

# Balance Beam

.05	.10	↑.10
Dismount is only fwd/swd or bwd element	.05	
Dismount is single element of minimal required difficult	.05	
Flexed/sickled feet during Value Parts	.05	
Coach next to beam throughout	.10 CJ	
Overtime	.10 CJ	
Concentration pauses	.10	
Dismount landing too close to the beam	.10	
Failure to perform acro in 2 directions	.10	
More than 2 elements with a wolf/tuck position with/wo turn	.10	
More than 2 straddle jumps, with or w/o turn	.10	
More than 1 leap/jp/hop to front support	.10	
More than 2 – 180 turns on 2 feet (pivots)	.10	
Deviation from a straight direction on landing	↑.10	
Failure to perform turns in high releve	↑.10	
Failure to land with feet tog on lps/jpm that land on 2 feet swd	↑.10ea	
Hesitation during jp/press/swing to Handstand	↑.10	
Incorrect body posture/alignment during dance Value Parts	↑.10	
Insufficient DISTRIBUTION of the elements	↑.10	
Insufficient use of entire beam apparatus – level changes	↑.10	
Insufficient use of beam – spatially	↑.10	
Insufficient use of beam – 1irectionally	↑.10	
Lack of precision in dance Value Parts	↑.10	
Legs crossed during salto elements with twist	↑.10	
Artistry – originality/creativity of choreography in elements/conn.	↑.10	
Artistry – quality of movement to reflect personal style	↑.10	
Artistry – quality of expression	↑.10	

.20	↑.20
Exceeding warmup time (after warning)	.20 CJ
Gymnast performs element on mat after signal from CJ (considered exceeding warmup time)	.20 CJ
Gymnast performs element on floor during a fall	.20 CJ
Hit on apparatus with foot	.20
Lack of dance series with 2 dance elements	.20
More than 1 element before mount	.20
Support of 1 leg against side of beam to maintain balance	.20
Add'l trunk movements to maintain balance/control upon landing of dismount	↑.20
Choice of Acro not up to the competitive level	↑.20
Incomplete turn (group 2,3,4 with 360 or more turn)	↑.20
Incomplete turn of lp/jp/hop	↑.20
Incomplete twist on dismount (with 360 or more twist)	↑.20
Incorrect body posture on landing of elements and dismount	↑.20
Insufficient dynamics	↑.20
Insufficient exactness of tuck/pike position in VP elements	↑.20
Insufficient exactness of stretch position (arch/hip angle)	↑.20
Insufficient height on leaps/jumps/hops	↑.20
Insufficient height on aerials, saltos & acro flight with hand sup.	↑.20
Insufficient split on leaps/jumps	↑.20
Insufficient sureness of performance through exercise	↑.20
Insufficient variation in rhythm and tempo throughout	↑.20
Lack of temp/poor rhythm between elements (dance/acro/mixed)	↑.20
Lack of balance between acro/dance Value Parts	↑.20
Leg / Knee separations	↑.20
Legs not parallel to beam in split or straddle pike leaps/jumps	↑.20
Relaxed footwork on non VP elements	↑.20

.30	↑.30
Board on unauthorized mats	.30 CJ
Competing on apparatus with wrong specs	.30 CJ
Spotting block/board not removed	.30 CJ
Unauthorized matting	.30 CJ
Grasp of beam to avoid fall	.30
No dismount	.30
Additional movement to maintain balance/control on the beam	↑.30
Bent arms in support	↑.30
Bent knees in support	↑.30
Directional error on gainer dismounts off end	↑.30
Insufficient height of salto dismount	↑.30
Insufficient extension (open) of body prior to landing of acro or dismount elements	↑.30
Relaxed leg position/body posture/flex in non-VPs	↑.30
<b>.50 and more</b>	
3 <sup>rd</sup> run approach	.50
Fall onto beam	.50
Gymnasts runs and touches board/beam or runs underneath (considered fall)	.50
Roundoff mount and only does roundoff – repeats mount	.50
Short exercise – less than 30 seconds	2.00CJ

TECHNIQUE CLARIFICATIONS – ACRO SKILLS	
<b>REVERSE PLANCHE</b>	
Legs in same plane, either together or straddled HS with split used for counterbalance – “B” VP credit	
<b>FLIC FLAC ¼ TURN TO HS</b>	
Must show flight to HS – no flight BACKWALKOVER – 2 sec hold not req.	
<b>TUCKED CHEN FLIC</b>	
Show 90° angle in hips & knees then open to stretch prior to swing down	
<b>SIDE AERIAL TO SCALE</b>	
Leg held at minimum of horizontal for 2 seconds	
<b>SIDE SALTO</b>	
¼ turn should occur as body lifts on takeoff Turn as body passes thru vertical will be considered a side aerial	

