

JOGA RULES

For the full rules, see the JOGA Handbook.



REGISTRATION

- Registration, including payment, should be completed via online portal annually.
- Club and Coaches registrations are completed by the club admin.
- The fee for new clubs entering the JOGA league for the season is \$80. The renewal fee for JOGA member clubs is \$40. A copy of the club insurance policy is required.
- There is no registration fee for coaches. Coaches are required to 1.) be USAG certified including all required certifications (Recreational Membership is allowed) 2.) Concussion Certificate and 3.) agree to JOGA Code of Ethics.
- Athlete registrations are completed by the parents of the athletes. The athlete fee for all levels 1-8 is \$40 per athlete.
- <https://campscui.active.com/orgs/JerseyOptionalGymnasticsAssociationJOGA?orglink=camps-registration>
- Once all registration payments are completed the JOGA numbers are sent to the club admin by the competition chair.
- All questions can be directed to the competition chair Ally McMahan, Competition Chair, Gymnastics5258@aol.com

ATHLETES – LEVEL PLACEMENT

- JOGA levels start at JOGA 8 (lowest skill level) through JOGA 1 (highest skill level).
- The chart below shows an approximate conversion between JOGA Levels and other leagues.
- Mobility rules require athletes who scored higher than their peers to move up a level or two the next season. There is no forced movement during the season. There is no required mobility at levels 7 & 8.

USAG WAG	USAG XCEL	USAIGC	JOGA
Level 2	Bronze	Copper 1	JOGA 8
Level 3	Silver	Copper 2	JOGA 7
Level 4 or 5	Gold	Bronze	JOGA 6 or 5
Level 6 or 7	Platinum or Diamond	Diamond or Silver	JOGA 5 or 4
Level 8	Diamond or Sapphire	Gold	JOGA 3 or 2
Level 9	Sapphire	Platinum	JOGA 2 or 1
Level 10	Sapphire	Premier	JOGA 1

ATHLETE - AGES

- The minimum age for all levels is 5 years (as of the meet date). The maximum age is 21. Athletes are not required to move to level 2 until age 11 and 1 until 12.
- There are no specific age groups for JOGA. Age groups at meets are determined by the meet host and should evenly distribute the athletes. The age distribution below is just to show you approximate ages by level.
- Ages at States are the age on the Monday following the State Meet.

Level	Average Age		Ages 5-9	Age 10-11	Ages 12-14	Ages 15+
JOGA 1	16		0%	0%	11%	89%
JOGA 2	15		0%	1%	25%	74%
JOGA 3	14		0%	4%	45%	51%
JOGA 4	13		1%	5%	56%	38%
JOGA 5	12		3%	35%	51%	11%
JOGA 6	11		21%	42%	35%	2%
JOGA 7	10		44%	42%	13%	1%
JOGA 8	8		83%	15%	2%	0%

QUALIFYING SCORES

- States – To attend States. 2 scores required. All seniors may attend States.
- Next Season – This is to be moved up one level. 3 scores.
- Skip Level – This is to move 2 levels (this is very rare). 3 scores required.
- Level 1 Plus - This is a special age group at States. 2 scores required.

Level	States Score (2x)	Next Season Score (3x)	Skip Score (3x)	1 Plus Scores (2x)
JOGA 1	34.0			37.0
JOGA 2	32.5	34.5		
JOGA 3	31.5	33.0	35.0	
JOGA 4	30.0	32.0	34.0	
JOGA 5	28.0	30.5	32.0	
JOGA 6	25.5	28.5	30.5	
JOGA 7	n/a	n/a	n/a	
JOGA 8	n/a	n/a	n/a	

COMPETITIONS

- JOGA is a New Jersey only league so all competitions are local.
- Most competitions are local qualifiers. These are hosted at a Member Club's gym. The registration cost is set at \$50 per athlete. A \$15 team fee may be added.
- Invitationals are hosted at an outside venue or if they are at a local club, they include extra incentives like a meet leotard or support a charity. These can exceed the \$50 fee.
- A full list of the meets is posted on the JOGA website, in the Coaches section.
- To have your meet listed, you must submit and pay for a sanction.
- To attend a meet, you email the meet host your roster (include athlete name, JOGA number, level, date of birth).
- Payments are in the form of a check from the attending club to the meet host. Deadlines will depend on the meet. At a minimum they are required at least 2 weeks prior to the meet date. Refunds are for injury only and 3 weeks prior to the meet date.
- Gate Fees into local meets are a maximum of \$10. Invitational fees vary.
- See full handbook for rules around warm up formats, sanction costs, and other requirements for hosting a meet.

