

- I. **APPARATUS SPECIFICATIONS:** Runway 76' – 82"; 1 3/8" thickness, **Table 135 cm +/- 1cm 2" max.** athletic tape, velcro strips, small chalk marks allowed on width of runway, must be removed at the end of rotation.
- A. Rules & Policies..... = requirements subject to change, beginning each August 1st.
- B. Runway..... = Meet Director must include runway thickness in meet information.
- C. Tape or Chalk..... = Use excessive chalk on the Table or Runway = 0.2 CJ
- D. Hand Placement Mat.. = manufactured mat, on runway only, **for Roundoff entry and F. Handsp. on to board..** = 0.3 CJ
- E. Hand Placement Mat.. = Hand placement mat is NOT part of apparatus – touch..... = Balk
 - Coach responsible to secure Velcro, **not equipment failure.**
 - Coach responsible to secure tape measure.
- F. Safety Zone Collar.... = required Roundoff entry, placed properly, may be used for other vaults, no extra mats.
- G. Mats / Skill Cushions.. = 9 inches landing mats + 9 inches skill cushions allowed, unauthorized use of mats.. = 0.3 CJ
- H. Runway = **Tape, Velcro, Small Chalk, 2" maximum width 3 feet, remove after rotation.**
- I. **Alt. Springboard** = **NOT allowed for JO optional levels** = **VOID**
- Mat Measurements..... = 9" = 24 cm, 8" = 20 cm, 4.5" = 12 cm, 4" = 10 cm, 3/4 inch = 2 cm
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- I. **GENERAL INFORMATION – NCAA = one vault (3 attempts)**
- A. Final Score.....Level 6-10
 - 1) May perform 2 vaults
 - 2) Vaults may the same or different
 - 3) Average vaults separately
 - 4) Best Vault = Final Score
- B. Three (3) Approach / Attempts to successfully complete One or **Two** vaults
 - 1) Balk attempt = running approach that **does not result in coming to support on the Table.**
 - 2) **Fall, Stops mid run, runs off runway, contact mat, zone, board, Table (w/o support)**
 - a. **BALK, one attempt**
 - b. **Two Balks in a row (2nd Balk) = VOID vault**
 - 3) 4th Attempt not allowed.
- C. Intended Vault.....
 - 1) Must Announce / Flash intended Vault (Announce, Flash @ State; CJ signal)
 - 2) No deduction for performing different vault than the vault announced.
 - 3) Vault Performed determines SV.
 - 4) Body Position demonstrated in majority of vault determines the vault executed.
- D. Perform w/o Signal.....
 - 1) Vault performed without CJ Signal = Ignore Vault
 - 2) May perform 2 more Vaults
 - 3) CJ applies penalty to the Average of the next vault performed..... 0.5 CJ
 - 4) Penalty may or may not affect final score
- E. Coaching.....
 - 1) Spot Landing..... 0.5 judge
 - 2) Spot Vault (**Level 8 post flight spot = 1.0 PJ**) and (**NCAA 1.0 PJ**)..... VOID
 - 3) Between Board & Table (except Roundoff entry)..... 0.5 CJ
 - 4) May speak to gymnast between vaults
- F. Misc Vault Rules.....Must Flash Vault Number (required at State and above)..... (**NCAA Group**)
 - 1) Arrival: 2 feet, Forward / Backward (Roundoff) / Front Handspring
 - 2) Only One Hand Touch (half of panel must agree) (**NCAA 1.0 PJ**)..... 1.0 CJ
No Hand Touch..... (**NCAA 1.0 PJ**)..... VOID
 - 3) Landing: failure to land on **bottom** of the feet first..... (**NCAA 1.0 PJ**)..... VOID
Landing: ON table: standing, sitting lying..... (**NCAA attempt**)... VOID
 - 4) Level 10: Bonus for successfully performing 10.0 vault (see exceptions **)
Judges must indicate Bonus Credit given.
 - 5) Level 9: separate vault value list,
 - 6) Level 8: separate vault value list.
 - 7) **Level 6/7:** separate vault value list,
 - 8) Vault performed that are not listed..... "0" Vault
 - 9) Restricted Vault performed for both vault results in Final Score VOID
 - 10) Warm-up: guaranteed # vaults (Lv. 8-10 = 3x; Lv. 6/7 = 2x).
May run down runway after previous vaulter.
- G. Vault Groups
 - 1) Group 1: (Handspring) preflight turns may ¼ t. or ½ t. on; **twist either direction.**
 - 2) Group 3: (Tsukahara) slight arm bend of lead arm allowed
Group 3: (Tsukahara) preflight turns may be ¼t. or ½ t. on to the table.
 - 3) **Group 5: (Roundoff with Turn onto Table) may ¾ t. or 1/1t. on.**
- H. Injury Fall Time **Exceeds One (60 seconds) Minute Fall time..... Terminate Vault**
 - 1) **After First Vault is judged, the gymnast has an injury time period.**
 - 2) **Chief Judge to monitor Fall Time**

I. **SPECIFIC APPARATUS DEDUCTIONS:**

1. FIRST FLIGHT	Legs:	Crossed (twisting vaults)	→ 0.1
	Feet:	Poor foot form	→ 0.1
		Separated	→ 0.2
	Hips:	Poor hip angle technique	→ 0.2
	Body:	Arched	→ 0.2
	Knees:	Bent	→ 0.3
	Turn:	Incomplete, not fully executed	→ 0.3

2. SUPPORT	Hands:	Alternate hand placements (except Gr. 3 & 5)	→ 0.1
	Repulsion:	Alternate repulsion off hands (except Gr. 3 & 5)	→ 0.2
		Additional hand placements (steps or hops)	→ 0.3
	Arms (→ 90°)	Bent (Group 3: lead arm slight bend allowed)	→ 0.5
	Shoulders:	Poor shoulder angle technique (head out of line)	→ 0.2
	Body:	Arched	→ 0.2
	Legs:	Bent	→ 0.2
	Turn:	Begun too early (twisting on the table)	→ 0.3
	(NON SALTO)	Too long in support	→ 0.5
	(NON SALTO)	Angle of repulsion (1° - 45°)	→ 0.5
	(NON SALTO)	Angle of repulsion (45° - 90°)	0.55 - 1.0
	(NCAA each judge)	One Hand	Only one hand, 1/2 panel agree
	Head:	Touches Table in support (include arm bend 0.5)	2.0
(NCAA each judge)	No Hands	Vault without touching table	(NCAA 1.0) VOID

3. SECOND FLIGHT	Legs:	Crossed (twisting vaults)	→ 0.1
		Separated	→ 0.2
	Feet:	Poor foot form	→ 0.1
	Touch Table	Brush / hit vault table with body	→ 0.2
	Knees:	Bent	→ 0.3
	Turn:	Insufficient exactness of turn (at the top)	→ 0.1
		Late completion of twist (Gr. 1, 4, 5 without saltos)	→ 0.3
		Turn begun too late	→ 0.5
	Body:	Under Rotation of Salto vaults	→ 0.1
		Insufficient Tuck (90° hips, 90° knees)	→ 0.3
		Insufficient Pike (91° - 135° hip angle)	→ 0.3
		Insufficient Stretch (arch)	→ 0.3
		Insufficient Stretch (pike 136° - 179°)	→ 0.3
	Opening:	Insufficient / late Opening of tuck or pike	→ 0.25
		Total absence of Opening of tuck or pike	0.3
		Fail to maintain stretch (pike down)	→ 0.3
	Height:	Insufficient Height	→ 0.5
	Length:	Insufficient Distance (amplitude of after flight)	→ 0.3