TECHNIQUE CLARIFICATIONS / DEDUCTIONS	
<b>TURN WITH LEG HORIZONTAL</b>	
Entire leg must be at horizontal – bent or straight Leg position missing for more than 45° - DIFFERENT ELEMENT	
<b>PIKE JUMP</b>	
Insufficient pike position (90° closure) Hips > 135 – straight jp	↑.20
<b>RING LEAP / JUMP STAG RING JUMP</b>	
Insufficient arch	↑.10
Rear foot at shoulder height	↑.10
Insufficient amplitude of front leg 45°	↑.10
Rear foot at hip height or no head release – SPLIT LEAP / JUMP Stag Ring - 180° leg separation from knee to knee required	
<b>SISSONE / SPLIT JUMP</b>	
Insufficient split position	↑.20
Legs not parallel to floor (split jump)	↑.20
Insufficient amplitude of front leg (45°) (sissone)	↑.10
<b>SIDE SPLIT – STRADDLE JUMP</b>	
Insufficient split	↑.20
Legs not parallel to beam/floor	↑.20
Straddle – legs not at horizontal	↑.10ea
<b>SHEEP JUMP</b>	
Insufficient arch	↑.10
Feet at shoulder or upper back	↑.10
Feet at hip height & no head release – STRETCH JUMP	
<b>SWITCH LEG LEAP</b>	
Insufficient split after leg change	↑.20
Insufficient amplitude of lead leg (45°) – SPLIT LEAP	
<b>SWITCH SIDE LEAP</b>	
Insufficient amplitude of lead leg (45°) - SIDE LEAP	
Incomplete ¼ turn – SPLIT LEAP	
<b>TUCK JUMP</b>	
Insufficient tuck position – knees below horizontal	↑.10
More than 90° angle at the knees	↑.10
<b>WOLF JUMP</b>	
Extended leg below horizontal or thigh of bent leg below horiz.	↑.10ea
If greater than 135° angle at hips – STRETCH JUMP	
<b>BACK LAYOUT</b>	
Insufficient stretch of salto bwd stretched (pike down > vert)	↑.20

# Uneven Bars

.05	
Amplitude of flight to HS on LB	.05
Failure to perform elements both fwd/ bwd (choice)	.05
Flexed / sickled feet on VP's	.05
Squat on by merely lifting hips	.05
.10      ↑.10	
Coach between bars for entire exercise	.10 CJ
Landing too close on dismount	.10
More than 1 squat on	.10
Uncharacteristic elements	.10
¾ giant circle forward	.10
Hesitation in jump / swing to HS	↑.10
Insufficient change of direction	↑.10
Insufficient distribution of Value Parts	↑.10
Insufficient extension of glide/swing into kips	↑.10
Lack of balance between pirouette / flight VP (choice)	↑.10
Lack of variety of elements / connections (choice)	↑.10
Legs crossed during salto dismounts with twist	↑.10
Poor rhythm in elements / connections	↑.10
Precision of HS positions thruout	↑.10ea
Swing fwd / bwd under horizontal	↑.10
Touch/brush of foot/feet on apparatus / mat	↑.10
Under-rotation of release / flight elements	↑.10
.20	
Incorrect padding (use of hip/ heel pads)	.20 CJ
Hit on apparatus with foot / feet	.20
Lack of 2 bar changes	.20
More than 1 element before mount	.20

↑.20	
Add'l trunk movements to maintain balance on landing dismount	↑.20
Amplitude of circling elements (except clear hip)	↑.20
Choice of releases not up to competitive level	↑.20
Failure to maintain stretched body position (pikes down dismt)	↑.20
Incorrect body posture on landing	↑.20
Insufficient amplitude of elements (including releases)	↑.20ea
Insufficient dynamics thruout	↑.20
Insufficient exactness of tuck/pike/ stretched position	↑.20ea
Incomplete LA turn (twisting dismount)	↑.20
Leg or knee separations	↑.20

.30      ↑.30	
Failure to remove board / spotting block after release element	.30 CJ
Grasp on apparatus to avoid fall	.30
Hit of foot / feet on mat	.30
No dismount	.30
Xtra swing	.30
Amplitude of Cast Handstand	↑.30
Amplitude at turn completion (1/2, 1/1 in)	↑.30
Amplitude at turn completion (healy, 1-1/2)	↑.30
Bent arms in support or bent knees	↑.30ea
Insufficient extension (open) of body prior to landing of dismt	↑.30
Insufficient height on salto dismount	↑.30
Insufficient amplitude of "B" clear hip circle	↑.40