COMPETITION SEASON

- The JOGA Seasons are based on the date of the State Championship.
- For Levels 1-6, an athlete has until 2 weeks prior to the State Championship meet to qualify. For levels 7 & 8, there is no qualification score required.
- States Preview is a preview of your competition for States. All athletes may attend States Preview (no qualification). This meet is not required, and no specific score is needed at this meet. The competition is split by level and age group so that clubs can compete against their age group prior to States. There is no States Preview for levels 7 & 8.
- States Preview is \$70 per athlete. State Championships is \$95 per athlete. There are no team awards at States Preview. There are team awards at State Championships, but no team fees.

- JOGA Levels 5 & 6 – States is in late February or early March.
- JOGA Levels 1-4 – States is in late April or early May.
- JOGA Levels 7 & 8 – States is in late May.

MEET FORMATS

- **JOGA 15 min warm up format:**

- 15 Minute Warm Up Blocks – A meet director may choose to run warm ups with 15 minute block warm ups if the squads have 15 athletes or less. If there are more than 15 athletes in a squad, then 1:30 minutes must be added to the 15 minutes block per athlete above 15 (1 minute if JOGA 7 and 8 athletes). For example, if there are 17 athletes in a squad then an 18 minute warm up is the minimum under this style (15 plus 1:30 x 2). If this style is chosen and there are less than 15 athletes, the time does NOT get reduced to less than 15 minutes. Coaches are always allowed to take less than the maximum warm up time. If the squad has more than 15 athletes, the squad may be split into two blocks.

- **Traditional timed warm ups (including capital cup or mod capital cup):**

Event	Warm Up Type	Levels 1-6	Levels 7 & 8
VAULT	Vault Counts	Level 4-8: 3 Vaults per gymnast Level 1-3: 4 Vaults per gymnast	Level 7-8: 3 Vaults per gymnast
		Each touch to board or table counts as a vault	
BARS	Blocked Warm Up	Level 1-6: 1 ½ minutes	Level 7-8: 1 minute
		Multiplied by the number of gymnasts in the squad, may block by setting	
BALANCE BEAM	Blocked Warm Up	Level 1-6: 1 ½ minutes	Level 7-8: 1 minute
		Multiplied by the number of gymnasts in the squad.	
FLOOR	Blocked Warm Up	Level 1-6: 1 ½ minutes	Level 7-8: 1 minute
		Multiplied by the number of gymnasts in the squad. If the squad has more than 15 athletes, the squad may be split into two blocks.	
	Bump In Warm Up (Capital Cup and Modified Capital Cup format meets)	Level 1-4: Maximum of six 30 second bump warm ups Level 5-8: Maximum of four 30 second bump warm ups	If the bumps “catch up” a squad should block and restart the bumps.

WHAT ARE THE RULES?

- JOGA is based on High School Rules (NFHS). Levels 1-6 all use the same rules, levels are differentiated by athletes scores. All member clubs should purchase the NFHS rulebook.
<https://nfhs.com/>
- Level 8 – Prescribed skills, scores based on execution.
- Level 7 – Modified Rules, specific requirements.
- Level 6 to 4 – NFHS Rules, restricted skills and JOGA bar incentives
- Level 3 – NFHS Rules, JOGA bar incentives
- Level 2 to 1 – NFHS Rules, JOGA bar incentives and JOGA bonus

LEVEL 8

Routines consist of exactly the requirements below, no added skills. Minimum judged score for all events is 2.0

Vault – 7.0 Start Value: Flat back only, springboard or mini tramp allowed.

Bars – 5.0 Start Value:

- Pull over
- Back hip circle
- Dismount – Pick one of: Cast off, Cast squat on jump off, Underswing, or Sole circle

Beam - 5.0 Start Value:

- Pivot turn
- 1st Jump or leap of medium value
- 2nd Jump or leap of medium value (These can be connected, or not.)
- Acro – Pick one of: Needle kick, Handstand to L, Handstand, Roll (Fwd or Bwd).
- Round off dismount

Maximum time 45 seconds, no minimum. Routine can include dance/poses but there is no deduction for composition. The requirements may be performed in any order.

