**Level 1 and Xcel Bronze VT 1**

**Stretch jump; Handstand to flat back = 9.0 SV**

**STRETCH JUMP = 4.5 SV**

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height</td>
<td>0.5</td>
</tr>
<tr>
<td>Arm/head align</td>
<td>0.1</td>
</tr>
<tr>
<td>Body</td>
<td>0.3</td>
</tr>
<tr>
<td>arc</td>
<td></td>
</tr>
<tr>
<td>pk</td>
<td>0.5</td>
</tr>
<tr>
<td>tuck</td>
<td>0.5</td>
</tr>
<tr>
<td>Leg split</td>
<td>0.2</td>
</tr>
<tr>
<td>feet</td>
<td>0.1</td>
</tr>
</tbody>
</table>

- **Add’l jumps** 0.3 ea
- **Run up board, step on mat** = VOID (4.5)

**KICK TO HANDSTAND, FLAT BACK = 4.5 SV**

(gymnast may step back on board to kick to hdst on board or mat stack)

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arms by ears</td>
<td>0.2</td>
</tr>
<tr>
<td>Body</td>
<td>0.3</td>
</tr>
<tr>
<td>arc</td>
<td></td>
</tr>
<tr>
<td>pk</td>
<td>0.5</td>
</tr>
<tr>
<td>Legs</td>
<td>0.3</td>
</tr>
<tr>
<td>Leg split</td>
<td>0.2</td>
</tr>
<tr>
<td>feet</td>
<td>0.1</td>
</tr>
</tbody>
</table>

- **Add’l hand steps** 0.1 ea
- **Fall to show inverted vertical pos. (rolls)** 2.0
- **Landing- while on her back**
  - finish on straight lying position 1.0
  - 0.5 arched position on mat, bent legs
  - 0.5 lands sitting, salutes, leaves
  - 1.0 lands on feet, salutes, leaves
- **XB**: NO Penalty for sliding off the end of the mat stack.

*Remember Xcel courtesy score = 4.0 when you void first half of vault*

**Levels 2/3 and Xcel Bronze VT 2**

**Jump to hdst, fall flat back**

<table>
<thead>
<tr>
<th>Level 2</th>
<th>Level 3</th>
<th>Bronze 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>min 16” mat</td>
<td>min 32” mat</td>
<td>min 16” mat</td>
</tr>
<tr>
<td>tape line 32”</td>
<td>tape line 32”</td>
<td>max 48”</td>
</tr>
</tbody>
</table>

- **In support**
  - head 0.1
  - B 0.3 arch
  - L 0.3
  - LS 0.2
  - ft 0.1

- **Flight**
  - head 0.1
  - B 0.3 arch
  - L 0.3
  - LS 0.2
  - ft 0.1

- **In support**
  - head 0.1
  - B 0.3 arch
  - L 0.3
  - LS 0.2
  - ft 0.1

- **L2 & L3 only**: hands land beyond tape line -0.5 staggered -0.2

- **Post hdst, while falling to back**
  - head 0.1
  - Body 0.3 arch
  - Legs 0.3
  - Leg split 0.2
  - feet 0.1

- **Landing- while on her back**
  - finish on straight lying position 1.0
  - 0.5 arched position on mat, bent legs
  - 0.5 lands sitting, salutes, leaves
  - 1.0 lands on feet, salutes, leaves

- **XB**: NO Penalty for sliding off the end of the mat stack.

- **Range (avg decides)**
  - 9.5 - 10.0 0.2
  - 9.0 - 9.475 0.5
  - 8.0 - 8.975 0.7
  - below 8.0 1.0

- **Averages trick**
  - if both w/.05 - drop .05 from high, add to low score...then avg the score
  - if one w/.05 - drop .05 out, avg score...then add .025 to average

- **Run L1 only**
  - horiz sp 0.3
  - exc lean 0.3

- **Run L2 & L3 only**
  - insuf acc 0.3
  - horiz sp 0.3
  - exc lean 0.3

- **BALK= running approach that does NOT come to rest/support on top of mat stack**

- **All levels: 60 sec fall time starts after judgement is completed until leaving landing area...if exceeds time, no 2nd vault attempt allowed**

- **STRETCH JUMP = 4.5 SV**

- **Landing- while on her back**
  - finish on straight lying position 1.0
  - 0.5 arched position on mat, bent legs
  - 0.5 lands sitting, salutes, leaves
  - 1.0 lands on feet, salutes, leaves

- **XB**: NO Penalty for sliding off the end of the mat stack.

