

Region I Middle School Gold - Floor Exercise				2022	
FLOOR EXERCISE: Base Score <b>9.5</b>		Max. Bonus Allowed: <b>.5</b>		Available Bonus: <b>.8</b>	
Part	Skill	Description	Performance Criteria	Bonus	Award
1	Round Off Back Handspring		Missing back handspring <b>-.5</b>		
2	Tucked Back Salto		Landings & Height per FIG	Salto Stretched	0.1
3	Bent arm back extension roll to HS Lower to prone 1/2 turn to pike sit		HS Angle per FIG	Straight Arms	0.1
4	Roll back to candlestick Roll forward to straddle stand		Hips above chest Show control as athlete stands Straddle roll to stand with straight legs		
5	Bent arm press to Handstand		Momentary Hold No momentary hold <b>-.2</b> Press from jump <b>-.2</b>	Straight Arm Press or Endo HS Hold 2 sec.	0.1 0.1
6	Run to Front Salto Tucked		Landings & Height per FIG controlled landing	Pike Salto controlled landing	0.1
7	Step to handstand, tucked forward roll		Straight arm forward roll	Step to handstand w 1/1 pirouette (no max on steps)	0.1
8	Step to Lunge - Scale One step forward and turn <b>180*</b>	Scale leg horizontal	Missing Scale = <b>-1.0</b> Show control as athlete stands 2 second hold on Scale Scale back leg level w/floor		
9	Run Front Handspring			Front / Front (any Salto position) Replaces #9 & 10	0.1
10	Bounder rebound to stand	Bounder rebound to stand No rebound deduct 0.2 and loss of Stick Bonus	Landings & Height per FIG	Front tuck Replaces #10 Stick	0.1 0.1
<b>Additional Performance Criteria</b>					
All Height & Landings Per FIG		No Additional Matting <b>Allowed</b>			
<b>Arm Criteria on ALL Transitions</b>		<b>Lunge Criteria</b>	<b>Scale Criteria</b>	<b>Stick Bonus Criteria</b>	
Arms level or above Good Rythm Deduct 0.1 per skill		Back Leg Straight back foot turned out with heel down Arms level or above	Legs Straight Back Leg horizontal or above Arms level or above	A flag/arm raised for all sticks awarded The NCAA Stick bonus rules will apply	
<b>Holds - 2 Second and Momentary</b>					
1. All holds per FIG					
2. Momentary holds are defined as holds that show a definite stop or control of the final finish position and are held less than or up to one second. Momentary holds that do not show a definite stop or control of the final finish position, <b>receive a medium deduction.</b>					
3. In the case of awarding bonus, if the gymnast shows control of the final position he will be awarded a bonus. If the gymnast clearly does not show control of the final finish position he will receive a single medium deduction for failing to meet the required hold criteria and therefore not receive a bonus for the skill. If a Specified Bonus skill is executed (50% or greater rule) but incurs a single large deduction or fall, the gymnast receives credit for the numbered skill part even though bonus is not awarded.					
<b>Added Holds on Floor</b>					
1. Where continuous rhythm is required, any added pauses greater than 2 seconds will be treated as rhythm errors and result in a small deduction (-0.1) each time.					
2. Added holds are to be deducted as rhythm errors and not as added parts.					
<b>Steps:</b>					
1. There is no requirement specifying the number of steps in the run prior to tumbling sequences in floor exercise routines.					
2. If a run is specified then at least one step must be taken prior to the hurdle otherwise a small deduction of 0.1 will be taken.					
3. A gymnast may take as many or as few steps as is necessary to execute the routine within the defined limits of the floor exercise mat.					
<b>Floor Patterns:</b>					
All tumbling passes can be performed on a 40' x 40' Floor Exercise mat or on a tumbling strip up to 60 feet in length.					

