

USA GYMNASTICS (ALABAMA) ARTISTIC HUGS SAPPHIRE- Edited 6/8/2024

Judge's Guidelines: All routines start at a 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions – 0.50 for each spot, max 2.00 deduction per routine for 4 spots or more. Same execution deductions as DP Women's program. Use discretion regarding special circumstances.

Vault:	Bars:	Beam:	Floor:						
<p>Two allowable vaults- alternative springboard or Jr. board allowed. May perform the same or different vaults onto mat.</p> <p>*Walk or run can be modified to athletes' capabilities.</p> <p>Special Requirements: <i>SV: 9.0-</i></p> <ul style="list-style-type: none"> • Stand on the springboard, straight jump off. <p><i>SV: 9.5-</i></p> <ul style="list-style-type: none"> • Locomotor movement toward the springboard, jump off in any shape. • Walk or run onto the springboard. Straight jump off from 2 feet. <p><i>SV: 10.0-</i></p> <ul style="list-style-type: none"> • Run. Hurdle onto the springboard. Tuck, straddle or straight jump off. • Athletes in wheelchairs: Move from one designated point to another point. 	<p>The routine may be executed according to the athlete's capabilities. The routine may be performed on the low and/or high bar. Athletes may sit on a Large Spotting Block throughout their routine without penalty.</p> <p>Gymnast may dismount one bar and re-mount the other bar w/o deduction. No spotting deduction for assistance on high bar mount or dismount.</p> <p>Special Requirements:</p> <ol style="list-style-type: none"> 1. Mount: 2. One Additional Skill: 3. Second Additional Skill (same or different): 4. Dismount: <p><i>SV: 10.0- routine uses one bar or two bars</i></p> <table border="1" data-bbox="583 922 1033 1230"> <thead> <tr> <th colspan="2">Allowable Skills:</th> </tr> </thead> <tbody> <tr> <td><i>Skills:</i></td> <td><i>Seated Athletes:</i></td> </tr> <tr> <td> <ul style="list-style-type: none"> • Front support • Cast • Long Hang swing • Cast off dismount • Underswing • Forward Roll Dismount </td> <td> <ul style="list-style-type: none"> • Tuck/ Straddle/ Pike position in Long Hang or from Sitting on block (2 seconds) • Grip Change • Release bar Dismount </td> </tr> </tbody> </table>	Allowable Skills:		<i>Skills:</i>	<i>Seated Athletes:</i>	<ul style="list-style-type: none"> • Front support • Cast • Long Hang swing • Cast off dismount • Underswing • Forward Roll Dismount 	<ul style="list-style-type: none"> • Tuck/ Straddle/ Pike position in Long Hang or from Sitting on block (2 seconds) • Grip Change • Release bar Dismount 	<p>The routine may be executed according to the athlete's capabilities. May be performed on a standard floor beam, a wide floor beam or a folded panel mat.</p> <p>Suggested max time 1:15, no deduction for overtime.</p> <p>Special Requirements:</p> <ol style="list-style-type: none"> 1. Mount (as athlete is capable): 2. Locomotor movement (min 3 steps or crawl in any direction): Athletes in wheelchairs: Move from one designated point to another point 3. Dismount: <p><i>SV: 10.0- low (floor) beam routine</i> <i>High beam not allowed (VOID)</i></p>	<p>Suggested max time 1:15, no deduction for overtime or short routine.</p> <p>Special Requirements:</p> <ol style="list-style-type: none"> 1. Beginning pose: 2. Locomotor movement (min 3 steps or crawl in any direction) or optional movement with walker or in wheelchair 3. Roll, any body position or optional movement with walker or in wheelchair 4. Ending pose <p><i>SV: 10.0</i></p>
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<ul style="list-style-type: none"> • Front support • Cast • Long Hang swing • Cast off dismount • Underswing • Forward Roll Dismount 	<ul style="list-style-type: none"> • Tuck/ Straddle/ Pike position in Long Hang or from Sitting on block (2 seconds) • Grip Change • Release bar Dismount 								

USA GYMNASTICS (ALABAMA) ARTISTIC HUGS RUBY- Edited 6/8/2024

Judge's Guidelines: All routines start at a 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions – 0.50 for each spot *unless an allowable skill- execution deductions apply, max 2.00 deduction per routine for 4 spots or more. Same execution deductions as DP Women's program. Use discretion regarding special circumstances. No "B" or higher value part skills are allowed.