- **Range (avg decides)**
  - 9.5 - 10.0 0.2
  - 9.0 - 9.475 0.5
  - 8.0 - 8.975 0.7
  - below 8.0 1.0

- **Averages trick**
  - if both w/.05 - drop .05 from high, add to low score...then avg the score
  - if one w/.05 - drop .05 out, avg score...then add .025 to average

- **Run L2 & L3 only**
  - insuf acc 0.3
  - horiz sp 0.3
  - exc lean 0.3

- **BALK= running approach that does NOT come to rest/support on top of mat stack**

- **All levels: 60 sec fall time starts after judgement is completed until leaving landing area...if exceeds time, no 2nd vault attempt allowed**

- **STRETCH JUMP = 4.5 SV**

- **Landing- while on her back**
  - finish on straight lying position 1.0
  - 0.5 arched position on mat, bent legs
  - 0.5 lands sitting, salutes, leaves
  - 1.0 lands on feet, salutes, leaves

- **XB**: NO Penalty for sliding off the end of the mat stack.

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  - 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

- **Run L2 & L3 only**
  - insuf acc 0.3
  - horiz sp 0.3
  - exc lean 0.3

- **BALK= running approach that does NOT come to rest/support on top of mat stack**

- **All levels: 60 sec fall time starts after judgement is completed until leaving landing area...if exceeds time, no 2nd vault attempt allowed**

- **STRETCH JUMP = 4.5 SV**

- **Landing- while on her back**
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  - 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

- **Run L2 & L3 only**
  - insuf acc 0.3
  - horiz sp 0.3
  - exc lean 0.3

- **BALK= running approach that does NOT come to rest/support on top of mat stack**

- **All levels: 60 sec fall time starts after judgement is completed until leaving landing area...if exceeds time, no 2nd vault attempt allowed**

- **STRETCH JUMP = 4.5 SV**

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  - finish on straight lying position 1.0
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- **XB**: NO Penalty for sliding off the end of the mat stack.

- **Range (avg decides)**
  - 9.5 - 10.0 0.2
  - 9.0 - 9.475 0.5
  - 8.0 - 8.975 0.7
  - below 8.0 1.0

- **Averages trick**
  - if both w/.05 - drop .05 from high, add to low score...then avg the score
  - if one w/.05 - drop .05 out, avg score...then add .025 to average
Level 4/5 Vaulting - Handspring

Legs  \( ^{0.3} \)
Leg split  \( ^{0.2} \)
feet  \( ^{0.1} \)
head  \( ^{0.1} \)
Body  \( ^{0.3} \) arch  \( ^{0.5} \) pk

Dynamics (speed/power)  \( ^{0.3} \)

One hand on table = 1.0 (at least ½ panel see) (CJ)
No contact of hands on table = VOID
Coach aid landing -0.5 >> if also fall, add’l -0.5
Coach aiding vault  L4 = 2.0  L5 = VOID
Perform vault w/o judge’s prior salute – take 0.5 off repeated vault
Failure to land feet first = 2.0 (includes fall)

Land standing/sitting/lying on table after passing vertical = 2.0 + 0.5 fall
incorrect vault = VOID (coming to rest/support on top of table w/o
passing thru vertical in an inverted hdst position – OR vault other than
hdstrup)
vault w/o judge’s prior signal – take 0.5 off repeated vault (CJ)
Unauthorized matting, unauthorized spring config = 0.3 CJ
Use of alternate springboard = VOID
Incorrect tape/excessive chalk on table or runway = 0.2 CJ

Balk = run approach that does NOT come to a rest or
support on top of the table.  2nd/3rd balk = VOID
-- allowed 3 approaches to do 1 OR 2 vaults

Range (avg decides)
9.5 - 10.0  0.2
9.0 - 9.475  0.5
8.0 - 8.975  0.7
below 8.0  1.0

Averages trick
if both w/.05 - drop .05 from high, add to low score...then avg the score
if one w/.05 - drop .05 out, avg score...then add .025 to average

Timed warmup – amount determined by largest squad
in meet.
Timing not includes run back/drills/run past table on
runway.
Start time: a mount onto table for jump off table or
with run/touch springboard.
No blocked time.
Can run on runway between vaulters (not touch
equipment), but NOT in front of judges
Touch warm-up = 2 vaults, L 4-5. Allow ONE stand on
table to jump off per gymnast before time, ONE
run back after present to judges..

