



NEWSLETTER

F a l l 2 0 0 4

Congratulations!



Team USA

2005 NCAA Gymnastics Northeast Regional

April 9th, 2005, 6 pm
Whittemore Center Arena



To order tickets, call Ticketmaster (603) 862-7300 or www.ticketmaster.com
or for more information call the Whittemore Center Box Office (603) 862-4000

JULY 8 – 10, 2005

REGION VI and VII

**COMPULSORY
WORKSHOP
AND TECHNICAL
SYMPOSIUM**

SITE: TBD

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REGION VI

USAG WOMEN'S PROGRAM COMMITTEE

Web page: www.region6usag.org

| | | | |
|----------------------------------|----------------------|---|--|
| REGIONAL CHAIRMAN | KATHY OSTBERG | 365 Spring Street Shrewsbury, MA 01545 kathyro5@aol.com | (508) 842-5614 (Phone/Fax) www.region6usag.org |
| REGIONAL TECHNICAL CHAIRMAN | PATRICIA PANICHAS | 9 Sherman Lane Hamden, CT 06514 panichasp1@southernct.edu | (203) 248-7999 (H) (203) 392-6082 (W) (203) 392-6093 (Fax) |
| REGIONAL JO PROG. CHAIRMAN | LARRY GOLDSMITH | 41 Brook Court E. Amherst, NY 14051 gleasongym@aol.com | (716) 688-0280 (H) (716) 694-6557 (W) (716) 694-6557 (Fax) |
| REGIONAL ELITE PROG. CHAIRMAN | BARBARA TIESS | PO Box 2097 St. James, NY 11780 | (631) 584-8116 (W) expertiess@aol.com |
| REGIONAL TOP COORDINATOR | DAILE VAN PATTEN | PO Box 8593 Endwell, NY 13762 STGA10@aol.com | (607) 754-7714 (607) 754-7484 (Fax) |

STATE CHAIRMAN

| | | | |
|------------------|----------------------|--|--|
| CONNECTICUT | ROBIN DEARY FILLMORE | 31 Commerce Ave. Danielson, CT 06239 rdfusagctsc@sbcglobal.net | (860) 779-3002 (H) (860) 774-9284 (W) www.usagconnecticut.org |
| MAINE | DONNA LANDAU | PO Box 525 A Kennebunkport, ME 04046 dmlandau@hotmail.com | (207) 985-6621 (W) (207) 967-4070 (H) (207) 985-6621 (Fax) |
| MASSACHUSETTS | STEVE DiTULLIO | 181 Great Rd. PO Box 454 Stow, MA 01775 WeFlip@aol.com | (978) 897-6606 (978) 897-6606 (Fax) www.massusag.com |
| NEW HAMPSHIRE | DIANE COTE BURK | 54 Logging Hill Rd. Bow, NH 03304 DianeCB@conversent.net | (603) 224-3524 (H) (603) 228-8424 (W) (603) 228-8799 (Fax) www.nh-usag.org |
| NEW YORK | PAUL SPADARO | 22 River Terrace Apt. 20D New York, NY 10282 citygames@aol.com | (212) 227-9793 (212) 227-9793 (Fax) www.newyorkstategymnastics.com |
| RHODE ISLAND | KELLI DOORLEY | PO Box 92 Peace Dale, RI 02883 kellidoorley@cox.net | (401) 284-1496 (401) 284-1496 (Fax) www.riusag.com |
| VERMONT | JILL G. VANDERPOT | 94 Olcott Dr. White River Jct., VT 05001 Jgumkow@aol.com | (802) 436-2875 (H) (802) 295-2070 (W) |

USAG OFFICE (317) 237-5050
(317) 237-5069 Fax

USAG MEMBERSHIP

1-800-345-4719

www.usa-gymnastics.org

ENTRY FEES

In an effort to maintain affordable competitions for our athlete members the Regional Board has established maximum entry fees that may be charged for a local **QUALIFYING** event. The meet fees for the 2004 – 2005 season are:|

- Compulsory \$25.00
- Optional \$30.00

Competitions that are hosted within a gymnastics facility will be considered **THEME MEETS**. Meet Directors who wish to host a THEME MEET must receive permission from their State Committee. The scheduling of THEME MEETS is at the discretion of the State Committee. These competitions **MAY NOT** exceed an entry fee of \$40 [compulsory] and \$45 [optional]. In order to justify the increase in entry fee the meet director must adhere to the following:

**NEW for 2004 - 5005: Meet Directors may charge a maximum team fee of \$25 / level.
This fee is optional and competing clubs are NOT required to participate in the team competition.**

- 2 judge panel for ALL levels
- Awards **MUST** exceed recommendations in R & P
- Medals, trophies, plaques recommended
- Participation memento [i.e. t-shirt]

INVITATIONALS are competitions held in outside facilities and are not required to adhere to the state / regional entry fees. INVITATIONAL entry fees are at the discretion of the meet director. The State Committee determines if an INVITATIONAL may be used as a qualifying competition.

MEET DIRECTORS

SANCTION PROCEDURES

Sanctions are required for all USAG competitions, clinics, workshops, tours and exhibitions.

A request for sanction may be made by any USAG Professional Women's Committee member, at least 18 years of age and in 'good standing.' The meet director must be a certified meet director.

When sanctioning a USAG competition, follow these steps:

1. Send 'request for sanction' to USAG office with appropriate fees. Forms are available online at www.USA-Gymnastics.org.
Sanction Fee for 72 or less participants: \$50
Sanction Fee for over 72 participants: \$100
Late fee of \$25 must be added to the sanction fee for all requests postmarked less than 30 days from the event.
2. Post 'Certificate of Approval Form' at the competition site
3. All coaches must sign in and record their USAG # and Safety Certification expiration date.
4. Officials at the conclusion of the competition must sign 'Meet Report' form.
5. Send the completed 'Meet Report' form and 'Coaches Sign In' form to:
USAG Sanctions
6. Send copies of completed 'Meet Report' form to:
 - **Regional Chairman with \$1 per gymnast**
 - State Chairman with score sheets
 - Retain copy for your records

*Sanction requests received by Member Services less than seven [7] business days prior to the event date will be charged the sanction fee plus an additional \$75.

USAG SANCTIONS
201 S. Capitol
Suite 300
Indianapolis, IN 46225

REGIONAL COMMITTEE CHAIRMAN
Kathy Ostberg
365 Spring St
Shrewsbury, MA 01545

Congress 2004



NOTICE!

Regional Congress will not be held in 2005. This decision was made due to the numerous USA Gymnastics educational and recertification events scheduled. The Regional Compulsory Workshop and Technical Symposium will take the place of our annual Congress.