Floor – 5.0 Start Value:

- Half turn on toe
- Two connected jumps or leaps of medium value (must be two different elements)
- 1st Acro – Pick one of: Cartwheel or Round off
- 2nd Acro – One pass of two directly connected acro skills, only non-flight medium skills are allowed. Example skills include Back walkover, Front walk over, Backward Roll, Forward roll, Handstand forward roll, and Cartwheel). Skills may be repeated (example - forward roll-forward roll) but the routine can not contain more than 2 cartwheels.

Maximum time 45 seconds, no minimum. The routine is performed to music, but there is no deduction for composition. The requirements may be performed in any order.

Routines consist of exactly the requirements above, no added skills.

LEVEL 7

Starting value depends on the skills performed. See the Level 7 Score Sheets for details on score components, including composition. Minimum judged score for all events is 3.0.

Skill Restrictions: Level 7s may only perform Medium level skills. A series of handsprings on floor and a series of cartwheels on beam are also allowed but are counted as mediums.

Vault – 8.6 Start Value: Front Handspring, $\frac{1}{2}$ - Rep, $\frac{1}{4}$ - $\frac{1}{4}$, or Roundoff -Rep. Springboard or mini tramp.

Bars – Max 6.5 Start Value:

- Minimum of 5 skills. Deduction is flat 2.0 off if there are less than 5.
- Added Medium Skills: Cast to horizontal, Glide swing to stand, Squat on jump off dismount low bar
- Event Requirements (0.2 each): 1) direction change (may include mount/dismount), 2) squat on, 3) cast to horizontal, 4) dismount of difficulty

Beam – Max 6.5 Start Value:

- Maximum of 1 minute. No minimum.
- Added Medium Skills: Half turn on one foot
- Event Req (0.2 each): 1) minimum of 180 turn on one foot, 2) acro series (may include mount or dismount), 3) dance series, 4) Acro skill other than a handstand

Floor – Max 6.5 Start Value:

- Maximum of 1 minute. No minimum. Routine is performed to music.
- Event Req (0.2 each): 1) min of 2 acro passes with min 2 skills each, 2) handspring (back or front), 3) 360 turn on 1 foot, 4) dance passage of 2 different group 1 elements (directly or indirectly connected)

LEVELS 1-6 – STARTING VALUES

- JOGA levels 1-6 are based on High School rules. All member clubs should purchase the NFHS rulebook. <https://nfhs.com/>
- Starting values on vault are based on the skill performed. Starting values on bars, beam, and floor are the total of Difficulty (3.0), Event Requirements (1.0), Composition (1.0), Execution and Amplitude (4.2) and Bonus (0.8). If all these components are satisfied, then the start value is 10.0 (per high school rules).
- All levels 1-6 have the same starting value requirements, but only the highest level athletes will actually perform routines that start from a 10.0. The lower levels will not be able to start from a 10.0. See event sheets for specifics.
- **Skill Restrictions** – Levels 6-4 have specific restrictions on skills. These are on another page. If a restricted skill is performed, the skill will not count towards the value of the routine, but any deductions during the skill will be taken.
- **JOGA Bar Incentives** – Levels 1-5 have incentives to perform specific skills on bars. Each skill performed on the list adds 0.1 to the starting value. If you do the same skill twice you do not get 0.1 for the second attempt.
- **JOGA 1 & 2 Bonus** – Levels 1 & 2 can receive extra JOGA Bonus for performing skills on the JOGA Bonus list. Each unique skill adds 0.1 to the starting value (up to 0.2).

SKILL RESTRICTIONS

- There are no skill restrictions for levels 1-3.
- Performing a restricted skill results in a void skill and deductions for execution will be taken.

