

Landing

Slight hop, adjustment of feet	↑.10
Deviation from straight direction	↑.10
Extra arm swings	↑.10
Steps	(each .10) max .40
Trunk movements for balance (UB/BB dmt & FXacro)	↑.20
Incorrect body posture	↑.20
Large step or jump	.20
Brush/touch of landing surface w/ 1 or 2 hands (no support)	↑.30
Squat upon landing	↑.30
Spotting assist upon landing	Award VP + .50

Execution

Flexed/sickled feet during value parts	each time .05
Legs:	crossed ↑.10 separated ↑.20
Insufficient exactness of body shape – N, V, / Stretched - Arch or Hip angle (136-179°)	↑.20
Failure to maintain stretched body pos. - Pikes down (UB, BB, FX)	↑.20
Incomplete turn/twist	↑.20
Bent arms in support or bent legs	↑.30
Fall or support on hand(s) on apparatus or mat	.50
Fail to land on bottom of feet first in saltos & dismounts	Fall (.50) + No VP/SR

General

Fail to Present before/after (CJ)	each time .10
Exceeds Floor Ex. Boundary (CJ)	each time .10
Overtime-BB/FX (CJ)	.10
Coach stands between bars or next to BB throughout exercise (CJ)	.10
Excessive use of magnesia (chalk) (CJ)	.20
Incorrect attire/jewelry (after 1 warning) (CJ)	.20
Verbal cues by coach/team (after warning) (CJ)	.20
Coach instructs gymnast during routine (CJ)	.20
Failure to begin exercise within 30 sec. of signal (CJ)	.20
Exceeds warm-up time (after warning) (CJ)	.20
Incorrect apparatus specs. (CJ)	.30
Board on unpermitted surface (CJ)	.30
Failure to remove board after mount (CJ)	.30
Use of Supplementary mats (CJ)	.30
No Dismount	from Start Value .30
Spotting Assist on element	No VP awarded + .50
Start exercise before signal (repetition) (CJ)	.50
3 rd Run approach (UB/BB mounts)	.50
Coach on FX mat (CJ)	.50
Short Exercise: BB/FX-less than 30 sec. (CJ)	2.00
UB- (less than 5 Value Parts)	
Exceeds Fall time (UB/BB) CJ Terminates exercise	