CONGRATULATIONS TO TOPS NATIONAL TESTING QUALIFIERS!

| | | | |
|------------------|---------------|--------------------|---------------|
| Danielle Hoffman | World Cup | Amanda Hubley | GTC - MA |
| Petra Matthies | Brestyna | Marly Portocarrero | Riverside |
| Megan Walker | STGA | Lauren Beers | STGA |
| Stephanie Brown | Exxcel | Rachel delaTorre | Chelsea Piers |
| Corey Persson | Yellowjackets | Alexandra Raisman | Exxcel |
| Paige Stelzl | Arena | Samantha Doucette | Atlantic |
| Rachel Fielitz | GymKids | Alison LaRocca | Exper-Tiess |
| Megan Marengi | Gym Village | India Patel | Chelsea Piers |

TOPS DIAMOND ATHLETES*

Megan Finck Exper-Tiess

A diamond athlete is a 7-8 year old TOP Testing athlete that has scored high enough to qualify a coach from her club to attend the National TOP Training Camp.

REGIONAL ELITE COMMITTEE CHAIRMAN ELECTION

2005 is an election year for the position of Regional Elite Committee Chairman.

PROCEDURE

Regional Administrative Committee Chairman will solicit nominations from the Regional Professional membership through the Regional newsletter.

The election will be conducted online in the Spring of 2005 @ www.usa-gymnastics.org

Regional officers are elected by a vote of the entire Women's Professional Membership in the Region. The winner must be elected by a majority [1 over 50%] of the votes cast.

Elections to be completed by June 1, 2005. Term of office to begin July 1, 2005.

CRITERION FOR NOMINATION

All candidates must be Professional Members of the Women's Program at least 21 years old and in good standing for a minimum of two [2] consecutive years prior to the nomination.

The Regional Elite Committee Chairman must have coached an elite athlete who competed at a Classic or Challenge competition within the last four years

CALENDAR

Elite Corner

SEPTEMBER

19

TOP Training Camp

Zero Gravity – CT

DECEMBER

4 – 8

National TOP Training Camp

Houston, TX

8 – 12

National TOP 'B' Training Camp

Houston, TX

28 – 30

Elite Training Camp

Gym Village - NH

30

Compulsory Testing

Gym Village – NH

JANUARY

14

Elite International Qualifier

Brestyan's – MA

21 – 23

National Elite Qualifier

Cincinnati, OH

21 – 23

National Elite Qualifier

Colorado Springs, CO

28 – 29

National Elite Qualifier

Allentown, PA

FEBRUARY

12 – 13

Pre Elite Testing

Zero Gravity – CT

12 – 13

National Elite Qualifier

Huntington Beach, CA

18-20

National Elite Qualifier

Fort Lauderdale, FL

19 – 20

Pre Elite Testing

ExperTiess – NY

MARCH

5-6

American Classic / Challenge

Orlando, FL

TBA

National Elite Qualifier

Houston, TX

JULY

22 – 23

US Classic / Challenge

Virginia Beach, VA

AUGUST

10 – 13

US National Championships

Indianapolis, IN

NOMINATION FORM FOR REGIONAL ELITE COMMITTEE CHAIRMAN

(Please print clearly)

Name of State _____

I nominate the following person for RECC:

Name of Nominee _____

Address of Nominee _____

City _____

State _____ Zip _____

Phone (home) _____ Phone (work) _____

Nomination will NOT be accepted without complete information.

Return to: Kathy Ostberg, Regional Chairman, 365 Spring St., Shrewsbury, MA 01545

Deadline for Nominations: Postmarked by October 30, 2004

2004-2005 JR. OLYMPIC ELEMENT SUPPLEMENT

The following element values are to be used at **JR. OLYMPIC COMPETITIONS ONLY, beginning with the 2003-04 season.**

Elements marked by an asterisk * indicates that they are in the revised *2002 FIG Code of Point or Code supplements* but have been assigned a new number to correspond to the Jr. Olympic difficulty value. NIC indicates "Not in Code".

"S" before a number indicates that the element is not found in the *FIG Code of Points*, but has been evaluated for the Jr. Olympic program. If the "S" number is the same as a number found in the *FIG Code of Points*, the element will be considered the same as the element(s) listed under that number, unless it meets the criteria for making an element different. **Elements in bold print are new for the 2004-05 season.**

Note: Elite athletes who plan to perform any of the "S" elements at an Elite competition must submit the element to their Regional Technical Chairman for Elite evaluation.

| # for Jr. Olympic | JO Value | UNEVEN BARS | # in FIG Code |
|----------------------------|----------|--|----------------|
| Mounts | | | |
| S1.101 | A | Glide, ½ turn, glide kip (also within the exercise) | NIC |
| *1.204 | B | Glide stoop through, straddle cut catch the same bar (also in exercise) | 1.104 |
| S1.308 | C | Jump forward with free straddle over LB, ½ turn to catch HB in "L" grip (½ turn must be free) | NIC |
| *1.310 | C | Salto forward (tuck, pike or straddled) over LB to L hang on LB | 1.210 |
| *1.314 | C | Jump to handstand on LB with hips bent, then extended with ½ turn | 1.214 |
| S1.410 | D | Salto forward tucked over LB with ½ turn to grasp LB | NIC |
| *1.414 | D | Jump to handstand on LB with hips bent, then extended with 1/1 turn in handstand | 1.314 |
| Casts/Counterswings | | | |
| S2.101 | A | Cast to 11° to 44° from vertical, legs straddled (hips bent) or together (hips extended), also with ½ turn (cast & turn occurs on same side of bar) | NIC |
| S2.102 | A | Cast to squat, stoop or straddle on low bar, jump to grasp high bar | NIC |
| *2.203 | B | Uprise backward to clear support on HB. Also, Turning Uprise | 2.103 |
| S2.205 | B | Counterswing to straddle backward over LB to hang on LB | NIC |
| *2.301 | C | Cast to handstand with legs straddled (hips bent) or together (hips extended) with ½ turn, also to L or mixed-L grip Also, Cast to handstand, hop to reverse grip in handstand | 2.201 |
| *2.303 | C | Back uprise to handstand | 2.203 |
| S2.305 | C | Counterswing to straddle backward over LB to handstand on LB, also with ½ turn in handstand | NIC |
| S2.306 | C | Counterswing with ½ turn in flight to arrive in a clear support on LB (Pritchard) | NIC |
| *2.401 | D | Cast to handstand, hop change to L-grip Cast to handstand with 1/1 turn in handstand, Also, Cast to handstand with hop change to reverse grip and 1/1 turn to L or mixed-L grip (considered as same element) | 2.201 2.301 |
| S2.403 | D | Back uprise to handstand, hop to reverse grip in handstand (McCalla) | NIC |
| *2.403 | D | Back uprise to HS with ½ turn in handstand, also to L or mixed-L grip Back uprise to handstand with 1/1 turn in handstand, also to L or mixed-L grip | 2.203 2.303 |
| S2.403 | D | From a cast on HB, swing down between the bars to a turning uprise and straddle forward over HB with ½ turn to regrip HB (Wilson) Back uprise, release with ½ turn and straddle flight backward over HB (Franzella) | NIC NIC |
| S2.405 | D | Counterswing, straddle back to handstand on LB with 1/1 turn in handstand | NIC |
| S2.405 | D | Counterswing with ½ turn in flight to arrive in handstand on LB | NIC |
| S2.406 | D | On HB – Counterswing to front salto stretched with ½ turn to catch LB in hang (Cox) D Counterswing to front salto straddled to catch same bar (Bullock) | NIC NIC |

