



**SPECIAL REQUIREMENTS (0.2 EACH)**

UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE
<p><i>One element may fulfill more than one SR, unless specified.</i></p> <p>a) Minimum of two (2) bar changes.</p> <p>b) Two (2) flight elements, minimum of two (2) different C's <u>OR</u> a D and B (not to include dismount).</p> <p>c) One element with longitudinal axis (LA) turn, minimum of "C" (not to include dismount).</p> <p>d) "C" dismount with the following modification: "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) <u>OR</u> an "A" non-flight element from group 7 (walkovers/cartwheels) connected to an E acro skill. <i>Acro series may not be connected to the dismount and must stop on the beam.</i></p> <p>b) Dance series with a minimum of two (2) elements, one element C or higher.</p> <p>c) A leap <u>or</u> jump requiring 180° split. (may be part of dance series)</p> <p>d) Minimum of 360° turn from Group 3. No hand support permitted.</p> <p>e) Minimum of C dismount, <u>or</u> B dismount preceded by and directly connected to any <i>D acro element</i>.</p>	<p>a) One Acrobatic series with two (2) saltos (same or different), <u>OR</u> two (2) directly connected saltos. (If the two (2) saltos are not directly connected, they must be included in an Acrobatic series, which is defined as a minimum of three Acrobatic flight elements, with or without hand support. Aerials are NOT considered saltos).</p> <p>b) Three (3) 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 (2) 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 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 <u>(0.05) flat</u></p> <p>b) Insufficient distribution <u>(.05) flat</u></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) <i>(This is not considered an element and will break a connection.)</i></p> <p>f) Choice of elements not up to the competitive level. <u>(0.1) flat</u></p> <p>1. A single bar release with a minimum of "D" value <u>OR</u> an "E" release move <u>OR</u> minimum of two "D" releases <u>OR</u> minimum two "E" level skills</p> <p>2. Exercise must have minimum of "D" dismount <u>or</u> "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 <u>(0.1) flat</u> Missing forward/sideward Acro element-min. A value <u>(0.1) flat</u></p> <p>2. More than one leap/jump/hop to prone (0.1 each)</p> <p>b) Insufficient distribution <u>(0.05) flat</u> <i>Consider: Level of difficulty not maintained throughout the exercise. Most difficult elements placed in the same section of the exercise.</i></p> <p>c) Insufficient use of entire beam apparatus</p> <p>1. Insufficient level changes throughout the exercise <u>(0.05) flat</u> <i>Consider: Level changes by the performance of elements and/or connections [look for movements that are high off the beam, standing, semi-low, and low (kneel, squat, sit, lying)]. No longer required to touch the beam with a part of the torso and/or head.</i></p> <p>2. Spatially (use the entire length of the beam) <u>(0.05) flat</u></p> <p>3. Directionally (movement/choreography forward, backward and sideward) <u>(0.05) flat</u></p> <p>d) Choice of Acro elements not up to the competitive level <u>(0.1) flat</u></p> <p>1. <i>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 <u>OR</u> an E dance element including mounts and dismounts, is required.</i></p>	<p>a) Lack of variety in choice of elements:</p> <p>1. Lack of variety in dance elements</p> <ul style="list-style-type: none"> <li>- Lack of Dance Bonus from Groups 1 or 2 (minimum of +0.1 Connection Value <u>OR</u> +0.1 D/E Bonus is required) <u>(0.1) flat</u></li> <li>- More than one (1) leap/jump/hop to prone position (0.1 each)</li> </ul> <p>2. Lack of variety in choice of Acro elements</p> <ul style="list-style-type: none"> <li>- Missing backward salto with a minimum of A value <u>(0.1) flat</u></li> <li>- Missing forward/sideward salto with a minimum of A value <u>(0.1) flat</u></li> </ul> <p>b) Insufficient distribution <u>(.05) flat</u> <i>Consider: Level of difficulty not maintained throughout the exercise. Most difficult elements placed in the same section of the exercise.</i></p> <p>c) Insufficient use of the floor area</p> <p>1. Spatially (floor pattern) <u>(.05) flat</u></p> <p>2. Directionally (movement/choreography forward, backward and sideward) <u>(.05) flat</u></p> <p>d) Choice of Elements</p> <p>1. Elements not up to the competitive level <u>(0.1) flat</u> Choice of elements "up to the competitive level" will now be defined by the following (flat 0.10 deduction if missing any <u>or</u> all):</p> <ul style="list-style-type: none"> <li>- One E valued element (acro <u>or</u> dance)</li> <li>- <u>OR</u> two different D elements (one of which must be an Acro element)</li> <li>- One Acro SERIES with a C salto or better</li> <li>- An Acro dismount with a C (minimum) salto in bonus combination <u>OR</u> a D (minimum) salto <i>*Clarification: Acro dismount is defined as an Acro skill <u>or</u> an Acro combination.</i></li> </ul> <p>2. Prone landings</p> <ul style="list-style-type: none"> <li>- More than one (1) Acro element or more than one (1) Dance element to prone landing (0.1 each) (Maximum of two (2) prone landings will be allowed. One from dance and one from Acro elements.)</li> <li>- 1¼ saltos to prone landing retain the same value as the root skill</li> </ul> <p>3. A floor routine with <u>only</u> 2 tumbling passes: one pass must include a minimum D element and the other pass must include a minimum D element <u>OR</u> have 0.2 CV (may be in any order) <u>(0.1) flat</u></p>
<p><b>Element Value Exceptions</b></p> <p>Uprise Handstand with ½ = D</p> <p>Fwd/bkwd Stalders to HS <u>or</u> with ½ = D</p> <p>Fwd/bkwd Stalders to HS with 1/1 turn = E</p> <p>1-1/2 turn IN HS = E</p> <p>All elements that include 1/1 turn after handstand (Healy) = D</p>	<p><b>Element Value Exceptions</b></p> <p>Straddle Jump ¼ = C</p> <p>Backward layout thru vertical to pike down legs together= D</p> <p>Backward Layout Stepout = D</p> <p>Full Twisting BHS swing down = E</p> <p>Double Stag <u>or</u> Ring Leap/Jump = D</p> <p>Front Salto from one or two leg takeoff to sit = D</p> <p>Swing leg to Fwd salto stretched with 1/1 to end/side = C in tuck position = B</p> <p>Gainer Salto backward tucked with 1/1 at end = D</p> <p>Gainer Salto bkwd stretched with 1½ to side = D <u>or</u> with 2/1 <u>or</u> 2½ to side = E</p> <p>Two foot Forward Salto tuck <u>or</u> stretched with 1½ dismount = D</p> <p>Forward Salto stretched with 2/1 = E</p> <p>Salto backward stretched with 2½ dismount = E</p>	<p><b>Element Value Exceptions</b></p> <p>Front salto piked = A</p>