J. Doucette 8/20
Levels 6 & 7 Vaulting

- bent legs ^0.3
- shoulder angle ^0.2
- arms bent ^0.5 (except Tsuk lead arm)
- head touch 2.0 (includes arms ded.)
- neutral head ^0.1
- arched ^0.2
- step/hop hands ea 0.1 max 0.3
- staggered/alt hand ^0.1
- alt repulsion ^0.2
- Failure to pass thru vertical ^0.3

- ang of repulsion ^1.0
- too long support ^0.5

Table height – up to 135 cm
Mat stack – 32 in – 60 in height, include base mat.
Top layer must be minimum 4-inch skill cushion.
At end of mat stack, 8-inch skill cushion

Direction ^0.3 (at initial contact of mat)
Dynamics ^0.3

- Height ^0.5
- Length ^0.2 (center of mass at initial contact on mat stack)
- Failure to create rotation ^0.3

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

- neutral head ^0.1
- piked, arched ea ^0.2

Range -- Avg

9.5 - 10.0 0.2
9.0 - 9.475 0.5
8.0 - 8.975 0.7
below 8.0 1.0

Averages trick
if both w/.05 - drop .05 from high, add to low score...then avg the score
if one w/.05 - drop .05 out, avg score...then add .025 to average

Timed warmup – amount determined by largest squad in meet.
Timing not includes run back/drills/run past table on runway.
Start time: a mount onto table for jump off table or with run/touch springboard.
No blocked time.
Can run on runway between vaulters (not touch equipment), but NOT in front of judges.
Touch warm-up = 3 vaults, L 6-10. Allow ONE stand on table to jump off per gymnast before time; ONE run back after present to judges.

Balk = run approach that does NOT come to a rest or support on top of the table. 2nd/3rd balk = VOID
-- allowed 3 approaches to do 1 OR 2 vaults

Quick symbols

sh = shoulder
arc = arched
sta = shoulder
alp = alp
h = hips
L = left
V = vertically
D = down
Rot = rotation
LS = left shoulder
LCr = left chest
ft = feet
h = hand
pk = palm
arc = arched
sup = sup
ang = angle
La = lateral
step = step
BP = base plate
Dir = direction
Dy = dynamics

J. Doucette 8/20
**Levels 8-10 & XG, XP, XD – Optional Vaulting**

- **except Gp 3 Tsuk or Gp 5 full on-salto off**
- bent legs (early tuck salto vaults) \(^0.3\)
- arms bent \(^0.5\) (except Tsuk lead arm)
- 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: too long support \(^0.5\)
- ang of repulsion (L8-10)\(^1.0\)
  \(\text{(Xcel} ^0.5\))

**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 \(0.3\)
  \(\text{(stretch prior to landing)}\)

**Twists** –
- start twist late \(^0.5\) (after peak)
- exact twist \(^0.1\) (crisp)
- complete twist late \(^0.3\) (on mat)
  \(\text{(Gps 1, 4, 5 w/o salto)}\)
- incomplete turn \(^0.3\)

**Landing**
- steps each 0.1 sm/ 0.2 lg, max 0.4
- (entire foot/feet slide or lift off floor to join = sm step)
- feet land max hip width and not close 0.05
- feet land wider than hip width \(0.1\)
- staggered feet, small hop, adjust \(^0.1\)
- add'l trunk movements to maintain balance \(^0.2\)
- arm swings to maintain balance \(^0.1\)
- 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 or support with hand(s) on floor \(0.5\)

**Range -- Avg**

<table>
<thead>
<tr>
<th></th>
<th>9.5 - 10.0</th>
<th>5.2</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9.0 - 9.475</td>
<td>0.5</td>
</tr>
<tr>
<td></td>
<td>8.0 - 8.975</td>
<td>0.7</td>
</tr>
<tr>
<td>below 8.0</td>
<td>1.0</td>
<td></td>
</tr>
</tbody>
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**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

**Timed warmup** – amount determined by largest squad in meet. Timing not includes run back/drills/run past table on runway. Start time: a mount onto table/mat stack for jump/salto off table or with run/touch springboard. No blocked time.

