

**SPECIAL REQUIREMENTS (0.2 EACH)**

UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE
<p>a) Minimum of two bar changes.</p> <p>b) Two flight elements, minimum of two different C's OR a D and B (not to include dismount).</p> <p>c) One element with longitudinal axis (LA) turn, minimum of "C" (not to include <b>mount</b> or dismount).</p> <p>d) "C" dismount. If "C" dismount immediately preceded by same two A or B elements = 0.10 deduction (not .20) Taken from Start Value.</p>	<p>a) Acro series - Minimum of 2 flight elements, one element must be minimum of C with or without hand support (may include mount) OR an "A" non-flight element from group 7 (walkovers/cartwheels) connected to an E acro skill. Acro series may not be connected to the dismount and must stop on the beam.</p> <p>b) Dance <b>or MIX</b> series with a minimum of two elements, <b>the dance element must be C or higher. Series must end on beam.</b></p> <p>c) A leap or jump requiring 180° split. (may be part of dance/mix series)</p> <p>d) Minimum of 360° turn from Group 3. No hand support permitted.</p> <p>e) Minimum of C dismount, or B dismount preceded by and directly connected to any D acro element.</p>	<p>a) One Acrobatic series with two saltos (same or different), OR two directly connected saltos.</p> <p>b) Three different saltos within the exercise.</p> <p>c) The salto performed as the last isolated salto or within the last salto connection must be minimum "C".</p> <p>d) Dance passage with a minimum of two different Group 1 elements, directly or indirectly connected, one of which is a leap (one foot take-off) requiring a 180° cross or side split position. An indirect connection would allow for running steps, small leaps, hops, chassés, assemblés, or any kind of turn on 1 or 2 feet between the two dance VPs.</p>

**COMPOSITION**

UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE
<p>a) Lack of variety in choice of elements and/or connections (0.05) flat</p> <p>b) Insufficient distribution (0.05) flat</p> <p>c) More than one squat/stoop on LB with or w/o sole circle to grasp HB (0.1 each)</p> <p>d) Uncharacteristic elements (0.1 each)</p> <p>e) ¾ giant circle forward w/ or w/o grip change (0.1 each)</p> <p>f) Choice of elements not up to the competitive level (0.1) flat</p> <p>1. A single bar release with a minimum of "D" value OR an "E" release move OR minimum of two "D" releases OR minimum two "E" level skills</p> <p>2. Exercise must have minimum of "D" dismount or "C" dismount in bonus combination.</p>	<p>a) Lack of variety in choice of Acro elements</p> <p>1. Missing backward Acro element-minimum A value (0.1) flat Missing forward/sideward Acro element-min. A value (0.1) flat</p> <p>2. More than one leap/jump/hop to prone (0.1 each)</p> <p>b) Insufficient distribution (0.05) flat Consider: Level of difficulty not maintained throughout the exercise. Most difficult elements placed in the same section of the exercise.</p> <p>c) Insufficient use of entire beam apparatus</p> <p>1. Insufficient level changes throughout the exercise (0.05) flat</p> <p>2. Spatially (use the entire length of the beam) (0.05) flat</p> <p>3. Directionally (movement/choreography fwd, bkwd, sdwd) (0.05) flat</p> <p>d) Choice of elements not up to the competitive level (0.1) flat</p> <p>1. If a flight series is performed on the beam WITHOUT Connection Value (consider only those skills performed on the beam), then an additional D Acro element OR an E dance element including mounts and dismounts, is required. <b>D/E Acro directly connected to dismount CANNOT fulfill the UTL requirement.</b></p>	<p>a) Lack of variety in choice of elements:</p> <p>1. Lack of Dance Bonus from Groups 1 or 2 (minimum of +0.1 CV OR +0.1 D/E Bonus is required) (0.1) flat</p> <p>2. Missing backward salto with a minimum of A value (0.1) flat Missing forward/sideward salto with a minimum of A value (0.1) flat</p> <p>b) Insufficient distribution (0.05) flat</p> <p>c) Insufficient use of the floor area – Spatially (floor Pattern) (0.05) flat</p> <p>1. Spatially (floor pattern) (0.05) flat</p> <p>d) Choice of elements not up to the competitive level (0.1) flat</p> <p>- One E valued element (acro or dance)</p> <p>- OR two different D elements (one of which must be an Acro element)</p> <p>- One Acro SERIES with a C salto or better</p> <p>- An Acro dismount with a C (minimum) salto in bonus combination OR a D (minimum) salto</p> <p>e) Floor routines with only 2 tumbling passes must include min D element in one of the passes &amp; min D or 0.2 CV in the other pass (in any order) (0.1) flat</p>