| | | | |
|-------------------------------|----------|--|-----------------------|
| Underswings/Clear hips | | | |
| S3.203 | B | Underswing (toe-on) with ½ turn and flight over LB to hang on LB | NIC |
| S3.301 | C | Underswing (sole circle) on LB, release and counter movement forward in flight with ½ turn to hang with mixed grip on HB (Reinhardt) | NIC |
| S3.303 | C | From handstand on HB, underswing (toe-on) with ½ turn and flight over LB to hang on LB | NIC |
| S3.306 | C | From hang on HB facing LB, swing forward and stoop through, dislocate and underswing with ½ turn and flight over LB to hang on LB (Tai) | NIC |
| S3.403 | D | On HB, underswing (toe-on) with ½ turn and flight over LB to handstand on LB | NIC |
| *3.404 | D | Clear hip circle to handstand, hop change to reverse grip | 3.304 |
| *3.407 | D | Clear hip circle forward to handstand, also with ½ turn (Weiler kip) | 3.307 |
| S3.408 | D | On LB facing HB- Clear hip circle forward to immediate front salto over LB to catch HB (Pelaez) | NIC |
| *3.503 | E | HS on HB facing LB- underswing with 1½ turn and flight over LB to hang on LB (Strong) | 3.603 |
| S3.507 | E | Weiler kip with 1/1 pirouette (Healy) after handstand (McCallister) | NIC |
| Backward Giants | | | |
| S4.102 | A | On HB- Long hang pullover to front support | NIC |
| S4.102 | A | On LB - Bckwd. Giant circle to handstand (either side) | NIC |
| S4.203 | B | On LB - Bckwd. Giant circle with ½ turn to handstand (either side) | NIC |
| *4.302 | C | Bckwd. Giant with hop grip change in handstand phase | 4.202 |
| *4.303 | C | Bckwd. Giant with ½ turn in handstand to any grip Also, Bckwd. Giant with ½ turn, ½ turn (different directions), also with legs straddled on 2 nd ½ turn, also with hop grip change on 1 st ½ turn | 4.203 |
| S4.303 | C | On LB - Bckwd. Giant with 1/1 turn in handstand (Borkan) | NIC |
| S4.304 | C | Handstand on HB, long swing (bail) ½ turn to hang on LB (Must start in HS to receive C value) | NIC |
| S4.306 | C | From hang on HB facing LB, swing forward, salto backward tucked with ½ turn between the bars to catch LB in mixed grip. (Cullinan) | NIC |
| S4.307 | C | On LB facing HB - Bckwd. Giant with release and ½ turn in tuck position with flight to catch HB, finishing in a hang on HB, facing LB (Laumann) | NIC |
| S4.402 | D | Back giant on HB – hop from regular grip to L-grip in handstand phase (Dochney) | NIC |
| *4.403 | D | Bckwd. Giant with 1/1 turn in handstand, also to L (Mao) or mixed L-grip Bckwd. Giant with 1/1 turn in handstand with hop on first ½ turn (turns in same direction) Bckwd. Giant with hop-change to reverse grip and 1//1 turn to mixed-L grip (Oka) | 4.303 NIC 4.303 |
| *4.502 | E | Bckwd. Giant with hop 1/1 turn | 4.402 |
| *4.503 | E | Bckwd. Giant with 2/1 turn | 4.403 |
| *4.505 | E | Piked reverse hecht (Piked Tkatchev) Reverse hecht with 1/1 twist (Shushunova) | 4.405 4.605 |
| S4.506 | E | Hang on HB, facing LB - swing forward, salto backward. tucked or stretched with 1/1 turn between the bars to clear support or hang on LB (Pak 1/1) (Phillips) | NIC |
| *4.507 | E | Swing down between the bars, swing forward and salto backward stretched with 1½ turn to hang on HB (Hristakieva) | 4.607 |
| *4.507 | E | Swing down between the bars, swing forward and salto backward stretched with ½ turn (<i>Stretched Gienger</i>) | 4.407 |

| | | | |
|-------------------------------------|----------|---|------------|
| Forward Giant circles/swings | | | |
| S5.202 | B | Low Bar - Front Giant (rev. grip), also with ½ turn (start & finish in HS) | NIC |
| *5.302 | C | Front Giant, also with legs straddled or hips piked in upswing, also with ½ turn | 5.202 |
| S5.302 | C | Low Bar - Front Giant with 1/1 turn in handstand | NIC |
| *5.303 | C | Handstand on HB, swing down forward (back toward LB) in regular or reverse grip, straddle flight backward over LB to hang on LB | 5.203 |
| *5.304 | C | Handstand on HB – swing down between the bars with grip change to cross grip, ½ turn in range of hang position and swing upward to HS on HB, also with ½ turn (Shahaf) | 5.204 |
| S5.402 | D | Giant circle forward in reverse grip, hop to L-grip in HS (hands must release simultaneously) (Estella) | NIC |
| *5.402 | D | Front giant with regular grip (overgrip)-“slip-grip front giant” - Galloway) | 5.202 |
| | | Also, Front giant with 1/1 turn, also to L or mixed-L grip | 5.302 |
| *5.403 | D | Handstand on HB, swing down forward with back toward LB (regular or reverse grip) to straddle back over LB to handstand on LB | 5.303 |
| *5.405 | D | Jaeger salto tucked | 5.305 |
| S5.405 | D | Facing out on LB, LB Front Giant to salto forward to catch HB | NIC |
| *5.407 | D | L-grip front giant, also with ½ turn | 5.307 |
| S5.504 | E | From handstand on HB, swing down between the bars with ½ turn to brief hang with cross grip or change to regular grip, swing backward with salto forward piked to hang on HB (Garrett) | NIC |
| *5.505 | E | Mo salto (Circle swing forward in L-grip with salto forward tucked over HB to hang on HB in reverse grip) | 5.605 |
| *5.505 | E | Jaeger salto piked | 5.405 |
| S5.506 | E | Circle swing forward in L-grip with ½ turn and straddle flight over the HB to hang on HB (Khorkina from L-grip) (Perret) | NIC |
| *5.507 | E | L-grip front giant with piked or stretched body with 1/1 turn (or more) in HS, also L-grip front giant with release or hop-change grip to initiate 1/1 turn completed in handstand, also to L or mixed-L grip | 5.407 |
| Stalder circles | | | |
| *6.301 | C | Long kip on HB, passing through clear straddle support – swing/press to handstand, also with ½ turn (Chow) | 6.201 |
| S6.303 | C | L-grip front stalder to clear support | NIC |
| S6.401 | D | Stalder forward with regular (over) grip (Boniforti) | NIC |
| *6.404 | D | Stalder backward to handstand, hop-change grip in handstand | 6.304 |
| S6.405 | D | Facing out on LB, LB Front Stalder to salto forward to catch HB | NIC |
| Circle swings/hechts | | | |
| *7.205 | B | Seat circle forward with straddle cut backward to hang on same bar | 7.105 |
| S7.209 | B | Pike sole circle backward (toe on & off) to clear support | NIC |
| *7.409 | D | Pike sole circle backward to handstand with hop-change to reverse grip | 7.309 |
| S7.410 | D | On LB- Pike sole circle backward through handstand with flight and ½ turn to catch HB (performed facing either direction) (Bykhovsky) | NIC |
| *7.511 | E | Underswing (backward sole circle) to a reverse hecht | 7.411 |
| Bar Dismounts | | | |
| S8.201 | B | From front support on HB, underswing with 1½ or 2/1 twist | NIC |
| S8.210 | B | From a cast, uprising or backswing to straddle cut, salto backward tucked, piked or stretched (Whipsalto-Tanac) on LB or HB | NIC |
| *8.301 | C | Underswing front salto tucked or piked (toe –on front salto) | 8.201 |
| *8.302 | C | Underswing ½ turn to salto backward tucked or piked (Comaneci) | 8.202 |
| *8.304 | C | Flyaway with double salto backward tucked | 8.204 |

