

### Chief Judge Deductions

- ea **0.10** Fail to present to CJ before & any judge after
- ea **0.10** Out of Bounds Floor
- 0.10** Overtime Beam /Floor
- 0.10** Coach standing between UB or next to BB thruout
- 0.20** Excessive use of magnesia (chalk)
- 0.20** Incorrect attire/jewelry/hair (after 1 warning)
- 0.20** Technical verbal cues by coach/team (after warning)
- 0.20** Coach instructs gymnast during routine
- 0.20** Fail to begin exercise within 30 sec of signal
- 0.20** Exceeding warm-up time (after warning)
- 0.20** Use of hip/heel padding
- 0.30** Incorrect apparatus specs
- 0.30** Board on unauthorized surface
- 0.30** Use of unauthorized (supplementary) matting
- 0.30** Failure to remove board/spotting block
- 0.50** Start exercise before signal (repetition)
- 0.50** Coach on Floor Mat
- 1.00** Music with words
- 1.00** Absence of music
- 2.00** Short Exercise
- BB/FX - less than 30 sec UB - less than 5 VP

### General Landing Deductions (UB, BB, FX)

- 0.10** Slight hop, adjustment of feet
- 0.10** Deviation from straight direction
- 0.10** Extra arm swings
- 0.40** Steps (each 0.10 - Max 0.40)
- 0.20** Large step or jump
- 0.20** Incorrect body posture
- 0.30** Brush/touch of landing surface with 1-2 hands
- 0.30** Squat upon landing
- 0.30** Trunk movements for balance

### General Execution Deductions (UB, BB, FX)

- 0.05** Flexed/sickled feet during Value Parts (each time)
- 0.10** Legs crossed
- 0.20** Legs separated
- 0.20** Insufficient exactness of body shape tuck or pike
- 0.20** Insufficient exactness of body shape stretched  
Arch or hip angle (136 - 179 )
- 0.20** Failure to maintain stretched body position  
Pikes down (UB, BB, FX)
- 0.20** Incomplete turn/twist
- 0.30** Bent arms in support
- 0.30** Bent legs
- 0.50** Fall or support on hand(s) on apparatus or mat

### Fall/Spotting Deductions

- Fall/Fail to land on the bottom of the feet 1<sup>st</sup> on landing
- No VP, No SR + 0.50**
- Spot during an element **No VP, No SR, No Bonus + 0.50**
- Spot on landing the dismount
- Yes VP, Yes SR, No Bonus + 0.50**

### Specific Vault Deductions

#### First Flight Phase

- 0.10** Incorrect foot form (flexed, sickled)
- Incorrect leg form:
- 0.10** Legs crossed **0.20** Legs separated **0.30** Knees bent
- Poor Technique:
- 0.20** Hip Angle **0.20** Arched Body
- 0.30** Incomplete LA turn

#### Support/Repulsion Phase

- Poor Technique:
- 0.10** Staggered/alternate hand placement on all vaults except  
Gr 3 vaults & gr 5 vaults with ¾ - 1/1 on - salto off
- 0.20** Shoulder Angle **0.20** Arched Body
- 0.20** Alternate repulsion from hands on all vaults except Gr 3  
vaults & Gr 5 vaults with ¾ -1/1 on - salto off
- 0.30** Prescribed LA turn begun too early
- 0.30** Additional hand placements (taking steps/hops on hands)
- 0.50** Bent arms (bent 90 or more = max deduction) - slight  
arm bend of lead arm is allowed on all Gr 3 vaults
- 0.50** Too long in support (Levels 6 & 7 only)
- 1.00** Angle of Repulsion (Levels 6 & 7 only - applies to all vaults)
- |                       |              |
|-----------------------|--------------|
| By vertical           | No deduction |
| From 1 to 45          | 0.05 - 0.50  |
| From 46 to Horizontal | 0.55 - 1.00  |
- 1.00** Touch with only one hand on the vault table  
(CJ if ½ panel sees only 1 hand touch)
- 2.00** Head contacting table during support phase  
(Includes **0.50** for extreme arm bend)
- VOID** No hand contact on vault table