Can run on runway between vaulters (not touch equipment), but NOT in front of judges.

**Touch warm-up** = #vaults : XG, XP = 2; XD = 3 L8-10=3

Allow ONE stand on table to jump/salto off per gymnast before time starts, ONE run back after present to judges.
**EXECUTION**

- **Legs:** each time
  - crossed up to 0.1
  - separated up to 0.2
  - bent up to 0.3
- **not landing with feet together in jumps/leaps** up to 0.1
- **flexed/sickled feet during value parts** each time up to 0.1
- **bent arms in support** up to 0.3
  - (VT up to 0.5)
- **insufficient exactness tuck/pike** up to 0.2
- **insufficient exactness in stretched position (arch, pike > each)**
  - VT up to 0.3
  - UB, BB, FX up to 0.2
- **failure to maintain stretched body (pike down early)**
  - VT up to 0.3
  - UB, BB, FX up to 0.2
- **insufficient extension (open) of body on landing**
  - UB/BB dismounts, BB/FX acro up to 0.3
- **Insufficient height (amplitude)**
  - UB elements, BB/FX acro, J/L/H up to 0.2
  - UB/BB salto dismounts, FX salto up to 0.3
- **No UB/BB dismount of value; FX- last salto** --from SV 0.3
  - (no value= restricted, salto not initiated, 3rd/2nd time no VP)
- **Spotting during landing, inadvertent touch** no bonus, -0.5
- **Spotting during VP** no VP, SR, bonus, and -0.5
- **Coach catch a falling gymnast** no deduction for spot, just fall 0.5

**LANDING DEDUCTIONS**

- For dismounts UB/BB, acro on FX
  - (FX acro allowed to finish in lunge)
- **feet landing max hip width and do not close** 0.05
- **Slight hop/adjustment of feet/staggered** up to 0.1
- **feet landing wider than hip width (dismt UB, BB)**, not close 0.1
- **Steps--- each: small up to 0.1, large up to 0.2** max 0.4
- **Deviation from straight direction** up to 0.1
- **Arm swings to maintain balance** up to 0.1
- **Brush/touch foot/feet on mat or apparatus** up to 0.1
- **Incorrect body posture** up to 0.2
- **Brush/touch of hands (no support)** up to 0.3
- **Deep squat (hips even/lower than knees)** up to 0.3
- **Add’l trunk movements upon landing (to avoid steps)**
  - the dismt UB/BB, FX acro up to 0.2
  - Add’l trunk movements to balance on BB up to 0.3
- **Grasp apparatus to avoid fall (UB,BB)** up to 0.3
- **Fall on or against apparatus** 0.5
- **Fall on mat to knees/hips, hands with support** 0.5
- **Fall on or against apparatus** 0.5
- **Land element not on bottom of feet first** no VP, no SR

**Minimum score JO = 1.0; Xcel = 4.0**

---

**CHIEF JUDGE DEDUCTIONS (FROM AVG)**

- **Fail to present before/after (not req’d facing judge)** each 0.1
- **Outside FX boundary** each 0.1
- **not marking add’l mats of FX boundary** 0.1
- **Overtime** 0.1
- **Exceeds warm-up time (after warning)** 0.2
- **Failure to begin routine within 30 sec CJ signal** 0.2
- **Start exercise before signal from CJ (from repeat)** 0.5
- **Excessive use of chalk** 0.2
- **Incorrect attire/jewelry** JO = 0.2
  - (after warn- take on next event; one time) Xcel = 0.1
- **Unsportsmanlike conduct of gymnast (after warning)** 0.2
- **Wearing padding (hip, heels on UB)** 0.2
- **Coaches:**
  - remains between UB/ next to BB whole routine 0.1
  - instructs gymnast during routine (one time) 0.2
  - judge hears vocal cues to gymnast: after warning, take one time per routine 0.2
    - (if coach instructs what is next, no warning) 0.2
    - on FX during routine (Le-10) (move mats, object ok) 0.5
- **failure to remove board after mount** 0.3
- **failure to remove spotting device ASAP** 0.3
- **Unauthorized matting** 0.3
- **Incorrect apparatus specs, board spring config** 0.3
- **board on unauthorized surface** 0.3
- **Absence of music on FX (not tech failure)** 1.0
- **Short exercise – UB <5 VP== FX/BB <30 sec** 2.0
  - Level 6 BB under 30 sec but has 10 SV 0.5
  - One hand touches table in vault (1/2 panel observes) 1.0