Region I Middle School Gold - Pommel Horse				2022	
<b>Pommel Horse</b>		<b>Base Score 9.5</b>	<b>Max. Bonus Allowed: .5</b>	<b>Available Bonus: .7+</b>	
*This routine is written for an athlete that swings circles in a clockwise direction, it can be reversed in its entirety					
Part	Skills	Description	Performance Criteria	Bonus	Award
1	3/4 Loop	From stand, cross support circle facing forward, 3/4 Loop with 1/4 turn to rear support with left hand on handle, right leg cut back	Maximum execution deduction = -0.3 per loop (not including fall) As per FIG (see below); No minimum height on leg cut	Additional Loop(s) per circle, no max	0.1 per
2	Leg cut back, leg cut forward	Left leg cut back, right leg cut forward	Minimum height on leg cuts = elbow		
3	Straddle travel	Simple straddle travel up to front support	No minimum height on legs during simple travel		
4	False Scissor; Scissor	Cut right leg to false scissor; Cut right leg to Scissor	Minimum height on leg cuts = Foot at elbow	Head height or better for both skills	0.1
5	False Scissor; Scissor	With left leg already in front, continue to false scissor; Cut left leg to scissor	Minimum height on leg cuts = Foot at elbow	Head height or better on both skills	0.1
6	Leg cut forward, leg cut backward, leg cut backward, feint	Left leg cut forward, right leg cut backwards, left leg cut backwards, wrap left leg around to feint position	Minimum height on leg cuts = elbow		
7	Circle dismount	One double leg circle finishing in front support and jump off facing the horse.	Maximum execution deduction = -0.3 per loop (not including fall)	Additional circle(s) per circle, no max	0.1 per
				Travel down	0.1
				Additional circle(s)	0.1
				Stick	0.1
<b>Mushroom</b>		Mushroom routine can be done before or after PH routine			
Part	Skills	Description	Performance Criteria	Bonus	Award
9	Circle, Circle	Two double leg circles	Maximum execution deduction = -0.3 per loop (not including fall)		
10	Circle, Circle	Two double leg circles	Maximum execution deduction = -0.3 per loop (not including fall)		
11	Circle, Circle	Two double leg circles	Maximum execution deduction = -0.3 per loop (not including fall)		
12	Circle, Circle	Two double leg circles	Maximum execution deduction = -0.3 per loop (not including fall)		
13	Circle, Circle	Two double leg circles	Maximum execution deduction = -0.3 per loop (not including fall)		
			* No landing deductions		
<b>Additional Performance Criteria</b>			<b>Stick Bonus Criteria</b>		
The routine can be reversed in its entirety			A flag/arm raised for all sticks awarded		
The pommel horse can be lowered to any height below FIG			The NCAA Stick bonus rules will apply		
A panel mat can be used to mount the pommel horse					
When circles/loops are required or performed for bonus, any additional circles/loops will not incur a Composition error deduction.			<b>Amplitude for scissor work</b>		
			Height is measured from the foot at the top of the swing		
			Lack of amplitude deductions:		
			Foot at elbow line = no deduction		
			Foot between elbow and above horizontal line = -0.1		
			Foot below horizontal line = -0.2		
<b>Circle criteria</b>			<b>Wende</b>		
All circle criteria is per FIG: Ideally circles must be performed with complete extension. Lack of amplitude in body position is deducted as an individual deduction for each element. Circles with a slightly hollow position are permitted. Hip breaks during individual elements in an exercise should be deducted as separate technical errors on each circle.					
Hip breaks during circles = (-0.1 small), or (-0.2 medium)					
Lack of body extension in circles. Each element = (-0.1 small)			NO ANGLE DEDUCTION FOR WENDE		

