

TO: USA Gymnastics Region1 Level 4, 5 & 6 Coaches and Judges
FROM: Julie Bowse, RTCC
RE: Clarifications of deductions
DATE: October 13, 2005

There have been numerous questions regarding deductions for the specific situations listed below in the Level 4, 5 & 6 compulsory routines. The following clarifications are effective immediately.

Level 4 Floor

Backward Roll to push up position (.6)

Gymnast performs back extension roll to handstand – Deduct .6 (Changing a major element)

Explanation: The deduction for changing a major element is “up to the value of the element”. Deduct accordingly depending on how close she is to the handstand.

Hints: You want to see a hollow body (chest in, slightly rounded hip and shoulder angle) position on the way to the push up position. It is natural to have a little bit of height on the way. The key is, does she go immediately to the hollow body position. We do not want to see a straight line (open hips and shoulders at the same time) before the hollow body position. If you see that, the up to .6 should be applied.

Level 4 Uneven Parallel Bars

Single Leg Cut backward (.4)

Gymnast changes hands one at a time – Deduct .1 (Changing a small part)

Gymnast performs a hop hand change – Deduct .1 (Changing a small part)

Gymnast puts both hands on the inside of her leg then lifts leg over bar (no cut) –
Deduct .8 (substituting a major element)

Level 5/6 Beam

Standing up after mount and V sit (.3 pushing off beam with hands to arrive at tuck stand)

This deduction should only be taken if the gymnast pushes off of her hands to aid in standing up. It is not necessary to have her hands completely off of the beam before she starts the stand.