4. LANDING	Turn:	Under or Over rotate	01° - 30° = 0.05 - 0.1
			31° - 60° = 0.15 - 0.2
			61° - 89° = 0.25 - 0.3
			90° + lower value
	Arms:	Extra arm swing	→ 0.1
	Body:	Additional trunk movement to maintain balance	→ 0.2
		Body Posture on landing (bent over)	→ 0.2
	Steps:	Fail to join feet on landing hip width apart	0.05
		Slight hop, Adjust, Staggered , > Hip Width (0.1)	→ 0.1
		Extra steps (maximum 0.4)	0.1 (each)
		Large step or jump (3 feet) (maximum 0.4)	0.2
	Knees:	Squat on Landing (+ fall)	→ 0.3
Brush/Touch	Landing mat with 1 or 2 hands (no support)	→ 0.3	
Fall:	Support on 1 or 2 hands, knee(s), hips, apparatus	0.5	
Direction:	Deviation from straight direction (contact with mat)	→ 0.3	
Dynamics:	Insufficient quickness	→ 0.3	

5. OTHER	No Signal:	Vault/Attempt without CJ Signal (deduct off next vault)	0.5 (CJ)	
	Coach:	Between board and vault table (OK Group 4,5)	0.5	
		Spotting assistance on landing	0.5	
		Level 8 post flight spot	1.0	
	(NCAA each judge)	VOID:	Fail to land on bottom of feet (NCAA = 1.0, inc. fall)	VOID
			Land sitting / lying / standing on the table	VOID
	(NCAA each judge)	Spot:	Spotting during the vault (any phase), (NCAA = 1.0)	VOID
		No Vault:	Approach and touch board or table without vault	VOID
		Safety Collar:	No Safety Zone / Used improperly on roundoff vaults	VOID
		Restricted:	Performing Restricted Vault for that level	VOID
		Alternative	Springboard not allowed	VOID

- I. **APPARATUS SPECIFICATIONS** – See Rules and Policies for dimensions
- Height Measurement..... = plum line from floor to the bottom of the rail wrong specifications... = 0.3 CJ
 - Skill Cushions..... = max. 9 inches, must remove cushion after release(s).. unauthorized mats..... = 0.3 CJ
 - Mat Measurements..... = 9" = 24 cm, 8" = 20 cm, 4.5" = 12 cm, 4" = 10 cm, ¾ inch = 2 cm
 - Mats for Mounts..... = no plywood allowed under board (**NCAA OK**)..... unauthorized mats..... = 0.3 CJ
 - without board / trainer = 9" landing mats + "up to 8 inch" skill cushion; **panel mat OK**
 - with board / trainer..... = 9" landing mats + sting or 4 inch throw mat (**board / trainer must be removed**)= 0.3 CJ
 - Warmups..... = **only One gymnast at a time allowed.**
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- I. **ATTIRE REGULATIONS**
- Hip or Heel Pads..... = not allowed, CJ should warn before competition (compete with & deduct)..... = 0.2 CJ
 - Bandages, grips, etc..... = allowed, broken grips = allowed to repeat, unfastened grips no repetition.
- II. **TIMING REGULATIONS**
- Touch Warm-Up:**
 - 30 second period.... = does not include bar settings, warning – time exceeded.....(team/event)... = 0.2 CJ
 - Prior to competing.. = may touch board / bar briefly, may not perform an element..... = 0.2 CJ
 - Timing Falls:**
 - Remount..... = 45 second time period.
 - Start..... = contact the floor.
Stop..... = feet leaves the floor.
 - Warnings..... = "20 sec. remaining" and "10 sec. remaining" and "Time"; Fall time exceeded = Terminated
- III. **BAR FALL REGULATIONS**
- Gymnast may use chalk or adjust grips..... = may not leave competition area.
Coach may talk to gymnast..... = without penalty.
Coach may lift gymnast back up to bar..... = without penalty.
 - Fall and does not remount..... = 0.5 Fall, 0.5 Dismount SR, 0.3 No Dismount (off SV), 2.0 if short exercise.
Allowed to resume with 2 pump swings..... = 0.3 for extra swings; **maximum 0.6 per occurrence**
Resume judging optional routine..... = with first recognized element performed (L10 allowed only one squat on LB).
 - Remount with glide kip – STOP – crawl up... = 0.1 continuity (stop), 0.1 uncharacteristic (crawl up).
 - Remount with cast squat on (fall back) = to glide kip allowed without fall deduction, take execution.
- IV. **SPOTTING REGULATIONS**
- Coach touches or assists with element..... = 0.5 spot, 0.5 if fall after spot..... No VP / SR / Bonus, OK Dismount.
 - Coach spots UPON landing dismount..... = 0.5 spot, no extra fall deduction... OK VP / SR - No Bonus.
 - Coach touches without assisting..... = 0.5 spot..... OK VP / SR - No Bonus.
 - Coach catches falling gymnast..... = 0.5 fall ONLY.
 - Gymnast inadvertently touches the coach.... = no penalty.
 - Coach must use manufactured device..... = 0.3 CJ (**warning**) spotting device not removed (may not use chair).
 - Coach may stand between the rails (1 skill).. = 0.1 CJ, if coach remains throughout routine.
 - Coach leans against the bars..... = no penalty, if coach does not touch gymnast.
- V. **MOUNT AND DISMOUNT REGULATIONS**
- Mounts:**
 - Rules and Polices for mats allowed..... = **may stand on 8" mat.**
 - Board must be removed after mount..... = 0.3 CJ – **mounting apparatus** not removed after mount / spotting.
 - Mount Attempts:
 - Balk (2 allowed)..... = did NOT touch board, bars or run under the bars.
 - Third attempt..... = 0.5 penalty, OK Bonus.
 - Fourth attempt..... = not permitted.
 - No mount..... = 0.5 penalty – touch board, bars or runs under (**may walk under - jump HB**)
 - Attempt Roundoff only..... = 0.5 penalty – may remount, OK Bonus.
 - Incorrect Bar Settings, fall..... = 0.5 penalty – 45 seconds to adjust bars and remount.
 - One element prior to mount allowed..... = 0.2 penalty – more than one element performed.
 - Dismounts: (sole = any part of the bottom of the foot)**
 - Dismounts (**designated bar**) = Flyway dismount must be from HB **No VP, SR, No Dismount**
 - Flyaway Dismounts VP..... = regardless of starting position (from handstand / cast), body position = VP.
(sole circle dismount)
 - No Salto or Hecht (**Level 7, 8, 9, 10**)..... = 0.5 SR. (front salto from feet = "0")
 - No Value Part or **Restricted Element**..... = 0.5 SR, 0.3 No Dismount; **0.5 R.E.** (fall, does not remount)
 - Fall, early Termination (**5 elements**)..... = 0.5 SR, 0.3 No Dismount, 0.5 fall. (flyaway swing to seat)
 - Fall, no Salto (not to **bottom** of feet)..... = 0.5 SR, 0.3 No Dismount, 0.5 fall. (flyaway salto to knees)
 - Fall, Salto (not to **bottom** of feet)..... = 0.5 SR,....., 0.5fall.
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- I. **RECOGNITION OF VALUE PARTS**
- Any VP may be used 2 times for VP..... = in different connection (preceded or followed by different element).
 - Elements DIFFERENT, if different..... = #, body position, degree of turn, 1 or 2 arms, mount in routine.
= legs together or apart in Saltos or Tkatchevs.
 - Elements SAME, if same # AND..... = finish in different grip, legs together or apart (ex: Saltos or Tkatchevs).
 - Swing to Handstand..... = within 20° of vertical = VP.
 - Release Element with Fall:**
 - Grasp/touch with one/two hands..... = OK VP / SR, No Bonus, flight requirement OK with touch.
 - No grasp or touch..... = NO VP / SR / Bonus, may repeat element for credit.
 - Award VP if Simultaneous..... = Hands and Bottoms of Feet at the same time.**
- I. **DIFFICULTY RESTRICTIONS**..... = see Level 6 7,8,9,10 Chart for restrictions and exceptions, see page 5.