| Bar Dismounts (cont.) | | | |
|------------------------------|----------|--|------------|
| S8.307 | C | Handstand on HB- swing down forward between the bars with reverse grip to salto forward tucked with 1½ twist | NIC |
| S8.310 | C | From a cast, uprise or backswing, straddle cut to salto backward tucked or stretched with 1/1 twist or more on LB or HB (Tanac 1/1 or more) | NIC |
| S8.404 | D | Double salto backward tucked with ½ twist in 2 nd salto (Elmore) | NIC |
| S8.405 | D | Flyaway, double salto backward in layout/pike or pike/layout | NIC |
| S8.407 | D | Handstand on HB- swing down forward between the bars with reverse grip or clear straddle circle forward between the bars to a salto forward tucked, piked, or stretched with 2½ twist | NIC |
| | D | Also, Giant circle forward, ½ turn (in flight) to double salto backward tucked or piked (Goerlitz) | NIC |
| S8.410 | D | Giant circle backward (facing LB) to salto backward tucked over HB with 1/1 twist (Harriman) | NIC |
| | D | From a cast, uprise or backswing, straddle cut to salto backward tucked or stretched with 2/1 twist or more on LB or HB (Bounce-back/Tanac 2/1) (Bronson) | NIC |
| *8.504 | E | Flyaway, double salto backward tucked with 1/1 twist on 1st (Morio) or 2nd salto (Chusovitina) | 8.404 |
| | | Also, HS on HB – swing down between the bars- swing forward to salto backward stretched with ½ twist into salto forward piked with ½ twist (Varga) | 8.404 |
| | | Also, Flyaway, double salto backward tucked with 2/1 twist (Fabrichnova) | 8.604 |
| | | Also, Flyaway, triple salto backward (Magaña) | 8.606 |
| *8.505 | E | Flyaway, double salto backward stretched, **also with legs split | 8.405 |
| | | Flyaway, double salto backward stretched with 2/1 twist (Ray) | 8.605 |
| *8.506 | E | HS on HB-swing down between the bars-swing forward to salto backward tucked with ½ turn into salto forward tucked (Fontaine) Also, HS on HB-swing down between the bars-swing forward with ½ twist to double salto forward tucked | 8.406 |
| S8.506 | E | Swing down between the bars, swing forward to salto backward tucked with ½ twist into salto forward tucked with ½ twist (Beckman) | NIC |
| *8.507 | E | HS on HB-swing down forward between the bars in reverse or L-grip –swing backward to double salto forward tucked | 8.407 |
| | | Also, HS on HB-swing down forward between the bars in reverse or L-grip –swing backward to double salto forward tucked with ½ twist (Arai) | |
| | | Also, HS on HB-swing down forward between the bars in reverse or L-grip –swing backward to salto forward tucked with ½ twist into salto backward tucked | |
| *8.508 | E | Hip circle backward on LB or HB – hecht to salto backward with 1/1 twist | 8.608 |

Note: Any double salto backward (flyaway) with total of 1/1 or more twist (on first and/or second salto) = E

| # for JO | JO Value | BALANCE BEAM | # in FIG Code |
|--------------------|-----------------|--|----------------------|
| Beam Mounts | | | |
| S1.103 | A | Straddle cut forward to rear support | NIC |
| S1.104 | A | Free jump to straddle stand (90° approach) | NIC |
| S1.105 | A | Split leap forward with leg change to straddle split sit sideways with support on one hand | NIC |

| | | | |
|----------------------------|----------|--|-------|
| BB - Mounts (cont.) | | | |
| S1.108 | A | Chest or head stand | NIC |
| S1.207 | B | Free forward roll at end of beam | NIC |
| S1.208 | B | From a side stand facing away from the beam, jump with ½ turn to chest stand | NIC |
| S1.213 | B | Jump with hecht phase to Round-off –approach at end of beam | NIC |
| S1.301 | C | Free split leap forward with leg change (180° leg separation) onto end of beam Also, Straddle jump onto end of beam (180° leg separation) | NIC |
| *1.305 | C | Free jump to cross split sit –take-off from both legs-diagonal approach | 1.205 |
| S1.305 | C | Free jump with ½ turn to cross split sit – take-off from both legs-diagonal approach | NIC |
| S1.310 | C | Jump, press or swing to cross or side handstand with 2/1 turn in handstand- lower to end position touching beam or clear straddle support | NIC |
| *1.401 | D | Free jump with 1/1 turn in flight to stand | 1.301 |
| S1.411 | D | Jump, press or swing to cross or side handstand with 1½ or 2/1 turn in handstand – lower to planche or clear pike support | NIC |
| *1.414 | D | Salto forward tucked, landing in cross or side stand -approach at end of beam | 1.314 |
| *1.514 | E | Salto forward piked to stand – approach at end of beam | 1.414 |
| S1.514 | E | Salto forward tucked with ½ turn to stand | NIC |
| S1.515 | E | Round-off at end of beam - Arabian salto to stand | NIC |
| *1.516 | E | Round-off at end of beam-salto backwd. stretched with 1/1 twist to cross stand on beam | 1.616 |
| Beam - Leaps/Jumps | | Note: All jumps with ¾ turn will have the same value as root skill with ½ turn unless specifically listed in this Supplement | |
| delete | | Side straddle jump in cross or side position, hip angle minimum 150° <i>For JO, recognize as a “C” (135° or more split) with insufficient split deductions</i> | 2.102 |
| S2.105 | A | Stag leap forward with leg change | NIC |
| S2.109 | A | Cabriole (front or back) | NIC |
| S2.208 | B | Stretched jump with ¾ turn | NIC |
| *2.211 | B | Wolf jump (take-off from two feet) from cross or side position | 2.110 |
| S2.301 | C | Split jump in side position with both legs straight (considered same as Henrich jump) | NIC |
| *2.302 | C | Straddle pike jump from cross or side position, also with ¼ turn | 2.202 |
| *2.303 | C | Straddle jump to hand support with swing down to cross straddle sit, also with ¼ turn Also, straddle jump to land in front support or with hip circle backward (Furnon), also with ¼ turn | 2.203 |
| S2.305 | C | Split leap with leg change to straddle position - take-off and finish in cross position (Clauson) | NIC |
| *2.306 | C | Pike jump in side position (hip angle 90°) | 2.206 |
| *2.310 | C | Tuck jump with ¾ turn –take-off both legs | 2.210 |
| *2.311 | C | Wolf hop or jump from cross or side position with ½ -¾ turn, also landing in front support | 2.210 |
| S2.401 | D | Split jump with ¾ turn, beginning from cross or side position | NIC |
| *2.402 | D | Straddle pike jump with ½ -¾ turn from cross or side position | 2.302 |
| *2.403 | D | Straddle jump with ½ -¾ turn to hand support with swing down to cross straddle sit Also, Straddle jump with ½ -¾ turn to front support or with hip circle backward | 2.303 |
| S2.405 | D | From a side stand, take off from 1 foot, swing free leg forward to a minimum of 45°, then swing the leg backward to show 180° split in the air (switch leg) to land on 1 or 2 feet (Concannon) | NIC |
| *2.406 | D | Pike jump with ½ -¾ turn from <u>SIDE</u> position (from cross position-remains “C”) | 2.306 |
| S2.409 | D | Cat leap with 1½ turn | NIC |
| *2.501 | E | Yang Bo jump in cross position | 2.401 |
| S2.501 | E | Split jump with 1/1 turn, beginning in cross or side position | NIC |