**Element Value Exceptions**

Uprise Handstand with ½ = D  
 1-1/2 turn IN HS = E  
 Fwd/bkwd Stalders to HS or with ½ = D  
 Fwd/bkwd Stalders to HS with 1/1 turn = E  
 All elements that inc. 1/1 turn after HS (Healy) = D  
**Flyaway 2/1 twist = D**  
**Front Flyaway 1 ½ twist = D**  
**Front Flyaway 2/1 twist = E**

**Element Value Exceptions**

Straddle Jump ¼ = C      Ring or Stag-Ring Leap/Jump = D  
**2/1 Turn on 1 foot = E**      **2/1 Wolf Turn = E**  
 Full Twisting BHS swing down = E  
 Forward Salto one or two leg takeoff to sit = D  
 Backward Layout Stepout = D  
 Backward layout thru vertical to pike down legs together = D  
**2 Foot Front Tuck to 2 Feet only = E**  
 Swing leg to Fwd salto stretched with 1/1 to end/side = C in tuck position = B  
 Rudi - Two foot Forward Salto tuck or stretched with 1½ dismount = D  
 Gainer Salto bkwd **tucked**/stretched w 1½ to side = D    2/1 (+) stretched = E  
 Gainer Salto backward tucked with 1/1 at end = D  
 Forward Salto stretched off two feet with 2/1 = E  
 Salto backward stretched with 2½ dismount = E

**Element Value Exceptions**

Front salto piked = A  
 Ring jump or stag-ring jump with 1/1 turn = D

**BONUS** **9.4 START VALUE on UB, BB & FX (minimum +0.10 "D/E" & minimum +0.10 CV; remaining .4 may be DV or CV for maximum SV of 10.0)**

BARS Connection Value	0.1	0.2
	*C + C/D	D + D
<b>Difficulty Value</b>		
<b>Same bar D Release / E Release</b>	<b>+0.1 additional</b>	

\*Both "C" elements must have flight or turn but If "C" connected to "D/E" then "C" not required to have flight/turn

If 2 "C" 3/6/7 skills connected then do not need turn/flight to receive CV but both "C" 3/6/7 skills must be different

BEAM Connection Value	0.1	0.2
<b>Acro Flight (2 element)</b> (excludes dismount)		B + D/E C + C/D
<b>Acro Flight (3 element)</b> (Dismount skill must be min "C" to receive bonus) * ADDITIONAL +0.1 bonus awarded for Triple Series with 'C' (excludes dismount)	B + B + C	B + C + C B + B + D
<b>Dance or Mixed Series</b> (Acro elements must have flight) (excludes dismount)	A + D B + C	B + D/E C + C/D
<b>Dance Turns</b> (on one foot)	A+C or C+A	
<b>Dismount Connections</b>	<b>B(+)<b>Acro</b> + C(+)<b>Dsm</b></b> <b>[*Flight not required]</b> <b>C(+)<b>Dnc</b> + C(+)<b>Dsm</b></b>	

**EXCEPTIONS:**

- 1) B + C Acro Flight = No Bonus
- 2) B+D Acro Flite BHS+Layout Pike down w Ft together = +.1CV(not .2)
- 3) Back HS Series w: Back Salto Layout Step-out (D) OR Aerial Walkover (D) -  
- Receives 'D' Bonus but considered 'C' for purposes of Connection Value  
- Inc. BHS Step-out or 2 Ft, Gainer BHS, BHS Swing-down. In any order  
**Examples:** BHS + LO Step-out, B+D, receives +.1D & NO CV (B+C)  
- Aerial WO + BHS, D+B, receives +.1D & NO CV (C+B)  
- BHS+BHS+LO Step-out, B+B+D, receives +.1D, +.1CV, + \*Additional .1  
- RO+LO Step-out, B+D, receives +.1 D, +.2 CV (B+D, not a BHS Series)  
- BHS+LO+LO, B+D+D, rcvs, +.1D, +.2CV (D+D), + \*Additional .1

