC OPTIONAL REQUIREMENTS FOR LEVELS 7, 8, 9 & 10 (Effective August 1, 2005 - July 31, 2009)

REQUIREMENTS	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
<b>VALUE PARTS</b> A = .10, B=.30, C=.50	5 A's, 2 B's,	4 A's, 4 B's, 0 C's	3 A's, 4 B's, 1 C's	3 A's, 3 B's, 2 C's
<b>START VALUE</b>	10.0	10.0	9.70	9.50
<b>ADDITIVE VALUE</b>	Not eligible for Additive Value	Not eligible for Additive Value	Maximum of 0.30 Additive Value for Connections only	Maximum of 0.50 Additive Value (min. of +0.10 Difficulty Value & min. of +0.10 Connection Value)
<b>DIFFICULTY RESTRICTIONS FOR BARS, BEAM &amp; FLOOR</b>	"C" BB/FX Acro elem. & UB mounts, dismounts & releases and all D/E elements VOID the exercise. All other "C's" receive 2.00 penalty & no Value Part credit is given (refer to JO Code for exceptions)	"C's" receive "B" Value Part credit. "D/E" BB/FX Acro elem. & UB mounts, dismounts & releases VOID exercise. All other "D/E's" receive 2.00 penalty & no Value Part credit is given.	No difficulty restrictions; however, if a "D" or "E" element is performed, it receives "C" Value Part credit. "D's" and "E's" are considered as "C's" for Connection Value.	No restrictions
<b>VAULTS ALLOWED</b>	Group 1 Handspring/Yamashita vaults that have no more than 360° in one flight phase & no more than 540° turn in total. Refer to Level 7 Vault chart. All allowable vaults are worth 10.0	Group 1, 3, 4 & 5 Vaults indicated on the Lev.8 chart (Handsprings, Tsukaharas & RO entry) All other vaults are not permitted & if performed, VOID the event.	All vaults from Groups 1-5	All vaults from Groups 1-5
<b>SPECIAL REQUIREMENTS</b>  Deduct 0.50 for each missing SR for all Levels	<p><b>BARS</b></p> <ol style="list-style-type: none"> <li>1 Cast – Min. of "A" (21° - 45°)</li> <li>2. &amp; 3. Two 360° circling elements, both a minimum of B <ul style="list-style-type: none"> <li>- May be same or different,</li> <li>- One from Group 3, 6, or 7</li> </ul> </li> <li>4. Salto dismount, minimum A</li> </ol> <p><b>BEAM</b></p> <ol style="list-style-type: none"> <li>1. Acro series with a min. of two A or B elements with or without flight, AND One acro flight element (may be included in series) (All elements must start &amp; finish on beam.)</li> <li>2. One leap/jump requiring 180° split (Isolated or in a series)</li> <li>3. Minimum of 360° turn on one foot (Isolated or in a series)</li> <li>4. Aerial or salto dismount, min. A</li> </ol> <p><b>FLOOR</b></p> <ol style="list-style-type: none"> <li>1. One acro series (3 or more flight elements) which includes a backward salto stretched to 2 feet (Back layout to 2 feet)</li> <li>2. A direct connection of two or more FORWARD acro elements with flight. One element must be a salto or an aerial.</li> <li>3. Dance series with a min. of 2 elements, one a leap (one foot take-off) requiring 180° cross or side split</li> <li>4. Minimum of 360° turn on one foot (May be isolated or in a series)</li> </ol>	<p><b>BARS</b></p> <ol style="list-style-type: none"> <li>1. Min. of 1 bar change</li> <li>2. &amp; 3. Two elements, same or different, minimum of B: <ul style="list-style-type: none"> <li>- One element with flight or turn,</li> <li>- One element from Groups 3, 6, or 7</li> </ul> </li> <li>4. Salto or hecht dismount, minimum A</li> </ol> <p><b>BEAM</b></p> <ol style="list-style-type: none"> <li>1. Acro series- min. of 2 elements, 1 with flight. (Both must start &amp; finish on beam.)</li> <li>2. One leap/jump requiring 180° split (Isolated or in a series)</li> <li>3. Minimum of 360° turn on one foot</li> <li>4. Aerial or salto dismount, min. A</li> </ol> <p><b>FLOOR</b></p> <ol style="list-style-type: none"> <li>1. One Acro series w/ 2 saltos, OR 2 directly connected saltos(saltos may be the same or different)</li> <li>2. Three different saltos within the exercise</li> <li>3. Dance series with a min. of 2 elements, one a leap (one foot take-off) requiring 180° cross or side split</li> <li>4. Min. of A salto as last salto or in last connection of saltos</li> </ol>	<p><b>BARS</b></p> <ol style="list-style-type: none"> <li>1. Min. of 2 bar changes</li> <li>2. One flight element, minimum B</li> <li>3. A second (different) flight element (min. C) OR one element with LA turn (min. C)</li> <li>4. Salto or hecht dismount, minimum B</li> </ol> <p><b>BEAM</b></p> <ol style="list-style-type: none"> <li>1. Acro series: min. of 2 flight elements. (Both elements must start &amp; finish on beam)</li> <li>2. One leap/jump requiring 180° split (Isolated or in a series)</li> <li>3. Minimum of 360° turn on one foot</li> <li>4. Aerial or salto dismount, min. B</li> </ol> <p><b>FLOOR</b></p> <ol style="list-style-type: none"> <li>1. One Acro series w/ 2 saltos, OR 2 directly connected saltos(saltos may be the same or different)</li> <li>2. Three different saltos within the exercise</li> <li>3. Dance series with a min. of 2 elements, one a leap (one foot take-off) requiring 180° cross or side split</li> <li>4. Min. of B salto as last salto or in last connection of saltos</li> </ol>	<p><b>BARS</b></p> <ol style="list-style-type: none"> <li>1. Min. of 2 bar changes</li> <li>2. Flight element, minimum C</li> <li>3. A second (different) flight element, minimum B</li> <li>4. Salto or hecht dismount, minimum C</li> </ol> <p><b>BEAM</b></p> <ol style="list-style-type: none"> <li>1. Acro series: Min. of 2 flight elements, one element must be a minimum of C with or without hand support. Both elements must start &amp; finish on beam)</li> <li>2. One leap/jump requiring 180° split (Isolated or in a series)</li> <li>3. Minimum of 360° turn on one foot</li> <li>4. Aerial or salto dismount, min. of C, OR B dismount element that is directly connected to: <ul style="list-style-type: none"> <li>- an acro series that includes a C acro element, or</li> <li>- a C acro or dance element</li> </ul> </li> </ol> <p><b>FLOOR</b></p> <ol style="list-style-type: none"> <li>1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (saltos may be the same or different)</li> <li>2. Three different saltos within the exercise</li> <li>3. Dance series with a min. of 2 elem., one a leap (one foot take-off) requiring 180° cross or side split</li> <li>4. Min. of C salto as last salto or in last connection of saltos</li> </ol>

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Please refer to the 2005 Jr. Olympic Code of Points for a complete understanding of the Jr. Olympic rules. This is an overview only.