| | | | |
|-----------------------------------|----------|---|------------|
| Beam - Leaps/Jumps (cont.) | | | |
| *2.502 | E | Straddle pike jump with 1/1 turn from cross or side position | 2.402 |
| *2.503 | E | Straddle pike jump with 1/1 turn from side or cross position landing in front support with or without hip circle backward or with swing down to cross straddle sit | 2.403 |
| S2.505 | E | Split leap with leg change to cross split (over 180° split) and backward bending (arch) of upper body with head release (Switch-leg Yang Bo) (Courville) | NIC |
| *2.506 | E | Pike jump (take-off from two feet) with 1/1 turn from cross or side position | 2.406 |
| S2.507 | E | From a side stand, take off from 1 foot, swing free leg forward to minimum of 45°, then swing the leg backward to show 180° split in the air in a double stag-ring position to land on 1 or 2 feet (Concannon) | NIC |
| S2.510 | E | Tuck jump with 1½ turn (Barclay & Rosette) | NIC |
| *2.511 | E | Wolf hop or jump with 1/1 turn from cross or side position | 2.410 |
| S2.511 | E | Wolf jump with 1½ turn (Vituj) | NIC |
| Beam - Turns | | | |
| *3.505 | E | 1/1 Illusion | 3.405 |
| Beam - Rolls | | | |
| S6.101 | A | Shoulder roll forward with hand support | NIC |
| S6.104 | A | Shoulder roll backward | NIC |
| S6.201 | B | Shoulder roll forward with hand support and extension of body through vertical to arrive in a tuck stand or stand (Garrison roll with hand support) | NIC |
| S6.304 | C | Free backward shoulder roll (backward Garrison roll) (Kreifels) | NIC |
| Beam - Walkovers | | | |
| S7.101 | A | Front walkover to bridge, 1/1 turn on one foot (one hand support) to sit | NIC |
| S7.104 | A | Back walkover to bridge, 1/1 turn on one foot (one hand support) to sit | NIC |
| S7.106 | A | Valdez with ½ turn in handstand | NIC |
| *7.306 | C | From extended tuck sit – walkover backward with 1/1 turn (½ turn in HS on one arm, second ½ turn with late support of second arm) (Diamidov) | 7.206 |
| S7.312 | C | Flic-flac with tucking and stretching of hips in flight phase with swing down to cross straddle sit, also gainer flic-flac with tucking and stretching of hips (Chen-flic) | NIC |
| *7.403 | D | Aerial cartwheel landing in side position | 7.303 |
| S7.403 | D | From a side stand on one leg, swing free leg backward to Free (aerial) cartwheel to finish in side position (Aerial cartwheel across the width of the beam) | NIC |
| *7.502 | E | Jump backward (flic-flac take-off)with ½ twist to walkover forward (Onodi) | 7.402 |
| *7.503 | E | Butterfly | 7.403 |
| Beam - Saltos | | | |
| *8.301 | C | Salto forward tucked (take-off from one or both legs) to extended tuck sit, also without hand support | 8.201 |
| S8.301 | C | From a straddle sit, cast and whip to front salto in straddle position to land on the hands to a cross straddle sit (Kivisto) | NIC |
| S8.403 | D | Salto backward tucked in side position (across the beam) Also, Salto backward tucked with ¼ turn to land sideways on beam (Rosette) | NIC |
| *8.501 | E | Salto forward piked | 8.401 |
| *8.504 | E | Salto backward stretched with 1/1 twist | 8.604 |
| Beam - Dismounts | | | |
| S9.202 | B | From a stand on one leg- swing free leg backward to a front salto with 1/1 twist off side (or end) of beam (Mabrey) | NIC |
| S9.302 | C | From a stand on one leg – swing free leg backward to perform a front salto tucked with 1½ twist of the side (or end) of the beam (Jawarowicz) | NIC |

| | | | |
|---------------------------------|---|---|-------|
| Beam - Dismounts (cont.) | | | |
| *9.308 | C | Gainer salto backward tucked or stretched with 1½ twist to side of beam | 9.208 |
| *9.408 | D | Gainer salto backward stretched with 2/1 twist to side of beam | 9.308 |
| S9.409 | D | Gainer salto piked with 1/1 twist at the end of beam – facing out (Rinaldo) | NIC |
| *9.504 | E | Double salto forward tucked | 9.604 |
| S9.505 | E | Double Arabian salto | NIC |
| S9.509 | E | Gainer salto backward tucked with 2/1 twist off the end of beam (Wolf) | NIC |

Note: JO # *7.310 (Flic-flac ¼) & *7.410 (Flic-flac ¾) are listed in the 2002 FIG Code as #5.308 & 5.408 respectively. Values are the same for JO and FIG, but no hold is required for this element at JO.

