



# JO Program Manual

**2019-2020**

October 21, 2019



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## 1.0 INTRODUCTION

As of July 1, 2015 Canada has adopted the JO Program developed in the USA for use in the Provinces and Territories. The Junior Olympic program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. The program allows the gymnast to advance at her own pace, competing in more than one level in a year, if she so chooses.

As of 2018, USA Gymnastics updated the JO optional program. The USAG version of the JO program will be used as is for JO Levels 6-7-8 and 10. Gymnastics Canada has made slight modifications to the Level 9 program. Canada has also defined the requirement for warm up and equipment specifications. Except for these modifications, the USAG JO Code of points 2018-2022 (orange binder) is in effect. The Code of points can be purchased online <https://usagym.sportgraphics.biz/p-248-womens-jo-code-of-points.aspx>

The Women's Program Committee (WPC) of Gymnastics Canada is responsible for the modifications of the CJO Program. A JO working group (JOWG) has been established to review questions and provide clarifications related to the JO program in Canada. The JOWG reports to the WPC.

Questions on the JO Program should be sent to to Gymnastics Canada c/o Shelley Lefler, JOWG Lead. [shelleylefler@hotmail.com](mailto:shelleylefler@hotmail.com)

The Lead of the JOWG will do the appropriate consultation and send clarifications to PSOs, Provincial Judging Chairs and program members. It will be recommended to each PSO to further distribute the information to its members.

Thank you to the all those who assisted and volunteered their time in order to update the JO program over the summer of 2019, make recommendations to the WPC and prepare the documents needed for JO judging education : Shelley Lefler (Lead), Andrée Montreuil (JOWG), Sheri Wilson (JOWG) and super volunteers: Momona Komogata, Crystal Gilhooly, Doris Sheehan and Lois Laquerre.

## 2.0 GENERAL REGULATIONS

### 2.1 MODIFICATIONS AND COMMITTEE RESPONSIBILITIES

- a) The WAG PC of Gymnastics Canada reserves the right to make changes and/or clarifications to these regulations. Gymnastics Canada has entered into an agreement with USA Gymnastics and will abide by the terms of use for the Compulsory and Optional programs of JO. Modifications to the rules of the JO Program must be reviewed and approved by Gymnastics Canada.
- b) The JOWG will provide clarifications and assist in the ongoing maintenance of the JO document.
- c) The CJO is based on the USA program, and will follow this as closely as possible. USA Gymnastics will circulate changes to the JO program from time to time. These changes and clarifications will be posted to the USA Gymnastics website and will be further circulated by Gymnastics Canada. Such changes will be in effect in Canada as of the time they are circulated unless otherwise determined by GYM CAN.

### 2.2 JO PARTICIPATION AT CANADIAN CHAMPIONSHIPS

There will be three team competitions at Canadian Championships within the JO Stream:

- JO 10 (12-15): Team format = 6-6-3
- JO 10 (16+): Team format = 6-6-3
- JO 9 (11-13): Team format = 6-6-3

Athletes in all JO Stream categories will compete over two days as follows:

- Day 1: Team competition
- Day 2: AA and Apparatus finals as per current format set out in Section 5

### 2.3 AGE ELIGIBILITY

Age of the athlete is based on their age as of December 31 in the year in which they are competing. For CJO Categories at Canadian Championships the following ages are eligible:

	2019-20 season
<b>JO 9 (11-13)</b>	2007, 2008, 2009
<b>JO 10 (12-15)</b>	2005, 2006, 2007, 2008
<b>JO 10 (16+)</b>	2004 and older

### 2.4 USE OF MAGNESIA AND TAPE

- Gymnasts may use chalk on Uneven Bars and to make small markings on the Balance Beam (tape markings are not allowed)
- The spreading of magnesia on the Floor Exercise mat is not allowed; small marks are allowed for the purpose of marking the placement of a supplementary mat. No Velcro® or tape markings are allowed within the Floor Exercise area. Gymnasts are permitted to apply chalk to feet or hands.
- Use of tape or excessive chalk is not permitted on the vault table.
- On the Vault Runway, athletic tape or Velcro strips may be used in front of the vault board or hand mat and to mark a gymnast's starting point.
- The judge must issue a warning before taking a deduction if the measurement is exceeded or if the markings are not removed.