	Level 6	Level 5	Level 4
Vault	No Vault higher than 8.6 start value; No Yurchenkos, squat, stoop or straddle vaults	No Vault higher than 9.0 start value; No Yurchenkos, squat, stoop or straddle vaults	No Vault higher than 9.4 start value; no flipping vaults: Yurchenko handsprings may be performed
Bars	No High or Advanced Superiors ; No Handstands and no Giants allowed	Max 2 HS Skills allowed; no AHS allowed; No Handstands and no Giants allowed	No AHS skills allowed; No HB-LB releases and no Giants allowed
Beam	No High or Advanced Superiors	Max 2 HS Skills allowed; No AHS Skills allowed	Max 1 AHS skill is allowed
Floor	No High or Advanced Superiors; No twisting front or back saltos	Max 2 HS skills allowed; No AHS skills allowed; no twisting allowed on front or back saltos	Max 1 AHS skill allowed; No AHS tumbling allowed (example no front full and back 1 ½)

BARS INCENTIVE LIST

- All skills on this list will receive 0.1 bonus. If the skill is performed more than one time (eg. two giants) the skill will only be rewarded one time of 0.1 bonus. To receive the bonus, the skill must be successfully completed.

Level 5	Level 4	Level 3	Level 1 & 2
	Cast handstand	Cast handstand	Clear hip to handstand
Circle element above horizontal	Circle element above horizontal	Circle element above horizontal	Any change of direction other than a switch kip
		Any high to low release element	Any high to low release element OR any Advanced High Superior release
		Giant	

Circle Element Above Horizontal is referring to Clear Hip Circle, Toe Circle, or Stalder to clear support above horizontal.

JOGA BONUS – LEVELS 1 & 2

- The bonus for these skills will be added to the overall score after the judge calculates all other aspects similar to neutral deductions. To receive the bonus, the skill must be successfully completed. Each bonus skill is worth 0.1, maximum of 0.2 per routine. Judges discretion on advanced skills not on this list but are equal to or comparable will be given the 0.1.

Vault	Bars	Beam	Floor
Any layout Tsukahara or Yurchenko	Toe front or front rudi dismount	Front tuck mount or skill on beam	Tour Jete 1/1
Handstand Front Tuck/Pike	Healy (within 10 degrees of handstand)	Popa	Rudi
Handspring 2/1	Blind change	Full Illusion	Double back salto
1/2 on – 2/1 off	Uprise to handstand	Tour Jete 1/2	Back 2 ½ twist
Any twisting Tsukahara or Yurchenko flip	Double tuck/ pike/ layout dismount	Front or side aerial	Front 2/1 twist
	Double twist dismount	Back layout step out	Double front tuck
	Front giant	Back 2/1 dismount	
	Stalder to handstand or Toe shoot to handstand	Rudi dismount (off two feet)	Directly connected saltos with at least one AHS
	Higgins (within 10 degrees of handstand)	Standing back salto 1/1 twist	
	Bail to handstand	Back 1 ½ dismount	
	Any USAG “D” release		

RULE EXCEPTIONS FROM NFHS

- Level 6 Bars – Only in this level, one counter swing is allowed prior to a flyaway (no 0.3 extra swing deduction)
- Level 5 & 6 Vault – minimum score is 4.0
- Level 5 & 6 Beam – Beam acro series may include mount or dismount
- Level 5 & 6 Floor – max floor routine 1:15, may satisfy the event requirement for “3 acro passes” with 2 acro passes.
- Level 1-3 Floor – A forward tumbling pass may consist of one skill as long as the skill is an Advanced High Superior value.
- Floor deductions for coach on the floor: All levels if a coach stands on the floor for more than one pass then the routine is void.
 - Level 5-8 – No deduction for 1 pass
 - Level 3-4 – 1.0 deduction for 1 pass
 - Level 1-2 – 2.0 deduction for 1 pass