FLOOR Connection Value	0.1	0.2	0.3
<b>Acro Indirect</b>	A/B + A/B + C/D A/B+D	C + C C + D/E	
<b>Acro Direct</b>	B+B ( <b>different</b> ) A+C A+A+C	B+C A+A+D or A/B + D	<b>C+C</b>
<b>Dance*/Mixed**</b>	B + D or C + C D salto + A jump ***Mixed C+A+A	C + D/E	

\*\*"C" turn followed by "C" jump may receive CV if directly connected

\*\*Acro elements in mixed series must be salto or flight elements to receive CV

\*\*\*Mixed Series must include at least 2 Acro elements →

One must be a "C" & Dance element must be at least "A" and must be followed by a "salto" of at least an "A".

Dance element breaks the series for all other purposes

Difficulty Value			
<b>Last Pass: Dble Flipping Salto OR E Acro</b>	<b>+0.1 additional</b>		

**EXECUTION**

**UNEVEN BARS**

Insufficient Angle of arrival – Flight to HS on LB (.05)  
Swing forward or backward under horizontal (→0.1 each)  
Under-rotation of release/flight elements (→ 0.1)  
Precision of handstand positions throughout (→ 0.1)  
Insufficient extension of glides/swing into kips (→0.1)  
Poor rhythm in elements/connections (→0.1)  
Hesitation in jump or swing to HS (→ 0.1)  
Touch, brush of foot/feet on apparatus/mat (→ 0.1)  
Landing too close to bars on dismount (0.1)  
Insufficient amplitude of elements (→0.2 each)  
Insufficient dynamics(→ 0.2)  
Hit of foot/feet on apparatus (0.2)  
Incorrect padding (heel/hip) CJ (0.20)  
Insufficient height of salto dismount (→ 0.3)  
Insufficient extension (open) of tuck/pike prior to landing dismount (→ 0.3)  
Insufficient Amplitude of casts (→ 0.3)  
Insufficient Angle of turn completion (→ 0.3)  
Hit of foot/feet on mat (0.3)  
Grasp on apparatus to avoid a fall (0.3)  
Intermediate (extra) swing (0.3) **max 0.5** per skill  
Insufficient amplitude of "B" Clear hip circles (→ 0.4)  
Full support on foot/feet on mat during routine (0.5)

**BALANCE BEAM**

Feet apart on side position landing of leap/jumps (→ 0.1 each)  
Hesitation in jump, press, swing to HS (→ 0.1)  
Incorrect body position/alignment on dance elements (→ 0.1 each)  
Lack of precision in dance elements (→ 0.1 each)  
Turn elements not performed in high relevé (→ 0.1 each)  
Landing too close to beam on dismount (0.1)  
Concentration pause - 2 sec. (0.10 ea.) More than 2 sec. (0.2 ea.)  
Rhythm of connection-dance/mixed/acro (not bkwd flight) (→ 0.2 each)  
Insufficient split when required (dance/acro elements) (→ 0.2)  
Legs not parallel to beam in split or straddle pike (→ 0.2)  
Insufficient dynamics (→ 0.2)  
Insufficient height of leaps/jumps/hops (→ 0.2 each)  
Insufficient height of acro flights, aerials & saltos (→ 0.2 each)  
Insufficient sureness of performance – throughout (→ 0.2)  
Insufficient variation in rhythm/tempo –throughout (→ 0.2)  
Relaxed/incorrect footwork in non-VPs throughout (→ 0.2)  
Support of 1 leg against side of BB (0.2)  
Insufficient height of salto dismount (→ 0.3)  
Additional movements to maintain balance on the beam (→ 0.3)  
Direction on gainer dismount off end of beam (→ 0.3)  
Insufficient extension/open of tuck/pike prior to landing dismount (→0.3)  
Relaxed/incorrect/insuff. leg pos./body posture/flexibility in nonVPs thruout (→0.3)  
Grasp of beam to avoid a fall (0.3) Use of supplemental support (0.3)  
Artistry/Presentation (→ 0.3)

