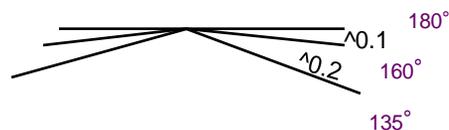


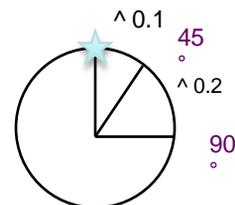
## GENERAL EXECUTION

Legs: each time	crossed	up to 0.1
	separated	up to 0.2
	bent	up to 0.3
not landing with feet together in J/L		up to 0.1
flexed/sickled feet during value parts		each time 0.05
bent arms in support		up to 0.3
	(VT – up to 0.5)	
insufficient exactness $\mathcal{N}$ , $\mathcal{V}$		up to 0.2
insufficient exactness in stretched position (arch, pike >each)		VT – up to 0.3    UB, BB, FX up to 0.2
failure to maintain stretched body (pike down early)		VT up to 0.3    UB, BB, FX up to 0.2
insufficient extension (open) of body on landing		UB/BB dismt, BB/FX acro up to 0.3
Insufficient height (amplitude)		
UB elements, BB/FX acro, J/L/H		up to 0.2
UB/BB salto dismounts, FX saltos		up to 0.3
No dismount (or no last salto FX)– from Start Value		0.3
Spotting during landing, inadvertent touch		no bonus, -0.5
Spotting during VP		no VP, SR, bonus, -0.5

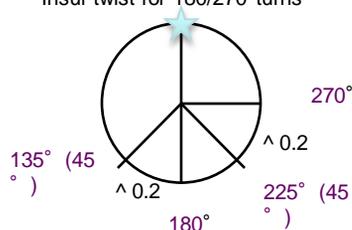
Insuf split (dance, non-flight acro)  
up to 0.2



Insuf 360° turn/twist  
up to 0.2



Insuf twist for 180/270 turns



## CHIEF JUDGE DEDUCTIONS (FROM AVG)

Fail to present before/after	each	0.1
Outside FX boundary	each	0.1
not marking add'l mats of FX boundary		0.1
Overtime		0.1
Exceeds warm-up time (after warn)		0.2
Failure to begin within 30 sec CJ signal		0.2
Start exercise before signal from CJ (from repeat)		0.5
Excessive use of chalk		0.2
Incorrect attire/jewelry (after warn)		0.2
unsportsmanlike conduct of gymnast (after warn)		0.2
Wearing padding (hip, heels on UB)		0.2
Coaches:		
remains between UB/ next to BB whole time		0.1
instructs gymnast during routine		0.2
signals/cues gymnast (after warn, team too)		0.2
on FX during routine (L6-10) (purposefully)		0.5
failure to remove board after mount		0.3
failure to remove spotting device ASAP		0.3
Unauthorized matting		0.3
Incorrect apparatus specs		0.3
board on unauthorized surface		0.3
Absence of music on FX (not tech failure)		1.0
Short exercise – UB <5 VP== FX/BB <30 sec		2.0
One hand touches table in vault (1/2 panel)		1.0

## LANDING DEDUCTIONS

feet landing max hip width, do not close		0.05
Slight hop/adjustment of feet/staggered		up to 0.1
feet landing wider than hip width		0.1
Steps--- max 0.4		each 0.1
Deviation from straight direction		up to 0.1
Extra arm swings		up to 0.1
Brush/touch foot/feet on mat or app (UB)		up to 0.1
Very large step or jump (3 ft)		0.2
Incorrect body posture		up to 0.2
Brush/touch of hands (no support)		up to 0.3
Deep squat (hips even/lower than knees)		up to 0.3
Add'l trunk movements upon landing		
the dismt UB/BB, FX acro		up to 0.2
Add'l trunk movements to balance on beam		up to 0.3
Grasp apparatus to avoid fall (UB, BB)		up to 0.3
Fall on mat to knees/hips, hands with support		0.5
Fall on or against apparatus		0.5