#### Second Flight Phase

- 0.10** Incorrect foot form (flexed, sickled)
- 0.10** Insufficient exactness of LA turn
- Incorrect leg form:
- 0.10** Legs crossed **0.20** Legs separated **0.30** Knees bent
- 0.20** Brush or hit of body/head on vault table during post-flight
- 0.30** Insufficient Length
- 0.30** Failure to maintain stretched body  
(pike down of stretched vaults to facilitate landing)
- 0.30** Insufficient exactness of body position (tuck, pike, or  
Stretch)

- 0.30** Late completeness of twist (Gr 1 & Gr 4 & 5 without saltos)
- Insufficient extension (open) of body before landing:
- 0.25** Insufficient &/or late extension (tuck & pike vaults)
- 0.30** Total absence of extension (tuck & pike vaults)
- 0.50** Insufficient Height
- 0.50** Prescribed LA turn begun too late

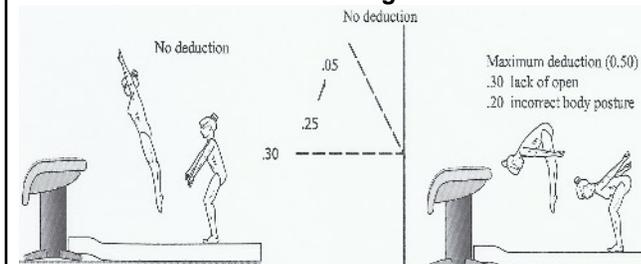
#### Landing

- 0.10** Slight hop or small adjustment of feet
- 0.10** Extra arm swings
- 0.40** Steps (each 0.10 - Max 0.40)
- 0.20** Incorrect body posture on landing
- 0.20** Trunk movements for balance
- 0.20** Large step or jump
- 0.30** Squat on landing (hips even with or lower than knees)
- 0.30** Brush/touch of landing surface w/ 1-2 hands (no support)
- 0.30** Prescribed LA turn incomplete
- 0.30** Deviation from straight direction  
(determined by initial contact with mat)
- 0.30** Dynamics
- 0.50** Support on mat with 1-2 hands
- 0.50** Fall on mat to knee(s) or hips or against apparatus
- VOID** Landing on top of vault table

#### Other Deductions

- 0.50** Coach standing between board and vault table  
(Not taken for Round-Off Entry vaults)
- 0.50** Spotting assistance upon landing
- 0.50** Vaults without signal from CJ  
(CJ takes deduction from average of next vault)
- VOID** Failure to land on any part of the bottom of the feet 1<sup>st</sup>  
**0.50** Vault is scored if gymnast falls, landing on  
hands & bottoms of feet simultaneously
- VOID** Spotting assistance during the vault
- VOID** Run approach without execution of the vault  
•with touch on the springboard or vault table
- VOID** Failure to use the safety zone mat for RO entry vaults

#### Clarification for insufficient/late opening & total absence of extension in 2<sup>nd</sup> Flight



## ▶▶ Difficulty Requirements

3 "A" @ 0.10 3 "B" @ 0.3 2 "C" @ 0.50

## ▶▶ No Difficulty Restrictions

## ▶▶ Difficulty Value Bonus

"D" = +0.10 DV "E" = +0.20 DV

No CV/DV awarded w/ fall or spot

Exact same connection &amp;/or "D/E" gets credit once

Max 0.40 allowed in each category

## ▶▶ Allowable Range of Scores

9.500 - 10.000 0.20

9.000 - 9.475 0.50

8.000 - 8.975 0.70

Below 8.000 1.00

▶▶ Fall Time = Bars 45 sec Beam 30 sec  
Warning at 20 & 10 sec remaining▶▶ Routine Time = Beam 1:30 Warning 1:20  
Floor 1:30 No Warning

## UNEVEN BARS

## ▶▶ Connection Value Bonus

**C + C = +0.10** Direct connect of at least 2 elements in a Mount Connection, Connection within the exercise &/or the Dismount Connection. "All "C", "D", & "E" mounts & dismounts can be used. If 2 elements from Grps 3/6/7, flight or turn is not required but the elements must be different.