**FLOOR EXERCISE**

Feet apart on landing of leap/jump/hops (→ 0.1 each)  
Incorrect Rhythm during execution of direct connection (→ 0.1 each)  
Incorrect body position/alignment on dance elements (→ 0.1 each)  
Lack of precision in dance elements (→ 0.1 each)  
Failure to perform Group 2 turns in high relevé (→ 0.1 each)  
Concentration pause (2 sec.) (0.1 each)  
Legs not parallel to floor in split or straddle pike (→0.2)  
Insufficient height of leaps/jumps/hops (→ 0.2 each)  
Insufficient height of acro flights & aerials (→ 0.2 each)  
Insufficient split on elements (→ 0.2)  
Insufficient dynamics (→ 0.2)  
Insufficient variation in rhythm/tempo throughout (→ 0.2)  
Relaxed/incorrect footwork in non-VPs throughout (→ 0.2)  
Poor relationship of music & movement throughout (→ 0.2)  
Insufficient height of saltos (→ 0.3 each)  
Insufficient extension (open) of tuck/pike prior to landing dismount (→ 0.3)  
Relaxed/incorrect/insuff. leg pos./body posture & flexibility in non-VPs throughout (→0.3)  
Artistry/Presentation (→ 0.3)  
Missing synchronization of movement & musical beat (→ 0.3)  
- Each time (0.05)  
- Exercise not ended with music (0.10)  
Music with words (CJ) 1.00  
Absence of music (CJ) 1.00

GENERAL

Element Requirements: 3A, 3B, 2C **Start Value(SV):9.4**  
SCORING

Open scoring required at all meets.  
Judges are to sit apart.  
All scores will be flashed and rotated, but only the average score will be raised and rotated.  
Both the SV & the score will be flashed simultaneously.  
First, judge shall give final score to flasher. Judges shall then simultaneously flash his/her SV while final scores and average score are being displayed.  
Judges will indicate when an "up to the level deduction" has been taken on UB, BB, and FX.

SCORE RANGE

The range of scores is determined by the two or four counting scores. If the average score is between those listed below then the two counting scores must be within the range of:

9.5 – 10.0	0.2
9.0 – 9.475	0.3
8.0 – 8.975	0.5
Below 8.0	1.0

Conferences should only occur when counting scores are out of range or if impossible SV, UTL or if inquiry submitted.

OUT OF ORDER

Out of Order (0.1 team score deduction)

CONDUCT

The following procedures may be executed by any panel judge, chief judge or the meet referee (MR) and will appear as a neutral deduction on the score sheet

- A. **Gymnast's unsportsmanlike conduct:**  
-First-time will be a warning (MR is notified)  
-Second-time the MR is notified and there will be 0.10 deduction taken from the gymnast's score for that event by the MR or chief judge.
- B. **Coach's unsportsmanlike conduct:**  
-First-time will be a warning -- yellow card issued (MR is notified).  
-Second-time MR is notified and there will be a 0.10 deduction taken from the team score by the MR for each violation. Coach in violation may remain on the floor for safety purposes.

EQUIPMENT: All equipment must be used as intended by the manufacture.

