

**GA-AAU Clarifications for the 2005-2009 Cycle**  
**Revised April 9, 2009**

**Presented in event order by level**

**VAULT**

**L-4** - A flat deduction of **0.50** will apply if the hands land completely beyond the Table apparatus onto the stacked landing mats. This deduction will apply in line with the similar deduction for L -2 & 3 for hands landing beyond the taped line.

**BARS**

**Level 3 Back Leg Swing** – This skill for AAU is different than the USA "single leg cut backward." The back leg swing should be performed from a forward stride sit position on the bar (explained here as if the right leg is the forward leg.) The right hand should shift placement from outside the forward stride right leg to inside the right leg with an immediate left hand adjustment for hand placement to be shoulder width apart for support. The athlete should then swing the forward right leg rearward over the bar to arrive in an extended front support position. The USA single leg cut backward should be performed through a simultaneous hand placement/leg cut action. If a gymnast performs a backward leg cut with simultaneous hand placement the deduction will be **0.30**, not an assessment of changing a major element.

**Prep Op (PO) 2 & 3** - The underswing dismount with or without ½ or full turn (element # 8.101, pg. 117 of the JO Code of Points) is allowed as a viable dismount ("A" value skill.) Note: The Code specifies this dismount for the high bar. This dismount includes toe on or clear underswing dismounts.

**PO 2 & 3** – A Long hang pullover performed from the feet from the low bar to the high as in the GA-AAU L-4 & 5 UB routines is not listed in the USAG JO Code as an "A" element value. (Reference USAG JO Code, pg. 95, element 4.102; "On HB-long hang pullover to front support.") In order for a long hang pullover to receive "A" value credit in a GA-AAU UB PO 2 or 3 routine it must be initiated from the high bar.

If such a skill is performed in an AAU PO UB 2 or 3 routine as a transition element to the high bar it will be evaluated for execution deductions but will not count toward the total of the required 7 elements ("A" or "B" skills for PO 2 or higher value skills for PO 3) for a 10.0 Start Value.

**Beam**

**Level 2 – V-Sit to Stand** – Hands may remain on the beam until both feet are planted. They may also push off the beam to facilitate the entry into the squat stand. There is only a deduction if the hands return to the beam after they have initially left the beam to begin the tuck stand. The deduction for hands returning to the beam is **0.30**.

**PO 1 – Dismounts** - From the PO Routine Requirements Chart; SR 5, "Dismount of Any Jump or dismount off the hands only" also includes the listed "N" skill exceptions of "Any Dismount off the Hands."

Judges should not anticipate **only** compulsory type dismounts (3-5) off the hands as the exclusive "N" type hand dismounts for PO 1. Variations of the compulsory hand dismounts should also be awarded as fulfilling the PO 1 BB dismount SR along with any other handstand type dismounts that don't otherwise appear as "A" skills in the JO Code.

**Though the AAU 4-5 BB dismounts indicate hold requirements, no such hold requirements exist for any AAU PO 1 BB dismounts off the hands. BUT an inverted vertical position should be achieved with applicable deductions of up to 0.20 for lack of vertical. (Body position errors would be in addition to lack of vertical achievement.)**

**PO 2 & 3 - Handstands** (cross or side) may be used to fulfill an acro SR as well as for element value credit. Though handstands are required to reach inverted vertical and to be held for 2 seconds, credit should be given for handstands which arrive within 20 degrees of vertical (such as the 20 degree rule for UB handstands) but with applicable lack of amplitude and lack of hold deductions (up to 0.20 each) (benefit of doubt to the athlete to obtain the acro SR and element value credit.) Handstands may be performed with abstract leg arrangements, such as splits, straddles, stags or the legs may continue to move through different positions as part of the HS skill. But the torso should arrive in the inverted vertical position (or within 20 degrees of vertical.)