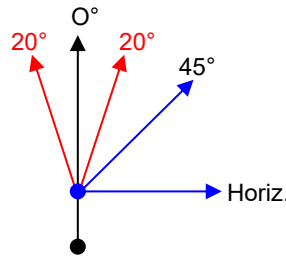
I. **REQUIRED TECHNIQUE FOR VP RECOGNITION:** 20° of Vertical = VP

II. **GENERAL ELEMENT TECHNIQUE**

- A. Cast to Handstand..... = Exc: Cast Squat On (w/wo sole) → HB; Lv. 7/8 Cast → Underswing 1/2t., Peach Drop).
- B. Uprise Handstand..... = 20° of Handstand (VP), closed shoulder angle over the bar.
- C. Flight to LB Non-Hst..... = 21° or more (VP), → 0.2 amplitude, **both hands contact = completed.**
- D. Flight to LB Handstand..... = 20° of Handstand (VP)
- E. Clear Circle to Handstand = 20° of Handstand (VP) **Clear Hip Circle = → 0.4 (45° = 0.0; Horizontal = - 0.3)**
- F. Back Giant Circle..... = 20° of Handstand (VP)
- G. L-Grip Handstand..... = 20° of Handstand (VP)
- H. Upswing ½ t..... = 20° of Handstand (VP) PRIOR to Turn, (Cast 21°+ ½ t. = "A", **Clear Hip ½ t. prior = "A"**)
- I. Hop Grip Change..... = 20° Simultaneous, different grip, on upswing, flight, **hips extended** (others = root skill)
- J. Twisting Salto Dismount... = 90°+ missing (Lower VP) Twist is complete when feet land

(Degree from Vertical)
Cast Handstand

0° – 10° = 0.0	= "B" credit
11° – 20° = 0.05	= "B" credit
21° – 30° = 0.1	= "0" credit
31° – 45° = 0.15 – 0.2	= "0" credit
46° + = 0.25 – 0.3	= "0" credit

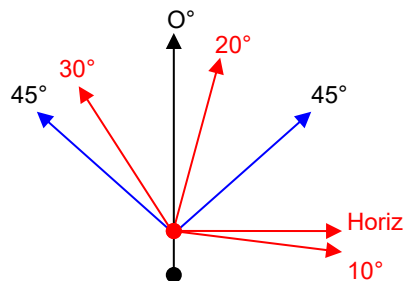


(Degree from Vertical)
1/2t. or 1/1t. (Non-Healy)

0° – 20° = 0.0
21° – 30° = 0.05 – 0.1
31° – 45° = 0.15 – 0.2
46° + = 0.25 – 0.3

(Degree from Vertical)
1/1t. (Healy) or 1-1/2t.

1° – 30° = 0.0
31° – 45° = 0.05 – 0.15
46° + = 0.20 – 0.30



(Degree from Vertical)
Circle to Handstand / Uprise

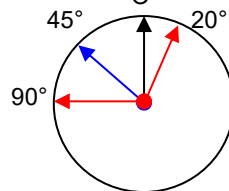
0° – 10° = 0.0
11° – 20° = 0.05
21° – 45° = 0.00
46° – 90° = 0.05 – 0.20

Lower VP
Lower VP

1° – 10° = 0.0	"A" VP
Below 10° = 0.05 – 0.20	"0" credit

Dismount Saltos with Twists

1° – 44° = 0.05 – 0.10
45° – 89° = 0.15 – 0.20
90° + = Lower VP



Flight to LB Handstand

0° – 10° = 0.0
11° – 20° = 0.05
21° + = Lower VP

III. **SELECTED ELEMENT REQUIREMENTS:**

- A. # 1.414 (D) - Jump Extended 1/2t. LB... = Stretched with legs together (not straddled)
- B. # 4.202 (B) - Back Giants..... = Accelerated Giant allowed, no vertical stretch required, split legs = OK
- C. LB Giants..... = Legs must quickly straighten by vertical, same VP as HB
- D. Large Release Elements... = Height above HB, at HB = .05, below HB = 0.1- 0.2, under rotate = 0.1
- E. # 3.301 (C) LB to HB Release..... = Under rotation, rotate to full stretch (0.1)
- F. # 2.205 (B) - # 5.303 (C) Straddle Back = Flight before hands, feet may be placed after hands, touch floor = OK VP
- G. # 3.203 (B) Underswing ½ t..... = Contact LB completed at or above horizontal.
- H. # 3.407 (D) Weiler Kip..... = Forward Clear Hip to Handstand
- I. # 4.406 (D) - Pak Salto..... = To Clear Support on LB, (**Fall = full support on feet between LB - HB**)
- J. # 6.204 (B) - Back Stalder Circle..... = Shoulders to hip angle, Clear Straddle Circle to "L" support = A
- K. # 8.505 (E) - Double Layout Flyaway.... = Stretch through majority of Salto
- L. Flyaway Dismounts..... = From HB for Value Part Credit
- M. # 3.401, 6.405, 7.410 Shaposhnikova .. = → 0.1 backward swing does not achieve horizontal

IV. **HAND GRIP DESCRIPTIONS:**

- A. Overgrip... or Regular Grip..... = Palms Down – Knuckles Up..... - Backward Circles
- B. Undergrip. or Reverse Grip..... = Palms Up – Knuckles Down..... - Forward Circles
- C. Mixed Grip..... = One Regular – One Reverse..... - ½ t. Re-grasps
- D. L-Grip..... = 360° Reverse Grip - Forward Invert Giants (Thumbs away)
- E. Mixed L-Grip..... = One L-Grip – One Undergrip..... - ½ t. Re-grasps
- F. Slip Grip..... = Regular Grip – Slide/Slip Grip..... - Front Giant # 5.402
- G. Cross Hand Grip..... = Regular Grip over Reverse Grip... - Backward Circle ½ t. Forward Circle

V. **TURNS IN OR AFTER HANDSTAND:**

- A. Blind Change..... ½ t..... = Turn – Chest Leading..... - Backward Giant ½ t. Forward Giant
- B. Pirouette..... ½ t., 1/1 t, 1 ½ t.. = Turn – Back Leading..... - Two Hand Changes
- C. Higgins Roll..... ½ t. after..... = Turn – Back Leading..... - To Mixed Grip (**No Handstand ½ t. A**)
- D. Healy 1/1t. after..... = Turn – Back Leading..... - Front Giant to 5-arm 1/1t.

- I. **CONTENT:** Mounts, Kips, Casts, Counterswing, Underswing, Clear Hip, B./F. Giants, Stalder, Circles, Hechts, Dismounts
- II. **SPECIAL REQUIREMENTS** (SR 0.5 each, off start value), one element may fulfill more than one SR.
(Hop with FLIGHT = grip change, on ascending phase, 20° of vertical, simultaneous hand release)

SR	Level 6	Level 7	Level 8	Level 9	Level 10	NCAA = 0.2 each
1.....	One Cast..... (to 90°)	One Cast..... (to 45°)	Bar Change..... (1-LB, 1-HB)	1 st Bar Change..... 2 nd Bar Change	C – Turn.....	1 st Bar Change 2 nd Bar Change
2.....	Bar Change.....	B – Clear Circle.....	B – Flight / Turn.....	B – Flight.....	B – Flight.....	C – Turn
3.....	Gr. 3, 6, 7..... Clear 360° Circle	A/B – Gr. 3, 6, 7.....	B – Gr. 3, 6, 7.....	C – Flt / B Turn.....	C – Flight.....	C or B – Flight C or D – Flight
4.....	A – Dismount.....	A – Salto.....	A – Salto/Hecht.....	B – Salto/Hecht.....	C – Salto/Hecht.....	C – Salto/Hecht B+B+C = - 0.1

