

NCAA Vaulting

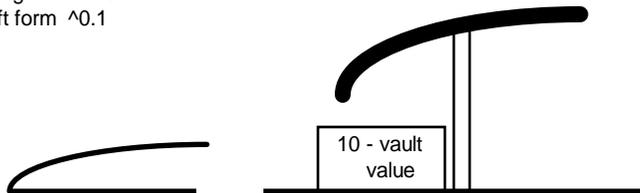
Except Tsuk or full on- salto off

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

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)

staggered/alt hand ^0.1
alt repulsion ^0.2

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



Direction ^0.3
Dynamics ^0.3

No contact/one of hands on table- *NCAA = -1.0 each judge*
Land standing/sitting/lying on table - VOID
Coach between board and table -0.5 (except RO vaults)
Coach aid landing -0.5 aiding vault *NCAA = -1.0 each judge*
no deduction for 3rd approach (no 4th approach allowed)
Failure to land feet first -*NCAA = -1.0 each judge*
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
landing in sitting/lying/standing on top of table = VOID
Unauthorized matting = 0.3 CJ
Incorrect tape/excessive chalk on table or runway = 0.2 CJ

*NCAA - one vault, allow 3 attempts (touch bd/table = attempt)
if inverts on approach and/or the table, and goes over = vault
no Bonus vaults. Flash vault Group*

Height ^0.5
Distance ^0.3 (ck hand place)

legs crossed ^0.1
legs separation ^0.2
legs bent ^0.3
foot form ^0.1

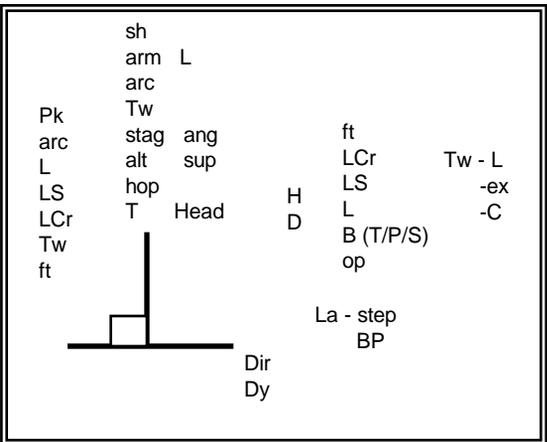
body shape -
insuf Tuck, Pike ^0.3
stretch - arch or pike ea ^0.3
pike down of stretched ^0.3
lack of opening 0.3 / ^0.25
(stretch prior to landing)

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

Landing-
steps: slight hop/small adjust/staggered feet ^0.1
large .2, max total ^0.4
landing feet wider than hip (and not close) -.1
extra arm swings ^0.1
trunk movements ^0.2
body position ^0.2 (when feet land)
squat ^0.3
brush/touch vault table ^0.2
brush/touch floor ^0.3
falls/support with hand(s) ^0.5

chalk marks on runway -0.2 CJ
(removable tape/velcro allowed)
sting mat on runway -0.3 CJ



NCAA Range -- Average decides	
9.5 - 10.0	0.2
9.0 - 9.475	0.3
8.0 - 8.975	0.5
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

NCAA Balance Beam

Value Parts	3A 3B 2C no VP = no SR
Special Reqmts	Acro series (2 flt w/ C w/wo hand support, must finish on beam)... or A(gp 7) + E Acro Dance series (<i>one elem min C</i>) L/J 180 deg (can be in series) 360 turn C dismt - or B dismt conn to D acro element
0.2 ea	
Additive Value SV	CV or DV max 0.4 +0.1 D +0.2 E 9.5 (+0.5)

Average 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

Range -- Average decides	
9.5 - 10.0	0.2
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Overtime deduction 0.1
1:30 -- warning 1:20
from feet takeoff to land on floor

APPARATUS DEDUCTIONS		
relaxed body/leg posture, flexblty throughout	up to 0.3	B/L
relaxed/incorr footwork in nonVP	up to 0.2	ft
variation of rhythm and tempo throughout	up to 0.2	R
insuff sureness of performance throughout	up to 0.2	sure
dynamic performance (energy, effortless)	up to 0.2	dy
artistry of presentation		art
• 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	
landing too close to beam on dismt	0.1	
direction of gainer dismount off end	up to 0.3	