# J.O. -- Optional Vaulting

Except Gp 3 Tsuk or Gp 5 full on- salto off

- bent legs (salto vaults) ^0.2
- shoulder angle ^0.2
- arms bent ^0.5 (except Tsuk)
- head touch 2.0 (includes arms)
- arched ^0.2
- step/hop hands ^0.3
- early twist ^0.3 (on table)

- Height** ^0.5
- Distance** ^0.3 (check hand place)
- 
- legs crossed ^0.1
- legs separation ^0.2
- legs bent ^0.3
- foot form ^0.1
- 

- incomplete twist ^0.3 (1/1+ or -1/4)
- piked, arched ea ^0.2
- legs crossed ^0.1
- legs separation ^0.2
- legs bent ^0.3
- ft form ^0.1

- staggered/alt hand ^0.1
- alt repulsion ^0.2

- non-salto:** ang of repulsion ^1.0
- too long support ^0.5

- body shape** -
- insuf Tuck, Pike ^0.3
- stretch - arch or pike ea ^0.3
- pike down of stretched ^0.3
- lack of opening 0.3 / ^0.25 (stretch prior to landing)
- 

- Twists** -
- start twist late ^0.5 (after peak)
- exact twist ^0.1 (crisp)
- complete twist late ^0.3 (on mat) (Gps 1, 4&5 w/o salto)
- 
- under rotate salto ^0.1



10 - vault value

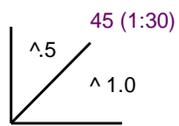
**bonus**

- Direction** ^0.3
- Dynamics** ^0.3

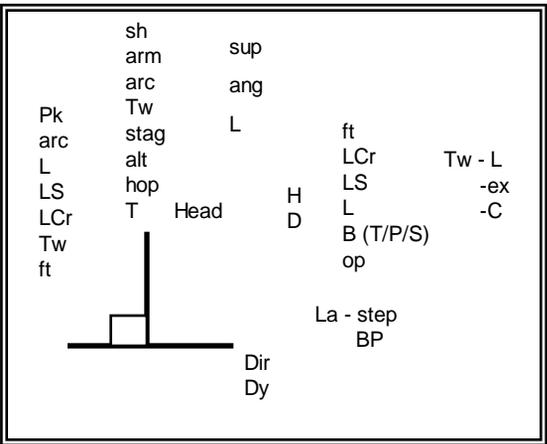
- One hand on table-1.0 (at least 1/2 panel) (CJ)
- No contact of hands on table- VOID // NCAA = -1.0
- Land standing/sitting/lying on table - VOID
- Coach between board and table -0.5 (except RO vaults)
- Coach aid landing -0.5 aiding vault -VOID // NCAA = -1.0
- L8 only:** coach spot first flight = -1.0
- Failure to land feet first - VOID // NCAA = -1.0
- vault w/o judge's prior salute - take 0.5 off repeated vault
- no safety zone (RO vaults) = VOID
- Either vault not on appropriate chart = VOID
- Unauthorized matting = 0.3 CJ
- Incorrect tape/excessive chalk on table or runway = 0.2 CJ

- Landing**- steps 0.1/0.2 ea, max 0.4
- feet land max hip width, not close 0.05
- feet land wider than hip width 0.1
- staggered feet ^0.1
- trunk movements ^0.2
- extra arm swings ^0.1
- squat ^0.3
- body position ^0.2 (when feet land)
- brush/touch floor ^0.3
- brush/touch vault table ^0.2
- falls/support with hand(s) ^0.5

L6-10 non-salto vaults, XG,P,D :  
use also Too long support ^0.5  
L6-10 non-salto: angle of repulsion ^1.0



NCAA - one vault, allow 3 attempts (does not go over table)



**L8 VAULT:**  
choose to do 1 or 2 vaults. If perform 2<sup>nd</sup> vault, that vault is her counting score (not best of 2)