Vault:	Bars:	Beam:	Floor:												
<p>Two allowable vaults- alternative springboard or Jr. board allowed. May perform the same or different vaults onto mat.</p> <p>*Walk or run can be modified to athletes' capabilities.</p> <p>Special Requirements: SV: 9.0- Run, Hurdle onto spring board. Tuck, straddle, or straight jump off onto 4" or 8" mat</p> <p>SV: 9.5- • Run. Hurdle onto springboard. Tuck, straddle or straight jump onto 16"-24" mat. 2-3 steps. ¼ Handstand or Vert handstand. Step down to lunge.</p> <p>SV: 10.0- • Run. Hurdle onto springboard. Tuck, straddle or straight jump onto 16" mat. 2-3 steps. Kick up to handstand, fall to flat back. • Run, hurdle handstand flat back on 16"-24" mats.</p> <p>Judging Guidelines: Evaluate the following components:</p> <ol style="list-style-type: none"> Run Hurdle Vault Quality Landing 	<p>Routine may be performed on low and/or high bar.</p> <p>Gymnast may dismount one bar and re-mount the other bar w/o deduction. No spotting deduction for assistance on high bar mount.</p> <p>Spotting block may be placed on landing mat plus up to 2 8" mats.</p> <p>Special Requirements:</p> <ol style="list-style-type: none"> Mount: Front support or long hang: Cast or swing: Dismount: <p>SV: 9.0- routine uses one bar SV: 10.0- routine uses both bars</p> <table border="1" data-bbox="583 789 1035 1414"> <thead> <tr> <th colspan="2">Allowable Skills:</th> </tr> </thead> <tbody> <tr> <td> <p>Mounts:</p> <ul style="list-style-type: none"> Reach Up and Grab LB/HB Bar in Overgrip Straight Arm Long Hang Assisted/ Spotted Pullover Pullover Jump to Front Support Jump to Long Hang Jump to Chin Hold <p>Skills:</p> <ul style="list-style-type: none"> Attempt a Chin Up <p>Circles:</p> <ul style="list-style-type: none"> Front Hip Circle, tucked or straight legs Back Hip Circle, tucked or straight legs </td> <td> <p>Casts:</p> <ul style="list-style-type: none"> Cast, hips leave bar, no angle <p>Dismounts:</p> <ul style="list-style-type: none"> Tap Swing, Counterswing Tuck Forward Roll to Stand Underswing to Stand Straight Drop to Stand Cast off to Stand Tap Swing ½ turn, Underswing to Stand Tap Swing, Counterswing ½ turn to Stand </td> </tr> </tbody> </table>	Allowable Skills:		<p>Mounts:</p> <ul style="list-style-type: none"> Reach Up and Grab LB/HB Bar in Overgrip Straight Arm Long Hang Assisted/ Spotted Pullover Pullover Jump to Front Support Jump to Long Hang Jump to Chin Hold <p>Skills:</p> <ul style="list-style-type: none"> Attempt a Chin Up <p>Circles:</p> <ul style="list-style-type: none"> Front Hip Circle, tucked or straight legs Back Hip Circle, tucked or straight legs 	<p>Casts:</p> <ul style="list-style-type: none"> Cast, hips leave bar, no angle <p>Dismounts:</p> <ul style="list-style-type: none"> Tap Swing, Counterswing Tuck Forward Roll to Stand Underswing to Stand Straight Drop to Stand Cast off to Stand Tap Swing ½ turn, Underswing to Stand Tap Swing, Counterswing ½ turn to Stand 	<p>May be performed on a standard floor beam or high beam at any setting. Board, mount trainer, panel mat or spotting block may be used to mount the high beam.</p> <p>Suggested max time 1:15, no deduction for overtime. 2.0 deduction for short routine.</p> <p>Special Requirements:</p> <ol style="list-style-type: none"> Locomotor movement (min 3 steps in any direction) including a jump, hop, leap, skip or marching movement: Balance element on one foot: Acro Element: Dismount: <p>SV: 9.0- low (floor) beam routine SV: 10.0- high beam routine (any height)</p> <table border="1" data-bbox="1060 789 1512 1531"> <thead> <tr> <th colspan="2">Allowable Skills:</th> </tr> </thead> <tbody> <tr> <td> <p>Mounts:</p> <ul style="list-style-type: none"> Step onto Beam Any Mount with Hand Support <p>Turns:</p> <ul style="list-style-type: none"> ¼ or ½ Pivot Turn ½ Pivot Turn in Releve ¼ or ½ Turn on 1 Foot in Coupe/ Passe ½ Heel Snap Turn Forward or Backward Swing <p>Dismounts:</p> <ul style="list-style-type: none"> Any Jump from Feet Cartwheel (or any entrance) to partial handstand, 45° from vertical, no hold required <p>Balance:</p> <ul style="list-style-type: none"> Balance on 1 foot (1 sec, any free leg position) Scale/Arabesque, min. 45° Coupe/Passé Balance Releve Balance on 1 or 2 feet Lever Balance </td> <td> <p>Steps/Kicks/Jumps:</p> <ul style="list-style-type: none"> Walking Steps Fwd/ Sidewd/ Bkwd Walk in Releve Arabesque Steps Coupe Steps Fwd/Bkwd Leg Swings Fwd/ Bkwd (45°) Passé/Marching Steps Fwd/Bkwd Stretched Jump Cross Split Jump (any angle) Cross Straddle Jump (any angle) <p>Acro Skills:</p> <ul style="list-style-type: none"> Partial Handstand (no requirement to join legs, lead leg a min. of 45° from vertical) Lever - 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USA GYMNASTICS (ALABAMA) ARTISTIC HUGS EMERALD- Edited 8/24/2024