### 2.5 USAG UPDATES

From time to time, USA Gymnastics will update the program. All updates can be found on their website. These can be found at:

<https://usagym.org/pages/women/updates/jo.html>

All changes made by USAG will be in effect in Canada when translation is done.



## 2.6 INQUIRIES

If the coach has a question regarding an exercise, he/she may ask the apparatus chief judge. He/She may also ask the Competition or Canadian Head Judge, who will discuss with the apparatus chief judge.

If the coach is not satisfied with the explanation given, they may file a protest using the appropriate form and payment of fee (See GYM CAN Tech Rules, Section 4 for more details on the fee and procedure).

Video Review:

The apparatus chief judge may request to review the official video to verify that no mistake has been made in their evaluation. For example, if all judges did not record a full turn on beam, to verify if the gymnast grasped or touched the bar with one or two hands before falling on a release element, or to verify if the gymnast landed on the feet first on a vault. The apparatus chief judge and the E2 will represent the panel along with the Canadian/Competition Head Judge for the video review.

Coaches may request a video review (official video only) by the judges panel in the event that the inquiry involves the possibility that the judges missed an element that would affect the Start Value. The video review process may NOT be used to appeal a judgement of degree assessment, i.e. degree of casts, handstands, incomplete turns, direct connection of elements, or leg separation in leaps as well as other like skills.

## 2.7 VERIFICATION OF RESULTS

Coaches have up to 5 minutes after the publication of the draft results to verify them and communicate any error to the Canadian/Competition Head Judge (or designate). After 5 minutes, the results will be considered as accurate.

### 3.0 WARM UP & COMPETITION FORMAT

The following is the proposed warm up for all JO levels. For competitions other than Canadian Championships and Canada Games, the Province / Competition Host will determine the Warm Up and Competition format which best fit their schedule. It is recommended that these standards be used for all competitions in which participants from multiple provinces are involved.

<b>Canadian Warm-up Format</b>	<b>General Warm-up</b>	20 minutes: JO 9-10 / 15 minutes: JO 1-8 Athletes may not start the general warm-up on the warm-up or competition floor before the set time. Once the general warm-up starts, athletes may warm-up on the WAG floor, mats and runway only. They may <b>not</b> use the boards and/or get on the table, bars or beam for any reason during the general warm-up. If it is part of the team choreography warm-up, athletes may perform on the floor a) basic floor acro tumbling b) beam acro on a line. The use of diagonals is prohibited.				
		<b>V</b>	<b>UB</b>	<b>BB</b>	<b>FX</b>	
	<b>Time / per athlete</b>	Level 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-7: 90 sec Level 8-10: 2 min	Level 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-8: 90 sec Level 9-10: 2 min	Level 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-8: 90 sec Level 9-10: 2 min (may split 1min30 + 30sec)	JO 1-2: 30 sec JO 3: 45 sec JO 4-5: 1 min JO 6-8: 90 sec JO 9-10: 2 min	Max 5 min  Min 8 min Max 10 min
	<b>Team Competition</b>	Team and Individual Athletes: If a group is composed of Team and individual athletes, the warm-up groups is split as follows: Team + 1 individual: all warm up together. Team + 2 or more individuals: the team warms up and competes first; the individual athletes always warm up as a second sub-group.				
	<b>Individual Competition</b>	Group warm-up	Group warm-up	Individual warm-up: time stopped between athletes for max 5 sec * includes time to set-up the mats and board	Group warm-up	
	<b>UB (chalk, raising)</b>	If there are athletes with and without grips/chalk or needing to raise the bars, the athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. 90 seconds are granted for each different bar preparation/raise. As a general guideline, the coaches will agree on the most efficient way to warm up and compete prior to warm up on UB. The warm up and competition order may be changed for efficiency. If the coaches do not agree, the Apparatus Chief judge will decide.				
	<b>Group size</b>	7 or less warm up in one group; 8+ athletes warm up in 2 groups: ex. 4+4, 5+4				
	<b>FIG Format</b>	The FIG Format can be used for JO Competitions in Canada. In that case, the general warm-up time and time on events remain the same for the athletes. A 30 seconds touch will be allowed during the competitions on all events for levels 8-10.				