GENERAL COMPOSITION		
one-sided acro (F/S and B) (not dismt)	each 0.1	acro dir
choice of acro up to level of comp	0.1	comp
Insuf distribution	0.05	db
Level changes	0.05	Lvl
Spatially (whole beam)	0.05	sp
Directionally (F/S/B movement)	0.05	dir
More than 1 L/H/J to prone	ea 0.1	

level comp: acro flight bonus (CV) series
-or- acro fit ser w/o bonus AND a D acro or E dance
[Series skills must be ON BEAM; D may be mt or dismt]

NCAA differences:

dismounts

side/end
B = B, C = C, D = D, E = E

D = D, D = D, E = E

max run for mt at 27 1/2 feet -0.1 if exceeds
Chalk applied to beam (except small marks on top) - 0.2 CJ

Connection Value (CV)	2 acro flight no dismt	3 acro flight no dismt	dance/mixed (acro flt, no dismt)	turns
+ 0.1	[no B + C]	B + B + C	A + D B + C	A + C
+ 0.2	C + C B/C + D B + E D + D	B + C + C B + B + D B + C + D	C + C B + D C + D	no CV for a B dismount

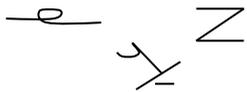
....counts like C in CV with handsprings, but D for CV with other elements (still get DV for D)

B+C = 0 CV, +.1 DV

B + D = +.1 CV, +.1 DV

NCAA Floor Exercise

Value Parts	3A 3B 2C	=8 total no VP = no SR	
Special Reqmts	1 Series with 2 saltos or 2 direct conn saltos 3 diff saltos Dance Passage (Two diff <i>Group 1</i> elems, one 180 leap can include turns indirectly)		
0.2 ea	C last salto or in last salto connection		
Additive Value	CV or DV max 0.4 +0.1 D +0.2 E		
SV	9.5 (+0.5)		



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

RANGE – Avg decides	
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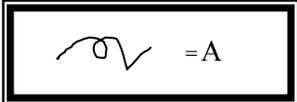
APPARATUS DEDUCTIONS	
relaxed body/leg posture, flex throughout	up to 0.3
relax/incorrect footwork on non-VP	up to 0.2
rhythm and tempo (whole exercise)	up to 0.2
dynamic performance (energy, effortless)	up to 0.2
artistry of presentation	
• quality of expression	up to 0.1
• originality of choreography	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 salto	ea up to 0.2 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 mvnts on landing of acro (avoid step)	up to 0.2
not in sync with music-- parts throughout exercise	ea 0.05 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

GENERAL COMPOSITION		
lack dance CV/DV bonus from Gps 1,2	0.1	dBon
one side acro- show F/S & Back saltos	ea 0.1	acro dir
choice of acro up to level of comp	0.1	comp
lack C salto	0.3	C sal
insuf distribution	0.05	db
use of floor: spatially	0.05	mvt
directionally	0.05	dir
More than one L/J/H or one acro to prone	ea 0.1	
routine w/ only 2 acro passes: show min 1 pass w D, other pass D or +2 CV	0.1	

level of comp:

one E element –or- 2 diff D elem (one a salto)
AND
one acro series with min C salto
AND
acro dismt series w/ C bonus combo **or** D salto
(note dismt series with E = all 3 parts)

0.1 off team score if out of order
0.3 out of uniform, for team or individual
leo above hip bone -0.1 w warning
failure to mark mats with boundaries - 0.1
corner chalk arc line allowed
one sting, 4" or 8" mat allowed per tumbling pass/leap combo, or deduct 0.3



Conn Value (CV)	Indirect Acro	Direct Acro	Dance/mixed (YES turn to jump)
+ 0.1	C + C A/B + D A/B + A/B + C A/B + A/B + D	A + C A + A + C B + B (2 diff skills)	B + D C + C D salto + A jump Acro/Dance/Acro [min 1 acro C, dance min A followed by salto]
+ 0.2	C + D	B + C A/B + D C + C A + A + D	C + D

Overtime deduction 0.1
1:30 (up to 1:31)
from movement of gymnast