

OVERVIEW OF COP CHANGES FOR 2022-2026 CYCLE

Note: The majority of the equipment specs were removed from the COP and will be posted in R&P, once finalized and published after the May committee meetings.

VP Requirements by Level - Unchanged

SV by Level - Unchanged (10.0 for L6-8, 9.7 for L9, 9.5 for L10)

Earning Bonus - Level 9 is now eligible to earn Bonus points using both CV and "D/E" Bonus

1. Maximum SV is 10.00, with a maximum of 0.30 in Bonus
2. Option 1 0.3 CV (unchanged)
3. Option 2 0.2 CV + 0.1 DV
 - a. 0.1 DV for the first allowable or restricted "D/E" performed in chronological order (UB – any D/E; BB/FX – Acro D/E).
 - b. Only the first "D/E" performed or attempted can be considered for +0.10 "D/E" Bonus.
 - c. If first "D/E" attempt results in a fall, or no VP credit awarded (incomplete or coach assists/spots), no Bonus is awarded.
 - d. No additional allowable "D/E" elements performed later in exercise will be considered for Bonus.
 - e. Allowable "D/E's" count as "C" in Connection Value Principles.
 - f. If any additional restricted "D/E" element is performed **or attempted (even if attempt is incomplete)**, deduct 0.50 from SV for each restricted element. Do NOT award VP or SR credit.

VAULT

Apparatus Regulations

L6/7 Mat Stack Height now 16" - 48" (down from 32" - 60")

Deductions

1. In pre-flight phase, the deduction for poor hip angle has been increased to Up To 0.3 (from Up To 0.2)
2. In support phase, **NEW** "Hop(s) with both hands simultaneously" flat 0.3 for all levels
3. In support phase L8-10, the deduction for Prescribed LA turn begun too early has been increased to Up To 0.5 (from Up To 0.3)
4. Removal of L8-10 second flight phase deduction from 2018-2022 COP Prescribed LA (longitudinal axis) begun too late ~~↑0.50~~

There are new Vault Value charts with many upgraded vaults. Notably in L10, #2.302 (Handspring front tuck ½), #4.407 (Yurchenko entry - ½ twist front tuck with ½ twist), #5.301 (Yurchenko ½ entry - front tuck) have been raised to a 10.0 SV (non bonus eligible).

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New Vaults

1. #1.209 - FHS onto board - Handspring 1/1 Twist (L10 SV 8.9, L9 SV 9.1)
2. #3.508 - ¼ on - ¼ front tuck 1 ½ (Carey) **SV 10.0 (bonus eligible)**
3. #5.102 - Yurchenko ½ Entry - Hsp ½ off (L10 & L9 SV 9.1, L8 9.4)
4. #5.107 - Yurchenko 1/1 Entry - Hsp ½ off (L10 & L9 SV 9.2)

BARS

Supplemental Matting - No longer specifies that supplemental matting is limited to two areas (under the bars and/or dismount areas)

Recognition/Counting of VP

1. **NEW** Cast to HS or short cast prior to same element will be considered a different connection.
 - a. EXAMPLE: Short cast to clear hip circle backward (both NOT within 20° of HS) = "0" VP + "B" Cast to HS to clear hip circle backward (NOT within 20° of HS) = "B" + "B" • Both clear hip circles backward receive "B" VP credit.

Special Requirements - Unchanged

Difficulty Restrictions

1. L9
 - a. **(Modified)** Only "A" / "B" / "C" elements + any number of "B" or "C" root elements with 1/2 (180°) turn to reverse, L, or mixed-L grip in HS or with 1/1 (360°) to HS ("D/Es") are allowed.
 - i. EXAMPLES of allowable "D's": Cast to handstand and Giant circle backward, both with 1/1 (360°) turn in HS. Clear hip circle, Stalder circle backward and pike sole circle backward, all with ½ turn to reverse, L or mixed-L grip.
 - ii. EXAMPLES of allowable "E's": Clear hip circle, Stalder circle backward and pike sole circle backward, all with 1/1 (360°) turn in HS.
 - b. **(Unchanged)** Maximum of one restricted "D/E" element from any Group is allowed
2. L8
 - a. **(Modified)** Any number of the following selected "C" elements are allowed:
 - i. #2.301 ("C") - Cast to HS backward with ½ (180°) turn
 - ii. #3.304 ("C") - Clear hip circle backward to HS
 - iii. #3.305 ("C") - Clear hip circle backward to HS with ½ (180°) **turn to regular grip**
 - iv. #6.304 ("C") - Stalder circle backward to HS
 - v. #6.304 ("C") - Stalder circle backward to HS with ½ (180°) **turn to regular grip**
 - vi. #7.309 ("C") – Pike Sole circle backward to HS