## 4.0 EQUIPMENT

The following are the recommended equipment specs for use in competitions in Canada. It is recommended that these standards be used for all competitions in which participants from multiple provinces are involved. The specs in the first columns (JO 10 and JO 9) will be in effect at Canadian Championships (CC) and Canada Winter Games (CWG).

	Equipment	JO 10 (CC, CWG)	JO 9 (CC)	JO 6-10	JO 4-5	JO 1-3
<b>Vault</b>	<b>Height</b>	125 cm		JO 6-7: 115 cm to 125cm JO 8-9: All ages: any height min 100 cm to max 125 cm	Any height allowed by manufacturer	As set out in JO manual
	<b>Springboards</b>	Up to 4 boards. No spring changes allowed at Canadian Championships. Spring changes may be allowed with some SA Sport boards				
	<b>Supplementary mat (sting)</b>	Mandatory 10 cm, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. JO 6-7: Stacked mats, 80 cm to 152 cm. The top layer must be a 10 cm mat.				
	<b>Yurchenko Collar &amp; Hand mat</b>	An approved Yurchenko collar must be used for all round off entry vaults. An approved hand placement mat may be used for all round off entry vaults only.				
<b>Uneven Bars</b>	<b>Uneven Bars</b>	HB: 250 cm LB: 170 cm Diagonal: no maximum width (within equipment manufacturer's safety limitations)	HB: 250 cm LB: 170 cm Diagonal: 130 to 180 cm	HB: 250 cm LB: 170 cm Diagonal: no maximum width (within the equipment manufacturer's safety limitations)		
		Taller gymnasts may raise both bars by 10 cm (and more, if the gymnast is too tall) upon submission of request to raise bar form in appendix. However, a gymnast cannot ask to raise the UB in order to use supplementary matting under the rails.				
	<b>Springboards</b>	1 – Soft. The springboard must be removed after the mount. An approved mounting block (simulating a springboard) may be used.		The springboard or 30 cm block/panel mat must be removed from underneath or the end of the apparatus after the mount.		
		The springboard may be placed on the landing mat or on the 10 cm supplementary mat if the mount and dismount are performed on the same side. The springboard MAY be placed on the 20 cm safety mat. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed. A wooden plank may be placed under the springboard.				
	<b>Supplementary mat (sting)</b>	Mandatory 10 cm, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. The supplementary or safety mat MAY extend beyond the LB.				
	<b>Safety Mat (20 cm)</b>	For C+ release element, a 20 cm may be slid in and out according to the rules (2 moves preceding and following the element). If Gymnova equipment is used, a 10 cm mat can be slid in, instead of the 20 cm. A spotting block or folded mat that is used for spotting purposes between the bars may remain in place as long as the coach continues to utilize it during the routine.			A spotting block or folded mat that is used for spotting purposes between the bars may remain in place as long as the coach continues to utilize it during the routine.	

	Equipment	JO 10* (CC, CWG)	JO 9* (CC)	JO 6-10	JO 4-5	JO 1-3
<b>Beam</b>	<b>Beam</b>	All Ages: 125 cm		2006 and older: 125 cm 2007 and younger: 110 or 125 cm		All ages: 100, 110 or 125 cm
	<b>Springboards</b>	1 – Soft – The springboard or 30cm block/panel mat must be removed from underneath or the end of the apparatus after the mount. The springboard may be placed on the landing mat or on the 10 cm supplementary mat if the mount and dismount are performed on the same end. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed.				
	<b>Suppl. mat (sting)</b>	10 cm supplementary mat mandatory for landing, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. At CC and CWG supplementary mats are available on one end of the beam only. All gymnasts are expected to dismount on the same end of the beam (end with shortest landing mat, traditionally to the left of the apparatus chief judge)			Supplementary mats are not mandatory for JO 1-5 dismount. Coach may use a large 10 or 20 cm mat under the beam provided the entire area under the beam is covered and even (no chance of rolling an ankle on an uneven surface if falling)	
<b>Floor</b>	<b>Floor Area</b>	12 m x 12 m				
	<b>Supplementary mat (sting)</b>	5 or 10 cm allowed: suppl. mat must be placed at beginning of routine, and can be removed, moved or left in place (intent is to have the least amount of movement of mats/coach around the floor during the routine).				No additional mats permitted
	<b>Safety Mat (20 cm)</b>	Not allowed				

## 5.0 JO LEVELS 6-7-8 AND 10 PROGRAM

The JO program as set out in the JO Code of Points 2018-2022 is in effect for JO Level 6, 7, 8 and 10 without any modifications.