NFHS - VAULT

Vault: Judge's Initials _____ CJ/AJ Gymnast _____ School _____

Group 1 Flight	Group 2 Hdsp / Yamis		Group 3 Hdsp w/saltos	Group 4 Tsuk / 1/2 on	Group 5 RO-FF	Group 6 RO-FF w/tw on
<u>7.0</u> Squat Straddle	<u>8.6</u> Hdsp 1/2 - Rep 1/4 - 1/4 Yami	<u>9.4</u> Hdsp - 1/1 Yami - 1/1 1/1 - Hdsp	<u>10.0</u> Hdsp - Front Tuck Hdsp - Front Pike Hdsp - 1/2 Back (Cuervo)	<u>9.6</u> Tuck Tsuk	<u>8.6</u> RO - Rep	<u>9.2</u> RO 1/2 - Hdsp
	<u>8.8</u> Hdsp - 1/2 Yami - 1/2	<u>9.6</u> Hdsp - 1 1/2 1/2 - 1 1/2 1/4 - 1 3/4 1/1 - 1/2	Hdsp onto board - Hdsp - Front Tuck	<u>9.8</u> Tuck Tsuk 1/2 Pike Tsuk	<u>8.8</u> RO - 1/2	<u>9.4</u> RO 1/2 - 1/2
	<u>9.0</u> 1/2 - 1/2 1/4 - 3/4	<u>9.8</u> 1/1 - 1/1	Hdsp onto board - Hdsp - Front Pike	<u>10.0</u> Pike Tsuk 1/2 Tuck Tsuk 1/1 Layout Tsuk	<u>9.4</u> RO - 1/1	<u>9.6</u> RO 1/2 - 1/1 RO 1/1 - Rep
	<u>9.2</u> 1/2 - 1/1 1/4 - 1 1/4	<u>10.0</u> Hdsp - 2/1 1/1 - 1 1/2 1/2 - 2/1		1/2 - 1/2 Front 1/4 - 1/4 Front 1/4 - 3/4 Front	<u>9.6</u> RO - 1 1/2 RO - Tuck	<u>9.8</u> RO 1/2 - 1 1/2 RO 1/1 - 1/2
					<u>9.8</u> RO - Pike	<u>10.0</u> RO 1/2 - 2/1 RO 1/1 - 1/1 RO 1/2 - Frt Salto RO 1/1 - Salto
					<u>10.0</u> RO - 2/1 RO - Tuck 1/1 RO - Layout RO - 1/2 Front	

NFHS - BARS

Uneven Bars: Judge's Initials _____ CJ/AJ Gymnast _____ School _____

SUMMARY SCORE SHEET

Event Requirements - 1.0

- | | | |
|--|-------|-------|
| 1. Sup release / flight (exclude dismt) | (0.2) | _____ |
| 2. 1 direction change (exclude mt/dismt) | (0.2) | _____ |
| 3. Kip | (0.2) | _____ |
| 4. Inverted stretched element (within 20° or pass thru vertical) | (0.2) | _____ |
| 5. Superior dismt | (0.2) | _____ |

Composition - 1.0 Consider the following:

- | | | | | | |
|----------------------------|------------|-------|---------------------|------------|-------|
| 1. Both fwd/bwd circles | (.05) | _____ | 6. 2 Bar changes | (up to .1) | _____ |
| 2. Same connections | (.05) | _____ | 7. Uncharacteristic | (.1 ea) | _____ |
| 3. Choice of elements | (up to .3) | _____ | 8. Creativity | (up to .1) | _____ |
| 4. Same VP twice for Diff. | (.1) | _____ | 9. Distributiion | (up to .1) | _____ |
| 5. Space/levels | (up to .1) | _____ | | | |

Bonus - 0.8

- | | | | |
|--|---------------------|-------|-------|
| 1. (max .4) AHS - 2 diff, no fall/spot | (0.2 ea) | _____ | _____ |
| 2. (.2) HL BBS | (0.2) | _____ | |
| 3. (max .2) LL BBS | (0.1 ea, Up to 0.2) | _____ | _____ |
| 2nd HL BBS | (0.2) | _____ | |
| 3rd AHS - diff, no fall/spot | (0.2) | _____ | |

TALLY

Difficulty (3.0) _____

Event req. (1.0) _____

Composition (1.0) _____

Bonus (0.8) _____

Execution (4.2) _____

SUBTOTAL _____

Neutral Ded _____

FINAL SCORE _____

CJ Deduction _____
(Deduct from Average)

NFHS - BEAM

Balance Beam: Judge's Initials _____ CJ/AJ Gymnast _____ School _____

SUMMARY SCORE SHEET

Event Requirements - 1.0

- | | | |
|-----------------------------------|-------|-------|
| 1. 360° turn on 1 foot | (0.2) | _____ |
| 2. 1 acro flight elem (on beam) | (0.2) | _____ |
| 3. Acro series of diff (on beam) | (0.2) | _____ |
| 4. Dance series of diff (on beam) | (0.2) | _____ |
| 5. Superior dismt | (0.2) | _____ |

