Judges Rules for the Nordic Championships for boys under 16 and under14 years

Updated after common decision made in Leipzig 05.12.2008,
dated 12.12.08 (revision are in *italic*)

COP 2009 -2012 to be used with the following changes:

New difficulty values for elements:

L = 0.0 (Salto dismount, listed)
A = *0.1*
B = *0.3*
C = *0.5*
D, E or F = *0.8*

Rule regarding short exercises:

According to CoP junior rules

Dismounts, *according to CoP 2009 Junior rules*:

L = 0.0
A = 0.0
B = 0.3
C, D, E or F = 0.5

*If **no** dismount are preformed, a E-deduction will be applied*
***No** dismount = 1,0 (= to fall)*

New rule regarding group values:

- Group value elements do not need to be inside the 8 counting elements to be give value.
- There is no restriction regarding number of elements from the same group inside the 8 counting elements.

Vault finales

Vault finals and qualification for vault finales according to CoP 2009.

New rule regarding height of the horse in vault:

The height of the horse can be chosen by the gymnast between a minimum of 125 cm and a maximum of 135 cm.

New elements:

Pommel horse:

Circles in side support on the pommels and in side support with one arm on the pommel and one arm on the leather are two different A-elements.
Kehr (IV1) to dismount = A
Czechkehr (IV44) to dismount = B

Rings:

Salto fwd. tucked = L
Salto bwd. tucked = L
Felge upward to h.st. with bent arms = B
Uprise bwd. to h.st. with bent arms = B
Dislocate with shoulders above ring height = B
Inlocate with shoulders above ring height = B

Evaluation of swing to handstand:
- Swing to handstand with stretched arms = C
- Swing to handstand with bent arms (slight, strong or extreme) = B, and no B-deduction for bent arms

Parallel bars:

Salto fwd. tucked to dismount = L
Salto bwd. tucked to dismount = L
Stutzkehr fwd. above 45 deg. = B
Stutzkehr fwd. above horizontal = A (E-deduction only for a Stutzkehr below horizontal)
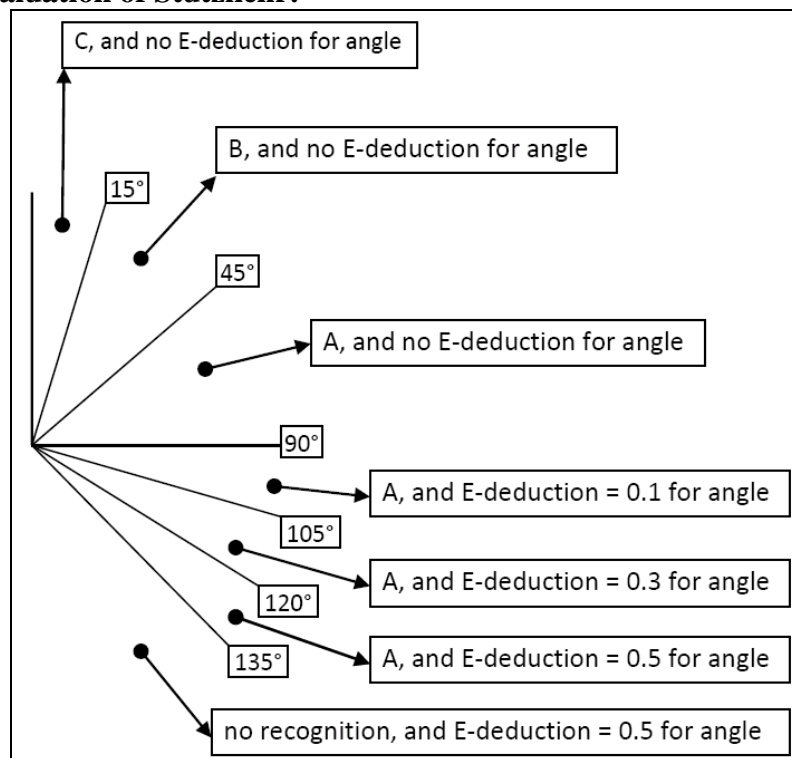Basket above 45° to upper arm hang = B
Basket above horizontal to upper arm hang = A
Basket above horizontal to support or L-support = B (E-deduction only for a Basket below horizontal)
Basket to h.st with bent arm = C (no E-deduction for bent arms)
Press with bent arms to handstand = A

Evaluation of Stutzkehr:

<u>High bar:</u>

Salto bwd. in tucked pos. = L
Salto fwd. in tucked pos. = L
Layout backward salto to dismount = A (probably A-element in next revision of CoP)