## 6.0 JO LEVEL 9 PROGRAM

Some modifications are introduced for JO Level 9. Changes to the USAG version are highlighted.

### a. UNEVEN BARS

**Special Requirements:** Modification of the Special Requirement #1 as follows:

1. SR #1: Two bar changes **OR** One bar change plus one 360° clear circling element min C from Gr. 3-6-7
2. SR #2: One flight element min B
3. SR #3: 2<sup>nd</sup> different flight min C **OR** Element with LA turn 180°(or more) min B
4. SR #4: Salto dismount, min B

**Bonus:** Max 0.3

Max 0.2 awarded for Connection value. Max 0.1 awarded for 1 D.  
Gymnasts must do one D or E in order to start from 10.0.

**Composition:** Same as USAG **except** for the following:

- Choice of elements - ↑0.1  
Failure to perform 1 element (min B) that fulfill 1 out of 2 of the following requirements
  - 1 Element from Gr 3-6-7 min B
  - 1 LA turn through HS min 180° min B
- Choice of elements – 0.2  
Failure to perform 1 element (min B) in a different grip.  
The element must be completed on the UB; a change of grip to initiate the dismount will not fulfill the requirement (for example: Giant ½ turn to reverse grip to Fwd flyaway – will not meet the requirement)

### b. BEAM

**Bonus:** Max 0.3

Max 0.2 awarded for Connection value. Max 0.1 awarded for 1 D.  
Gymnasts must do one D or E (acro or dance) in order to start from 10.0.

### c. FLOOR

**Bonus:** Max 0.3

Max 0.2 awarded for Connection value. Max 0.1 awarded for 1 D.  
Gymnasts must do one D or E (acro or dance) in order to start from 10.0.

**Composition:** Add to the Specific Composition Deduction: Lack of D or E salto: 0.2



## 7.0 2019 CHANGES TO THE JO CODE OF POINTS

The USAG JO Code of Points is in effect in its entirety in Canada except for equipment, warm up and uniform\* (see note below), which remain under GymCan/provincial jurisdiction. For national events in Canada (Canadian Championships, Easterns/Westerns), the GymCan JO Manual is in effect for equipment, warm up and uniform. As well, pages 1-4 of the JO COP, which applies specifically to USAG programming, is not in effect.

Changes to the USAG JO Code of Points can be found here:  
[http://nawgi.org/keeping\\_current\\_JO\\_Optional\\_information.php](http://nawgi.org/keeping_current_JO_Optional_information.php)

All replacement pages for the USAG JO Manual can be found here:  
[https://usagym.org/PDFs/Women/Rules/J.O.%20Code%20of%20Points/revisedpages\\_073119.pdf](https://usagym.org/PDFs/Women/Rules/J.O.%20Code%20of%20Points/revisedpages_073119.pdf)

\*Gymnast uniform: In Canada, gymnasts may wear small stud type earrings only, not limited to one per ear.

### VAULT

1. ADD to the *JO Code of Points* (Level 10 only) – Tsukahara piked with 1/1 (360°) turn off. 3.403 - Staruk – awarded 9.90 Start Value
2. ADD to the *JO Code of Points* on pages VAULT – 8.G (Levels 6-7) and VAULT – 11.H: (Levels 8-10): Support / Repulsion Phase:  
Up to 0.30 – FAILURE TO PASS THROUGH VERTICAL
3. Level 6/7 Vault - ADD to the *JO Code of Points* on page VAULT – 10, GENERAL: Level 6/7 Vault - 1.00 – FAILURE TO LAND ON TOP OF THE MAT STACK.
4. Level 6/7 Vault - REMOVE from the *JO Code of Points*, page VAULT – 8: Angle of arrival deduction, including all text and diagrams.
5. Level 6/7 Vault - ADD to the *JO Code of Points*, page VAULT – 9: SECOND FLIGHT PHASE: Up to 0.30 – FAILURE TO CREATE ROTATION
6. Level 6/7 Vault - AMEND the deduction value in the *JO Code of Points*, page VAULT – 9: SECOND FLIGHT PHASE to read: Insufficient Length Up to 0.2

### BARS

1. Change the deduction applied to Intermediate Swings

each <u>0.30</u> (max <u>0.50</u> )	Intermediate Extra Swing / Cast More than one (1) Extra Swing / Cast following an element
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2. **Choice of Elements** (applicable to LEVEL 9 / 10 only)  
Failure to perform Two (2) Elements (minimum of “B”) that fulfill Two (2) out of the Three (3) of the following Requirements (excluding dismounts):
  1. One (1) Forward Element (Circle or Release)
  2. One (1) Element from Groups 3 / 6 / 7
One (1) “C” Element with a minimum of 180°LA Turn, with or without flight.