**C + D or D + C = +0.10** "C" elements connected to "D" elements do not need flight or turn.

**D + D (or more) = +0.20** "D/E" elements are never required to have flight or turn

## ▶▶ Special Requirements @0.50

1. Flight Element, minimum "C" (not Dismount)
2. 2<sup>nd</sup> (different) Flight Element, minimum "B"
3. Element with LA turn, minimum "C" (not Mt/Dsmt)
4. Salto or Hecht Dsmt, minimum "C"

## ▶▶ Composition Deductions

^0.10 Insufficient distribution of elements

^0.10 Insufficient change of direction

No ½ turn or one 1/1 turn elements 0.10

One ½ turn &amp; one 1/1 turn elements 0.05

Two ½ turn elements No ded

ea 0.10 Uncharacteristic elements

ea 0.10 More than 1 Squat on LB with or without sole circle to jump to grasp HB

ea 0.10 ¼ fwd Giant circle with or without grip change  
Choice of elements (Deduct all that apply)

0.05 Fail to perform both fwd &amp; bkwd circles &amp;/or releases

^0.10 Imbalance between pirouettes &amp; flight elements

Missing 1 category completely 0.10

^0.10 Lack of variety of elements &amp; connections

^0.10 Insufficient change of direction

^0.20 Choice of release elements not up to level

1 "B" &amp; 1 "C" release element 0.20

Any 2 Different "D" release element No ded

0.20 Lack of 2 Bar Changes

0.20 More than 1 element before Mount

## BALANCE BEAM

## ▶▶ Connection Value Bonus

Acro Flight - 2 elements

**B+C = + 0.10** (Not Mt/Dsmt - "C" must be Salto)**B+D, B+E, C+C, C/D+D = +0.20** (Not Dsmt)

Acro Flight - 3 elements

**B+B+C = + 0.10 B+C+C, B+B+D = +0.20**

2 Dance/Mix (Not Dsmt)

**A+D, B+C = + 0.10 B+D, C+C, C+D = +0.20**

Turns

**A+C (or reversed) = + 0.10**

(Turns may be on same support leg or w/ step into turn on opposite leg - brief demi-plie on 1 or both legs is ok)

## ▶▶ Special Requirements @0.50

1. Acro series - 2 flight elements, min "C"  
OR "E" flight + A non flight
2. Leap or Jump w/ 180 cross or side split
3. 360 Turn on one foot
4. Aerial/Salto Dsmt, min "C" or "B" w/ "C" connection

## ▶▶ Composition Deductions

ea 0.10 Missing Acro bkwd &amp; Fwd or Swd

0.05 If only in dismount

^0.10 Spatially - Insufficient use of entire beam

^0.10 Insufficient distribution of elements

^0.10 Insufficient level changes

^0.10 Fail to show movement/choreography in  
different directions (fwd/swd/bwd)0.10 More than 2 pivot (strg leg ½) turns thruout  
exerciseea type 0.10 More than 2 dance elements of the same  
shape (tuck/wolf/or straddle)

^0.20 Acro not up to competitive level

^0.20 Lack balance between acro &amp; dance elements

0.20 Lack of Dance Series

0.20 More than 1 elem before Mount

## FLOOR EXERCISE

## ▶▶ Connection Value Bonus

Acro Indirect

**C+C, A/B+D, A/B+A/B+C/D = +0.10****C+D = +0.20**

Acro Direct

**B+B, A+C, A+A+C = +0.10****B+C, C+C, A/B+D, A+A+D = +0.20**

2 Dance/Mix

**B+D, C+C, D salto + A jump = +0.10**

(No CV for turn followed by a jump)

## ▶▶ Special Requirements @0.50

1. Acro series with 2 saltos  
OR 2 directly connected saltos
2. 3 different saltos (no aerials)
3. Dance pass with 2 different Gr 1 elements (direct or indirect connection), one with 180 split
4. Dismount - Minimum of "C" salto

## ▶▶ Composition Deductions

^0.10 Insufficient distribution of elements

ea ^0.10 Space (use of entire floor area) &amp; direction

0.10 Fail to perform saltos or serials in 2 different  
directions (backward & forward or sideward)ea type 0.10 More than 2 dance elements of the same  
shape (tuck/wolf/or straddle)

ea ^0.10 More than 1 leap/jump to prone position

^0.10 Fail to show movement/choreography in  
different directions (fwd/swd/bwd)