- A. The only allowable entry pads are the TAC-10 RO pads.
- B. The RO pad may be used only for RO Vaults or Front handspring onto the board entry vaults.
- C. **Athletic tape or Velcro strips (NO CHALK) may be placed on the vault runway, provided that such markings are removed no later than the end of the rotation. The tape measure is to be used to determine where to begin the approach for vault. Chalk only may be used on the student-athlete as needed (e.g., hands, feet, legs).**
- D. 1 ¾" padded vault runway is required for all competitions and must extend a minimum of 82 feet from the base of the apparatus. The gymnast may use the entire length of a manufactured runway (beyond 82 feet if available). Exceptions to the minimum requirement will be made in cases where a host institution cannot provide 82 feet of runway due to venue limitations. In such cases, the host institution must notify visiting team(s) in writing, of the distance that will be provided, before meet contracts are signed. No deduction will be taken, if a gymnast starts off the runway to begin her approach.
- E. Low bar must be adjustable to 165 centimeters and the high bar adjustable to 245 centimeters without the bar height adapters. (AAI 155cm-185cm from floor to top of rail +/- 1cm) and the high bar adjustable to 245 centimeters (AAI 235-236cm from floor to top of the rail +/-1cm)
- F. The uneven bars should be set so that the low bar and the high bar lean at the same angle when the bars are set at the maximum width according to AAI specifications (192 cm +/- 1cm).
- G. If a gymnast has a broken/torn grip, she may repeat her routine as the last team competitor or after the all-around competitor (specialist). If this does not allow for a sufficient amount of time to change grips or enough time to prepare, the gymnast will repeat the routine as soon as it is safe to do so. However, the time should not exceed five minutes. [Note: Common sense and safety must always prevail.]
- H. Foreign Substance. Foreign substances may NOT be placed on the hands and/or feet of the gymnasts or any piece of equipment (e.g.: honey and sugar, tuff skin, etc.) Water, Chalk, AAI solutions and AAI hand **Tac/10** towels are the only acceptable substances.
- I. The minimum run distance that must be provided for mounts on uneven bars and balance beam during competition is 27 ½' from the base or leg of the respective apparatus. If more than 27 ½' of matting exists, the maximum run distance may be used. [Note: the host institution need not provide more than the minimum which will be provided at NCAA regional and national competition]. Exceeding the length of the provided manufactured matting will result in .10 deduction from the gymnast's score.
- J. If a plywood board is used under the springboard for mounting bars and beam, then it must be a ½' plywood board with a non-skid surface on both sides.
- K. It is allowable to mount off a 4 inch mat on top of a sting on Uneven Bars and Balance Beam
- L. Except for a small mark on the top surface of the beam, chalk may not be applied directly to the beam. A small amount of chalk may be applied to the gymnast's hands and feet as needed for safety.
- M. A minimum of 15 ½' matting must be available on the dismount end of the beam.
- N. A chalk arc line may be placed on the corners of the floor exercise mat.
- O. If a mat used on floor exercise exceeds the boundary lines, the mat must be clearly marked with tape (not chalk) to indicate the actual boundary lines. Failure to mark the mat will result in a 0.10 deduction taken off the average. Tape may not be placed in the center of the floor exercise mat.
- P. Only one of the following mats: Sting mat, 4" Throw mat, 8" Skill cushion may be used per tumbling pass/leap combination (i.e., a gymnast may not punch off one mat and land on another). EXCEPTION: Sting mat on floor are allowed, but they count as two mats if stacked. There shall be no more than two mats on the floor. – Improper use of matting shall incur a 0.30 deduction for improper use of equipment.
- Q. Floor Exercise Field of Play: 12m x 12m +/-3cm. If tape line outside of line: (39.4 ½" x 39.4 ½" ).
- R. Beam and Vault Table measures from top of the beam and vault to floor. (125cm +/-1 1/4 ")

Beam/Floor routines, & falls on Bars/Beam must be timed. There will be a **45 sec. FALL Time for Beam** & Bars.

**Prior to and during Competition: during 2-minute Transitions, gymnasts are allowed to use matting around the apparatus to stretch, invert & prepare as needed for the 4-min. touch, however the apparatus must not be mounted or used for gymnastics skills during this time. On FX jumping, bouncing, running, stretching type of warm-up activity is allowed however gymnastics skills are not allowed on the FX apparatus. Gymnasts may use the Vault runway to prepare for the 4-min. touch warm-up on Vault. (See NCAA Modifications)**

UNIFORMS

An institution's official uniform and all other items of apparel (i.e., tights, t-shirts, warm-ups, tennis shoes) must be identical if worn on either practice or competition day. During the march in and awards ceremony, team members must be in identical warmup apparel. In addition, for NCAA competition, a gymnast will be considered "in uniform" if she has a name and/or number on her warm-up apparel and leotard as long as all team members use a similar font type and color. Names will include only the first initial of the first name and the full last name. Nicknames not permitted. If two or more gymnasts have the same first initials and last names, the first name may be spelled out.

- A. **A student-athlete must wear a one-piece leotard and is allowed to wear any undergarments that are the same color of the leotard or are skin tone in color. [NCAA Newsletter #1, 10/15/19]**
- B. Leotard straps must be minimum of 2 cm (¾") in width.
- C. The meet referee will instruct a gymnast who does not meet the uniform policies that she is "out of uniform." The gymnast must comply with the uniform rules or a 0.30 team deduction will be taken during team competition or a 0.30 deduction off the individual's score during individual competition.