**BONUS**

Bars Connection Value	0.1	0.2
	*C + C/D	D + D

\*Both "C" elements must have flight or turn but if "C" connected to "D/E" then "C" not required to have flight/turn -or- If 2 "C" 3/6/7 skills connected then do not need turn/flight to receive CV (\*Both "C" 3/6/7 skills must be different)

Beam Connection Value	0.1	0.2
<b>Acro Flight</b> (2 element) (excludes dismount)		B + D/E C + C/D
<b>Acro Flight</b> (3 element) (Dismount skill must be minimum "C" to receive bonus) <b>** +0.1 bonus with "C" in series</b>	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 C + C/D
<b>Dance Turns</b> (on one foot)	A+C or C+A	

**EXCEPTIONS:** B + C Acro Flight = No Bonus

B+D Acro Flight = 0.2CV+0.1DV except BHS+Layout Stepout=NO CV+0.1DV

B+D Acro Flight = 0.2 CV + 0.1 DV (Round Off + Layout Stepout)

except BHS + Layout Feet together stretched then piked = 0.1 CV + 0.1 DV

B+B+D = 0.2 CV + 0.1 DV + **0.1\*\***

except BHS + BHS + Layout Stepout = 0.1CV + 0.1DV + **0.1\*\***

for any variation/order of **2 BHS's** (stepout, gainer or 2 feet)

B+D Mixed Series = 0.2CV + 0.1DV including "B" Jump + Layout Stepout

**\*\*3** acro flight elements (excluding dismount connections) that include a minimum of one "C" element will receive an additional +0.1 bonus

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

\*If directly connected, a "C" turn followed by "C" jump may receive CV

\*\*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" & must be followed by a "salto" of at least an "A".