Region I Middle School Gold - Rings			2022	
<b>Rings: Base Score 9.5</b>		<b>Max. Bonus Allowed: .5</b>		<b>Available Bonus: 1.0</b>
Part	Skill	Performance Criteria	Bonus	Award
1	Pull with straight arms and piked body to inverted hang		<b>Pull straight arm and straight body</b>	<b>0.1</b>
2	Lower to inverted pike and Cast		<b>Add one or more straight body inlocates</b> <b>Max. bonus of +0.1</b>	<b>0.1</b>
3	Swing to back uprise	Bent arms allowed, maximum execution deductions (not including spot or fall) = -0.3; total cap on all deductions including spot and/or fall = -0.8	Add back uprise hand w momentary hold	<b>0.2</b>
4	L-sit hold	2 second hold		
5	Tuck planche hold	<b>2 Second Hold; (See Below)</b>	A tuck planche performed w/o a deduction will receive bonus	<b>0.1</b>
6	L-sit hold	2 second hold		
7	Press to shoulder stand hold	2 second hold, See Below	Bent Arm Press HS w <b>momentary hold (feet on inside of cables and arms on straps during press is allowed) or</b>	0.1
			Straight Arm Press HS w momentary hold ( <b>feet on inside of cables and arms on straps during press is allowed</b> )	0.2
			Handstand held for 2 seconds	0.1
			Maximum deduction for HS is -0.3	
8	Roll back to piked inverted hang	<b>Bent Arms allowed on roll down</b>		
9	<b>One or More Dislocates</b>	Straight Arms; pause between dislocate(s) is allowed	Continuous rythm of two or more connected dislocates <b>Max. bonus of +0.1</b>	0.1
10	Salto back tucked, piked, or stretched	Hips At Ring Height	<b>Stick</b>	<b>0.1</b>
<b>Additional Performance Criteria</b>				
<b>Straight Body Inlocate</b>		<b>Shoulder stand Criteria</b>		<b>Stick Bonus Criteria</b>
Straight body required for Bonus		Straight body; Rings turned out; Arms free of straps		A flag/arm raised for all sticks awarded The NCAA Stick bonus rules will apply
<b>When an Inlocate is required for bonus, all additional Inlocates will not incur a Composition Error deduction</b> Must Show Continuous Rhythm		<b>Press Handstand Criteria</b>		
		Bent or Straight arms allowed Momentary Hold required for NO deduction		
		Feet may be on the inside of the cables during handstand		
		No bonus awarded if legs or feet wrap around or touch the outside of the cables		
		Use of arms on straps is allowed		
		Maximum deduction of -0.3 for achieving the handstand		
		<i>Attempting the press will satisfy the shoulderstand requirement</i>		
<b>Back uprise Handstand Criteria</b>		Pike or Straddle Allowed Max Bonus is .3		
straight or bent arms Momentary Hold				
<b>Tuck Planche Criteria</b>		<b>Dislocate Criteria</b>		
Arms Straight, Rings turned out, Arms free of straps Hips level with shoulders, Legs tucked, 2 second hold		Straight Arms; Pause is allowed <b>When a dislocate is required or used for bonus, all additional dislocates will not incur a Composition Error deduction</b>		
<b>Holds - 2 Second and Momentary</b>				
1. All holds per FIG				
2. Momentary holds are defined as holds that show a definite stop or control of the final finish position and are held less than or up to one second. Momentary holds that do not show a definite stop or control of the final finish position, <b>receive a medium deduction.</b>				
3. In the case of awarding bonus, if the gymnast shows control of the final position he will be awarded a bonus. If the gymnast clearly does not show control of the final finish position he will receive a single medium deduction for failing to meet the required hold criteria and therefore not receive a bonus for the skill. If a Specified Bonus skill is executed (50% or greater rule) but incurs a single large deduction or fall, the gymnast receives credit for the numbered skill part even though bonus is not awarded.				

