

UNEVEN BARS SPECIAL REQUIREMENTS

Unlike USAG, there is no further deduction for height/degrees if the SR is met as stated.

LEVEL A	LEVEL B	LEVEL C	LEVEL D	LEVEL E
Glide swing return to stand pullover	Glide swing return to stand pullover SV=9.0	Kip mount	Kip mount	1 bar change
Front hip, small cast	Glide kip mount SV = 10	1 bar change	1 bar change	B flight element
Cast single leg shoot thru stride circle	Front hip circle cast to horizntl (deductions from L/5 for cast)	Straight body cast to horizontal directly into or out of another element (deductions are from Level 5)	Straight body cast to 45° above horizontal into or out of another element	OR B element with LA turn ^{*4} (may not be in mount or dismount)
single leg cut back OR squat-on jump to high bar tap swing	Squat on jump to high bar	Clear hip circle to above horizontal	Two 360° clear circling elements same or different (no hips touching bars) ^{*one "B" value clear circle} ^{*one clear circle from groups 3, 6 or 7}	Any "B" or "C" circling element to min of 60°
Cast back hip circle (no height requirement in the cast)	Long hang pullover OR long hang kip	Long hang kip to high bar	Salto Dismount	Any A, B or C dismount in Code of Points
Level 3, 4 or 5 dismount	Small cast back hip circle on high bar	Any "A" dismount including Level 5		
Any recognizable dismount	Any recognizable dismount			
<u>Value Parts Requirements</u> N/A	<u>Value Parts Requirements</u> N/A	<u>Value Parts Requirements</u> 6 A's + 1 B	<u>Value Parts Requirements</u> 5 As + 2 Bs required	<u>Value Parts Requirements</u> 4 As + 3 Bs required
<u>Level A Restrictions</u> May use both bars	<u>Level B Restrictions</u> No Bs allowed (exception: clear hip circle) ^{*4}	<u>Level C Restrictions</u> Any number of B's allowed ^{*4}	<u>Level D Restrictions</u> Any number of B's or C's allowed ^{*4}	<u>Level E Restrictions</u> Any # of B's and Cs allowed ^{*4}
No height requirement for cast but hips must leave the bar. Deductions will be taken for form	Elements ONLY listed B, C or D void routine. "A" elements performed to ultimate producing B value part will not void	Elements ONLY listed as C or D void routine. "B" elements performed to ultimate producing a C value part will not void	C's = B value	C's = B value
Tap swing Tap swing 1/2 turn dismount allowed	No deductions taken.	No deductions taken.	All D's and E's void routine.	C elements performed to ultimate, producing D or E, will not void routine or receive 2.0 deduction.
Dismounting from low bar is acceptable with an underswing or sole circle	One tap swing is an element when performed before a dismount an additional tap swing will be deducted as an extra swing	One tap swing is an element when performed before a dismount an additional tap swing will be deducted as an extra swing	One tap swing is an element when performed before a dismount an additional tap swing will be deducted as an extra swing	All other E's will void routine.
All restrictions from Level B apply to Level A	Compulsory general faults and penalties apply to Levels A, B and C	Only casts to HS will receive value part credit.	Amplitude deduction = up to .015 to .05 for 30°-44° .02 for 29° to horizontal .04 if below horizontal	All D mounts, releases or dismounts will void routine. Other D elements receive a 2.0 deduction
Compulsory general faults and penalties apply to Levels A, B and C	Any recognizable dismount (except a jump or fall)	Compulsory general faults and penalties apply to Levels A, B and C	There is no additional deduction for not achieving HS	Tap swings will be considered extra swings at all times
No B's allowed	No Saltos		Only casts to HS will receive value part credit.	Only casts to HS will receive value part credit.
			Level D will follow optional execution deductions.	Level E will follow optional execution deductions
				An A element circling skill will not fulfill the requirement

The following applies to ALL levels except as noted:

At Level C, D and E deduct value only for missing value parts (A = 0.1, B = 0.3), NOT 0.5 + value

At Levels C, D and E a B value skill could fulfill an A value requirement and casts do not count as elements unless reached to handstand.

