

# NCAA Vaulting

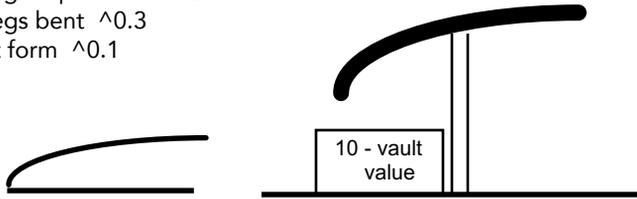
Except Tsuk or full on- salto off

incomplete twist ^0.3  
(1/1+ or -1/4)  
piked, arched ea ^0.2  
legs crossed ^0.1  
legs separation ^0.2  
legs bent ^0.3  
ft form ^0.1

bent legs (early tuck salto vaults) ^0.3  
shoulder angle ^0.2  
arms bent ^0.5 (except Tsuk)  
head touch 2.0 (includes arms)  
arched ^0.2  
step/hop hands ea 0.1 max ^0.3  
early twist ^0.3 (on table)  
not achieve vertical ^0.3 (twist-on vaults)

staggered/alt hand) ^0.1  
alt repulsion ^0.2

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



**Direction** ^0.3  
**Dynamics** ^0.3

**Height** ^0.5  
**Distance** ^0.3

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

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

**Twists** -  
start twist late ^0.5 (after peak)  
exact twist ^0.1 (crisp)  
complete twist late ^0.3 (on mat)  
(Gps 1, 4&5 w/o salto)  
Incomplete twist ^0.3

under rotate salto 0.1

## Landing

steps each 0.1 sm/ 0.2 lg, max 0.4  
feet land max hip width and not close 0.05  
feet land wider than hip width 0.1  
staggered feet, small hop, adjust ^0.1  
trunk movements ^0.2  
extra arm swings ^0.1  
body posture (when feet land) ^0.2  
squat ^0.3  
brush/touch floor ^0.3  
brush/hit body on table ^0.2  
falls against table/support with hand(s) on floor 0.5

chalk marks on runway -0.2 CJ  
(removable tape/velcro allowed)  
sting mat on runway -0.3 CJ  
gymnasts out of order - 0.1 from team score

No contact/one of hands on table = 1.0 each judge  
Failure to land soles of feet first = 1.0 each judge (includes fall)  
Coach stands between board and table = 0.5 (except RO vaults)  
Coach aid landing = 0.5  
Coach aiding vault = 1.0 each judge

vault w/o judge's prior salute = take 0.5 off repeated vault  
no safety zone (RO vaults) = VOID  
Vault not on chart = VOID  
Unauthorized matting = 0.3 CJ  
Incorrect tape/excessive chalk on table or runway = 0.2 CJ  
no deduction for 3rd approach (no 4th approach allowed)

no Bonus value vaults. Flash vault number

NCAA - one vault, allow 3 attempts  
touch board/table, does NOT go over table = attempt  
if inverts on approach and/or the table, and goes over = vault

sh  
arm/h V  
arc L  
L  
LS  
LCr  
ft  
Tw  
pk  
arc  
L  
Tw  
stag  
alt  
hop  
H  
D  
B (T/P/S)  
Op  
rot  
ang  
sup  
Dir  
Dy  
La - step  
BP

## NCAA Range -- Average decides

9.5 - 10.0	0.2
9.0 - 9.475	0.3
8.0 - 8.975	0.5
below 8.0	1.0

60 sec fall time- after judgement

0.1 off team score if out of order

## Averages trick

if **both w/.05** - drop .05 from high, add to low score...then avg the score

if **one w/.05** - drop .05 out, avg score...then add .025 to average



# NCAA Balance Beam

<b>Value</b>	<b>3A 3B 2C</b>
<b>Parts</b>	no VP = no SR
<b>Special</b>	<b>Acro series 2 flt w/ C w/wo hand support, -OR- A(gp 7) + E (Acro)</b>
<b>Reqmts</b>	<b>Dance or Dance/Acro series (dance elem min C) (both SR series must finish on beam)</b> <b>L/J 180 deg (can be in series)</b>
<b>0.2 ea</b>	<b>360 turn</b> <b>C dismt - or B dismt conn to D acro element</b>
<b>Additive Value</b>	CV or DV max +0.5 +0.1 D +0.2 E
<b>SV</b>	9.4 (+0.6)