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- vii. #7.309 (“C”) – Pike Sole circle backward to HS with ½ (180°) **turn to regular grip**
 - viii. Level 8 allowed to perform: #4.204 (“B”) - Underswing with ½ turn over LB to hang,
 - 1. If preceded by HS on HB, becomes a restricted “C” (#4.304)
 - ix. #2.205 (“B”) - Counterswing, straddle back over LB to hang,
 - 1. If the straddle back goes to HS on LB, becomes a restricted “C” (#2.305)
 - b. **(Unchanged)** Level 8 allowed to perform a maximum of one restricted “C” element from any Group.
3. L7
- a. **(Modified)** any number of the following selected “C” elements are allowed:
 - i. #2.301 (“C”) - Cast to HS with ½ (180°) turn
 - ii. #3.304 (“C”) - Clear hip circle backward to HS
 - iii. #3.305 (“C”) - Clear hip circle backward to HS with ½ (180°) **turn to regular grip**
 - iv. #6.304 (“C”) - Stalder circle backward to HS
 - v. #6.304 (“C”) - Stalder circle backward to HS with ½ (180°) **turn to regular grip**
 - vi. #7.309 (“C”) – Pike Sole circle backward to HS
 - vii. #7.309 (“C”) – Pike Sole circle backward to HS with ½ (180°) **turn to regular grip**

Composition Clarification (L10 only)

1. More than one squat / stoop on LB, with or without sole circle, with jump to grasp HB **0.1 each**
 - a. EXCEPTION: Following fall from UB, gymnast is allowed to perform cast squat / pike-on to resume routine without receiving 0.10 deduction.
 - b. Once a gymnast has performed a planned squat / stoop-on, only additional planned squat / stoop on’s would be subject to the 0.10 each deduction.

Skill Value Changes (shows former value & element number -> new value & element number)

1. Clear hip circle to handstand with 1/2 (180°) turn in handstand phase to reverse grip, also to L grip (Higgins technique) or mixed-L grip ~~C 3.305~~ -> D 3.405
2. Clear hip circle to handstand with 1/1 (360°) turn in handstand phase to regular grip (Ma) ~~D 3.405~~ -> E 3.505
3. Stalder backward to handstand with 1/2 (180°) turn in handstand phase to reverse, L grip, or mixed-L grip ~~C 6.304~~ -> D 6.404
4. Stalder backward to handstand with 1/1 (360°) turn in handstand phase ~~D 6.404~~ -> E 6.504
5. Pike sole circle backward to handstand with 1/2 (180°) turn in handstand phase to reverse, L or mixed-L grip ~~C 7.309~~ -> D 7.409
6. Pike sole circle backward to handstand with 1/1 (360°) turn in handstand phase ~~D 7.409~~ -> E 7.509

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Connection Value Bonus Combinations - Unchanged

BEAM

Supplemental Matting - No longer specifies that supplemental matting is limited to two areas (under the beam and/or dismount areas)

Timing Regulations

1. **NEW** Immediately prior to performing the exercise: **May perform an element on BB matting prior to CJ signal to begin.**
 - a. If gymnast performs element on mat after CJ signals to begin, CJ deducts 0.20 from average score for exceeding warm-up time. No warning is issued.
2. **(Modified)** Evaluation and timing of BB begins when **hands** or feet leave the mat or mounting apparatus.

Specific Technique Clarification - **Tuck Stand Turn NEW**

1. Turn is completed when the support foot and hips have reached 360° rotation and the free leg touches the beam.
2. If the foot of the free leg lands on the beam prior to the full rotation of the support foot and hips, the turn is considered as completed when the free foot touches the beam.
3. Deduct accordingly to the degree of rotation of the support foot and hips, at the time when free leg touches the beam.

Special Requirements - Unchanged

*Note that the wording under “Non-flight acro does NOT require 2-sec hold” (as applicable to a back walkover used in a Level 8 series, for example) now says “Allowed as first **or second** element in Level 8 Acro series.”*

Difficulty Restrictions

1. L9 & L8 - Unchanged
2. L7 **(Modified)** Any “C” Dance element (unlimited)
3. L6 **(Modified)** 1 “C” Dance element

Composition

1. Choreography / Directional Use **(Modification)**
 - a. MUST show two out of three directions (0.05 each)
 - b. Forward / backward / sideward movements / non-VPs / choreography
2. More than ~~two~~ one 180° turn on two feet (pivots) with straight legs

Deductions

Relaxed / incorrect **footwork** on non-VPs throughout exercise now **Up To 0.3** (*matches compulsory deduction, in prior code this deduction was Up To 0.2*)

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Bonus Connection Value

B + C "Salto" (0.1) now includes the use of Mount element, only excludes dismount

Skill Value Changes (shows ~~former value & element number~~ -> new value & element number)