Level B, start value for a routine with a pullover mount is 9.0

Multiple squat-ons will be allowed at all levels.

If the SR is met there will be no further deduction for not achieving HS however, no VP credit will be given.

Elements may be repeated twice for value part and special requirement credit in any connection at all levels; however if repeated a third time, it will not be awarded value part credit nor fulfill special requirements.

Total amplitude and execution deductions may not exceed 0.5 + the value of the element or special requirement.

At Levels A, B and C each gymnast is allowed a 1.0 minute warm-up. At Levels D and E each gymnast is allowed a 1.5 minute warm-up.

Stride/mill circle is considered an element only at Level A

At Level A and B a cast out of one element/SR can be used for the cast into another element/SR without deduction at all levels or you may return to the bar as in the compulsory routines without the deduction for an extra swing

Spotting blocks may be used to mount bars at all levels.

Time for setting bars will not be included in 30 second time limit if there is a touch.

BALANCE BEAM SPECIAL REQUIREMENTS

LEVEL A	LEVEL B	LEVEL C	LEVEL D	LEVEL E
Any compulsory mount	Min 180° LA turn on 1 foot ^{*7,10}	Min 360° LA turn on 1 foot ^{*7,10}	Min 360° LA turn on 1 foot ^{*7,10}	Min 360° LA turn on 1 foot ^{*7,10}
Straight leg split leap (60°)	isolated 90° split leap ^{*10, 4}	120° split leap or jump ^{*10}	180° split leap or jump ^{*10}	180° split leap or jump ^{*10}
Min of 3/4 handstand	Cartwheel or walkover	Cartwheel or walkover	1 acro element with flight ^{*9}	2 element acro series ^{*9}
Two connected jumps/leaps (may be same or different)	Handstand (no hold required) must start and end on beam	Handstand (1 sec. hold required) must start and end on beam.	OR 2 non-flight acro elements in a series 1 element of which must be through vertical. (A hold element may only used as the first element and must be held for a min 2 sec.)	1 flight acro element. (This may be in the acro series above.)
Balance skill (2 sec hold)	Dance series of min of 2 connected jumps/leaps (may be same or different)	Dance series of min of 2 connected jumps (may be same or different and may include the split leap/jump special requirement) (may be same or different)	Dance series of min of 2 connected jumps (may be same or different and may include the split leap/jump special requirement)	Dance series of min of 2 connected jumps (may be same or different and may include the split leap or jump requirement)
180° Coupe turn	Any A value dismount including Levels 4, 5 & 6 compulsory dismounts	Any A or B value dismount including Levels 4, 5 & 6 compulsory dismounts	Any A or B dismount	Any A, B or C dismount
180° Heel snap turn				
2 connected forward chasses on same or alternating foot.				
Any A value dismount with hand support including Levels 4, 5 & 6 compulsory dismounts				
<u>Value Part Requirements</u>	<u>Value Part Requirements</u>	<u>Value Part Requirements</u>	<u>Value Part Requirements</u>	<u>Value Part Requirements</u>
N/A	1 Dance B required	2 B's required	4 As + 3 B's required	4 As + 4 B's required
<u>Level A Restrictions</u>	<u>Level B Restrictions</u>	<u>Level C Restrictions</u>	<u>Level D Restrictions</u>	<u>Level E Restrictions</u>
No salto dismount	Any acro B, C, D or E will void routine ^{*4}	Any # of B's allowed ^{*4}	Any # of B's allowed ^{*4}	Any # of B's and C's allowed ^{*4}
Dance B's are allowed		Elements listed only as a C, D and E element will void routine*4	D's and E's void routine ^{*4}	C's = B value
Compulsory general faults and penalties apply Levels A, B and C	Compulsory general faults and penalties apply Levels A, B and C	Compulsory general faults and penalties apply Levels A, B and C	Time of routine: 30 to 90 sec Warning at 80 sec	D acro elements and all E's will void routine
Time of routine: 30 to 90 sec warning at 80 sec	Time of routine: 30 to 90 sec warning at 80 sec	Time of routine: 30 to 90 sec warning at 80 sec		D dance elements will receive a 2.0 deduction
				Time of routine: 30 to 90 sec Warning at 80 sec