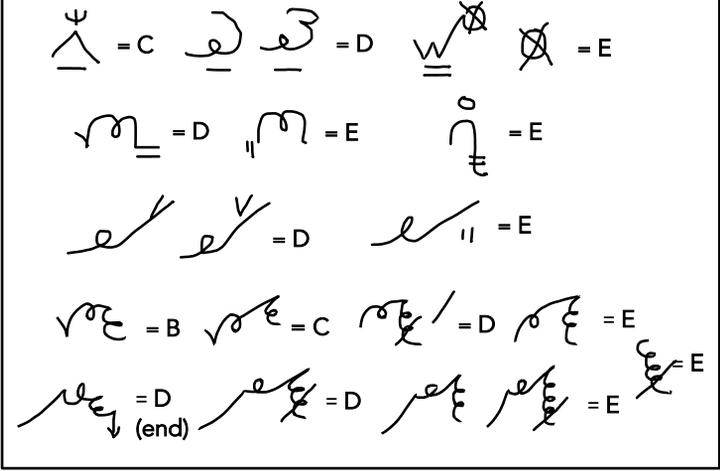
<b>Overtime deduction</b> <b>0.1</b> 1:30 -- warning 1:20 from feet takeoff to land on floor <b>Fall time 45 sec</b>	<b>RANGE</b> 9.5 - 10.0 0.2 9.0 - 9.475 0.3 8.0 - 8.975 0.5 below 8.0 1.0
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min run for mt at 27 1/2 feet; -0.1 if mt run starts off mats  
Chalk applied to beam (except small marks on top) - 0.2 CJ

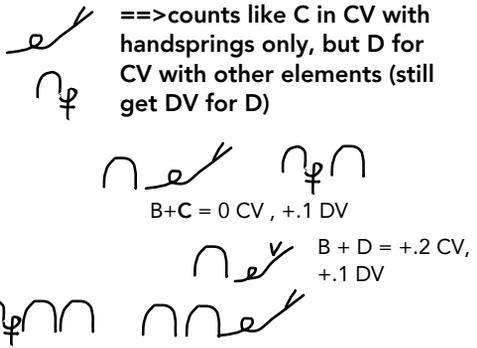
APPARATUS DEDUCTIONS		
relaxed body/leg posture, flexibly throughout	up to 0.3	B/L
relaxed/incorr footwork in nonVP	up to 0.2	ft
variation of rhythm and tempo throughout	up to 0.2	R
insuff sureness of performance throughout	up to 0.2	sure
dynamic performance (energy, effortless)	up to 0.2	dy
artistry of presentation		art
• quality of expression	up to 0.1	
• originality of choreography	up to 0.1	
• quality of movement	up to 0.1	
height of acro/dance/saltos	ea up to 0.2	
dismount	up to 0.3	
incorrect body position in VP dance	ea up to 0.1	
legs not parallel to beam in split/strad L/J	ea up to 0.2	
lack of precision in VP dance	ea up to 0.1	
failure to perform turns in high relevé	ea up to 0.1	
incomplete turn/twist	ea up to 0.2	
failure to land feet together in L/J (land side)	ea up to 0.1	
rhythm during dance/mix conn.	up to 0.2	
rhythm during acro conn.(counter, fwd/side)	up to 0.2	
hesitation in jump/press/sw to hdst	up to 0.1	
concentration pause ea: 2 sec = .1 more than 2 sec = 0.2		
support of leg against beam, hit	ea 0.2	
balance ----- up to 0.3 grasp to prevent fall-----0.3		
add'l trunk movements on dismt landing	up to 0.2	
third run approach	0.5	
landing too close to beam on dismt	0.1	
direction of gainer dismt off end	up to 0.3	
No dismount of value (from SV)	0.3	

GENERAL COMPOSITION		
<b>one-sided acro (F/S and B) (not dismt)</b>	each 0.1	acro dir
<b>choice of acro up to level of comp</b>	0.1	UTL
<b>Insuf distribution</b>	0.05	db
<b>Level changes</b>	0.05	Lvl
<b>Spatially (whole beam)</b>	0.05	sp
<b>Directionally (F/S/B movement)</b>	0.05	dir

**Up To Level:** acro flight bonus (CV) series  
-or- acro flt series w/o bonus AND a D acro or E dance  
[Series skills must be ON BEAM; series may be broken but attempted; D may be mount or dismt; D/E acro NOT directly connected to the dismount]



