

2006-2007 Novice Optional Errata

8-27-06

Novice Optional Exercise Requirement Formula

Value parts (6 A's at .1 each)	.6
Special Requirements (5 at .2 each)	1.0
Execution, Amplitude, Rhythm, Dynamics, and Artistic Quality	<u>8.4</u>
	10.0

General: Composition is not evaluated at Novice Optional. The emphasis at this level is on the gymnast's performance; that is, execution, amplitude, rhythm, dynamics, and artistic quality.

- Gymnast is required to perform 6 "A" skills valued at .1 each
- "A" skills are listed in the Code of Points
- Gymnast is allowed to do "B" skills with no penalty
- No acro "C" and No "D" gym or acro skills are allowed
 - 2.00 deduction for "C" acro skill
 - Void routine for "D" skills performed
 - "C" gym skills are acceptable
- Special Requirements are valued a .2 each
- Lack of Rhythm through-out exercise deduction is an up to .3
- Lack of Dynamics is an up to .2 on UB, BB, and FX. Vault is an up to .3
- Lack of Artistic quality is an up to .3
- Fall time on each event is 30 seconds to remount apparatus
- Floor Exercise without instrumental music .5 deduction; with voice 1.0 deduction
- 10.0 start value for Uneven Bars, Balance Beam and Floor Exercise
- Vault start values are listed below

Vault:

- Only Group 1 vaults are allowed
- Gymnast gets 2 vaults, best score is awarded, can be same or different
- Straddle, Squat, Stoop, Flank vaults – 9.0
- Handspring – 9.8
- All other vaults – 10.0

Uneven Bars:

Special Requirements - .2 deduction for each missing SR

- 1 bar change
- 1 circle element
- 1 element on the High Bar
- 1 small cast (no angle requirement)
- Salto, straddle sole circle, pike sole circle, underswing and counterswing dismounts, with or without twists.

Balance Beam: Time 1:10 Warning at 1:00 (no minimum)

Special Requirements - .2 deduction for each missing SR

- Full turn (360°)
- Two element gym series (may include the leap)
- Leap element, take off from one foot (180° split is not required)
- One acro element (with or without flight)
- Flight dismount (with or without hand support)

Floor Exercise: Time 1:30 (no minimum)

Special Requirements - .2 deduction for each missing SR

- Full turn (360°)
- Acro/Gym series with 2 elements (with or without flight)
- Leap series or jump series with 2 elements
- 2 tumbling passes with at least 2 elements with flight
- Forward acro skill (with or without flight)