

Women's Gymnastics Rule Clarifications for 2010 Age Group Championships and J.O. Games

- **Open Division**

Levels 9 & 10 will compete in the Open Division. They will follow level 9 requirements with the opportunity of full bonus (level 10-D/E).

- **Special Requirements**

Special Requirements will be worth **.5** for levels 7, 8 and Open Division.

Special requirements for the Intermediate Optional division will be worth **.2**.

- **Level 3 Bar Dismount**

As posted on page 23 of the AAU National Manual, there are three choices for the level 3 bar dismount:

- Cast, Straddle On, Sole Circle Dismount (refer to USAG level 2 Element # 4-Pg. 26)
- Cast, Squat On, Pike Sole Circle Dismount (refer to USAG Level 3 Element # 7-Pg.41)
- Underswing Dismount (refer to USAG Level 4 Element #'s 6 & 8 Pg. 62) Since there is **not** a back hip circle before the AAU underswing dismount (as in USAG) the AAU athlete may initiate a cast prior to the underswing to facilitate dismount.