I. **SPECIFIC COMPOSITIONAL DEDUCTIONS** (Lv. 8, 9, 10)

More than 1 Element before the Mount	0.2
Uncharacteristic Elements	each 0.1
3/4 Forward Giant w/wo grip change	each 0.1
Squat-on LB w/wo sole, more than 1 (L10)	each 0.1
Insufficient Change of Direction (2X) (L9/10)	→ 0.1
Insufficient Distribution	→ 0.1
Releases - Not up to Comp. Level (L10)	→ 0.2
Lack of 2 Bar Changes (L10)	0.2
Lack of Handstands or pass thru Hst .(Lv8)	→ 0.2
Choice of Elements: <i>all that apply</i>	
• Forward & Back Circle or Release (L9/10)	0.05
• Variety of Elements & Connections	→ 0.1
• Balance Between Piro. & Flights (L9/10)	→ 0.1

I. **SPECIFIC EXECUTION DEDUCTIONS**

Angle of Flight to LB Handstand (11°-20°)	0.05
Angle of Circle to Handstand	→ 0.2
Angle of Cast to Handstand	→ 0.3
Angle of Circle Hip Circle Elements	→ 0.4
Angle of Turn Deviation (1/2t. – 1/1t.)	→ 0.3
Angle of Turn Deviation (Healy + 1-1/2t.)	→ 0.3
Hesitation in Jump, Swing to Handstand	→ 0.1
Precision of Handstand Positions thruout	→ 0.1
Insufficient Extension of Glide/Swing to Kip	→ 0.1
Insufficient Amplitude of Elements	→ 0.2
Insufficient Stretch (Arch / Pike)	→ 0.2
Insufficient Ext (Open) prior to Landing	→ 0.3
Insufficient Height of Salto Dismounts	→ 0.3
Swing Forward Under Horizontal	→ 0.1
Swing Backward Under Horizontal	→ 0.1
Under-Rotation of Release Elements	→ 0.1
Landing Too Close to Bars Dismount	0.1
Touch / Brush Foot on Apparatus or Mat	→ 0.1
Hit Foot on Apparatus	0.2
Trunk Movement to Control Landings	→ 0.2
Hit Foot on Mat	0.3
Grasp Apparatus to Avoid a Fall	0.3
Land dismount in foam pit (No VP, SR)	0.3

I. **SPECIFIC EXECUTION DEDUCTIONS**

Failure to Remove Board / Spotting Block	(CJ) 0.3
3 rd Run to approach mount (each judge)	0.5
Insufficient Dynamics	→ 0.2
* Insufficient Swingful Execution thruout	
* Energy Not Maintained thruout	
* Failure to Make Difficult Look Effortless	
Poor Rhythm in Elements	→ 0.1
Intermediate (Extra) Swing/Cast (max. 0.6)	0.3

I. **CONNECTION VALUE** – without Fall, Spot or Extra swing between elements

II. **CONNECTION VALUE (CV) PRINCIPLES**

A. **Flight Criteria:**

1. LB → HB or HB → LB
2. Counter flight, Vault or Salto → same or other bar
3. Release Hop → Change Grip, completed within 20° of handstand
4. Flight Exceptions: straddle cut # 1.204, giant hop 1/1t. # 4.402, swing 1/1t. # 2.204, cast 1/1t. # 2.304.

Level 10 “C” elements must have Flight or Turn, all “C, D ,E” mounts and dismounts may be used for CV
 C + C = 0.1.....Both elements..... WITH **..... Turn or Flight, ** Gr. 3,6,7 different elements – Turn / Flight not required
 C + D = 0.1.....“C” elements..... WITHOUT.... Turn or Flight, when connected to “D/E” elements.
 D + D = 0.2.....“D/E” elements..... Turn or Flight, not required.

B. **Level 9** “D/E” element will be considered as “C” elements for CV – Maximum of ONE Restricted “D/E” allowed.

C + C = 0.1.....ONE element..... WITHOUT.... Turn or Flight.
 C + C = 0.1.....Both elements..... WITHOUT.... Turn or Flight, “C” elements must be different.
 C + C = 0.2.....Both elements..... WITH..... Turn or Flight.

C. **Direct Connections:** Swing between elements...

1. ¾ Forward Giant..... – hop change grip = “O” VP, NO CV, - 0.1 composition, - 0.1 if below horizontal
2. Forward Giant to 20° of vertical... – hop change grip = “C” VP, OK CV, No composition deduction.

III. **D/E BONUS (Level 10 only):** see General - Chapter 2.5, page 8.

IV. **BONUS NOT AWARDED:** see General - Chapter 2.5, page 8.

I. **APPARATUS SPECIFICATIONS** – See Rules and Policies for dimensions

- A. Height..... = 100 – 125 cm ± 1 cm, all levels, all ages..... wrong specifications... = 0.3 CJ
- B. Base Mat..... = on floor or stable surface.
- C. Chalk Marks..... = allowed to place small marks on beam, no tape.
- D. Skill Cushions..... = max. 9 inches on 9" landing mat..... unauthorized mats..... = 0.3 CJ
- Mat Measurements..... = 9" = 24 cm, 8" = 20 cm, 4.5" = 12 cm, 4" = 10 cm, ¼ inch = 2 cm
- E. **Mats for Mounts**..... = no plywood allowed under board (NCAA OK)..... unauthorized mats..... = 0.3 CJ
 - 1. without board..... = 9" landing mats + "up to 8 inch" skill cushion; panel mat OK
 - 2. with..... board..... = 9" landing mats + sting or 4 inch throw mat (board/mat must be removed)

I. **TIMING REGULATIONS**

- A. **Touch Warm-Up:**
 - 1. 30 second period... = does not include settings, warning – time exceeded.....(team/event)..... = 0.2 CJ
 - 2. Prior to competing.. = may touch board / bar briefly, may not perform an element..... = 0.2 CJ
- B. **Timing Exercise:**
 - 1. Level 8,9,10..... = 1:30, warning at 1:20
 - Level 7..... = 1:20, warning at 1:10
 - Level 6..... = 1:15, warning at 1:05
 - 2. Start..... = take off from the board or floor.
 - Stop..... = each fall off or when dismount arrives on the floor.
 - 3. Overtime..... = if landing after time signal, continue to judge, award elements (< 1:31 OK).... = 0.1 CJ (notify)
 - 4. Signal / Device..... = bell, whistle, gong, or audible verbal "warning" and "time", CJ must review.
 - 5. Short Exercise..... = less than 30 seconds; missing VP, SR, if no dismount..... = 2.0 CJ
- C. **Timing Falls:**
 - 1. Remount..... = 30 second time period.
 - Start..... = contact the floor.
 - Stop..... = feet leaves the floor, short period to resume.
 - 2. Fall time exceeded: = terminated.
 - 3. Warnings..... = "20 seconds remaining" and "10 seconds remaining" and "Time"
 - 4. Remount & Fall..... = prior to resuming the timing of the routine..... = 0.5 Fall
 - 5. Warm-up after fall... = performs element on mat after a fall, no warning, additional warm-up..... = 0.2 CJ

II. **SPOTTING REGULATIONS**

- A. Coach touches or assists with element:..... = 0.5 spot, 0.5 if fall after spot..... No VP / SR / Bonus, OK Dismount
- B. Coach spots UPON landing dismount..... = 0.5 spot, no extra fall deduction... OK VP / SR - No Bonus.
- C. Coach touches without assisting..... = 0.5 spot..... OK VP / SR - No Bonus.
- D. Coach catches falling gymnast..... = 0.5 fall only.
- E. Gymnast inadvertently touches the coach.... = no penalty.
- F. Coach may stand next to beam (1 element).. = 0.1 CJ, if coach remains throughout routine.
- G. Coach must use manufactured device..... = 0.3 CJ, does not remove spotting device (may not use chair).