Range -- Average decides	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

**Averages trick**

if **both w/.05** - drop .05 from high, add to low score...then avg the score

if **one w/.05** - drop .05 out, avg score...then add .025 to average

Touch warm-up = 2 vaults L6-7  
3 vaults, L 8-10  
allowed one run/one salto off table  
allowed to run/jump on runway between vaulters, but NOT in front of judges

**Balk** = run approach that does NOT go over the table, allowed to touch equipment. 2<sup>nd</sup> balk = VOID 0.0  
-- allowed 3 approaches to do 1 OR 2 vaults

	6	7	8	9	10
Value Parts	<b>5A 1B</b> one allowed C = B any other C = 0.5, no VP	<b>5A 2B</b> allowed C = B any other C = 0.5, no VP	<b>4A 4B</b> allowed C = B one Rst C = B other C = 0.5, no VP	<b>3A 4B 1C</b> Full pir B/C root allowed one Rst D/E = C other D/E = -0.5, no VP	<b>3A 3B 2 C</b>
Special Reqmts 0.5 each  No VP = no SR	one cast horiz + one bar change one Gp 3/6/7 360° clear cir A dismt	one cast (45° +) Two clear circles: =one Gp 3/6/7 =B circle elem (same or diff) A salto/hecht dismt	one bar change B circle (3/6/7) B elem flt or LA turn  A salto/hecht dismt	2 bar change B flight elem C elem flt/LA turn (diff flight) B salto/hecht dismt	C flight element min B flight elem (diff) C LA turn (not mt/dismt) C salto/hecht dismt
Bonus	none no composition	none no composition	none	max 0.3 CV allowed D/E = C	max 0.4 CV/DV +0.1 D +0.2 E
SV Deduct=	10.0 C, VP, SR, no dismt	10.0 C, VP, SR, no dismt	10.0 Rst C, VP, SR, no dismt	9.7 (+0.3 bonus) Rst D/E, VP, SR, no dismt	9.5 (+0.5 bonus) VP, SR, no dismt

**GENERAL COMPOSITION**

Choice of Elements variety of elem/connections circles/releases forward and backward L9/10: Bal betw LA and flight elements	up to 0.1 0.5 up to 0.1	var reldir bal rel Lvl
L10- choice of release elements to level comp <b>L10- lack of 2<sup>nd</sup> bar change</b>	up to 0.2 <b>0.2</b>	rel Lvl <b>bchg</b>
L10- connection off feet 2nd time to HB L9/10 – insuf chg of direction =>2 turns, 1-180° =0 1-180° or 1-2 elem 360° = .05, no turns	each 0.1 =0 0.1	<b>N</b> dir
L 8 Lack elements achieve vertical Insuf distribution Uncharacteristic elem (and breaks series) --fwd on HB feet on LB, stand, w/w/o 1/2 turn --climb/crawl onto LB --squat on LB, 1/2 turn on feet to HB	up to 0.2 up to 0.1 ea 0.1	vert db

**Connection Value (CV)**

		(includes mt/dismt)
L10	C + C = 0.1 Both elem must have LA or flight However, if both Gp 3/6/7, no LA/flt needed, but must be different elem	C + D = 0.1 <hr/> D + D = 0.2
L 9	C + C = 0.1 If one/both elem w/o LA/flt. If none have LA/flt, must be different	C + C = 0.2 If both elem have LA/flight