.50 & more	
Full support on foot /feet on mat during routine	.50
3 <sup>rd</sup> run approach	.50 PJ
Short exercise – less than 5 moves	2.00CJ
Gymnast exceeds 45 sec fall time	ended

# Floor Exercise

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.05	
Flexed/sickled feet on Value Parts	.05
Missing synchronization of movement with musical beat	.05

.10    ↑.10	
Exceeding the border marking (any part of body)	.10 CJ
Failure to mark additional matting	.10 CJ
Overtime	.10 CM
Concentration pauses	.10
Failure to perform saltos in 2 different directions	.10
Missing synchronization of movement with musical beat at end	.10
More than 2 elements with a wolf/ tuck position with or w/o turn	.10
More than 2 straddle jumps with or w/o turn	.10
More than 1 leap/jump/hop to prone	.10
Failure to land with legs/feet together on jps/leaps/hops that land on 2 feet	↑.10
Failure to performs turns in high releve	↑.10
Incorrect body posture/alignment on dance VP elements	↑.10
Incorrect rhythm during execution of direct connections	↑.10
Insufficient distribution of the Value Parts	↑.10
Insufficient use of the floor area – spatially (floor pattern)	↑.10
Insufficient use of the floor area - directionally (fwd/bwd/swd)	↑.10
Lack of precision in dance Value Parts	↑.10
Legs crossed during saltos with twist	↑.10
Artistry – Originality/creativity of choreography	↑.10
Artistry – Quality of gymnasts movement to reflect personal style	↑.10
Artistry – Quality of expression (projection, focus)	↑.10

.20	
Exceeding warmup time	.20 CJ
Unsportsmanlike conduct (gymnasts/coaches obstruct view)	.20 CJ
Lack of a turn on 1 foot – minimum B	.20

↑.20	
Acro elements not up to the competitive level	↑.20
Add'l trunk movements to maintain balance upon landing of acro	↑.20
Incomplete LA twist – acrobatics	↑.20
Incorrect body posture on landing of VP elements	↑.20
Insufficient dynamics	↑.20ea
Insufficient exactness of tuck/pike/stretched position in VP	↑.20
Insufficient height on leaps/jumps/hops	↑.20
Insufficient height of aerials/acro flight with hand support	↑.20
Insufficient split on leaps/jumps	↑.20
Insufficient turn – group 1 & 2 elements with 360° turn or more	↑.20
Insufficient variation in rhythm and tempo thruout exercise	↑.20
Lack of balance between acro and dance VP	↑.20
Leg or knee separations	↑.20
Legs not parallel to floor in split or straddle pike leap/jump	↑.20
Poor relationship of music and movement thruout	↑.20
Relaxed/incorrect FW on non VP elements throughout exercise	↑.20

.30    ↑.30	
Use of unauthorized matting	.30 CJ
Lack of a minimum “C” salto in exercise	.30
Bent arms or bent knees	↑.30ea
Insufficient extension (open) of body prior to landing of acro VP’s	↑.30
Insufficient height of salto elements	↑.30
Missing synchronization of movement with musical beam through- Out exercise	↑.30
Relaxed /incorrect leg position/body posture and insufficient flexibility in non VP throughout exercise	↑.30

.50 or more	
Bottom of feet and hands land simultaneously	.50
Coach on floor exercise mat	.50 CJ
Absence of music or music with words/song	1.00
Short exercise – less than 30 sec.	2.00

## General Deductions

.05 .10 up to .10	
Flexed / sickled feet during VP elements	.05
Extra steps on landing (per step – max 4)	.10
Brush /touch of foot/feet on apparatus or mat	↑.10
Deviation from straight direction on landing	↑.10
Extra arm swings on landing	↑.10
Incorrect body posture/alignment during dance elements	↑.10
Legs crossed during VP elements with twist	↑.10
Slight hop, or small adjustment of feet on landing of VP or dis.	↑.10
.20 up to .20	
Large step or jump on landing (3 feet or more)	.20
Additional trunk movement to maintain balance/control upon landing of beam/bar dismounts or floor tumbling	↑.20
Failure to maintain stretched body position (pikes down UB/BB/FX)	↑.20
Incomplete turn/twist	↑.20
Incorrect body posture on landing	↑.20
Insufficient exactness of body positions –	
• Insufficient tuck/pike/ stretched position	↑.20
Insufficient split when required (dance/non flight acro)	↑.20
Leg or knee separations	↑.20
.30 Up to .30	
No dismount	.30
Add'l movements to maintain balance on the beam	↑.30
Bent arms or bent knees in support	↑.30
Brushes/touches the landing surface with 1 or both hands	↑.30
Insufficient extension (open) of body prior to landing	↑.30
• UB/BB dismounts and BB/FX acro	
Insufficient height of salto dismount (UB/BB)	↑.30
Squat on landing	↑.30