# Middle School Compulsory Routines

## Vault - Level 4, 5, Modified H.S.

### Vault

**Base Score: 9.7**                      Available Bonus: +.3                      **Total Score: 10.0**  
Amplitude & Virtuosity: +.2,    Stick: +.1

Note:

1. The middle school program will not give a zero score, with the exception of failure to contact the horse at all, which will receive a zero. Otherwise, the minimum score for any actual vault will be 2.00. A zero vault, as defined by the FIG, may be repeated once, with a deduction of 1.00 from the value of the second attempt. No third attempts will be allowed.
2. The coach must stand between the board and the landing area to spot. The judge should not allow the gymnast to begin his run if the coach is not in position.
3. The judge has the discretion of allowing additional attempts due to the interruption of the run, jump or landing by outside events not controlled by the gymnast. (Without deduction)
4. The vault can be set at any height.
5. The landing mat area must be a minimum of 8" in thickness.
6. Landing deductions:

Landing less than 0.5 meters from table:	Large Error	-0.3
Landing 0.5 – 1.0 meters from table:	Medium Error	-0.2

### Zero Vaults

1. During the run the gymnast passes by the vault, or hits the springboard without performing a vault.
2. The run is stopped and the gymnast backs up and restarts.
3. Pushing from the table with the feet.
4. A vault so poorly done that it is not recognized.
5. Double touching the table with the hands.
6. No hands touch the vault.
7. The gymnast lands without at least one foot hitting first.
8. Landing intentionally in a side stand.
9. The gymnast performs a prohibitive vault (straddled legs, flip in first flight, or a prohibitive pre-element before the vaulting board.
10. The gymnast does not use the safety collar for round off entry vaults.

Region I Middle School Gold - Parallel Bars				2022	
Parallel Bars		Base Score: <b>9.5</b>	Max. Bonus Allowed: <b>.5</b>	Available Bonus: <b>1.2</b>	
Part	Skills	Description	Performance Criteria	Bonus	Award
1	Glide Kip to support - swing backward	From stand or short run, glide kip to support and swing backward	Body horizontal and stretched at completion of the back swing	Swing Hand	0.1
2	Cast or Moy to upper arm hang	Cast or Moy to upper arm hang	<b>Early or late drop allowed on cast</b> Spot allowed on Cast, but not on moy	Under bar cast with no spot	0.1
3	Back uprise	Back uprise to	<b>Arms Straight at completion of skill</b> No angle requirements	Body horizontal at completion of skill	0.1
4	<b>L-sit</b>	L-sit w 2 second hold	2 second hold, <b>90° hip angle</b>	<b>V-sit (2 seconds)</b> <b>All angles/holds per FIG</b>	<b>0.1</b>
5	Bent arm press to horizontal	<b>Piked or straddled</b> press to Horizontal	Extend to horizontal and continue to part #6	Bent arm press to handstand	<b>0.1</b>
				straight arm press to handstand	<b>0.2</b>
				Hold handstand 2 seconds	<b>0.1</b>
6	Swing Forward, Swing Backward	Swing forward and swing backward	<b>Fwd-Hips horizontal, body stretched</b>	Stutz (immediate layaway)	0.1
				<b>Hop to handstand (no hold required)</b>	<b>0.1</b>
7	Layaway front uprise and	No angle requirement prior to layaway	<b>Hips above bar at completion</b>		
8	Swing bkwd to horizontal and swing forward then		<b>Hips horizontal, body stretched</b> <b>Hips horizontal, body stretched</b>	Swing Hand	0.1
9	Swing backward and Wende Dismount		Good rhythm (no pause)	<b>Dismount Bonus</b>	
				<b>Back Salto Bonus - Performed after #8 (swing forward and back salto)</b>	0.1
				<b>Front Salto Bonus - Performed after #9 (swing backward and front salto)</b>	0.1
				Any distinct body position allowed (tuck,pike,stretch)	
				<b>Stick on Dismount</b>	<b>0.1</b>
Additional Performance Criteria					
All angles and holds per FIG unless specifically amended					
L-sit, V-sit hold criteria		Salto Dismount criteria		Stick Bonus Criteria	
All angles and holds per FIG		Any position allowed		A flag/arm raised for all sticks awarded	
Stutz criteria		All Height & Landings Per FIG		The NCAA Stick bonus rules will apply	
Straight arm catch		All Swing Hand Criteria			
Body above bars		No momentary hold required			
Front uprise criteria		No deduction for holding			
Hips above bar at completion		Arms Straight			
Support Swing criteria		Press criteria			
unless specifically amended use:		Bent arms allowed			
Front Swing: Hips Horizontal, body stretched		2 second hold required			
Back Swing: Hips Horizontal, body stretched		Pike or straddled allowed			
Arms Straight		Cast to Hang criteria			
Hop to Handstand criteria		Hips at bar height on catch			
No hold required		Early or late drop allowed			
Hands must show clearance					
Angle per FIG					
No deduction for holding					
Arms Straight					
Holds - 2 Second and Momentary					
1. All holds per FIG					
2. Momentary holds are defined as holds that show a definite stop or control of the final finish position and are held less than or up to one second. Momentary holds that do not show a definite stop or control of the final finish position, <b>receive a medium deduction.</b>					
3. In the case of awarding bonus, if the gymnast shows control of the final position he will be awarded a bonus. If the gymnast clearly does not show control of the final finish position he will receive a single medium deduction for failing to meet the required hold criteria and therefore not receive a bonus for the skill. If a Specified Bonus skill is executed (50% or greater rule) but incurs a single large deduction or fall, the gymnast receives credit for the numbered skill part even though bonus is not awarded.					