---

**J. Doucette 8/20**
### General Composition (8-10)

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Value</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>L8 Lack elements achieve vertical</td>
<td>up to 0.2</td>
<td>vert</td>
</tr>
<tr>
<td>L8-10 dismount up to the level of comp</td>
<td>up to 0.1</td>
<td>UTL→ dir</td>
</tr>
<tr>
<td>L9-10 facing same direction throughout (ex mt/dismt)</td>
<td>0.1</td>
<td></td>
</tr>
<tr>
<td>L9-10 Choice of Elements - 2 out of 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fwd circle/release (except dismt) B+</td>
<td>2 elem 0.0</td>
<td>FGT</td>
</tr>
<tr>
<td>2/3/6/7 elem B+</td>
<td>1 elem 0.1</td>
<td></td>
</tr>
<tr>
<td>LA Turn w/wo fit min 180° C+</td>
<td>0 elem 0.2</td>
<td></td>
</tr>
<tr>
<td>L10- Choice of release elem up to level comp (two diff D/E releases for no deduction)</td>
<td>up to 0.2</td>
<td>UTL</td>
</tr>
<tr>
<td>L10- Lack of 2nd bar change</td>
<td>0.2</td>
<td>bchg</td>
</tr>
<tr>
<td>L10- more than one squat/stoop LB jump to HB</td>
<td>each 0.1</td>
<td></td>
</tr>
<tr>
<td>¾ giant with/without grip change</td>
<td>0.1</td>
<td></td>
</tr>
<tr>
<td>Uncharacteristic elem (and breaks series)</td>
<td>ea 0.1</td>
<td></td>
</tr>
<tr>
<td>--fwd on HB feet on LB, stand, w/w/o 1/2 turn; climb/crawl onto LB; squat on LB, 1/2 turn on feet to HB</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Connection Value (CV)

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Value</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>L10 C + C = 0.1</td>
<td>Both elem must have LA or flight. However, if both Gp 3/6/7, no LA/flight needed, but must be different</td>
<td></td>
</tr>
<tr>
<td>L9 C + C = 0.1</td>
<td>one/both elem w/o LA/flight. If none have LA/flight, must be different</td>
<td></td>
</tr>
<tr>
<td>L8 B + A dismt or B dismt</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Exceptions:

- B for L6, L7, L8:
  - L6/7 allowed extra tap swing before fwd salto dismt
  - L7, 8 no cast deduction before

### Apparatus Deductions

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Value</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>rhythm in element/conn</td>
<td>up to 0.1</td>
<td>dy</td>
</tr>
<tr>
<td>extra swing/cast (max 0.5 for 1 elem)</td>
<td>ea 0.3</td>
<td></td>
</tr>
<tr>
<td>hesitation in hdst or jump to HB</td>
<td>up to 0.1</td>
<td></td>
</tr>
<tr>
<td>precision of hdst positions</td>
<td>up to 0.1</td>
<td></td>
</tr>
<tr>
<td>insuf extension of glides/sw to kip</td>
<td>up to 0.1</td>
<td></td>
</tr>
<tr>
<td>amplitude of bar elements, releases</td>
<td>up to 0.2</td>
<td></td>
</tr>
<tr>
<td>amplitude of salto dismounts</td>
<td>up to 0.3</td>
<td></td>
</tr>
<tr>
<td>under rotation of release/flight elem</td>
<td>up to 0.1</td>
<td></td>
</tr>
<tr>
<td>swing fwd/bwd under horiz</td>
<td>ea 0.1</td>
<td></td>
</tr>
<tr>
<td>bent arms in support or legs</td>
<td>up to 0.3</td>
<td></td>
</tr>
<tr>
<td>insuf exact stretch (w arch or pike)</td>
<td>up to 0.2</td>
<td></td>
</tr>
<tr>
<td>incomplete turn/twist salto dismt</td>
<td>up to 0.2</td>
<td></td>
</tr>
<tr>
<td>failure to maintain stretched body in dismt (pikes down)</td>
<td>up to 0.2</td>
<td></td>
</tr>
<tr>
<td>insuf extension/open of tk/pk prior to land</td>
<td>up to 0.3</td>
<td></td>
</tr>
<tr>
<td>landing too close to bars on dismt</td>
<td>0.1</td>
<td></td>
</tr>
<tr>
<td>no dismount of value (from SV)</td>
<td>0.3</td>
<td></td>
</tr>
<tr>
<td>brush foot on apparatus/mat</td>
<td>up to 0.1</td>
<td></td>
</tr>
<tr>
<td>hit foot on apparatus----- 0.2</td>
<td>on mat----- 0.3</td>
<td></td>
</tr>
<tr>
<td>grasp to avoid fall ----- 0.3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>third run approach</td>
<td>0.5</td>
<td></td>
</tr>
<tr>
<td>Coach between bars throughout exercise</td>
<td>0.1 CJ</td>
<td></td>
</tr>
<tr>
<td>failure to remove bd/spt block</td>
<td>0.3 CJ</td>
<td></td>
</tr>
<tr>
<td>exercise fewer than 5 VP elem</td>
<td>2.0 CJ</td>
<td></td>
</tr>
</tbody>
</table>