Composition - 1.0

Consider the following:

- | | | | | | |
|---------------------------|-------------|-------|--------------------|------------|-------|
| 1. Variety of acro | (up to .15) | _____ | 6. Use entire beam | (up to .1) | _____ |
| 2. Variety of dance | (up to .15) | _____ | 7. Acro direction | (up to .1) | _____ |
| 3. Balance- acro vs dance | (up to .1) | _____ | 8. Artistry | (up to .1) | _____ |
| 4. Level- acro vs dance | (up to .1) | _____ | 9. Distribution | (up to .1) | _____ |
| 5. Variety of connections | (up to .1) | _____ | | | |

Bonus - 0.8

- | | | | |
|--|---------------------|-------|-------|
| 1. (max .4) AHS - 2 diff, no fall/spot | (0.2 ea) | _____ | _____ |
| 2. (.2) HL BBS | (0.2) | _____ | |
| 3. (max .2) LL BBS | (0.1 ea, Up to 0.2) | _____ | _____ |
| 2nd HL BBS | (0.2) | _____ | |
| 3rd AHS - diff, no fall/spot | (0.2) | _____ | |

TALLY

Difficulty (3.0) _____

Event req. (1.0) _____

Composition (1.0) _____

Bonus (0.8) _____

Execution (4.2) _____

SUBTOTAL _____

Neutral Ded _____

FINAL SCORE _____

CJ Deduction _____
(Deduct from Average)

NFHS - FLOOR

Floor Ex: Judge's Initials _____ CJ/AJ Gymnast _____ School _____

SUMMARY SCORE SHEET

Event Requirements - 1.0

- | | | | | |
|-------|---|--|-------|-------|
| Acro | { | 1. Salto with min of 180° | (0.2) | _____ |
| | | 2. 3 acro passes | (0.2) | _____ |
| | | 3. Sup acro elem - in 3rd acro pass or as last acro elem | (0.2) | _____ |
| Dance | { | 4. Superior turn on 1 foot | (0.2) | _____ |
| | | 5. Dance passage | (0.2) | _____ |

Composition - 1.0 Consider the following:

- | | | | | | |
|---------------------------|-------------|-------|-------------------|------------|-------|
| 1. Variety of acro | (up to .15) | _____ | 6. Use of FX area | (up to .1) | _____ |
| 2. Variety of dance | (up to .15) | _____ | 7. Acro direction | (.1) | _____ |
| 3. Balance- acro vs dance | (up to .1) | _____ | 8. Artistry | (up to .1) | _____ |
| 4. Level- acro vs dance | (up to .1) | _____ | 9. Distribution | (up to .1) | _____ |
| 5. Variety of connections | (up to .1) | _____ | | | |

Bonus - 0.8

- | | | | |
|--|---------------------|-------|-------|
| 1. (max .4) AHS - 2 diff, no fall/spot | (0.2 ea) | _____ | _____ |
| 2. (.2) HL BBS | (0.2) | _____ | |
| 3. (max .2) LL BBS | (0.1 ea, Up to 0.2) | _____ | _____ |
| 2nd HL BBS | (0.2) | _____ | |
| 3rd AHS - diff, no fall/spot | (0.2) | _____ | |

TALLY

Difficulty _____
(3.0)

Event req. _____
(1.0)

Composition _____
(1.0)

Bonus _____
(0.8)

Execution _____
(4.2)

SUBTOTAL _____

Neutral Ded _____

FINAL SCORE _____

CJ Deduction _____
(Deduct from Average)

FAQ

- **Can athletes wear earrings?** Yes, one pair of studded earrings
- **Can athletes wear shorts?** Yes, shorts or leggings are allowed. They must be lycra, plain black or a color that matches the leotard and may have a small manufacturer logo.
- **How many judges are at meets?** Meets have a one judge panel, except for at States there is a two-judge panel with the 2 scores averaged.
- **How are team scores calculated?** Team scores are the total of the top 3 scores on each event. For JOGA levels 1 & 2, team scores are the total of the top 2 scores. This allows for more clubs to participate in level 1 & 2 team awards.
- **Do I have to start my athletes in Level 8?** No athletes may start at any level.