Judge's Guidelines: All routines start at a 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions – 0.50 for each spot, max 2.00 deduction per routine for 4 spots or more. Same execution deductions as DP Women's program. Use discretion regarding special circumstances. Bonus will be awarded for all completed elements regardless of falls.

Vault:	Bars:	Beam:	Floor:												
<p>Two allowable vaults- alternative springboard or Jr. board allowed. May perform the same or different vaults onto mat or table.</p> <p>*Walk or run can be modified to athletes' capabilities.</p> <p>Special Requirements: <i>SV: 8.0-</i> • Run. Hurdle onto springboard. Tuck, straddle or straight jump onto 16"-24" mat. 2-3 steps. ¾ handstand or handstand. Step down to lunge.</p> <p><i>SV: 8.5-</i> • Run. Hurdle onto springboard. Tuck, straddle or straight jump onto 16"-24" mat. 2-3 steps. Kick up to handstand, fall to flat back.</p> <p><i>SV: 9.0-</i> • Handstand to flat back onto 24"-40" mats</p> <p><i>SV: 9.5-</i> • Handstand over table to mat stack • Handspring over 32"-40" stacked mats</p> <p><i>SV: 10.0-</i> • Handspring over table • Handspring over stacked mats with ½ for full twist (pre or post flight) • Handspring over table with ½ twist (pre or post flight) • Handspring over table with full or two ½ twists</p>	<p>The routine may be executed according to the athlete's capabilities. Routine may be performed on low and/or high bar.</p> <p>Routine must consist of a minimum of 5 skills. 2.0 deduction for short routine.</p> <p>No extra swing deductions will apply.</p> <p>Special Requirements:</p> <ol style="list-style-type: none"> Mount: Cast: Circling Element: Dismount: <p><i>Routine on a single bar (VOID)</i> <i>SV: 8.0- start routine on one bar, dismount, remount other bar, resume routine</i> <i>SV: 8.5- routine moves between high and low bars</i> Bonus: Max 1.5 0.25 for each additional element on low bar 0.5 for each additional element on high bar</p> <table border="1" data-bbox="583 1010 1033 1534"> <thead> <tr> <th colspan="2">Allowable Skills:</th> </tr> </thead> <tbody> <tr> <td>Skills listed in the USA Gymnastics Women's programs may be performed. This includes the Compulsory, DP Optional and all XCEL levels.</td> <td>In addition, the following skills are allowed: <u>Bar Change:</u> • Climb up to jump to HB • Squat on jump to HB <u>Mounts:</u> • Jump to Front Support <u>Casts:</u> • Cast, hips leave bar, no angle <u>Dismounts:</u> • Tuck Forward Roll to Stand • Cast off to Stand</td> </tr> </tbody> </table>	Allowable Skills:		Skills listed in the USA Gymnastics Women's programs may be performed. This includes the Compulsory, DP Optional and all XCEL levels.	In addition, the following skills are allowed: <u>Bar Change:</u> • Climb up to jump to HB • Squat on jump to HB <u>Mounts:</u> • Jump to Front Support <u>Casts:</u> • Cast, hips leave bar, no angle <u>Dismounts:</u> • Tuck Forward Roll to Stand • Cast off to Stand	<p>The routine may be executed according to the athlete's capabilities. Must be performed on a high beam at any setting.</p> <p>Suggested max time 1:15, no deduction for overtime, but routine must be at least 30 seconds. 2.0 deduction for short routine.</p> <p>Special Requirements:</p> <ol style="list-style-type: none"> Min. 180° turn on two feet*: Balance Element (with leg extended front side or back at 45°): Dance Element (hop/jump/ leap): Dismount: <p><i>SV: 8.0- high beam routine (any height)</i> <i>Usage of low beam (VOID)</i> Bonus: Max 2.0 *0.5 if turn is on one foot 0.25 for each additional element 0.5 for each acro skill 0.25 if bonus skill performed a second time</p> <table border="1" data-bbox="1062 1010 1514 1510"> <thead> <tr> <th colspan="2">Allowable Skills:</th> </tr> </thead> <tbody> <tr> <td>Skills listed in the USA Gymnastics Women's programs may be performed. 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