| # in Jr. Olympic | JO Value | FLOOR EXERCISE | # in FIG Code |
|----------------------------|----------|---|---------------|
| Floor - Leaps/Jumps | | <p>Clarifications:</p> <p>All leaps and turning jumps finishing in a split sit or front lying support will be valued the same as the same element landing in a stand, unless specifically listed in the <i>FIG Code of Points</i> or updates.</p> <p>Any leap with 180° leg separation and a 1/1 (360°) turn will be awarded C Value Part credit.</p> <p>All jumps with ¾ turn will have the same value as the root skill with ½ turn unless specifically listed in this supplement.</p> | |
| S1.104 | A | Stride leap forward with change of legs to wolf position | NIC |
| S1.109 | A | Backward or forward cabriole | NIC |
| *1.216 | B | Wolf hop or jump with ½ turn | 1.115 |
| *1.305 | C | Split leap forward with leg change and ¼ turn to side split leap or straddle pike position, Also, split leap forward with leg change and ¼ turn to straddle pike position with landing in front lying support (considered a different element) | 1.205 |
| S1.305 | C | Split leap forward with leg change (180° separation angle after leg change) and ¼ turn to side split or straddle pike position (Switch-side leap) with an additional ½ turn in horizontal plane to land in front lying support (Kosowski) | NIC |
| S1.306 | C | Pike jump with 1/1 turn (legs at horizontal) | NIC |
| S1.310 | C | Tour jeté to ring leap with ½ turn (Jackson) Also, Ring jump with 1/1 turn (Johnson) | NIC NIC |
| S1.312 | C | Stretched jump with 2½ turn | NIC |
| *1.316 | C | Wolf jump with 1/1 turn landing in front lying support | 1.206 |
| *1.316 | C | Wolf hop or jump with 1/1 turn | 1.215 |
| *1.402 | D | Split jump in place with 1½ turn | 1.302 |
| *1.407 | D | Straddle pike jump with 1½ turn - take-off from 1 or 2 feet | 1.307 |
| S1.412 | D | Stretched jump with 3/1 turn | NIC |
| *1.416 | D | Wolf hop or jump with 1½ turn | 1.315 |
| *1.516 | E | Wolf hop or jump with 2/1 turn | 1.415 |
| Floor - Turns | | | |
| S2.405 | D | 2/1 Illusion turn without touching floor with free leg or hand | NIC |
| *2.501 | E | 4/1 (1440°) turn on one leg (free leg position optional) (Gomez) | 2.401 |
| Floor - Handstands | B | Clarification: All handstands (any entry) with 1½ turn or more | |
| *3.201 | B | Kick or press to handstand with 1½ turn in handstand | 3.101 |
| Floor - Rolls | | | |
| S4.101 | A | Handstand forward roll | NIC |
| S4.102 | A | Backward Roll tucked or piked | NIC |
| *4.202 | B | Back extension roll with 1/1 – 1½ turn in handstand | 4.102 |

| | | | |
|------------------------------------|---|--|-------|
| Floor - Walkovers | | | |
| *5.201 | B | Walkover backward or Valdez with 1/1 turn in handstand | 5.101 |
| *5.202 | B | Flyspring forward with hecht phase before and after hand support – take-off and land on both legs (Note: landing on one foot remains “A”) | 5.102 |
| *5.303 | C | Aerial walkover forward with 1/1 twist | 5.203 |
| Floor –Saltos Forward | | | |
| *6.201 | B | Front salto piked, also with ½ turn | 6.101 |
| *6.301 | C | Front salto stretched, also with ½ twist | 6.201 |
| FX – Saltos Forward (cont.) | | | |
| *6.401 | D | Front salto tucked, piked or stretched with 1/1 or 1½ twist | 6.301 |
| *6.501 | E | Front salto stretched with 2/1 | 6.401 |
| *6.501 | E | Front salto stretched with 3/1 twist | 6.601 |
| FX – Saltos Backward | | | |
| *8.201 | B | Salto backward tucked, piked or stretched with ½ twist | 8.101 |
| *8.202 | B | Whip salto backward with ½ turn | 8.102 |
| *8.403 | D | Double salto backward tucked | 8.303 |
| *8.503 | E | Double salto backward tucked with 2/1 twist | 8.603 |
| *8.504 | E | Double salto backward stretched with 1/1 twist in 1 st or 2 nd salto, or with 2/1 twist | 8.604 |



JR. OLYMPIC VAULT VALUES FOR LEVEL 9

(Effective August 1, 2004 - July 31, 2005) Revised 07/20/04

| GROUP I HANDSPRINGS, YAMASHITAS | GROUP II HANDSPRINGS with or without 1/1 TURN - SALTO FORWARD OR BACKWARD | GROUP III TSUKAHARA or ½ on - SALTO FWD OR BWD with or without TURN | GROUP IV Round - off, Flic-flac on - SALTO FWD OR BWD with or without LA TURN | GROUP V Round - off, Flic-flac with ½ or 1/1 turn on - HNDSPG or SALTO FWD OR BWD with or without LA TURN |
|--|--|---|---|---|
| 1.101 Handspring 8.8 S1.102 Hndsprng - ½ 8.8 1.103 Yamashita 8.8 1.104 Yami - ½ 9.0 1.105 ½ on - ½ off 8.9 S1.106 ¼-½ on - Repulsion off 7.0 | 2.301 Hsp - Front Tuck 9.7 2.302 Hsp - Front Tuck ½ 9.9 2.303 Hsp - ½ off, Bk. Tuck 9.9 (Cuervo tuck) 2.304 Hsp - Front Pike 9.8 S2.305 Fr. Hndsp onto board, Hsp. - Fr. Tuck (lg) 9.8 | <i>Note for the J.O. Program: All Tsukahara vaults may be performed with a 90° to 180° LA turn in the first flight</i> 3.201 Tsukahara Tuck 9.4 3.302 Tsuk Tuck 1/1 9.8 3.303 Tsuk Pike 9.5 3.304 Tsuk layout 9.7 3.306 ½ on - ½ off, Fr. Tuck 9.8 or ¼ on - ¾ off, Fr. Tuck (twist in same direction) 3.307 ½ on - ½ off, Fr. Pike 9.9 or ¼ on - ¾ off, Fr. Pike (twist in same direction) S3.310 Tsuk Tuck ½ 9.6 S3.311 Tsuk Pike ½ 9.7 S3.312 Tsuk layout ½ 9.9 | S4.101 RO,FF on - Repulsion off 7.5 4.201 RO,FF on - Back Tuck 9.4 4.304 RO,FF on - B. Pike 9.5 4.305 RO,FF on - B. layout 9.7 S4.312 RO,FF on - 1/1 twist off 9.1 S4.313 RO,FF on - 1½ twist off 9.3 (Allen) | S5.101 RO,FF ½ on - Hndspg off 8.8 5.201 RO,FF ½ on - 1/1 twist 9.2 5.202 RO,FF ½ on - 1½ twist 9.4 5.307 RO,FF 1/1 on - 1/1 twist 9.3 |
| 1.201 Hsp - 1/1 9.2 1.202 Hsp - 1½ 9.4 1.204 Yami - 1/1 9.2 1.205 ½ - 1/1 9.1 1.206 ½ - 1½ 9.3 1.207 1/1 on - H/Y 9.2 S1.210 1/1 on - ½ 9.4 | 2.402 Hsp - Front Tuck 1/1 10.0 2.403 Hsp - ½ off, Back Tuck 10.0 w/ ½ (Cuervo Tk w/ ½) 2.404 Hsp - Front Pike ½ 10.0 2.405 Hsp - ½ off, Back pike 10.0 (Cuervo Pike) 2.406 Hsp - Front layout 10.0 2.407 Hsp - Fr. layout ½ or 10.0 Hsp - ½ off, Back layout 2.408 Hsp - Front Pike 1/1 10.0 (Chusovitina) 2.409 1/1 on - Front Tuck 10.0 S2.410 Fr. Hndsp onto board, Hsp. - Fr. Tuck ½ (Mantle) 10.0 | 3.504 Tsuk layout 1½ 10.0 3.505 Tsuk layout 2/1 10.0 S3.507 ½ on - ½ off, Fr. layout ½ (House) 10.0 or ¼ on - ¾ off, Fr. Layout ½ (twist in same direction) S3.509 ½ on - ½ off, Fr. Tuck ½ (Shible) 10.0 or ¼ on - ¾ off, Fr. Tuck ½ (twist in same direction) S3.510 ½ on - ½ off, Fr. Tuck 1/1 (Shible) 10.0 or ¼ on - ¾ off, Fr. Tuck 1/1 (twist in same direction) | S4.412 RO,FF on - 2/1 twist off 9.7 (Allen) | S5.420 RO,FF ½ on - 2/1 twist 9.8 |
| S1.505 Yami - 2½ 10.0 (Kincaid) | 2.502 Hsp - Fr. Tuck 1½ 10.0 2.507 Hsp - Fr. layout 1/1 10.0 2.508 Hsp - Fr. layout 1½ 10.0 (Chusovitina) 2.509 1/1 on - Front pike 10.0 2.601 Hsp - Double Fr. Tuck 10.0 2.607 Hsp - Fr. Layout 2/1 10.0 2.609 1/1 on - Fr. layout 10.0 | 3.605 Tsuk layout 2½ 10.0 | | |