### Bonus

- 10.0 C, VP, SR, no dismt
- 10.0 C, VP, SR, no dismt
- 10.0 Rst C, VP, SR, no dismt
- 9.7 (+0.3 bonus) Rst D/E, VP, SR, no dismt
- 9.5 (+0.5 bonus) VP, SR, no dismt

### Deduction

- 0.5 each
### T.O. Optional Balance Beam

**J. Doucette 8/20**

#### APPARATUS DEDUCTIONS

- **Relaxed/Incorr. Footwork in non-VP**
  - up to 0.2 ft
- **Height of acro/dance/salts**
  - up to 0.2 ea.
- **Incorruptible Leg Split in L/J**
  - up to 0.2 ea.
- **Incomplete Turn/Twist**
  - up to 0.2 ea.
- **Lack of Precision in VP Dance**
  - up to 0.1 ea.
- **Incorrect Body Position in VP Dance**
  - up to 0.2 ea.
- **Insufficient Exactness of Tuck/Pike/Stretch Position**
  - up to 0.2 ea.
- **Hesitation in Jump/Press/Swing to Hst**
  - up to 0.1 ea.
- **Concentration Pause**
  - 2 sec = ea., then >2 sec = ea.
- **Support of Leg against Beam, Hit**
  - ea.
- **Balance**
  - up to 0.3
- **Use Supplement Support (Feet on Floor or Base)**
  - 0.3 ea.
- **Landing Too Close to Beam on Dismt**
  - 0.1 ea.
- **Direction of Gainer Dismount off End**
  - up to 0.3 ea.
- **Insuff. Extension of Body (Open) Prior to Land**
  - up to 0.3 ea.
- **Failure to Maintain Stretch Body (Plk Down Dismt)**
  - up to 0.2 ea.
- **Lands Dismount on Solid/Loose Foam Pit – No VP**
  - 0.3 ea.
- **Third Run Approach**
  - 0.5 ea.

*Note: One acro flight, 1:20-1:21, with no VPs or SRs, no 1:05 bonus for 3rd run.*

#### GENERAL COMPOSITION

**Range (avg decides)**

- 9.5 - 10.0 (0.2)
- 9.0 - 9.475 (0.5)
- 8.0 - 8.975 (0.7)
- below 8.0 (1.0)

**APPARATUS**

- **Max 0.4 CV/DV**
  - +0.1 D +0.2 E
- **Max 0.3 CV**
  - Allowed D/E = C

#### Connection Value (CV)

<table>
<thead>
<tr>
<th>Value</th>
<th>2 acro flight no dismt</th>
<th>3 acro flight (try 2-acro bonus)</th>
<th>dance/mixed (acro f/it, no dismt)</th>
<th>turns</th>
</tr>
</thead>
<tbody>
<tr>
<td>+0.1</td>
<td>B + C (salto) no mount</td>
<td>B + B + C</td>
<td>A + D</td>
<td>A + C</td>
</tr>
<tr>
<td>+0.2</td>
<td>C + C</td>
<td>B + C + C</td>
<td>C + C</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>B + B + D</td>
<td>B + D</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>C + D + D</td>
<td>C + D</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>D + D</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**3-elem series CV BONUS: +0.1**

- land on beam (mount, but no dismt),
- with min C salto/aerial or D/E flight w/wo hand support. In SV.