III. **MOUNT AND DISMOUNT REGULATIONS**

- A. **Mounts:**
 - 1. May stand on board..... = or 8 inch skill cushion without board.
 - 2. Mats allowed for mounts..... = described in Apparatus Specifications (Beam I.E.).
 - 3. **Mounting apparatus** must be removed... = 0.3 CJ – board not removed after mount / spotting.
 - 4. One element prior to mount allowed..... = 0.2 **Each Judge** – more than one element performed.
 - 5. Mount Attempts:
 - a. Balk (2 allowed)..... = did NOT touch board, beam or run under the beam.
 - b. Third attempt..... = 0.5 penalty, OK Bonus.
 - c. Fourth attempt..... = not permitted.
 - d. No mount..... = 0.5 penalty – touch board, beam or runs under the beam.
 - e. Attempt Roundoff only..... = 0.5 penalty – may remount, OK Bonus.
 - B. **Dismounts:**
 - 1. Dismount after "time" signal..... = elements will be evaluated.
 - 2. **Dismount with Hand Support (Lv 7-10)** = Ok VP, 0.5 SR. (handspring 1/1t.)
 - 3. Dismount with No Value / **Restricted**..... = No VP, 0.5 SR, 0.3 No Dismount. **0.5 RE** (jump straddle)
 - 4. Fall, early termination..... = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall. (fall, does not remount)
 - 5a. Fall, no Salto (not to soles of feet first)... = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall. (roundoff → no salto)
 - 5b. Fall, Salto (not to soles of feet first)..... = No VP, 0.5 SR..... 0.5 Fall. (roundoff → salto to knees)
- Elements with Fall:**
- 1. **With** bottom of one or two of feet.... = 0.5 Fall, OK VP / NO Bonus / OK SR, fall on 2nd element of series = OK SR.
 - 2. **Without** bottom of feet on beam..... = 0.5 Fall, NO VP / NO Bonus / NO SR, fall on 2nd element of series = NO SR.
 - 3. Dismount landing **not feet first**..... = 0.5 Fall, NO VP / NO Bonus / NO SR, if no salto action = 0.3 No Dismount.

I. **RECOGNITION OF VALUE PARTS** – (Root Skill Variation = VP)

- A. Any VP may be used 2 times for VP..... = in different connection (preceded / followed by different element).
- B. Elements DIFFERENT, if different..... = #, body position, 1 or 2 arms, degree of turn, mount/routine, 1 or 2 legs.
- C. Elements SAME, if same # AND..... = delete or add flic-flac in connection, different leg positions.

I. **DIFFICULTY RESTRICTIONS**..... = see Level 6,7,8,9,10 Chart for restrictions and exceptions (see page 5).

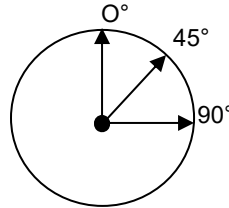
I. **REQUIRED TECHNIQUE FOR VP RECOGNITION**

II. **GENERAL ELEMENT TECHNIQUE**

- A. Turns/Jumps 1/1t + = more than 1/2 way = Greater VP credit
- B. Turns/Jumps with < 1/1t..... = 1° – 44° (0.05 – 0.1), 45° – 89° (0.15 – 0.2), 90°+ Lower VP
- C. Holds (Scales)..... = Less than 2 second hold = Lower VP
- D. Leaps and Jumps..... = 1° – 20° (0.05 – 0.1), 21° – 45° (0.15 – 0.2), 90°+ Lower VP, 180° Split
- E. Flight Elements..... = Hands and Feet free of beam = Flight
- F. Salto with Twists..... = 1° – 44° (0.05 – 0.1), 45° – 89° (0.15 – 0.2), 90°+ Lower VP (Hands & Feet = OK)

Dance Turns – Saltos with Twists

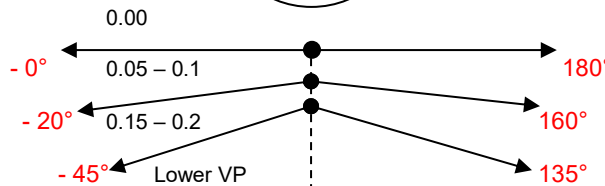
- 1° – 44° = 0.05 – 0.1
- 45° – 89° = 0.15 – 0.2
- 90° + = Lesser VP



- Turn is complete when heel drops.
- Twist is complete when feet land.
- Turns w/ less than 360° = 1° past 1/2 way

Split Positions

- 1° – 20° = 0.05 – 0.1
- 21° – 45° = 0.15 – 0.2
- 46°+..... = Lower VP



III. **SELECTED ELEMENT REQUIREMENTS**

- A.Handstand Mounts.....
- B. # 2.110 (A) – Tuck Jump.....
- C. # 2.111 (A) – Wolf Hop / Jump.....
- D. # 2.102 (B) – Split Jump vs. # 2.107 Sissone
- E. # 2.202 (B) – Straddle / Side Split.....
- F. # 2.206 (B) – Pike Jump – cross.....
- G. # 2.305 (C) – Switch Leg Leap.....
- H. # 2.307 (C) – Ring Leap/Jump, Stag-Ring....
- I. # 2.405 (D) – Switch Side Leap.....
- J. # 2.407 (D) – Sheep Jump.....
- # 2.306 (C) – Pike Jump – side.....
- K. # 3.303 (C) – Full Turn - Leg at Horizontal....
- L. # 5.306 (C) – Reverse Planche.....
- M. # 7.310 (C) – Flic 1/4 t. Handstand.....
- # 7.410 (D) – Flic 3/4 t. Handstand.....
- N. # 7.312 (C) – Tuck Chen Flic.....
- O. # 7.505 (E) – Side Aerial to Scale.....
- P. # 8.402 (D) – Side Salto.....
- Q. # 8.504 (E) – Layout Salto to 2 feet.....
- R. # 9.209 (B) – Gainer Back Salto (off the end)

- = Vertical leg position, hips over shoulders, balanced, no hold req.
- = Knees at or above horizontal, Knee angle 90°.
- = Leg and Thigh above horizontal, knees together.
- = 2 ft. takeoff; 2 ft. vs. 1 or 2 ft. landing, 180°; parallel vs. diagonal
- = Cross position = B; Side position = C
- = 90° closure required.
- = < 45° or stag lead leg = A split leap, <135° = A leap.
- = Head release past vertical line, rear leg near top of head.
- = < 45° or stag lead leg = C side leap, <135° = A leap.
- = Head release past vertical line, rear leg near top of head.
- = 90° closure required.
- = 45° to lift leg and maintained at horizontal, no hand support.
- = Legs in same plane, together or straddled, overarch = B.
- = Flight to Handstand, no flight = lower VP.
- = Flight to Handstand, no flight = lower VP.
- = 90° hip angle, 90° knee angle, open to swing down.
- = 2 second hold; minimum horizontal
- = Lift 1/4 t. before salto – side landing.
- = Good height, stretched past vertical, pike down → 0.2
- = facing outward, reverse dive salto, directional error → 0.3

Tuck Jump

- Insufficient tuck position..... → 0.2
- Hips greater than 135°..... Straight Jump

Pike Jump

- Insufficient pike position..... → 0.2
- Hips greater than 135°..... Straight Jump

Wolf Jump

- Leg below horizontal..... → 0.1 each
- Hips greater than 135°..... Straight Jump

Cat Leap

- Failure to reach horizontal..... → 0.1 each leg
- Incorrect leg position (knee bend)..... → 0.2
- Lack of alternate leg lift..... Tuck Jump

Side Split or Straddle Jump

- Insufficient Split..... → 0.2
- Legs not parallel to beam/floor.... → 0.2
- Straddle: Legs not at horizontal... → 0.1 each
- Less than 135°..... Different Element

Sissone / Split Jump

- Insufficient split position..... → 0.2
- Legs not parallel to floor (split jump)... → 0.2
- Less than 135° split Different Element
- Sissone - front leg less than 45°.... → 0.1

Switch-Leg Leap

- Insufficient Split after leg change → 0.2
- Lead Leg less than 45°..... Split Leap
- Less than 135°split Different Element

Ring Leap / Jump

- Rear foot at shoulder height..... → 0.1
- Rear foot at hip height..... Split Leap / Jump
- Front leg less than 45°..... → 0.1
- No Head Release..... Different Element
- Insufficient Arch..... → 0.1

Sheep Jump

- Feet at shoulder / upper back..... → 0.1
- Insufficient Arch..... → 0.1
- No head release..... "A" Jump

- I. **CONTENT:** Acrobatic with/without flight F/ S/ B; turns, leaps/jumps/hops, body waves; dynamic change in rhythm & levels.
- II. **SPECIAL REQUIREMENTS (SR)** (0.5 each, off start value), one element may fulfill more than one SR.