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## .50 or more

Fall on mat to knees/hips - Fall on or against apparatus	.50
Fall/failure to land on the bottom of the feet first (No VP/SR/B)	.50
Performance of restricted elements – attempted	.50
Spotting assistance on landing of dismount (Yes VP/SR)	.50
Spotting assistance during element (No VP/SR/B)	.50
Support on mat with 1 or 2 hands	.50
Third Run approach	.50

## Chief Judge Deductions

### .10

Coach between bars or next to beam throughout	.10
Exceeding the border marking on floor (any part of body)	.10ea
Failure to mark supplemental mats	.10
Failure to present to CJ before / any judge after routine	.10ea
Overtime – Beam/Floor	.10

### .20

Coach instructs gymnast during routine	.20
Exceeds warmup time (after warning)	.20
Excessive use of chalk or Incorrect use of tape	.20
Failure to begin exercise with 30 sec of CJ signal	.20
Incorrect attire (includes jewelry) – Incorrect padding (hip/heel)	.20
Technical verbal cues by coach/team to own gymnast (warning)	.20
Unsportsmanlike conduct of gymnast (warning)	.20

### .30

Failure to remove board or spotting device after mount /release	.30ea
Springboard on unauthorized surface	.30
Use of additional mats	.30
Use of hand placement mat for traditional approach vaults	.30
Using incorrect apparatus specifications	.30

### .50 and more

Coach on the FX mat inside the border marking	.50
Starting exercise before the signal is given (repeat)	.50
Absence of music or music with words/song/speech	1.00
Performance of a 1-arm vault	1.00
Short exercise (completed or incomplete routines)	2.00

# Vault

Up to .10	
Extra steps (per step with max of 4)	.10ea
Extra arm swings	↑.10
Incorrect foot form (flexed, sickled)	↑.10
Incorrect Leg form – legs crossed	↑.10
Insufficient exactness of LA turn	↑.10
Poor technique – staggered/alternate hand placement	↑.10
Slight hop or small adjustments of feet	↑.10
Under-rotation of salto vaults	↑.10

.20 up to .20	
Excessive use of chalk or incorrect use of tape	.20CJ
Large step or jump (3 feet or more)	.20
Additional trunk movements to maintain balance	↑.20
Brush or hit of body/head on vault table during post-flight	↑.20
Incorrect leg form – Legs separated	↑.20
Incorrect body posture on landing	↑.20
Poor technique – hip angle in preflight, shoulder angle in support	↑.20
Poor technique – arched body (3 phases)	↑.20
Poor technique – alternate repulsion from hands	↑.20
Insufficient and/or late extension (tuck and pike vaults)	↑.25

.30 Up to .30	
Total absence of extension (tuck and pike vaults)	.30
Using incorrect apparatus spec	.30 CJ
Use of hand placement mat for traditional approach vault	.30 CJ
Additional hand placements (steps/hops on hands)	↑.30
Deviation from a straight direction	↑.30
Failure to maintain stretched body (pike down of stretched vaults)	↑.30
Incomplete LA turn (preflight)	↑.30
Incorrect leg form – knees bent	↑.30

Insufficient dynamics	↑.30
Insufficient exactness of body position	
• Insufficient tuck or pike	↑.30
• Insufficient stretched position (>135°) – arch, pike	↑.30
Insufficient length	↑.30
Late completion of the twist (Grp 1 and Group 4/5 without saltos)	↑.30
Prescribed LA turn begun too early	↑.30
Prescribed LA turn incomplete (afterflight)	↑.30
Slight brush/touch of 1 or both hands on mat (no support)	↑.30
Squat on landing (hips even with or lower than the knees)	↑.30

.50 Up to .50 and more	
Coach standing between board and vault table	.50
Fall on mat to knee(s) or hips	.50
Fall against apparatus	.50
Fall, landing on hands and bottoms of feet simultaneously	.50
Spotting assistance upon landing	.50
Support on mat with 1 or 2 hands	.50
Vaults without signal from Chief Judge	.50 CJ
Bent arms	↑.50
Insufficient height	↑.50
Prescribed LA turn begun too late	↑.50
Touch with only 1 hand on the vault table	1.00CJ
Head contacting table during support phase	2.00
Failure to land on any part of the bottom of the feet first	Void
Failure to use safety zone mat for RO entry vaults	Void
Landing in a sitting, lying or standing position on table	Void
No hand contact on vault table	Void
Run approach w/o execution of vault – w/ touch of board/table	Void
Spotting assistance during the vault	Void