**Note:**

- **Max 0.4 CV/DV**
  - +0.1 D +0.2 E
- **Max 0.3 CV**
  - Allowed D/E = C

---

**Up To Level of Competition – for no deduction:**

**L10: UTL**

- 3-Cser or 2-Csal ser plus
- Csal and D/E flight (Csal can be a 2nd salto in 2-Csal ser)

- **UTLd**
  - C C C or C D/E

- **UTL>**
  - B flight + C dismt -or- D/E flight + B dismt -or- D/E dismt

**L9:**

- 2-Cser plus C sal or D/E flight -or- Csal/ aero ser plus C flight

- **UTLd**
  - C C or C D/E

**L8:**

- B + B plus A, A across

- **UTLd**
  - B B A

- **UTL>**
  - B acro + A dismt -or- B dismt

---

**Overtime deduction 0.1 CJ**

- **L8-10**: warning 1:30 - shorter than 30 sec = - 2.0 CJ
- **L7**: warning 1:10
- **L6**: warning 1:05 - shorter than 30 sec, 10 SV = -0.5 CJ
**J.O. - Optional Floor Exercise**

<table>
<thead>
<tr>
<th>Value Parts</th>
<th>6A 1B</th>
<th>5A 2B</th>
<th>4A 4B</th>
<th>3A 4B 1C</th>
<th>3A 3B 2C</th>
</tr>
</thead>
<tbody>
<tr>
<td>any C = -0.5, no VP</td>
<td>one dance C = B</td>
<td>dance C = B</td>
<td>oneacro C = B</td>
<td>oneacro D/E = C</td>
<td>oneacro D/E = C</td>
</tr>
<tr>
<td>Rst C = -0.5, no VP</td>
<td>Rst C = -0.5, no VP</td>
<td>Rst D/E = -0.5, no VP</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Special Reqmts</td>
<td>Acro series (3 elem, 2 w/fight, no rolls)</td>
<td>layout acro series (3) fwd acro series (2, dir conn, one elem salto/aerial)</td>
<td>Series with 2 saltos (2 elem or more)</td>
<td>Series with 2 saltos (2 elem or more)</td>
<td></td>
</tr>
<tr>
<td>No VP = no SR</td>
<td>Dance passage (2 diff Gp 1 elem, one 180° leap) 360° turn</td>
<td>Dance passage(2 diff Gp 1 elem, one 180° leap) 360° turn</td>
<td>Dance passage(2 diff Gp 1 elem, one 180° leap) A last salto</td>
<td>Dance passage(2 diff Gp 1 elem, one 180° leap) B last salto</td>
<td>Dance passage(2 diff Gp 1 elem, one 180° leap) C last salto</td>
</tr>
</tbody>
</table>

**Deduct= SV no SR Special Parts Value**

<table>
<thead>
<tr>
<th>+ 0.2</th>
<th>Indirect Acro</th>
<th>Direct Acro</th>
<th>Dance/mixed (no turn to jump)</th>
</tr>
</thead>
<tbody>
<tr>
<td>C + D</td>
<td>B + C</td>
<td>C + D</td>
<td></td>
</tr>
<tr>
<td>A/B + D</td>
<td>A/B + A/B + C</td>
<td>A/B + A/B + D</td>
<td></td>
</tr>
<tr>
<td>A/B + A/B + C</td>
<td>B + B</td>
<td>D salto + A jump</td>
<td></td>
</tr>
</tbody>
</table>

**Range (avg decides)**

9.5 - 10.0 0.2
9.0 - 9.475 0.5
8.0 - 8.975 0.7
below 8.0 1.0

**ADDITIONAL BONUS:** +0.1 must have 10 SV, 0.6+ bonus, 1 E acro (no fall/spot). Not in SV - add to score and visibly indicate

<table>
<thead>
<tr>
<th>Conn Value (CV)</th>
<th>Indirect Acro</th>
<th>Direct Acro</th>
<th>Dance/mixed (no turn to jump)</th>
</tr>
</thead>
<tbody>
<tr>
<td>C + C</td>
<td>A + C</td>
<td>B + D</td>
<td></td>
</tr>
<tr>
<td>A/B + D</td>
<td>A + A + C</td>
<td>C + C</td>
<td></td>
</tr>
<tr>
<td>A/B + A/B + C</td>
<td>B + B</td>
<td>D salto + A jump</td>
<td></td>
</tr>
<tr>
<td>A/B + A/B + D</td>
<td>A/B + A/B + C</td>
<td>A/B + A/B + D</td>
<td></td>
</tr>
</tbody>
</table>