^0.20 Lack balance betw acro &amp; dance elements

^0.20 Acro not up to competitive level

0.20 Lack of turn on 1 foot min "B"

0.30 Lack of minimum "C" salto

## UNEVEN BARS

## ▶▶ Specific Execution

- ea ^0.10 Swing fwd or bkwd under horizontal  
 ea ^0.10 Under-rotation of release/flight elements  
 ^0.10 Precision of HS positions **thruout**  
 ea ^0.10 Insufficient extension of glides/swing into kips  
 ea ^0.10 Poor rhythm in elements/connections  
 ea ^0.10 Hesitation in jump or swing to HS  
 ea ^0.10 Touch, brush of foot/feet on apparatus/mat  
 0.10 Landing too close to bars on dismount  
 ea ^0.20 Insufficient amplitude of elements & releases  
 ^0.20 Insufficient dynamics **thruout**  
 0.20 Hit of foot/feet on apparatus  
 ^0.30 Insufficient height of salto dismount  
 0.30 Hit of foot/feet on mat  
 0.30 Grasp on apparatus to avoid a fall  
 ea 0.30 Intermediate (extra) swing (Max 0.60/element)  
 ^0.40 Insufficient amplitude of "B" Clear hip circles  
 0.50 Full support on foot/feet on mat during routine

## ▶▶ Amplitude of Casts, Swings, Circling Elements

## ▶▶ Cast to HS - Legs straddled or together

- 0°-10° from vertical = "B" VP & no deduction  
 11° - 20° from vertical = "B" VP & 0.05 deduction  
 21° - 30° from vertical = No VP & 0.10 deduction  
 31° - 45° from vertical = No VP & 0.15-0.20 deduction  
 46° & below from vertical = No VP & 0.25-0.30 deduction

## ▶▶ Flight to Handstand on Low Bar

- 0°-10° from vertical = No deduction & Higher VP  
 11° - 20° from vertical = 0.05 deduction & Higher VP  
 >21° from vertical = Lower VP

## ▶▶ Circling Elements except Clear Hip Circle

- 0°-10° from vertical = No deduction & Higher VP  
 11° - 20° from vertical = 0.05 deduction & Higher VP  
 21° - 45° from vertical = No deduction & Lower VP  
 >46° from vertical = ^0.20 & Lower VP

## ▶▶ Clear Hip Circle ONLY

- 0°-10° from vertical = No deduction & "C" VP  
 11° - 20° from vertical = 0.05 deduction & "C" VP  
 21° - 45° from vertical = No deduction & "B" VP  
 46° - 89° more from vertical = 0.05 - 0.25 & "B" VP  
 90° from vertical (horizontal) = 0.30 & "B" VP  
 >90° from vertical (below Horiz) = 0.35 - 0.40 & "B" VP

## ▶▶ Turns IN Handstand

- ^20° from vertical = No deduction  
 21° - 30° from vertical = 0.05 - 0.10  
 31° - 45° from vertical = 0.15 - 0.20  
 46° or more from vertical = 0.25 - 0.30

## ▶▶ 1/1 Turns AFTER HS &amp; all 1 ½ Pirouettes

- ^30° from vertical = No deduction  
 31° - 45° from vertical = 0.05 - 0.15  
 46° or more from vertical = 0.20 - 0.30