Bolded numbers indicate a new vault or a change of number from the vault lists previously printed in the JO chapter of FIG Code of Points & the JO Technical Handbook.



JR. OLYMPIC VAULT VALUES FOR LEVEL 10

(Effective August 1, 2004 - July 31, 2005)

Revised 07/20/04

| GROUP I HANDSPRINGS, YAMASHITAS | GROUP II HANDSPRINGS with or without 1/1 TURN - SALTO FORWARD OR BACKWARD | GROUP III TSUKAHARA or ½ on - SALTO FWD OR BWD with or without TURN | GROUP IV Round - off, Flic-flac on - SALTO FWD OR BWD with or without LA TURN | GROUP V Round - off, Flic-flac with ½ or 1/1 turn on - HNDSPG or SALTO FWD OR BWD with or without LA TURN |
|---------------------------------------|--|--|--|--|
| 1.101 Handspg 8.8 | | | | |
| S1.102 Hndspg - ½ 8.8 | | | | S5.101 RO,FF ½ on - Hndspg off 8.8 |
| 1.103 Yamashita 8.8 | | | | 5.201 RO,FF ½ on - 1/1 twist 9.2 |
| 1.104 Yarni - ½ 9.0 | | | | 5.202 RO,FF ½ on - 1½ twist 9.4 |
| 1.105 ½ on - ½ off 8.9 | | | | |
| S1.106 ¼-½ on - Repulsion off 7.0 | | | | |
| 1.201 Hsp - 1/1 9.2 | 2.301 Hsp - Front Tuck 9.7 | 3.302 Tsuk Tuck 1/1 9.8 | 4.302 RO,FF on - B. Tuck 1/1 9.8 | 5.301 RO,FF ½ on - Fr. Tuck 9.9 |
| 1.202 Hsp - 1½ 9.4 | 2.302 Hsp - Front Tuck ½ 9.9 | 3.303 Tsuk Pike 9.5 | 4.303 RO,FF on - B. Tuck 1½ 10.0 | 5.307 RO,FF 1/1 on - 1/1 twist 9.3 |
| 1.204 Yarni - 1/1 9.2 | 2.303 Hsp - ½ off, Bk. Tuck 9.9 | 3.304 Tsuk layout 9.7 | 4.304 RO,FF on - B. Pike 9.5 | |
| 1.205 ½ - 1/1 9.1 | 2.304 Hsp - Front Pike 9.8 | 3.306 ½ on - ½ off, Fr. Tuck or ¼ on - ¾ off, Fr. Tuck (twist in same direction) 9.8 | 4.305 RO,FF on - B. layout 9.7 | |
| 1.206 ½ - 1½ 9.3 | 2.305 Hsp - Front Pike 9.9 | 3.307 ½ on - ½ off, Fr. Pike or ¼ on - ¾ off, Fr. Pike (twist in same direction) 9.9 | 4.306 RO,FF on - B. layout 1/1 10.0 | |
| 1.207 1/1 on - HY 9.2 | 2.304 Hsp - Front Pike 9.8 | 3.310 Tsuk Tuck ½ 9.6 | 4.307 RO,FF on - ½ off, Fr. Tuck 9.8 | |
| S1.210 1/1 on - ½ 9.4 | S2.305 Hsp - Hndsp onto board, Hsp. - Fr. Tuck (lg) 9.8 | S3.311 Tsuk Pike ½ 9.7 | 4.308 RO,FF on - ½ off, Fr. Pike 9.9 | |
| | | S3.312 Tsuk layout ½ 9.9 | 4.309 RO,FF on - ½ off, Fr. LO 10.0 | |
| 1.301 Hsp - 2/1 9.8 | | 3.402 Tsuk Tuck 1½ 10.0 | S4.312 RO,FF on - 1/1 twist off 9.1 | |
| 1.305 ½ - 2/1 9.7 | | 3.404 Tsuk Layout 1/1 10.0 | S4.313 RO,FF on - 1½ twist off 9.3 | |
| 1.307 1/1 - 1/1 9.8 | | 3.407 ½ on - ½ off, Fr. layout (Pheps) or ¼ on - ¾ off, Fr. Layout (twist in same direction) 10.0 | S4.320 RO,FF on - B. Tuck ½ 9.6 | |
| | | 3.504 Tsuk layout 1½ 10.0 | S4.321 RO,FF on - B. Pike ½ 9.7 | |
| 1.402 Hsp - 2½ 10.0 | 2.402 Hsp - Front Tuck 1/1 10.0 | 3.505 Tsuk layout 2/1 10.0 | S4.322 RO,FF on - B. layout ½ 9.9 | |
| S1.410 1/1 on - 1½ 10.0 | 2.403 Hsp - ½ off, Back Tuck w/ ½ (Cuervo Tk w/ ½) 10.0 | S3.507 ½ on - ½ off, Fr. layout ½ (House) or ¼ on - ¾ off, Fr. Layout ½ (twist in same direction) 10.0 | 4.403 RO,FF on - B. Tuck w/ 2/1 twist 10.0 | |
| | 2.404 Hsp - Front Pike ½ 10.0 | 4.406 RO,FF on - B. layout w/ 1½ twist 10.0 | 4.406 RO,FF on - B. layout w/ 1½ twist 10.0 | |
| | 2.405 Hsp - ½ off, Back pike (Cuervo Pike) 10.0 | S4.412 RO,FF on - 2/1 twist off (Allen) 9.7 | | |
| | 2.406 Hsp - Front layout 10.0 | | | |
| | 2.407 Hsp - Fr. layout ½ or Hsp - ½ off, Back layout 10.0 | 4.506 RO,FF on - B. layout with 2/1 twist 10.0 | | |
| | 2.408 Hsp - Front Pike 1/1 10.0 | | | |
| | 2.409 1/1 on - Front Tuck (Chusovtina) 10.0 | | | |
| | S2.410 Fr. Hndsp onto board, Hsp - Fr. Tuck ¼ (Mantle) 10.0 | | | |
| | | | | |
| S1.505 Yarni - 2½ 10.0 | 2.502 Hsp - Fr. Tuck 1½ 10.0 | S3.509 ½ on - ½ off, Fr. Tuck ½ (twist in same direction) (Shible) 10.0 | | 5.501 RO,FF ½ on - Fr. Tuck 1½ 10.0 |
| (Kincaid) | 2.507 Hsp - Fr. layout 1/1 10.0 | or ¼ on - ¾ off, Fr. Tuck ½ (twist in same direction) 10.0 | | 5.505 RO,FF ½ on - ½ off, Bk LO 10.0 or RO,FF ½ on - Fr. layout ½ |
| | 2.508 Hsp - Fr. layout 1½ 10.0 | S3.510 ½ on - ½ off, Fr. Tuck 1/1 (Shible) or ¼ on - ¾ off, Fr. Tuck 1/1 (twist in same direction) 10.0 | 4.606 RO,FF on - B. layout w/ 2½ twist 10.0 | 5.509 RO,FF 1/1 on - Bk. layout 10.0 |
| | 2.509 1/1 on - Front pike 10.0 | | S4.607 RO,FF on - ½ turn off, Fr. Tuck ½ (Beckman) 10.0 | 5.510 RO, 1/1 on - Bk. Tuck 1/1 10.0 |
| | | | S4.608 RO,FF on - ½ turn off, Fr. Pike ½ (Beckman) 10.0 | 5.511 RO, 1/1 on - Bk. Layout 1/1 10.0 (Tankousheva) |
| | 2.601 Hsp - Double Fr. Tuck 10.0 | 3.605 Tsuk layout 2½ 10.0 | | |
| | 2.607 Hsp - Fr. Layout 2/1 10.0 | | | |
| | 2.609 1/1 on - Fr. layout 10.0 | | | |