SR	Level 6	Level 7	Level 8	Level 9	Level 10	NCAA
1.....	One Acro..... Gr. 5, 6, 7 Thru Vertical	Acro Series..... w or w/o Flight. + Acro Flight Element (solo / series)	Acro Series..... 1 Flight	Acro Series..... 2 Flight	Acro Series..... 2 Flight, 1 C (Group 7) A + E	Acro Series (Mt OK) 2 Flight, 1 C (Group 7) A + E
2.....	180° Leap/Jump..	180° Leap/Jump.....	180° Leap/Jump..	180° Leap/Jump..	180° Leap/Jump....	Dance Series +180° 1 – C element
3.....	Full Turn.....	Full Turn.....	Full Turn.....	Full Turn.....	Full Turn.....	Full Turn
4.....	A – Dismount..... w or w/o hands	A – Dismount..... Aerial / Salto	A – Dismount..... Aerial / Salto	B – Dismount..... Aerial / Salto	C – Dismount..... C+B – Dismount C+B+B – Dismount	C – Dismount D+B – Dismount

- I. **CLARIFICATIONS REGARDING SERIES** – plie / straighten / plie between elements / = breaks dance series
 - A. **Direct Connection**
 - 1) Back / **Side to Back** Acro Series – slow, no immediate takeoff, arms at thigh or lower after landing.
 - 2) → 0.2 Non Flight Acro, F/S Flight, Counter-flight Series – continuous but slow
 - 3) → 0.2 Dance or Mixed Series – **free leg drops/lifts or truck stops forward movement = broken**
 - 4) **Broken:** stop, delay, balance, extra step / hop / jump, **reposition leg(s), pivot, acro free leg above 45°**
 - B. **Non Connectable** Series: (Flic Flac step-out → Roundoff), step through allows series to be connected.
 - C. **Repetition** Failure Series: 3rd performance of VP = No VP, No series; if VP = 0 may be repeated for VP credit.

I. **SPECIFIC COMPOSITIONAL DEDUCTIONS** (Lv 8.9.10)

More than 1 Element before Mount (each judge)	0.2
More than 2 Straight Leg (Pivot 1/2t.) Turns	0.1
More than 2 Wolf / Tuck or 2 Strad. Shapes	ea 0.1
More than 1 Leap / Jump to Front Support	ea 0.1
Acro Not up to Competitive Level	→ 0.2
Lack of Dance Series (min. 2; Gr. 1, 2, 3)	0.2
Insufficient Level Changes	→ 0.1
Insufficient Use Entire Beam (Space)	→ 0.1
Fail to Use Different Directions (F/S/B)	→ 0.1
Lack of Acro Forward/Sideward & Backward (Groups: 1, 6, 7, 8) If only in Dismount	ea 0.1 0.05
Balance Between Acro & Dance VP	→ 0.2
Insufficient Distribution (single min. VP = 0.05)	→ 0.1
Lack of Variety in Choice of Acro Elements	→ 0.1

I. **SPECIFIC EXECUTION DEDUCTIONS**

Insufficient Variation Rhythm/Tempo (thruout)	→ 0.2
Rhythm in Acro / Dance / Mixed Connections	→ 0.2
Relaxed/Incorrect Footwork (non-VP thruout)	→ 0.2
Relax/Incorrect Leg/Post./Flex. (non-VP thruout)	→ 0.3
Insufficient Sureness of Performance	→ 0.2
Insufficient Split - Required (Dance / Acro)	→ 0.2
Insufficient Height of Leaps - Jumps - Hops	→ 0.2
Insufficient Height of Acro Flights, Aerials, Saltos	→ 0.2
Insufficient Height of Salto Dismounts	→ 0.3
Insufficient Ext (Open) prior to Acro/Dismount	→ 0.3
Dance - Lack of Precision in Dance VP	→ 0.1
Dance failure to land 2 feet together (side)	→ 0.1
Dance - Incorrect Body Posture	→ 0.1
Dance - Legs not Parallel- Split/Straddle Pike	→ 0.2
Landing Too Close to Beam on Dismount	0.1
Touch / Brush Foot on Apparatus or Mat	→ 0.1
Support of 1 leg against side of Beam	0.2
Body Position on Landings	→ 0.2
Trunk Movement to Control Dismount Landing	→ 0.2
Trunk Movement to Balance Elements on Beam	→ 0.3
Grasp Beam to Avoid a Fall	0.3
Squat on Landing + fall	→ 0.3
Direction of Gainer Dismount of the End	→ 0.3
Supplemental Support - contact Mat or Board	0.3
Land dismount in foam pit (No VP, SR)	0.3

I. **SPECIFIC EXECUTION DEDUCTIONS**

3 rd Run to approach mount (each judge)	0.5
Insufficient Dynamics (thruout)	→ 0.2
Artistry: Original Choreography	→ 0.1
Artistry: Movement Reflects Personal Style	→ 0.1
Artistry: Quality of Expression	→ 0.1
Failure to perform VP Turns on High Relevé	→ 0.1
Concentration Pause (more than 2 sec.)	ea. 0.1
Hesitation in Jump, Swing, Press Handstand	→ 0.1

- I. **CONNECTION VALUE:** Dance and Arco Flight VP elements directly connected, placed in any order.

II. **CONNECTION VALUE (CV) PRINCIPLES**

TWO - ACROBATIC FLIGHT ELEMENTS – Including mounts

B + C Salto / Lv 9 Aerial B + D = 0.2
 (no mount / dismount) B + E = 0.2
 C + C = 0.2

THREE - ACROBATIC FLIGHT ELEMENTS – Including mounts & dismounts

B + B + C = 0.1..... B + B + D = 0.2
 B + C + C = 0.2
 B + C + D = 0.2

TWO DANCE OR DANCE/ACRO FLIGHT ELEMENTS – Including Mounts

A + D = 0.1..... B + D = 0.2
 B + C = 0.1..... C + D = 0.2
 C + C = 0.2

TWO TURNS A + C = 0.1

(NCAA) – NO B + C Salto connection
 Flic, Flic 2 ft., Gainer or Swing Down
 (0.0* = Flic, Layout Step-out or Front Aerial)
 (0.1* = Flic, Layout to 2 feet, Pike Down)

(NCAA)
 (0.1* = Flic, Flic, Layout Step-out combos)
 (+0.1 Bonus CV for 3 Arco Flight with C)

(NCAA)
 (0.2* = Dance “B” + Layout Step-out)
 (0.1* = Dance “A” + Layout Step-out)

- III. **D/E BONUS (Level 10 only):** see General - Chapter 2.5, page 8.

- IV. **BONUS NOT AWARDED:** see General - Chapter 2.5, page 8.