**APPARATUS DEDUCTIONS**

<table>
<thead>
<tr>
<th>Related to floor exercise</th>
<th>B/L</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insuff - dance, acro w/heads, aerials</td>
<td>up to 0.2 ft</td>
</tr>
<tr>
<td>Insuff leg split in leaps/jumps</td>
<td>up to 0.3</td>
</tr>
<tr>
<td>Legs not parallel to the floor in split/straddle</td>
<td>up to 0.2</td>
</tr>
<tr>
<td>Failure to land feet together in L/J</td>
<td>up to 0.1</td>
</tr>
<tr>
<td>Turns not in high relevé</td>
<td>up to 0.1</td>
</tr>
<tr>
<td>Incorrect body posture in VP dance</td>
<td>up to 0.1</td>
</tr>
<tr>
<td>Lack of precision in VP dance</td>
<td>up to 0.1</td>
</tr>
<tr>
<td>Leg crossed in twisting saltos</td>
<td>up to 0.1</td>
</tr>
<tr>
<td>Legs crossed in twisting saltos</td>
<td>up to 0.3</td>
</tr>
<tr>
<td>Not in sync with music-- parts</td>
<td>eo 0.05</td>
</tr>
<tr>
<td>Throughout exercise ----up to 0.3 not ended with music --- 0.1</td>
<td></td>
</tr>
<tr>
<td>Poor relationship of music and movement</td>
<td>up to 0.2</td>
</tr>
<tr>
<td>Absence of music (not technical failure)</td>
<td>1.0 CJ</td>
</tr>
<tr>
<td>Concentration pauses (2 sec or more)</td>
<td>eo 0.1</td>
</tr>
</tbody>
</table>

**Overtime deduction**

0.1 CJ

L7-10 1:30 L6 1:15
Exercise less than 30 sec = 2.0 CJ

**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

Failure to mark boundary on mat = 0.1 CJ
Unauthorized matting 0.3 CJ
Coach on Floor = 0.5 CJ (one time)
Coach/teammate touch/push to prevent run/fall out of bounds = -.1 spot, -.1 out of bounds (CJ), no bonus

---

**GENERAL COMPOSITION (L8-10)**

| Overuse of dance of same shape | ea 0.1 |
| one sideacro F/S & B | 0.1 |
| Lack min 3A saltos (L8) / B saltos (L9) / C saltos (L10) | 0.3 |
| Lack of B turn, one foot | 0.2 |
| Choice of acro up to level of competition | up to 0.2 |
| Choice of dance up to level of comp | up to 0.2 |
| Choice of last salto (disrn) up to level of comp | up to 0.1 |
| Fail to perform last salto of value (from SV) | 0.3 |

**Up To Level of Competition – for no deduction:**

<table>
<thead>
<tr>
<th>L10: UTL 3 acro passes:</th>
<th>D/E in each</th>
<th>D/E D/E B+C-CV</th>
</tr>
</thead>
<tbody>
<tr>
<td>UTL 3 acro passes:</td>
<td>E E or E and D-CV</td>
<td></td>
</tr>
<tr>
<td>UTLd C C or C C D/E</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UTL &gt; D/E disrn or C + B direct conn</td>
<td></td>
<td></td>
</tr>
<tr>
<td>L9: UTL 3 acro passes:</td>
<td>C C or C C B+C-CV</td>
<td></td>
</tr>
<tr>
<td>UTL &gt; C or B+B direct conn</td>
<td></td>
<td></td>
</tr>
<tr>
<td>L8: UTL 3 acro passes:</td>
<td>B B B or B B A+A direct conn</td>
<td></td>
</tr>
<tr>
<td>2 acro passes:</td>
<td>B + A/B direct conn in each</td>
<td></td>
</tr>
<tr>
<td>UTLd B B A</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Overtime deduction</th>
<th>0.1 CJ</th>
</tr>
</thead>
<tbody>
<tr>
<td>L7-10 1:30 L6 1:15</td>
<td>30 sec = 2.0 CJ</td>
</tr>
</tbody>
</table>

| J. Doucette 8/20 |