Range (avg decides)	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

**Exceptions:**

**B for L6,** 

**L 7, L8:** 

**B for L7, L8:** 

L7,8 no cast deduction before- 

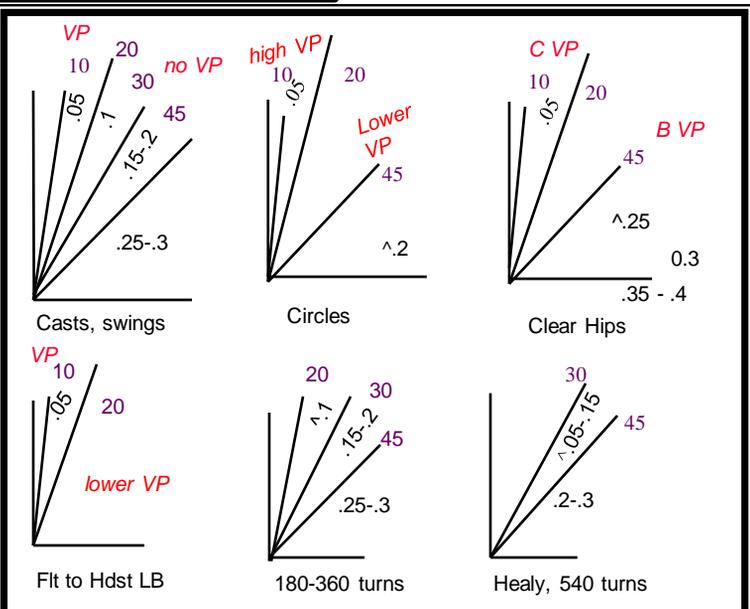
**APPARATUS DEDUCTIONS**

precision of hdst positions <b>dynamics</b> (energy, swingful, effortless)	up to 0.1 <b>up to 0.2</b>	hdst <b>dy</b>
extra swing/cast (max 0.6 for 1 elem) swing fwd/bwd under horiz amplitude of bar elements amplitude of salto dismounts under rotation of release/flight elem incomplete turn/twist rhythm in element/conn hesitation in hdst or jump to HB bent arms in support or legs insuf extension of glides/sw to kip insuf exact stretch (w arch or pike) more than one element before mt. third run approach landing too close to bars on dismt failure to maintain stretched body in dismt (pikes down) insuf extension (open) of N/V prior to land no dismount (from start value) brush foot on apparatus/mat hit foot on apparatus----- grasp to avoid fall ----- add'l trunk movements on landing failure to remove bd/spot block exercise fewer than 5 VP elem	ea 0.3 ea 0.1 up to 0.2 up to 0.3 up to 0.1 up to 0.1 up to 0.1 up to 0.3 up to 0.1 up to 0.2 0.2 0.5 0.1 up to 0.2 up to 0.3 0.3 up to 0.1 0.2 0.3 0.3 0.3 up to 0.2 0.3 CJ 2.0 CJ	

**Averages trick**

if **both w/.05** - drop .05 from high, add to low score...then avg the score

if **one w/.05** - drop .05 out, avg score..then add .025 to average



# J.O. Optional Balance Beam

	6	7	8	9	10
Value Parts	<b>5A 1B</b> any C = -0.5, no VP	<b>5A 2B</b> one dance C = B Rst C = -0.5, no VP	<b>4A 4B</b> dance C = B one allowed Rst C = B Rst C = -0.5, no VP	<b>3A 4B 1C</b> Dance D/E = C one allowed Rst C = B Rst D/E = -0.5	<b>3A 3B 2 C</b>
Special Reqmts 0.5 each	Acro elem (Gp 5,6,7)	Acro Series w/wo flight <b>AND</b> Acro Flight element	Acro series, 1 ft elem	Acro Series, 2 ft	<b>Acro Series</b> , 2 ft with one min C (or E flt and A non-flt) <b>Leap/jump 180° split</b> <b>360° turn</b> <b>C dismount</b> (or a B dismt dir conn to a C acro series or elem)
No VP = no SR	Leap/jump 180° split 360° turn  A dismount		Leap/jump 180° split 360° turn A salto/aerial dismount	Leap/jump 180° split 360° turn  A salto/aerial dismount	
Bonus	none no composition	none no composition	none	Max 0.3 CV Allowed D/E = C	Max 0.4 CV/DV +0.1 D +0.2 E
SV	10.0	10.0	10.0	9.7 (+0.3 bonus)	9.5 (+0.5 bonus)
Deduct=>	C, VP, SR, no dismt	C, VP, SR, no dismt	Rst C, VP, SR, no dismt	Rst D/E, VP, SR, no dismt	VP, SR, no dismt

