



WAG – CLARIFICATION TO THE JO PROGRAM December 2019

During his clinic in BC last month, Tom Koll provided clarifications and updates on the JO program, both compulsory and optional. The information below is in effect immediately.

JO Binder – USAG Orange (Optional) and Blue (Compulsory) binders

USAG has made many changes to the Optional and Compulsory programs since the binders were first published. It is essential that coaches and judges download the replacement pages so they keep their information up to date. The replacement pages can be found here:

Optionals:

<https://usagym.org/pages/women/updates/jo.html> and
http://www.nawgj.org/keeping_current_JO_Optional_information.php

Compulsory:

http://www.nawgj.org/keeping_current_JO_Compulsory_information.php

The NAWGJ Website, in particular the “Education Corner” (see link on the left) provides lots of good information for both coaches and judges.

<http://www.nawgj.org/index.php>

OPTIONALS

Vault

VT - JO6-7

- The technical focus of the vault has evolved during the first year of the new vault requirement. The focus is now on creating rotation in the 2nd flight.
- The following deductions have been added, or have been modified:
 - (Support phase) Failure to pass through vertical – up to 0.3
 - (2nd Flight phase) Insufficient length – up to 0.2 (changed from 0.3 to 0.2)
 - (2nd Flight phase) Failure to create rotation – up to 0.3
- On landing, the arm position are no longer looked when applying the deduction for “Incorrect Body Position on landing – up to 0.5”.

VT - JO8-10

- Late turn completion vs turn starting too late: late turn completion is the deduction used when the turn is finishing just prior to the ground. Turn starting too late is used when turns aren't starting on the rise.
- Deduction for landing with feet apart is applied with there is a stuck landing. If the athlete hops or steps on landing, the deduction is not applied.
- Body posture on landing and squat are taken in addition to any steps or a fall as they are not included in the maximum landing deductions.

Uneven Bars

UB - JO10 – Composition:

The deduction “More than One Squat /Stoop on LB (JO 10 only)” also includes sole circle with or without a squat on. All elements when there is a jump from feet from LB to HB are counted. The deduction would be applied if, for example, a routine includes one squat on to catch HB and one step down (from handstand) to sole circle to catch HB. The goal is to avoid multiple transitions from LB to HB starting from a stand on 2 feet on LB.

UB – JO 1-10 – Extra Swing:

If the athlete performs more than one extra swing in a row, the maximum is 0.5.

Balance Beam

BB – All levels - Acro Series Connection

Tic-toc + walkover/handspring connections. Staying in the bridge/support position for a while or adjusting the support foot will not break the series. However, rhythm deduction should be taken.

BB – JO8-10 – Composition:

The deduction for “More than 2 Straddle Jumps, with or without turn” applies to the straddle jumps only, not to straddle “shapes”. A Johnson (Switch to side split), for example, does not count towards this total.

Floor

FX – JO1-10 – Landing

Steps on landings are deducted if they are out of control. Whether the acro element or step is forward or backward makes no difference. A small step will be deducted as follows:

- 0.1 for uncontrolled steps,
- 0.05 for semi-controlled,
- no deductions for a lunge OR step in control.

FX – JO8-10 - Composition

The deduction for “More than 2 Straddle Jumps, with or without turn” applies to the straddle jumps only, not to straddle “shapes”. A Johnson (Switch to side split), for example, does not count towards this total.

COMPULSORIES

Uneven Bars

UB – JO3 - Front hip circle + small cast:

- If the small cast is not done immediately after the front hip circle, the gymnast has 'lost the chance to do it' and the deduction “Failure to execute a small cast immediately after the front hip circle” – 0.2 (flat deduction) is applied.
- If the gymnast does the small cast after a pause/extra swing, the deduction above (Failure to execute a small cast immediately after the FHC) still applies and execution deductions, if any, will be applied.
- The deduction for Bent Arms is applied once as both these skills are considered as 1 Major Element.

UB – JO3 – Cast, single leg squat through:

- If the leg contacts the bar and the gymnast ends in 'split support' prior to showing a clear support position, the deduction for “Failure to show clear stride support at end of squat through – up to 0.2” is applied.

UB – JO3 - Cut back:

- If, after the cutback, the gymnast collapses and her legs passes the plane of the bar, it is considered an extra swing. If she pauses and then compresses to do the cast, but her legs have not passed the plane of the bar, only a rhythm deduction is applied.