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



**Additional special CV:**  
3 elem acro flight series, min 1 C, no dismt = +0.1CV  
B+ acro + C+ dismount = +0.1CV  
C+ dance + C+ dismount = +0.1CV

B+B+C=.1 CV +.1 DV and +.1CV 3-series bonus

# NCAA Floor Exercise

<b>Value</b>	<b>3A 3B 2C</b>	=8 total	
<b>Parts</b>		no VP = no SR	
<b>Special Reqmts</b>	1 Series with 2 saltos <u>or</u> 2 direct conn saltos 3 diff saltos Dance Passage (Two diff Group 1 elems, one 180° leap, can include turns indirectly)		
<b>0.2 ea</b>	C last salto or in last salto connection		
<b>Additive Value</b>	CV or DV max +0.5 +0.1 D +0.2 E,		
<b>SV</b>	9.4 (+0.6)		

RANGE	
9.5 - 10.0	0.2
9.0 - 9.475	0.3
8.0 - 8.975	0.5
below 8.0	1.0

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

APPARATUS DEDUCTIONS	
relaxed body/leg posture, flex throughout	up to 0.3
relax/incorrect footwork on non-VP	up to 0.2
<b>rhythm and tempo (whole exercise)</b>	<b>up to 0.2</b>
<b>dynamic performance</b> (energy, effortless)	<b>up to 0.2</b>
<b>artistry of presentation</b>	
art	
• quality of expression	up to 0.1
• originality of choreography	up to 0.1
• quality of movement	up to 0.1
rhythm during direct connection	ea up to 0.1
Insuf height – dance, acro w/hands, aerials salto (not accel fwd elem)	ea up to 0.2 up to 0.3
legs not parallel to the floor in split/strad	up to 0.2
turns not in high relevé	ea up to 0.1
incomplete turn/twist	ea up to 0.2
failure to land feet together in L/J	ea up to 0.1
incorrect body posture in VP dance	ea up to 0.1
lack of precision in VP dance	ea up to 0.1
add'l trunk mvnts on landing of acro (avoid step)	up to 0.2
Insufficient opening prior to landing (saltos)	up to 0.3
not in sync with music-- parts throughout exercise	ea 0.05 up to 0.3
not ended with music	0.1
poor relationship of music and movement	up to 0.2
absence of music (not technical failure)	1.0 CJ
concentration pause 2 sec or more	ea 0.1

GENERAL COMPOSITION		
<b>lack dance CV/DV bonus from Gps 1,2</b>	0.1	dBon
one side acro- show F/S & Back saltos	ea 0.1	acro dir
choice of acro up to level of comp	0.1	<b>UTL</b>
insuf distribution	0.05	db
use of floor: spatially	0.05	mvt
routine w/ only 2 acro passes: show min 1 pass w D, other pass D or +2 CV	0.1	

**Up To Level:**

one E element –or- 2 diff D elem (one an acro)

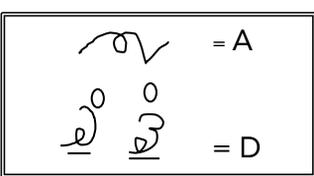
AND

one 3 elem acro series with min C salto

AND

acro dismt series w/ C bonus combo or D salto

(note dismt series with E = all 3 parts)



0.1 off team score if out of order

0.3 out of uniform, for team or individual

leo above hip bone -0.1 with warning

failure to mark mats with boundaries - 0.1

corner chalk arc line allowed

-0.3 matting: one sting, 4" or 8" mat allowed per tumbling pass/leap combo; max 2 mats on floor at a time. Exception: sting mat may be stacked, but counts as 2 mats for total on floor.

Coach on floor -- one time ded 0.5

Coach/teammate touch/push gymnast to stop momentum-running/falling out of bounds = 0.5 assisting, no bonus, 0.1 out of bounds if applies (different than breaking fall)

Conn Value (CV)	Indirect Acro	Direct Acro	Dance/mixed (YES turn to jump)
<b>+ 0.1</b>	A/B + D A/B + A/B + C A/B + A/B + D	A + C A + A + C B + B (2 diff skills)	B + D C + C D salto + A jump <b>Acro/Dance/Acro</b> [min 1 acro C, dance min A followed by salto]
<b>+ 0.2</b>	C + C C + D	B + C A/B + D A + A + D	C + D
<b>+0.3</b>		<b>C + C = +0.3</b>	

Additional Last salto Difficulty (DV) - a double salto or E acro in last pass = **+0.1 DV**