Connection Value (CV)	2 acro flight no dismt	3 acro flight (try 2-acro bonus)	dance/mixed (acro flt, no dismt)	turns
<b>+ 0.1</b>	B + C (salto) no mount	B + B + C	A + D B + C	A + C
<b>+ 0.2</b>	C + C B/C + D B + E D + D	B + C + C B + B + D B + C + D	C + C B + D C + D	

Range (avg decides)	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

### GENERAL COMPOSITION (L8-10)

<b>Lack of dance series</b>	<b>0.2</b>	
more than 2 dance of same shape $\wedge$ or $\vee$ or $\cup$	ea 0.1	dser
more than 2 pivot (1/2) turns in exercise	0.1	shp
bal between acro/dance	up to 0.2	☺
one-sided acro (F/S and B) (if in dismt -.05)	up to 0.1	bal
choice of acro up to level of comp	up to 0.2	acro dir
Insuf distribution	up to 0.1	acro Lvl
Level changes	up to 0.1	db
Spatially (whole beam)	up to 0.1	Lvl
Directionally (F/S/B choreg, movement)	up to 0.1	mvt dir

### Overtime deduction 0.1 CJ

**L 8-10 - 1:30** -- warning 1:20  
**L 7 - 1:20** -- warning 1:10  
**L 6 - 1:15** -- warning 1:05  
 from feet takeoff to land on floor  
 30 sec fall time warn at 20 & 10 sec  
**shorter than 30 sec = - 2.0 CJ**

### Averages trick

if **both w/.05** - drop .05 from high, add to low score...then avg the score  
  
 if **one w/.05** - drop .05 out, avg score...then add .025 to average

### APPARATUS DEDUCTIONS

relaxed body/leg posture, flexibly throughout	up to 0.3	B/L ft
relaxed/incorr footwork in nonVP	up to 0.2	
<b>variation of rhythm and tempo throughout</b>	<b>up to 0.2</b>	<b>R sure dy art</b>
<b>insuff sureness of performance throughout</b>	<b>up to 0.2</b>	
<b>dynamic performance</b> (energy, effortless)	<b>up to 0.2</b>	
<b>artistry of presentation</b>		
• quality of expression	up to 0.1	
• originality of choreography	up to 0.1	
• quality of movement	up to 0.1	
height of acro/dance/saltos	ea up to 0.2	
dismount	up to 0.3	
incorrect body position in VP dance	ea up to 0.1	
legs not parallel to beam in split/strad L/J	ea up to 0.2	
lack of precision in VP dance	ea up to 0.1	
failure to perform turns in high relevé	ea up to 0.1	
incomplete turn/twist	ea up to 0.2	
failure to land feet together in L/J (land side)	ea up to 0.1	
rhythm during dance/mix conn.	up to 0.2	
rhythm during acro conn.(counter, fwd/side)	up to 0.2	
hesitation in jump/press/sw to hdst	up to 0.1	
3 concentration pause (+2 sec)	ea 0.1	
support of leg against beam, hit	ea 0.2	
balance ----- up to 0.3	grasp to prevent fall-----0.3	
add'l trunk movements on dismt landing	up to 0.2	
more than one element before mount	0.2	
third run approach	0.5	
more than 1 L/H/J to prone	ea 0.1	
landing too close to beam on dismt	0.1	
direction of gainer dismount off end	up to 0.3	