## Region I Middle School Gold - High Bar

2022

<b>Horizontal Bar</b>	<b>Base Score: 9.5</b>	<b>Max. Bonus Allowed: .5</b>	<b>Available Bonus: .8</b>
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Part	Skills	Description	Performance Criteria	Bonus	Award
1	Pull over	From hang in under grip,			
	change to undergrip	Pull over to support			
2	Cast in under-grip to	Under-grip cast to straight extended body	Body extended above bar height	Cast to 45* or higher	0.1
3	Swing up and hop to over grip	Swing up in back swing, Hop to over grip	Minimum hop height is 45* below bar height	Under grip giant(s)	0.1
4	Swing forward, swing backward	Swing forward, Swing backward	Tap swing forward (All swings 45* below level)		
5	Swing forward and 1/2 turn or hop	swing forward to swing 1/2 turn	After the 1/2 turn, both hands finish in over grip		
6	Swing forward and kip	Swing forward and kip	Kip with straight arms Maximum deduction for a kip with a spot is 0.3	Unassisted kip	0.1
7	Cast in over-grip	Cast to straight extended body	Body extended above bar height	Cast to 45* or higher	0.1
8	3/4 swing to baby giant to under shoot	Swing forward to a 3/4 giant swing backwards (baby giant), undershoot	Body extended with small or no hip touch on the bar	Over grip giant(s)	0.1
9	Swing backward, Swing forward	Swing backward, Swing forward	Tap swing (All swings 45* below level)		
10	Swing back, release and dismount	Swing back, release for landing	Pull down with hollow body, shoulders above bar on release	Stick	0.1

**Alternate dismount for bonus**

6	Swing back, swing		Tuck, pike, stretch allowed	Fly away	0.1
	Forward and salto		Salto must show lift	Salto bar height	0.1
				stick landing	0.1

**Additional Performance Criteria**

Kip criteria	Giant criteria	Stick Bonus Criteria
Bent arms allowed	Arms straight	A flag/arm raised for all sticks awarded
Mixed grip allowed	Body straight in handstand	The NCAA Stick bonus rules will apply
	When giants are required or performed for bonus, any additional giants will not incur a Composition error deduction.	
	<b>Swing 1/2 or Hop 1/2 criteria</b>	
	No angle deduction	
	Arms and body straight	
	Aligned axis in turn	
	<b>Salto backward Dismount Criteria</b>	
	Any distinct body position allowed	
	(tuck,pike,stretch)	
	Hips at bar height	