JEWELRY

**Gymnasts are only permitted to wear stud piercings. No other jewelry is permitted. After a warning, a .20 deduction will be taken from the gymnast's score for each occurrence.**

LANDINGS

Landing deductions are taken for lack of control and/or movement occurring prior to presenting to the judges (i.e., celebrating on the mat prior to presenting to the judges will result in a deduction).

**VERBAL CUES:** Technical Verbal cues by coach to own gymnast = 0.2 deduction after warning given

VAULTING

For all NCAA competition, the JO Bonus Rule WILL NOT BE IN EFFECT for select 10.0 Start Value vaults. Each team will be allotted a four-minute touch warmup  
Vault numbers will be flashed (see Appendix I, Vault Value Chart)

The gymnast will perform one vault, the score of which will count. A gymnast is allowed three attempts to complete one vault.

If a gymnast touches the board and/or vault apparatus or inverts on the approach or vault table without going over the vault apparatus, then this counts as one of her three attempts. It is not considered a vault.

If a gymnast inverts on the approach and/or the table and goes over the vault apparatus, then this would be considered an executed vault and must be scored.

1.00 deduction for touching the vault table with only one or with no hands taken by each judge

1.00 deduction for failure to land on the soles of feet first (includes fall) taken by each judge.

1.00 deduction for spotting assistance during the vault taken by each judge.

\*The 1.00 deduction is taken by each judge. If not in range, then a conference is called.

If a gymnast vaults prior to the judges hand or flag signal, the gymnast must repeat the vault for score and would receive a 0.50 deduction.

### VIDEO REVIEW PROCESS

The following video review process will be used for the regular season, conference championships and NCAA regional competitions.

In the event that an inquiry response is unsatisfactory to the coach, a video may be used for the purpose of review under the following conditions:

- A. Each team is allowed one review per meet.
- B. An institutional team video or television production footage must be used for the review. The video may be taken from any vantage point.
- C. A review that fails results in a 0.10 deduction from the team score.
- D. All reviews must be specific to the performance or nonperformance of a particular VALUE PART, combination of skills or neutral deductions (i.e., out of bounds).
- E. Reviews may not be used to evaluate a question of execution, composition or up to the level DEDUCTIONS. These requests will result in a 0.10 deduction.
- F. Reviews should be viewed in the speed that is to the advantage of the student-athlete. If necessary, video should be viewed in multiple speeds.**
- G. The review must be submitted to the meet director or host institution designee within five (5) minutes following the conclusion of the meet (as determined by the final score posted OR the return of the final inquiry, whichever is later). During this time, the scores are being verified by the judging panel and the head scorer's table.
- H. The coach requesting the review must provide a signed Video Review Form (VRF) (Appendix II), cued video and team camera to the meet director (or host institution designee). The meet director (or host institution designee) will be responsible for delivering this information to the meet referee and event panel (the judges who judged the particular event) for their review **on the competition floor**. The coaches may not be present during the review.
- I. Reviews must be conducted in the presence of the meet referee and the event panel ONLY. If the meet referee is on the panel, the next highest rated official must participate. A simple majority of the review panel will determine success or failure of the review. If the review fails, judges may not change their scores, the 0.10 will be deducted from the TEAM score. If the review is successful, the INDIVIDUALS score will be adjusted accordingly and TEAM score if it is a counting score.
- J. The results of the review will be noted on the VRF by the meet referee and returned to the meet director (or host institution designee) who will take the VRF to the score table. The official score will be adjusted (up or down). Then the judges will sign the official score sheet and the meet director will deliver the VRF to the coach.
- K. Decisions rendered by the judges' review panel are final and cannot be overturned.

### MISC

The NCAA Modifications document lists the NCAA Special Requirements and Compositional Deductions in total, rather than in addition to the Junior Olympic (JO) Women's Code of Points Requirements (Level 10). **No other Special Requirements or Compositional Deductions are applicable to collegiate competition unless listed in this document. In all other cases the deductions/values modify, supplement or replace the specific JO level 10 rules. Please note that the NCAA rules modifications are in effect for both regular and post season competition unless otherwise noted.**

This document is unofficial. Please refer back to the NCAA Women's Gymnastics Rules Modification Document and the Junior Olympic Code of Points, as well as the NCAA Women's Gymnastics Rules Newsletters for official language, updates, and clarifications