The following applies to all levels except as noted

At Level C and D, deduct value only for missing value parts (A = 0.1, B = 0.3), NOT 0.5 + value

Coach may stand at beam entire routine as long as he/she does not block judge's view

The Chasse and Assemble are not elements and will not fulfill requirements

Elements may be repeated twice for value part credit and fulfill special requirements in any connection of all levels; however, if repeated a third time, it will not be awarded value part credit nor fulfill special requirements.

If only 3 elements are performed in an attempt to cover 2 series requirements and no second appropriate series is included in routine, deliberate omission will be taken (0.9).
4 elements must be performed to cover 2 series.

Spotting blocks that meet USAG specifications may be used to mount beam at all levels.

At Levels A, B and C each gymnast is allowed a 1.0 minute warm-up. At Levels D and E each gymnast is allowed a 1.5 minute warm-up.

FLOOR SPECIAL REQUIREMENTS

LEVEL A	LEVEL B	LEVEL C	LEVEL D	LEVEL E
Handstand forward roll	Front Handspring 2 feet or stepout	Acro series of 2 or more forward flight elements (no rolls)	Acro series of 2 or more forward flight elements (no rolls)	Acro flight series, minimum of 3 elements, with 2 saltos (saltos may be same or different)
RO, BHS ONLY				
Isolated min 1/2 turn on one foot	Back acro flight series, min of 2 flight elements (RO, BHS meets requirement)	3 element back acro flight series	RO, BH, any salto to two feet or step-out	3 different saltos in the routine 1 must be forward
90° split leap				
Dance passage with 2 different Group 1 elements (direct or indirect connection)	Isolated 360° LA turn ^{*8}	Isolated 360° or 540° LA turn ^{*8}	Isolated 540° LA turn ^{*8}	Minimum B element turn ^{*8}
	120° split leap	150° split leap	180° split leap	
Dance/acro series (non-flight acros allowed)	Dance passage with 2 different Group 1 elements (direct or indirect connection)	Dance passage with 2 different Group 1 elements (direct or indirect connection)	Dance passage with 2 different Group 1 elements (direct or indirect connection)	Dance passage with 2 different Group 1 elements (direct or indirect connection) one with a 180° split
Handstand with 1 sec hold to bridge kickover	Dance/acro series (non-flight acros allowed)	Dance/acro series (non-flight acros allowed)	Dance/acro series (non-flight acros allowed)	
Backward roll element with straight arms				
<u>Value Part Requirements</u> N/A	<u>Value Part Requirements</u> 1 B required	<u>Value Part Requirements</u> 2 B's' required	<u>Value Part Requirements</u> 4 As + 3 Bs required	<u>Value Part Requirements</u> 4 As + 4 Bs required
Level A Restrictions	Level B Restrictions	Level C Restrictions	Level D Restrictions	Level E Restrictions
2 dance Bs allowed; more than 2=2.00 deduction	2 dance Bs allowed; more than 2=2.00 deduction	Any # of Bs allowed ^{*4}	Any # of Bs allowed ^{*4}	Any # of Bs and Cs allowed ^{*4}
		C salto and all other C, D or E elements will void routine ^{*4}	All D and E elements will void routine ^{*4}	C's = B value
B acro, C, D or E element will void routine ^{*4}	B acro, C, D or E element will void routine ^{*4}	A and B elements performed to ultimate C = NO deduction ^{*4}	C dance = B value	D dance elements allowed
Time of routine: 30 to 90 sec.	Time of routine: 30 to 90 sec.	Time of routine: 30 to 90 sec.	C acro's and all elements listed as D or E void routine ^{*4}	D acro elements and all Es void routine ^{*4}
No saltos	No saltos	"A" value salto's only	Time of routine: 30 to 90 sec.	Time of routine: 30 to 90 sec