- I. **APPARATUS SPECIFICATIONS** – See Rules and Policies for dimensions
- A. Skill Cushions..... = 9 inches (cushion + **top/under** sting), 2 allowed, must mark covered corners = 0.1 CJ each
 - B. Unauthorized Mats..... = **Additional mats**, one mat per pass allowed (**not required to remove mats**) .. = 0.3 CJ
 - C. Panel mats on Corners.. = recommended on outside corners on concrete floors (AAI required).
 - D. Conversion = 9" = 24 cm, 8" = 20cm, 4.5" = 12 cm, 4" = 10cm, ¾" = 2 cm

I. **TIMING REGULATIONS**

- A. **Touch Warm-Up:**
 - 1. 30 sec./ gymnast.... = size of squad determines time, split warm-up for 9+, no block time for teams
 - 2. Warning = warning given for exceeding the time limit
 - 3. Deduction..... = after warning, take deduction.....(team / event) = 0.2 CJ
 - 4. **Allowable..... = jump within boundaries on FX mat to warmup prior to signal from judge.**
- B. **Timing Exercise:**
 - 1. Level 7, 8, 9, 10..... = 1:30, **maximum time limit**
Level 6..... = 1:15.
 - 2. Start..... = first movement of the gymnast.
Stop..... = final movement of the gymnast.
 - 3. Evaluate..... = entire routine, regardless of overtime.
 - 4. Overtime..... = notify coach of deduction, no deduction for < 1:31 = 0.1 CJ
 - 5. No Warning..... = is given on floor.
- C. **Short Exercise:**..... = less than 30 seconds, deduct missing VP, SR = 2.0 CJ

II. **MUSIC REGULATIONS**

- A. **Absence of Music:**..... = single instrument (live or recorded), orchestra without **WORDS** (recorded)... = 1.0 CJ
= music with whistles / animal sounds will NOT receive a deduction.
- B. **Music Failure:**
 - 1. **Continue and Complete:**
 - Decide whether to repeat or accept score given.
 - Score will not be posted until decision.
 - No deduction for absence of music.
 - 2. **Stop and Repeat:**
 - Repeat whole routine or to continue from the point of interruption.
 - No score will be given for the partial routine.
- C. **Digital Recording:** Meet Director must have necessary equipment for music (**airplane mode, with screen**)

III. **LINE VIOLATIONS (OUT OF BOUNDS) Level 6-10 only**

- A. Out of Bounds..... = touch outside the prescribed area, may tape corners with same color..... = 0.1 each CJ
In Bounds..... = step ON the line (but not over), no deduction.
- B. Neutral Deduction..... = deduction taken from average score by CJ.
- C. Fall Out of Bounds..... = 0.5 fall and OB deductionspot a fall = 0.5
- D. Elements OB..... = elements completed out of bounds are recognized; **takeoff OB = No Credit.**
- E. Line Judges..... = 2 judges seated at opposite corners to view two lines each.
- F. No Line Judges..... = judges will watch the lines and indicate OB by raising hand
- G. Line Violations..... = indicated in writing and submitted to CJ, coach will be notified.

IV. **SPOTTING / MAT REGULATIONS** (Coach inside the boundary markings)

- A. Coach on the floor – **place or** remove mat = no penalty.
- B. Coach on the floor – remove object. = no penalty.
- C. Coach on the floor – no spot..... = **0.5 CJ** (regardless of the number of times on the mat)
- D. Coach on the floor – with Spot..... = **0.5 CJ**, 0.5 spot, 0.5 if fall, No VP / No SR / No Bonus
- E. Coach on the floor – spot UPON landing..... = **0.5 CJ**, 0.5 spot, **0.0 if fall**, Ok VP / Ok SR / No Bonus
Coach Spotting (falling out of bounds)..... =0.5 spot, **0.0 if fall**, Ok VP / Ok SR / No Bonus, if OB = 0.1
- F. Coach inadvertently touches gymnast..... = 0.5 spot, Ok VP / Ok SR / No Bonus, if OB = 0.1
- G. Gymnast inadvertently touches coach..... = no deduction.
- H. **Coach / Gymnasts – stand around FX..... = 0.2 CJ (warning) for obstructing view of judges.**

V. **DISMOUNTS / LAST SALTO (SR):**

- 1. Dismount with No Value = No VP, 0.5 SR, 0.3 No Dismount. (repetition, same series)
- 2. Fall, early termination..... = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall. (fall, does not continue)
- 3a. Salto **not initiated**..... = No VP, 0.5 SR, 0.3 No Dismount, (roundoff → no salto)
- 3b. Salto **initiated, Fall** (not to feet first)..... = No VP, 0.5 SR..... 0.5 Fall. (roundoff → salto to knees)

I. **RECOGNITION OF VALUE PARTS** – Root Skill variation = Value Part Credit

- A. Any VP may be used 2 times for VP = in different connection (preceded or followed by different element)
 - **Bottom** of the Feet first = 0.5 fall, OK VP (**any part of the bottom of the foot**)
 - Simultaneous Hands & **Bottom** of Feet= 0.5 fall, OK VP
 - Not to **Bottom** of the Feet first = 0.5 fall, No VP
- B. Elem./Series DIFFERENT, if different.... = #, body position, degree of turn, leap/jump, +/- aerials/saltos.
- C. Elem./Series SAME, if same # AND..... = Salto to 1 or 2 feet, +/- "A" acro hand support.

I. **DIFFICULTY RESTRICTIONS**.....

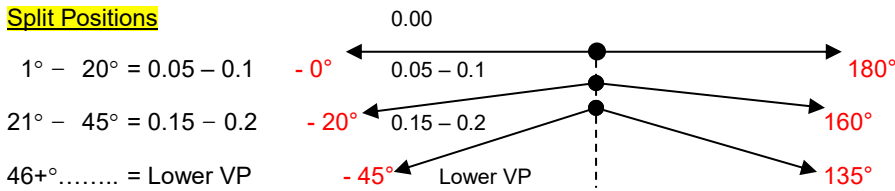
- = see Level 7, 8, 9,10 Chart for restrictions and exceptions (see page 5).
- Falls, VP credit (not to **Bottom** of feet)... = No VP / No Bonus / No SR / 0.5 fall / deductions.

I. **REQUIRED TECHNIQUE FOR VP RECOGNITION**

II. **GENERAL ELEMENT TECHNIQUE**

A. Split Leaps and Jumps..... = require 180° split

Split Positions



1° – 20° = 0.05 – 0.1

21° – 45° = 0.15 – 0.2

46+°..... = Lower VP

B. Twisting Saltos..... = incomplete twist deductions

C. Turns & Leaps/Jump/Hops 1/1t. + = incomplete turn deductions

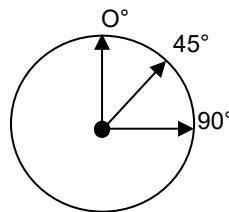
D. Leaps/Jump/Hops with ½ t..... = minimum half way for credit

Dance Turns – Saltos with Twists

1° – 44° = 0.05 – 0.1

45° – 89° = 0.15 – 0.2

90° + = Lesser VP



➤ Turn is complete when heel drops.

➤ Twist is complete when feet land.