As per USAG, BB acro skills for SR credit should start and finish on the beam. Mounts and dismounts are excluded. However, credit for an acro SR may be awarded under certain mounting situations. For press to HS or planches, if the athlete leaves the mat to arrive in a straddle/pike/tuck sit or clear straddle/pike/tuck position on the beam prior to initiating the pressing action, credit may be given here as having begun on the BB.

(PO 1 handstands are not required to reach inverted vertical since the "N" listed skill of a  $\frac{3}{4}$  Handstand will fulfill the acro SR for PO 1.)

## Floor

### Level 4 - Floor

**Backward Roll to Push-Up Position** – If the gymnast passes through a handstand during this element it will not be assessed as changing a major element as long as the skill finishes in control in a hollow body push-up position. If a gymnast goes to handstand she **should not be rewarded if perceived as more difficult**. (Specific deductions for lack of control into hollow body position – up to 0.20 and failure to maintain hollow body position – up to 0.20 are presented on the L- 4 FX Deduction card.)

**Handstand to Bridge Stand (Front Limber) to Immediate Stretch Jump OR Front Walkover (Pull Free Leg In) To Immediate Stretch Jump** - This combined skill arrangement has an element value of **0.60**. Failure to execute the stretch jump immediately after the Limber or Walkover will not be an assessment of changing a major element. The deduction for failure to execute an immediate stretch jump will be **0.20**.

If **both** the Limber/Walkover and stretch jump are omitted the deduction would be double the value of this combined skill performance.

**PO 2 & 3 Acro series SR's 1 and 2** – the following example of two acro passes will merit fulfillment of the two Acro series Special Requirements:

Round off (RO), back salto tucked  
Round off, back handspring (BHS), back salto tucked

Though the GA-AAU Program material does state "Adding or subtracting a back handspring does NOT make an acro series different" in this instance both acro series will fulfill the requirements

because the connection of the back salto tucked out of the RO is a different connection than the back salto tucked out of the BHS.

## General

GA AAU **will** be following the New USAG Optional score ranges for the Prep Op Program.

"Score	Maximum difference between 2 counting judges
9.50 - 10.00	0.20
9.00 - 9.475	0.50
8.00 - 8.975	0.70
Below 8.00	1.00"

Equipment; for **all** levels the board (or mat mount) may be placed on top of an 8" skill cushion for the purpose of mounting for UB and BB. Mounting aids must be removed as soon as possible after the mount.

Spotting vs. Falls – From the Supplementary General Deductions and Penalties (GA-AAU):  
<http://www.gaaau.net/pdfsanddocs/2007%20SUPPLEMENTARY%20GENERAL%20DEDUCTIO NS%20AND%20PENALTIES.pdf>

"\*\* If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element." *Execution errors may also apply beyond the value of the element.*

If a child falls (completely off the apparatus or onto the apparatus) during the performance of a skill the fall deduction should be taken. There should be no deduction for a "spot" for the assistance from the coach to aid the child to regain support on the apparatus to continue the routine after a fall.

**Example:** L-4 or 5 UB; Athlete attempts a long hang pullover or long hang kip from low bar to high bar and does not make it over the high bar to complete the skill and ends up hanging from the high bar. Deductions for incomplete skill performance would be taken along with any applicable execution errors. Plus this would be considered as a fall since the skill was not completed and even though the athlete might still be hanging from the bar. The Coach may assist the child to regain support on the high bar from the hang with no deduction. Or if the child subsequently jumps down from the high bar (fall already taken) to remount from the low bar to attempt the skill again the coach may assist her into position on the low bar with no deduction.

If in a similar situation as the above the coach spots the child on either a long hang pullover or long hang kip from low to high bar a spotting deduction would be taken along with any incomplete skill performance due to the spot (in the opinion of the individual judge) plus execution errors. If the child does not make it over the high bar despite the assistance of the coach **only the fall deduction should be taken**, along with incomplete element/execution deductions.

There are no specific deductions for the repetition of a skill. However, all execution deductions plus additional falls and/or spotting deductions would be applicable on any repeated skills.