Dance element breaks the series for all other purposes

**EXECUTION**

**UNEVEN BARS**

- 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)
- Insufficient height of salto dismount(→ 0.3)
- Insufficient extension (open) of tuck/pike prior to landing dismount (→ 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 0.6 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 (more than 2 sec.) (0.1 each)
- 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 (→ 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/insufficient leg pos./body posture & flexibility in non-VPs throughout (→ 0.3)
- Grasp of beam to avoid a fall (0.3)
- Artistry/Presentation (→ 0.3)
  - Originality/creativity of choreography (→ 0.1)
  - Quality of movement reflects personal style (→ 0.1)
  - Quality of expression (→ 0.1)

**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)
- Turn VPs not performed in high relevé (→ 0.1 each)
- Concentration pause (more than 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/insufficient leg pos./body posture & flexibility in non-VPs throughout (→ 0.3)
- Artistry/Presentation (→ 0.3)
  - Originality/creativity of choreography (→ 0.1)
  - Quality of movement reflects personal style (→ 0.1)
  - Quality of expression (→ 0.1)
- 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, 2 C Start Value: 9.5

**SCORING**

Open scoring will be used during the regular season, regional competition and the national championship. Judges are to sit apart.

All scores will be flashed and rotated, but only the average score will be raised and rotated.

Both the Start Value and the score will be flashed simultaneously.

First, judge shall give final score to flasher. Judges shall then simultaneously flash his/her Start Value while final scores and average score are being displayed.

**Next to start value, judges will flash a white 3x5 index card when an "up to the competitive level deduction" has been taken on UB, BB, and FX.**

**SCORE RANGE**

The range of scores is determined by the two 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

**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 (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.

**EQUIPMENT**

- A. Sting mats are no longer allowed for use as a Round-off (RO) entry hand placement mat for vault. 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. No chalk marks are permitted on the vault runway; 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). If a mark is necessary, only removable tape or Velcro may be used.
- D. 1 3/8" 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.
- 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.
- 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 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 1/2' from the base or leg of the respective apparatus. If more than 27 1/2' 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 1/2" plywood board with a non-skid surface on both sides.
- K. 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.
- L. A minimum of 15 1/2' matting must be available on the dismount end of the beam.
- M. A chalk arc line may be placed on the corners of the floor exercise mat.
- N. 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 .10 deduction taken off the average. Tape may not be placed in the center of the floor exercise mat.
- O. Only one of the following mats: Sting mat, 4" Throw mat, 8" Skill cushion or one allowable mat may be used per tumbling pass/leap combination (i.e., a gymnast may not punch off one mat and land on another). The use of more than one mat in combination shall incur a .30 deduction for improper use of equipment.

**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 are not permitted. If two or more gymnasts have the same first initials and last names, the first name may be spelled out.

- A. Gymnasts must wear one-piece leotards that include briefs that are the same color of the leotard or are skin-tone in color. There is no deduction for an exposed sports bra that is in contrast to or matches the color of the leotard as long as it is identical in color for all team members.
- B. Leotard straps must be a minimum of 2 cm (3/8") in width.
- C. Swimsuit apparel is permitted during practice and warm up only, provided the apparel meets all other requirements.
- D. Deduction of .10 for leotard above the hipbone. A warning will be given by the judge on the competition floor.
- E. During the individual event finals, individual leotards may be worn that meet all other apparel requirements.
- F. 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 .30 team deduction will be taken during team competition or a .30 deduction off the individual's score during individual competition.

**JEWELRY**

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

**VAULTING**

For all NCAA competition, the JO Bonus Rule WILL NOT BE IN EFFECT for select 10.0 Start Value vaults.

Vault numbers will not be flashed but vault groups 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. 2

1.00 deduction for failure to land on the soles of feet first (includes fall) taken by each judge. 2

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 .50 deduction.

A gymnast competing in the NCAA Individual Event Finals will receive three attempts to perform her vault.



**VIDEO REVIEW PROCESS**

The following video review process will be used for the regular season only. *It will not be used during the National Collegiate Women's Gymnastics Regionals or Championships.*

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 .30 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 DEDUCTIONS. These requests will result in a .30 deduction.
- F. **Reviews may be viewed in slow motion.**
- G. The review must be submitted to the meet director or host institution designee within five (5) minutes following the conclusion of the meet. During this time, the scores are being verified by the judging panel and the head scorer's table and if done correctly would not add any additional time to the meet since the coach requesting the review has to provide the team's own camera with the deduction in question already cued up for review.
- 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. 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 .30 will be deducted from the team score. If the review is successful, the score will be adjusted accordingly.
- 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.