## BALANCE BEAM

1. UPDATE the value of element 9.406, Salto backward stretched with 2½ twist (900°), in the *JO Code of Points*, page BEAM – 90, from “D” to “E”, new element number 9.506.
2. ADD to the *JO Code of Points*, page BEAM – 33, award +0.10 connection bonus to any three (3) element acro flight series that lands on top of the beam, including mounts; excluding dismounts, with a minimum 1 “C” Salto/aerial or 1 “D/E” flight with/without hand support
3. UPDATE the *JO Code of Points*, page BEAM - 3.C. TIMING OF FALLS, and the Compulsory Book page 161, Penalties:  
Increase the Beam Fall Time to 45 seconds for all levels
4. ADD to the description of Beam elements 5.104, 5.105, 5.204 in the *JO Code of Points* to read: Not considered an Acro element.
5. AMEND the *Junior Olympic Code of Points*, page Beam – 29, II.SPECIFIC EXECUTION DEDUCTIONS, regarding to “Lack of Tempo”:
  - 0.05 – 0.10 Body continues moving in line with the beam, but arms swing between Elements  
AND/OR  
Legs slightly extend but do not completely straighten and slightly bend again to initiate take-off
  - 0.15 - 0.20 Torso/trunk deviation in line with the beam with or without arm swing between elements
6. AMEND *Junior Olympic Code of Points*, page Beam - 23, III: CLARIFICATIONS REGARDING SERIES
  - A.2.c and A.3.c: Continuous, but slow connection in line with the beam
  - A. 4.: All series considered broken when:
    - a. Stop between elements
    - b. Loss of balance ~~causing a Stop between elements~~
    - c. Any deviation of body movement which is NOT in line with the beam.

## FLOOR EXERCISE

1. UPDATE the *JO Code of Points*, page FLOOR – 44: Change the element listed under 1.310 (Ring jump 1/1 (360°) turn to 1.410 and raise the value from “C” to “D”. The Stag-ring jump with 1/1 (360°) turn remains as 1.310, “C”.
2. UPDATE the *JO Code of Points* – Appendix 15, page 1 to read:  
Choice Of Beam Acro Elements (Excluding Dismount) Not Up To The Competitive Level
3. UPDATE the *JO Code of Points* – Appendix 15, page 1 BEAM ACRO under Level 8 to read:

0.15	<ol style="list-style-type: none"> <li>1. Acro Series w/ 1 “B” flight</li> <li>2. One additional “A”</li> </ol> Acro OR <ol style="list-style-type: none"> <li>1. Acro Series w/ 2 “B” flight</li> </ol>
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4. UPDATE the *JO Code of Points* – Appendix 15, page 2 and page 4 under CHOICE OF DANCE ELEMENTS NOT UP TO THE COMPETITIVE LEVEL for BEAM and FLOOR, Level 9 and Level 10 to read:

LEVEL 9	LEVEL 10
Minimum of 2 “C’s”	Minimum of 3 “C’s” OR 2 “D/E”

5. UPDATE the *JO Code of Points* – Appendix 15, page 3: FLOOR EXERCISE - ACRO ELEMENTS (SALTOS) NOT UP TO THE COMPETITIVE LEVEL

<b>0.05</b>	<b>3-Pass</b> B   B   A+A <b>Routine:</b> Indirect <u>2-pass routine:</u> Each pass w/ 2 Saltos (min. one “B” per pass), one a Direct & one an Indirect connection
<b>0.10</b>	<b>3-Pass</b> B A+A   A <b>Routine:</b> direct OR B –B-A <u>2-pass routine</u> 2 Indirectly-connected Saltos (one a ”B”) in both passes OR    B+B Indirect    A+A Direct