The following applies to all levels except as noted

At Level D and Level E, deduct value only for missing value parts (A = 0.1, B = 0.3), NOT 0.5 + value

If only 3 elements are performed in an attempt to cover 2 series requirements and no second appropriate series is included in routine, deliberate omission will be taken (-0.9)

4 elements must be performed to cover series.

Coach is allowed on the floor without a deduction; however, applicable spotting deductions will be taken.

The Chasse and Assemble are not elements and will not fulfill any requirements.

Elements repeated twice for value part credit allowed in any connection at all levels, however, if repeated a third time will not be awarded value part credit nor will it fulfill any requirements.

Music must be on a CD

An acro skills breaks a dance pass at all levels.

Performing USAG Level 5 and 6 routines will not satisfy all Mason Dixon requirements listed herein.

At Levels A, B and C each gymnast is allowed a 1.0 minute warm-up. At Levels D and E each gymnast is allowed a 1.5 minute warm-up.

Additional Clarifications

- *1-3 Allowable elements are those in the current year's J.O. Code of Points listed as A, B, or C value parts or equivalent. At levels B and C underswings, sole circle and Level 5 bar dismounts are allowed as A value parts. Other elements may be submitted to MD and PA State Judging Directors for evaluation and approval.
- *4 Value part restriction violations will necessitate voiding of routine. At all levels, if due to superb execution, element of higher value are performed than allowed such as the full turn requirement on Beam overturned to a 2/1 turn (D), DO NOT VOID the routine and allow the requirement to be fulfilled. The same reasoning holds true at Level B, where an A element is attempted but the result is the third B or even a C; DO NOT VOID the routine and do allow a special requirement to be fulfilled if necessary. This applies to all levels and all events.
- *5 Deduct -0.1 for each missing required A value part and -0.3 for each missing B value part from start value. All routines at all levels start at 10.0, except Level B bars mounting with a pullover.
- *6 Level D vaults are restricted to vaults listed on the Level C vault table group 1, and no more than 360° turn in one flight and no more than 540° turn overall is allowed. USAG Level 7 deductions apply on Level D vault.
- *7 If a full turn is over rotated to a double turn (D), DO NOT VOID the routine. Follow Level 5 rules for Level B, Level 7 rules for C and D and Level 8 rules for Level E. Do not void at levels C, D and E. Allow special requirements to be fulfilled.
- *8 If a full turn on floor is over-rotated, resulting in a C, D or E turn, DO NOT VOID routine and allow special requirements to be fulfilled. Overturning is not considered performing a high-risk, difficult skill, as is the performance of C dance and C, D or E flight acro elements.
- *9 At Level D, EITHER a non-flight acro series with one element through vertical OR 1 acro element with flight may be performed to satisfy this one special requirement. On beam Level E, it is possible to fulfill both special requirements with one acro series provided at least one of the acro elements contains flight.
- *10 LA turn and/or leap special requirement may be part of the dance special requirement on Beam. Isolated leaps and isolated LA turns are not required at any level on balance beam except for Level B.

Compositional deductions will be taken per the Mason Dixon scoring guidelines

Dynamics, rhythm and artistry deductions will be taken at all levels

Total amplitude and execution deductions may not exceed 0.5 plus the value of the element or special requirement

All special requirements are worth 0.4. Deliberate failure to perform a special requirement will be deducted $(-.50) + (-.40) = -.90$. DELIBERATE OMISSION will not be taken if a series requirement is broken by a pause (use the tempo deduction), a stop (more than 2 seconds), an extra step, excessive swing of arms, or a fall as long as the missing element(s) in the series is/are ATTEMPTED IMMEDIATELY upon resumption of the routine.

