

# NCAA Vaulting

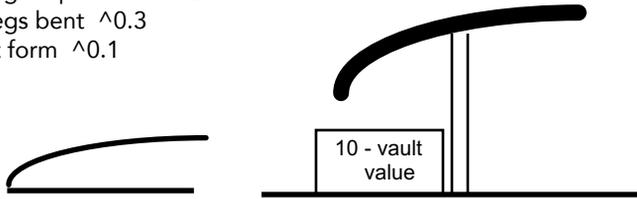
Except Tsuk or full on- salto off

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

Quick symbols

L  
LS  
LCr  
ft  
Tw  
pk  
arc

Tw - L  
-ex  
-C

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 Uneven Bars

<b>Value Parts</b>	<b>3A 3B 2C</b> no VP = no SR
<b>Special Reqmts</b>	2 bar changes 2 flight elem (2 diff C' s or a D & B) – not dismt 1 elem w/ LA turn, min C – not mt/dismt
<b>0.2 ea</b>	C salto dismount (C preceded by same 2A/B elem = -0.1)
<b>Additive Value</b>	CV or DV max +0.5 +0.1 D +0.2 E
<b>SV</b>	9.4 (+0.6)

<b>Additive Value</b>	
<b>Connection Value (CV)</b>	--includes mount/dismount C + C = +0.1 >both elements have LA turn /Flt or 2 different 3/6/7
C + D = +0.1	
D + D = +0.2	
<b>Additional Release DV:</b>	D single bar release or E release = +0.1 DV

45 seconds allowed to remount

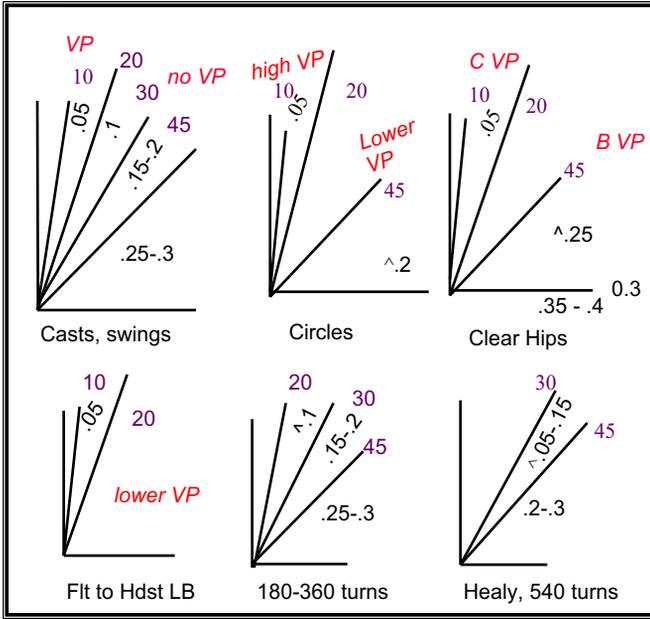
RANGE	
9.5 - 10.0	0.2
9.0 - 9.475	0.3
8.0 - 8.975	0.5
below 8.0	1.0

GENERAL COMPOSITION		
<b>Variety</b> of elements/connections overuse of one gp, overuse spec element or variation; same connections; elem of highest value primarily to low elem	0.05	var
<b>Insufficient distribution</b> choice of elements <b>up to level</b> competition (specific requirements listed)	0.05	db
<b>More than one squat/pike on/circle to HB</b>	ea 0.1	U
<b>Uncharacteristic elem</b> (and breaks series) -- squat on LB, 1/2 turn on feet to HB -- swing fwd on HB feet to LB in stand, w/w/o 1/2 turn <b>unless followed by a circling elem</b> --3/4 giant fwd under 20° w/w/o grip change (break series)	ea 0.1	=

min run for mt at 27 1/2 feet; -0.1 if starts run off mats

**Up To Level of competition:**  
single bar release min D  
-or- E release  
-or- 2 min D releases  
-or- 2 E skills  
**AND** a D dismt or C dismt in bonus connection  
If skill receives VP despite fall, still counts for UTL

APPARATUS DEDUCTIONS		
precision of hdst positions	up to 0.1	hdst
<b>dynamics</b> (energy, swingful, effortless)	<b>up to 0.2</b>	<b>dy</b>
extra swing/cast (max 0.5 for 1 elem)	ea 0.3	
swing fwd/bwd under horiz	ea 0.1	
amplitude of bar elements	up to 0.2	
amplitude of salto dismounts	up to 0.3	
under rotation of release/flight elem	up to 0.1	
incomplete turn/twist	up to 0.2	
rhythm in element/conn	up to 0.1	
hesitation in hdst or jump to HB	up to 0.1	
bent arms in support or legs	up to 0.3	
insuf extension of glides/sw to kip	up to 0.1	
insuf exact stretch (w arch or pike)	up to 0.2	
third run approach	0.5	
landing too close to bars on dismt	0.1	
failure to maintain stretched body in dismt (pikes down)	up to 0.2	
insuf extension (open) of N/V prior to land	up to 0.3	
no dismount (from start value)	0.3	
brush foot on apparatus/mat	up to 0.1	
hit foot on apparatus-----	0.2 on mat----	0.3
grasp to avoid fall ----	0.3	
add'l trunk movements on landing (avoid step)	up to 0.2	
failure to remove bd/spot block	0.3 CJ	
exercise fewer than 5 VP elem	2.0 CJ	



**D skills:**  
any Healy = D

Handwritten diagrams showing skill sequences for D skills, including Healy skills and other elements.

**E skills:**

Handwritten diagrams showing skill sequences for E skills, including Healy skills and other elements.

# NCAA Balance Beam

<b>Value Parts</b>	<b>3A 3B 2C</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)

## Overtime deduction

**0.1**

**1:30 -- warning 1:20**

from feet takeoff to land on floor

**Fall time 45 sec**

## RANGE

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

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

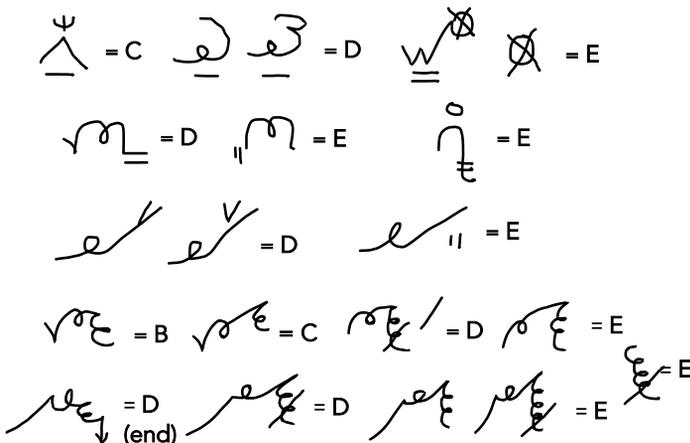
## GENERAL COMPOSITION

<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]



## 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 dismount off end	up to 0.3	
No dismount of value (from SV)	0.3	

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

$\omega$  ==> counts like C in CV with handsprings only, but D for CV with other elements (still get DV for D)

$\omega$   $\omega$   $\omega$   $\omega$   
B+C = 0 CV, +.1 DV

$\omega$   $\omega$   $\omega$   $\omega$   $\omega$   
B + D = +.2 CV, +.1 DV

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