1. Mount

- a. Split leap forward with leg change (180° leg separation) at end of beam ~~C 1.304~~
-> D 1.401
- b. **NEW** Cartwheel with hands on spring-board to finish in front support A 1.113
- c. Backwards Candle Mount ~~D 1.413~~ -> D 1.408 (same value, new element number)
- d. Aerial walkover forward to cross stand approach at the end of beam ~~D 1.414~~ -> E 1.514
- e. Handspring forward – approach at end of beam – salto forward tucked to stand ~~D 1.414~~ -> E 1.514
- f. Salto forward tucked, landing in cross or side stand – approach at the end of beam ~~D 1.414~~ -> E 1.514
- g. Round-off, flic-flac through handstand – support on one or both arms to a cross stand on the beam ~~C 1.315~~ -> D 1.415
 - i. also swing down to cross straddle ~~C 1.315~~ -> D 1.415
 - ii. also with tucking and stretching of legs with support of both arms, swing down to cross straddle sit ~~C 1.315~~ -> D 1.415
- h. Round-off at end of beam – flic-flac with 1/1 (360°) twist – to cross stand on beam (Luconi) ~~D 1.415~~ -> E 1.515
 - i. also into swing down to cross straddle sit (Tsavdaridou) ~~D 1.415~~ -> E 1.515
- i. Round-off at end of beam – salto backward tucked, piked or stretched with step-out ~~D 1.416~~ -> E 1.516

2. Turns

- a. Knee Scales ~~A 3.106/B 3.206/C 3.306~~ (all knee scale turns have been removed)
- b. Holding Leg ~~B 3.209~~ (B turn holding leg between horizontal and 45° from vertical has been removed)
- c. Holding Leg C D E / 3.309 3.409 3.509 element description **modification** (turns holding leg must be performed in 180° split position - C 1/1 D 1 ½ E 2/1)

3. Walkovers/Cartwheels

- a. Aerial round-off, landing on both legs, also from stand on one leg, swing free leg through backward ~~D 7.403~~ -> E 7.503
- b. Flic-flac with 3/4 (270°) twist to side handstand (No hold required) ~~D 7.410~~ -> E 7.510
- c. Flic-flac with 1/4 (90°) twist to side handstand to immediate 1/1 (360) pirouette (must be continuous) ~~D 7.410~~ -> E 7.510
- d. Flic-flac with 1/1 (360°) twist – swing down to cross straddle-sit (Rulfova-flic) ~~D 7.412~~ -> E 7.512

4. Saltos

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- a. From two-foot take off, salto forward tucked to cross or side stand ~~D-8.401~~ -> E 8.501
- b. Salto backward tucked in side position (across the beam) ~~D-8.403~~ -> E 8.503
- c. Gainer salto backward stretched with leg change in flight to stepout ~~D-8.405~~ -> E 8.505

FLOOR

Supplemental Matting - Maximum thickness of skill cushion on FX 4"

Timed Warm Ups - Block time for timed warm-up NOT allowed on FX. The entire squad warms up at the same time for FX. The amount of time is calculated by multiplying the allowable warm-up time per athlete by the number of athletes in the largest squad in that session.

Recognition/Counting of VP

1. **NEW** Acro elements with support on one or both arms, with or without flight, or free (no hand support) are considered different elements
 - a. EXAMPLE: #5.104 Cartwheel, Dive cartwheel, and Aerial cartwheel = different elements.

Special Requirements (L6 / 8 / 9 / 10 Unchanged)

1. L7 **NEW** (*turn and leap pass requirements remain unchanged*)
 - a. 1, 2. Minimum of two acro passes
 - i. One pass containing a Salto backward with a minimum of two directly connected flight elements.
 - ii. One pass containing a Salto forward (additional elements allowed).
 - iii. One Salto must be stretched (backward or forward), without twist, landing on two feet.

Difficulty Restrictions

1. L9 & L8 - Unchanged
2. L7 **(Modified)** Any "C" Dance element (unlimited)
3. L6 **(Modified)** 1 "C" Dance element

Composition

Failure to perform Saltos/Aerials in two different directions

Deductions

1. **NEW** Failure to hold ending pose for one second 0.05
2. **(Modified)** Poor relationship of music and movement ~~Up To 0.2~~ -> Up To 0.3
3. **(Modified)** Relaxed / incorrect **footwork** on non-VP ~~Up To 0.2~~ -> Up To 0.3

Bonus **Indirect Acro** Connection Value (all other CV remains Unchanged)

1. CC ~~0.4~~ -> 0.2

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2. BC ~~None~~ -> 0.1
3. AAD ~~0.4~~ -> 0.2
4. AE ~~0.4~~ -> 0.2
5. BD ~~0.4~~ -> 0.2

Note: there is a wording changed on mixed series D-Acro to A-Jump (now says D-Acro to A-Leap), however example given is Round-off, Flic-Flac, Double Salto tucked ("D") + Sissonne ("A"). Since Sissonne is a jump (takes off two feet), I assume this wording change is an error.

*Additional Notes: the summary above was 100% manual. If other changes are found, please email (lkolkin@yahoo.com) to correct. The composition charts were not compared for the purposes of this summary. There appear to be errors in the new COP, instances where various pages within the COP show conflicting info (ex: Beam - 1 and Floor - 1 state that L7 requires only 5As/**1B**, yet General - 18 shows that L7 continues to require 5As/**2Bs**. Ex 2: Bars - 1 L7 difficulty restriction summary states that "One restricted "C" element - considered in chronological order" is permitted. However, Bars - 26 states only the list of allowable "C" elements may be performed without penalty). **In these circumstances, I make the assumption that the summary page 1 is incorrect (likely copy/pasted from another level).***