# J.O. - Optional Floor Exercise

	6	7	8	9	10
Value Parts	<b>5A 1B</b> any C = -0.5, no VP	<b>5A 2B</b> one dance C = B Rst C = -0.5, no VP	<b>4A 4B</b> dance C = B one Rst C = B Rst C = -0.5, no VP	<b>3A 4B 1C</b> dance D/E = C one rst D/E = C Rst D/E = -0.5, no VP	<b>3A 3B 2C</b>
Special Reqmts 0.5 each	Acro series (3 elem, w/wo flight) one salto/aerial (iso, or in separate series) Dance passage (2 Gp 1 elem, one 180° leap)	layout acro series (3) Acro series (2 fwd, one elem salto/aer)	Series with 2 saltos (2 elem or more) 3 different saltos	Series with 2 saltos (2 elem or more) 3 different saltos	Series with 2 saltos (2 elem or more) 3 different saltos
No VP = no SR	360° turn	Dance passage(2 Gp 1 elem, one 180° leap) 360° turn	Dance passage(2 Gp 1 elem, one 180° leap) A last salto	Dance passage(2 Gp 1 elem, one 180° leap) B last salto	Dance passage(2 Gp 1 elem, one 180° leap) C last salto
Bonus	none no composition	none no composition	none	max 0.3 CV Allowed D/E = C	max 0.4 CV/DV +0.1 D +0.2 E
SV	10.0	10.0	10.0	9.7 (+0.3 bonus)	9.5 (+0.5 bonus)
Deduct=	C, VP, SR, no last salto	C, VP, SR, no last salto	Rst C, VP, SR, no last salto	Rst D/E, VP, SR, no last salto	VP, SR, no last salto

Conn Value (CV)	Indirect Acro	Direct Acro	Dance/mixed (no turn to jump)
<b>+ 0.1</b>	C + C A/B + D A/B + A/B + C A/B + A/B + D	A + C A + A + C B + B	B + D C + C D salto + A jump
<b>+ 0.2</b>	C + D	B + C A/B + D C + C A + A + D	C + D

Dance passage: look for root skills

Range (avg decides)	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

GENERAL COMPOSITION (L8-10)	
overuse of dance of same shape $\wedge$ or $\vee$ or $\cup$	ea 0.1
balance acro/dance elements	up to 0.2
one side acro F/S & B	0.1
choice of acro up to level of comp	up to 0.2
<b>lack min B salto (L8,9), C salto (L10)</b>	<b>0.3</b>
<b>lack of B turn, one foot</b>	0.2
insuf distribution	up to 0.1
Fail to perform last salto of value (SV)	0.3
use of floor, spatially/directionally	each 0.1
More than one L/J/H to prone	ea 0.1

**Averages trick**

if **both w/.05** - drop .05 from high, add to low score...then avg the score

if **one w/.05** - drop .05 out, avg score..then add .025 to average

APPARATUS DEDUCTIONS	
relaxed body/leg posture, flex throughout	up to 0.3
relax/incorrect footwork on non-VP	up to 0.2
<b>rhythm and tempo (whole exercise)</b>	<b>up to 0.2</b>
<b>dynamic performance</b> (energy, effortless)	<b>up to 0.2</b>
<b>artistry of presentation</b>	
• quality of expression	up to 0.1
• originality of choreography	up to 0.1
• quality of movement	up to 0.1
rhythm during direct connection	ea up to 0.1
Insuf height – dance, acro w/hands, aerials	ea up to 0.2
salto	up to 0.3
legs not parallel to the floor in split/strad	up to 0.2
turns not in high relevé	ea up to 0.1
incomplete turn/twist	ea up to 0.2
failure to land feet together in L/J	ea up to 0.1
incorrect body posture in VP dance	ea up to 0.1
lack of precision in VP dance	ea up to 0.1
add'l trunk movements on landing of acro (avoid step)	up to 0.2
not in sync with music-- parts	ea 0.05
throughout exercise	up to 0.3
not ended with music	0.1
poor relationship of music and movement	up to 0.2
absence of music (not technical failure)	1.0 CJ
concentration pauses (2+ sec)	ea 0.1

**Overtime deduction 0.1 CJ**

L7- 10 1:30  
L6 1:15

from movement of gymnast

Exercise less than 30 sec – 2.0 CJ

Failure to mark boundary on mat – 0.1 CJ

Unauthorized matting 0.3 CJ

Coach on Floor – 0.5 CJ

(inside border markings, purposefully – one time)