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RTCC Region4



Pre-Season Reminders for USAG Optional Levels 2009-2010

We are approaching the competitive season with new Optional Rules for Levels 7-10. As you are preparing for the season, please review to be sure you are current on the rules and the necessary tools for your job.

*Be sure to purchase the new JO Code of Points (Yellow Book) and also download the correction pages from the USAG website: www.usa-gymnastics.org

*Update your memberships, safety and background check if needed.

*Review the NEW restrictions for Levels 7-8-9. Stiff penalties are applied if unallowable skills are performed.

*The focus of this code of points is on good technique, immediate connections, correct body positions on elements and small parts, and artistry. It is not so much what you do, as it is how you do it!

*On bars, all casts are expected to go to handstand. Short casts and turns will be penalized up to .3 each. The only time a handstand is not expected is at Level 7/8 before a bail or peach salto, and before a squat on.

*On beam all backward acrobatic series with flight must show immediate connection. Slowly connected series will be broken. There are 3 different types of series on beam each with different expectations.

*The new dance passage on floor must include two different skills from group 1 (leaps, jumps, hops) and one must be a leap with 180 degree split.

*Review all routine requirements and do not assume that last year's routines will be adequate.

*Have a judge in to the gym pre-season to check on Special Requirements and execution so you are prepared for the difference in scores from last year to this.

*Help your parents and athletes understand that scores will be different from last year.

*Remember that good execution and technique will still score well.

*Use your proper channels to ask questions and be on top of your game!