➤ Turns w/ less than 360° = 1° past ½ way

III. **SPECIFIC ELEMENT TECHNIQUE:**

A. # 1.101 (A) – Split Jump vs. # 1.110 Sissone = 2 ft. takeoff; 2 ft. vs. 1 or 2 ft. landing, 180°; parallel vs. diagonal

B. # 1.204 (B) – Switch leg leap..... = < 45° or stag lead leg = A split leap, <135° = A leap.

C. # 1.208 (B) – Schushunova..... = 180° split, stretch to horizontal.

D. # 1.210 (B) – Ring / Stag Ring = Head release, Arch, Front Leg 45°

E. # 1.305 (C) – Switch side leap..... = < 45° or stag lead leg = B side leap, <135° = A leap.

F. # 1.309 (c) – Tour Jete 1/2t. / Switch 1/1 t. = → 0.1 Lack of Precision (early 1/4t.) = Tour Jete turns away and Switch Leg turns toward the turn

G. # 1.307 (C) – Popa, straddle jump 1/1t..... = straddle 1/1t. or split 1/1t., legs at or above horizontal.

H. # 1.308 (C) – Schushunova 1/1t..... = 1/1t. split to prone, ½ t. split ½ t. prone.

I. # 1.311 (C) – Switch leg ring leap..... = head release past vertical line, rear leg near top of head.

J. # 2.202 (B) – Full turn with Leg Horizontal.... = 45° to lift leg and maintained at horizontal, no hand support.

K.Front Saltos (accelerating) = No amplitude deduction for accelerating front saltos

Tuck Jump

- Insufficient tuck position..... → 0.2
- Hips greater than 135°..... Straight Jump

Wolf Jump

- Leg below horizontal..... → 0.1 each
- Hips greater than 135°..... Straight Jump

Side Split or Straddle Jump

- Insufficient Split..... → 0.2
- Legs not parallel to beam/floor.... → 0.2
- Straddle: Legs not at horizontal... → 0.1 each
- Less than 135°..... Different Element

Switch-Leg Leap

- Insufficient Split after leg change → 0.2
- Lead Leg less than 45°..... Split Leap
- Less than 135°split Different Element

Sheep Jump

- Feet at shoulder / upper back..... → 0.1
- Insufficient Arch..... → 0.1
- No head release..... “A” Jump

Pike Jump

- Insufficient pike position..... → 0.2
- Hips greater than 135°..... Straight Jump

Cat Leap

- Failure to reach horizontal..... → 0.1 ea. leg
- Incorrect leg position (knee bend)..... → 0.2
- Lack of alternate leg lift..... Tuck Jump

Sissone / Split Jump

- Insufficient split position..... → 0.2
- Legs not parallel to floor (split jump)... → 0.2
- Less than 135° split Different Element
- Sissone - front leg less than 45°.... → 0.1

Ring Leap / Jump

- Rear foot at shoulder height..... → 0.1
- Rear foot at hip height..... Split Leap / Jump
- Front leg less than 45°..... → 0.1
- No Head Release..... Different Element
- Insufficient Arch..... → 0.1

- I. **CONTENT:** Acrobatic with/without flight F/ S / B; turns, leaps, jumps, hops, body waves; dynamic change in rhythm & levels.
- II. **SPECIAL REQUIREMENTS (SR)** (0.5 each, off start value), one element may fulfill more than one SR.

SR	Level 6	Level 7	Level 8	Level 9	Level 10	NCAA
1.....	3 Acro Series..... w / wo hands	Acro Flight Series.. 1 Back Layout 2 ft.	Series w/ 2 Saltos..	Series w/ 2 Saltos..	Series w/ 2 Saltos..	Series w/ 2 Saltos or 2 Saltos Direct
2.....	1 Salto/Aerial..... Solo, 2 nd Series	2 Acro Flight..... Forward / Direct	3 Different Saltos...	3 Different Saltos...	3 Different Saltos...	3 Different Saltos
3.....	Dance Pass.....	Dance Pass.....	Dance Pass.....	Dance Pass.....	Dance Pass.....	Dance Pass 2 Diff. Elements Group 1 Direct or Indirect One – 180° Leap
4.....	Full Turn	Full Turn ...	A – Last Salto.....	B – Last Salto...	C – Last Salto.....	C – Last Salto

I. **CLARIFICATIONS REGARDING SERIES** – Balk = No SR (no last salto requirement)

- A. **Dance in Acro Series** = will break connection, No SR, No CV
- B. **Acro in Dance Series** = will break direct connections, No SR, No CV

I. **SPECIFIC COMPOSITIONAL DEDUCTIONS (Lv. 8,9,10)**

More than 2 Wolf / Tuck Shapes	0.1
More than 2 Straddle Jump Shapes	0.1
More than 1 Leap / Jump to Front Support	each 0.1
Lack of "B" Turn on One Foot	0.2
Insufficient Use of Space (floor pattern)	→ 0.1
Insufficient Use of Direction (F/S/B)	→ 0.1
Lack of Forw / Side or Back Saltos / Aerials	0.1
Acro. Not up to Competitive Level	→ 0.2
Lack of B Salto (L 8,9)	0.3
Lack of C Salto (L10)	0.3
Lack Balance Between Acro / Dance VP	→ 0.2
Insufficient Distribution of Value Parts	→ 0.1

Insufficient Dynamics (throughout)	→ 0.2
Artistry - Original Creative Choreography	→ 0.1
Artistry - Movement Reflects Personal Style	→ 0.1
Artistry - Quality of Expression	→ 0.1
Dance - Lack of Precision in Dance Elements	→ 0.1
Dance - Incorrect Body Position in Dance VP	→ 0.1
Dance - Failure to Land 2 feet together	→ 0.1
Dance - Legs Not Parallel - Split / Straddle	→ 0.2
Concentration Pause (more than 2 sec.) Acro	each 0.1
Rhythm During Exec. of Direct Connections	→ 0.1
Rhythm/Tempo - Insufficient Variations (thru)	→ 0.2
Relaxed/Incorrect Footwork (non-VP thruout)	→ 0.2
Relax/Incorr. Leg/Post/Flex (non-VP thruout)	→ 0.3
Turns - Fail to perform VP on High Relevé	→ 0.1
Insufficient Split on Value Parts	→ 0.2
Insufficient Height of Leaps - Jumps - Hops	→ 0.2
Insufficient Height of Acro Flights - Aerials	→ 0.2
Insufficient Height of Saltos (*not 1 st Fr layout)	→ 0.3
Trunk Movement to Control Acro Landings	→ 0.2
Body Posture on Landing	→ 0.2
Insufficient Ext (Open) prior to Landing Acro	→ 0.3
Lands acro in foam pit (No VP, SR,- 0.1 OB)	0.3

I. **SPECIFIC EXECUTION DEDUCTIONS**

Music & Moves Poor Relationship (thru)	→ 0.2
Music & Moves non-synchronization (thru)	→ 0.3
• Music & Moves Not in Harmony	each 0.05
• Music & Moves Not Ended with Music	0.1
Music with Words / No Music	(CJ) 1.0

I. **CONNECTION VALUE:** Acrobatic Saltos / Aerials / Flight Elements and Dance elements.

II. **CONNECTION VALUE (CV) PRINCIPLES**

INDIRECT – SALTOS / AERIALS – Connections with “A” Acro Flight elements with hand support (Group 5).

$$\begin{aligned}
 A + D &= 0.1 \\
 B + D &= 0.1 \\
 A/B + A/B + C/D &= 0.1 \\
 C + C &= 0.1 \dots\dots\dots C + D = 0.2
 \end{aligned}$$

NCAA (C → C) = 0.2

DIRECT – SALTOS / AERIALS

$$\begin{aligned}
 B + B &= 0.1 \dots\dots\dots B + C = 0.2 \dots\dots\dots C + C = 0.2 \\
 A + C &= 0.1 \dots\dots\dots A + D = 0.2 \dots\dots\dots B + D = 0.2 \\
 A + A + C &= 0.1 \dots\dots\dots A + A + D = 0.2
 \end{aligned}$$

NCAA (F. Lay + F. Lay) = 0.0

DIRECT – DANCE or MIXED – Acro Saltos and/or Flight elements w/wo hand support – No CV (Turns + Jumps)

$$\begin{aligned}
 (Same\ or\ Different) \quad B + D &= 0.1 \dots\dots\dots C + D = 0.2 \\
 (Salto\ First\ +\ Jump) \quad C + C &= 0.1 \\
 \quad \quad \quad \quad \quad \quad \quad D + A &= 0.1
 \end{aligned}$$

**NCAA OK (Turns + Jumps)
NCAA (C-Salto + A-Dance + A-Salto)**

- III. **D/E BONUS (Level 10 only):** see General - Chapter 2.5, page 8.
- IV. **BONUS NOT AWARDED:** see General - Chapter 2.5, page 8.