## BALANCE BEAM

## ▶▶ Specific Execution

- ^0.10 Feet apart on side position landing of leap/jump  
 ^0.10 Hesitation in jump, press, swing to handstand  
 ea ^0.10 Incorrect body position/alignment on dance elems  
 ea ^0.10 Lack of precision in dance elements  
 ea ^0.10 Turn elements not performed in high releve'  
 ^0.10 Touch, brush of foot/feet on apparatus/mat  
 0.10 Landing too close to beam on dismount  
 ea 0.10 Concentration pause (more than 2 seconds)  
 ea ^0.20 Rhythm of connections dance/mixed/acro  
 ^0.20 Insufficient split (dance/acro elements)  
 ^0.20 Legs not parallel to beam in split or straddle pike  
 ^0.20 Insufficient dynamics  
 ea ^0.20 Insufficient height of leaps/jumps/hops  
 ea ^0.20 Insufficient height of acro flights, aerials, & saltos  
 ^0.20 Insufficient sureness of performance **thruout**  
 ^0.20 Insufficient variation in rhythm/tempo **thruout**  
 ^0.20 Relaxed/incorrect footwork in non-VPs **thruout**  
 ^0.20 Support of 1 leg against side of BB  
 ^0.30 Insufficient height of salto dismount  
 ^0.30 Additional movements to maintain balance  
 ^0.30 Direction on gainer dismount off end of beam  
 ^0.30 Relaxed/incorrect/insufficient leg position/body posture & flexibility in non-VPs **thruout**  
 0.30 Grasp of beam to avoid a fall  
 ^0.30 Artistry/Presentation **thruout**  
 Originality/creativity of choreography ^0.10  
 Quality of movement reflects personal style ^0.10  
 Quality of expression ^0.10

## ▶▶ Required Technique for Recognition of Value Parts

**Note:** Deductions for balance, execution, & amplitude errors are also taken in addition to these:

## ▶▶ Turns of 360 or more on 1 foot &amp; Leaps/Jumps/Hops with turns with 360 or more

- Missing 1° - 44° of turn deduct 0.05 - 0.10  
 Missing 45° - 89° of turn deduct 0.15 - 0.20  
 Missing 90° or more award VP for element performed

**Note:** Once heel drops, turn is completed - Award VP for degree of turn completed prior to heel drop

## ▶▶ Leaps and Jumps

- Missing 1° - 20° deduct 0.05 - 0.10  
 Missing 21° - 45° deduct 0.15 - 0.20  
 46° or more missing award lesser Value Part

## ▶▶ Salto Dismounts - Incomplete Twists

- Missing 1° - 44° deduct 0.05 - 0.10  
 Missing 45° - 89° deduct 0.15 - 0.20  
 90° or more missing award VP for element performed

## FLOOR EXERCISE

## ▶▶ Specific Execution

- ^0.10 Feet apart on side position landing of leap/jump  
 ea ^0.10 Incorrect rhythm during direct connections  
 ea ^0.10 Incorrect body position/alignment on dance elems  
 ea ^0.10 Lack of precision in dance elements  
 ea ^0.10 VP turns not performed in high releve'  
 ea 0.10 Concentration pause (more than 2 seconds)  
 ^0.20 Legs not parallel to floor in split or straddle pike  
 ea ^0.20 Insufficient height of acro flights & aerials  
 ^0.20 Insufficient split on elements  
 ^0.20 Insufficient dynamics  
 ^0.20 Insufficient variation in rhythm/tempo **thruout**  
 ^0.20 Relaxed/incorrect footwork in non-VPs **thruout**  
 ^0.20 Poor relationship of music & movement **thruout**  
 ^0.30 Insufficient height of saltos  
 ^0.30 Relaxed/incorrect/insufficient leg position/body posture & flexibility in non-VPs **thruout**  
 ^0.30 Missing synchronization of movement & musical beat **each time 0.05**  
 exercise not ended with music 0.10  
 ^0.30 Artistry/Presentation **thruout**  
 Originality/creativity of choreography ^0.10  
 Quality of movement reflects personal style ^0.10  
 Quality of expression ^0.10

## ▶▶ Required Technique for Recognition of Value Parts

**Note:** Deductions for balance, execution, & amplitude errors are also taken in addition to these:

## ▶▶ Turns of 360 or more on 1 foot &amp; Leaps/Jumps/Hops with turns with 360 or more

- Missing 1° - 44° of turn deduct 0.05 - 0.10  
 Missing 45° - 89° of turn deduct 0.15 - 0.20  
 Missing 90° or more award VP for element performed

**Note:** Once heel drops, turn is completed - Award VP for degree of turn completed prior to heel drop

## ▶▶ Leaps and Jumps

- Missing 1° - 20° deduct 0.05 - 0.10  
 Missing 21° - 45° deduct 0.15 - 0.20  
 46° or more missing award lesser Value Part

## ▶▶ Salto Dismounts - Incomplete Twists

- Missing 1° - 44° deduct 0.05 - 0.10  
 Missing 45° - 89° deduct 0.15 - 0.20  
 90° or more missing award VP for element performed