Bolded numbers indicate a new vault or a change of number from the vault lists previously printed in the JO chapter of FIG Code of Points & the JO Technical Handbook.

ELITE TRAINING CAMP

- WHEN:** DECEMBER 28 – 30, 2004
- WHERE:** GYMNASTICS VILLAGE
13 CALDWELL DRIVE
AMHERST, NH 03031
603 889 – 8092
- WHO:** Any current International elite or Pre- Elite from 2003 or 2004
All TOP athletes who will be entering Elite qualifying competitions this season
- COST:** NO CHARGE – Current International / Pre Elite athletes from 2003 or 2004
NO CHARGE – National TOP Team Members [2003 / 2004]
\$125 – All other qualified participants
NO CHARGE - Interested Coaches wishing to observe
- ACCOMODATIONS:** Nashua Marriott
603 880-9100
- SCHEDULE:** Monday – [5:00 – 8:00PM] Open Gym
Tuesday – 2 Sessions
Wednesday – 2 Sessions
Thursday – 1 AM Session / and Compulsory Testing
- FORMAT:** International Elites – Evaluation of routine parts and connections.

Pre-elites – Assess current fitness levels and strengthen compulsory development.

**Participants are expected to participate in all phases of the camp, unless restricted by a physician or medical condition*
- DEADLINE:** Registration **MUST** be received by December 11, 2004
ALL participants **MUST** register

A DETAILED SCHEDULE AND DIRECTIONS WILL BE SENT UPON RECEIPT OF REGISTRATION

ELITE TRAINING CAMP ENTRY FORM

CLUB _____

ADDRESS _____

TOWN / CITY _____ STATE _____ ZIP _____

PHONE _____

CELL PHONE _____ [EMERGENCY USE ONLY]

COACH [ES] NAME _____ USAG # _____

_____ USAG # _____

_____ USAG # _____

| Athlete's Name | USAG # | DOB | INT | PRE | TOP | FEE |
|----------------|--------|-----|-----|-----|-----|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Send completed form and fee to: Kathy Ostberg 365 Spring St Shrewsbury, MA 01545
Registration MUST be received by 12/11/04

CALENDAR

OCTOBER 2004

| | | |
|--------|----------------------|---------------|
| 1 – 3 | National TOP Testing | Houston, TX |
| 9 – 10 | Rising Stars # 1 | Sterling, MA |
| 16- 17 | Rising Stars # 2 | Rochester, NY |

DECEMBER 2004

| | | |
|--------|----------------------------------|-------------|
| 4 – 8 | National TOPs Training Camp | Houston, TX |
| 8 – 12 | National TOPs ' B' Training Camp | Houston, TX |

MARCH 2005

| | | |
|---------|----------------------------------|---------------|
| 19 – 20 | Level 9 – 10 State Championships | Various Sites |
|---------|----------------------------------|---------------|

APRIL 2005

| | | |
|------------|-------------------------------------|--------------|
| 9 | NCAA Regional Championships | Durham, NH |
| 15 – 17 | Level 9 – 10 Regional Championships | Syracuse, NY |
| 16 | Collegiate National Championships | Ithaca, NY |
| | NCAA National Championships | |
| 30 – May 1 | Level 8 Regional Championships | TBD |

MAY 2005

| | | |
|---------|---------------------------------|-------------------|
| 6 – 8 | Level 9 Eastern Championships | St Petersburg, FL |
| 13 – 15 | Level 10 National Championships | Ontario, CA |

JUNE 2005

| | | |
|-------|---|----------------|
| 2 – 5 | Master Compulsory Workshop / Technical Symposium | Louisville, KY |
|-------|---|----------------|

| | | |
|--------|---|----------|
| 9 – 12 | Master Compulsory Workshop / Technical Symposium | Reno, NV |
|--------|---|----------|

JULY 2005

| | | |
|---------|-------------------------------------|--------------------|
| 9 – 10 | Region VI – VII Compulsory Workshop | TBD |
| 14 – 17 | NAWGJ Symposium | Portland, OR |
| 22 – 23 | US Classic / Challenge | Virginia Beach, VA |

AUGUST 2005

| | | |
|---------|--------------------------------------|------------------|
| 11 – 14 | US Championships / National Congress | Indianapolis, IN |
| 14 – 17 | National Officials Course #1 | Indianapolis, IN |
| 18 – 21 | National Officials Course # 2 | Indianapolis, IN |

High Performance Clinic

When: Saturday, November 13, 2004

Time: 1:00-6:00 p.m.

Where: Aim High Academy
3355 South County Trail
East Greenwich, RI 02818

Fee: \$35.00/athlete

For: Level 7 - Elite Gymnasts

Featured Guest Clinician:

Mike Lorenzen, President of NCAA Coaches Association
Former Head Coach, University of Iowa

Contact: Cheri Jackson, 401-398-0285



Kathy Ostberg
Region 6 Chairman
365 Spring St.
Shrewsbury, MA 01545

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