NCAA Vaulting

**Incomplete Twist**
- \((\frac{1}{1+} \text{ or } \frac{-1}{4})\)
- Piked, arched ea \(^0.2\)
- Legs crossed \(^0.1\)
- Legs separation \(^0.2\)
- Legs bent \(^0.3\)
- Ft form \(^0.1\)

**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 \(^0.3\)

**Twists**
- Start twist late \(^0.5\)
- Exact twist \(^0.1\)
- Complete twist late \(^0.3\)

**Landing**
- Steps each \(0.1 \text{ sm/ 0.2 lg, max 0.4}\)
- 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 \(0.5\)

**Direction** \(^0.3\)
**Dynamics** \(^0.3\)

- No contact/one of hands on table = 1.0 each judge
- Failure to land soles of feet first = 1.0 each judge
- 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

---

**Quick Symbols**

<table>
<thead>
<tr>
<th>sh</th>
<th>arm/h</th>
<th>V</th>
<th>arc</th>
<th>L</th>
</tr>
</thead>
<tbody>
<tr>
<td>L</td>
<td>Tw</td>
<td>stag</td>
<td>alt</td>
<td>hop</td>
</tr>
<tr>
<td>LS</td>
<td>LCr</td>
<td>ft</td>
<td>Tw</td>
<td>pk</td>
</tr>
<tr>
<td>arc</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Ang Sup**

**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**

### Value

<table>
<thead>
<tr>
<th>3A</th>
<th>3B</th>
<th>2C</th>
</tr>
</thead>
<tbody>
<tr>
<td>no VP = no SR</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Special

- 2 bar changes

### Reqmts

- 2 flight elem (2 diff C’s or a D & B) – not dismt
- 1 elem w/ LA turn, min C – not mt/dismt

### 0.2 ea

- C salto dismount
  - (C proceeded by same 2A/B elem = -0.1)

### Additive Value

- CV or DV max +0.5
- Value: +0.1 D +0.2 E

### SV

9.4 (+0.6)

### GENERAL COMPOSITION

**Variety of elements/connections**

- Variety
  - 0.05 | var
  - 0.05 | db
  - 0.1 | UTL

- Choice of elements up to level competition
  - 0.05

- Insufficient distribution
  - 0.05

- Insufficient selection of elements up to level competition
  - 0.1

### Insufficient distribution

- Choice of elements up to level competition
  - (specific requirements listed)

### 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

**Dynamics (energy, swingful, effortless)**

- up to 0.2 | dy

- 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

- insuff extension of glides/sw to kip
  - up to 0.1

- insuff 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

- insuff extension (open) of N/V prior to land
  - up to 0.3

- no dismt (from start value)
  - 0.3

- brush foot on apparatus/mat
  - up to 0.1

- hit foot on apparatus------- 0.2 | on mat----- 0.3

- grasping 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

---

**RANGE**

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

**45 seconds allowed to remount**

**Up to level of competition:**

- min run for mt at 27 ½ feet; -0.1 if starts run off mats

---

J. Doucette 10/20
### NCAA Balance Beam

#### Value

<table>
<thead>
<tr>
<th>Parts</th>
<th>3A 3B 2C</th>
</tr>
</thead>
<tbody>
<tr>
<td>no VP = no SR</td>
<td></td>
</tr>
</tbody>
</table>

#### Special

<table>
<thead>
<tr>
<th>Acro series</th>
<th>2 ft w/ C w/wo hand support, -OR- A(gp 7) + E (Acro)</th>
</tr>
</thead>
</table>

#### Reqmts

<table>
<thead>
<tr>
<th>Dance or Dance/Acro series</th>
<th>(dance elem min C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(both SR series must finish on beam)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>L/J 180 deg</th>
<th>(can be in series)</th>
</tr>
</thead>
<tbody>
<tr>
<td>360 turn</td>
<td></td>
</tr>
<tr>
<td>C dismt - or B dismt conn to D acro element</td>
<td></td>
</tr>
</tbody>
</table>

#### 0.2 ea Additive

<table>
<thead>
<tr>
<th>CV or DV max</th>
<th>+0.5</th>
</tr>
</thead>
<tbody>
<tr>
<td>+0.1 D</td>
<td>+0.2 E</td>
</tr>
</tbody>
</table>

#### SV

| 9.4 (+0.6) |

---

### APPARATUS DEDUCTIONS

- relaxed body/leg posture, flexibilty 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

- 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 |
| ea 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------.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)

<table>
<thead>
<tr>
<th>2 acro flight no dismt</th>
<th>3 acro flight no B dismt</th>
<th>dance/mixed (acro, disarm, no dismt)</th>
<th>turns</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ 0.1</td>
<td>B + B + C</td>
<td>A + D</td>
<td>A + C</td>
</tr>
<tr>
<td>[ no B + C ]</td>
<td>B + B + C</td>
<td>A + D</td>
<td>A + C</td>
</tr>
</tbody>
</table>

#### Additional special CV:

<table>
<thead>
<tr>
<th>3 elem acro flight series, min 1 C, no dismt = +0.1CV</th>
</tr>
</thead>
<tbody>
<tr>
<td>B+ acro + C+ dismount = +0.1CV</td>
</tr>
<tr>
<td>C+ dance + C+ dismount = +0.1CV</td>
</tr>
</tbody>
</table>

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### Overtime deduction

<table>
<thead>
<tr>
<th>0.1</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>1:30</th>
<th>warning 1:20</th>
</tr>
</thead>
<tbody>
<tr>
<td>from feet takeoff to land on floor</td>
<td></td>
</tr>
</tbody>
</table>

---

### RANGE

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<td>8.0 - 8.975</td>
<td>0.5</td>
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<td>below 8.0</td>
<td>1.0</td>
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</table>

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### GENERAL COMPOSITION

- one-sided acro (F/S and B) (not dismt) | each 0.1 | acro dir |
- choice of acro up to level of comp | 0.1 | UTL |
- Insuff distribution | 0.1 | db |
- Level changes | 0.1 | Lvl |
- Spatially (whole beam) | 0.05 | sp |
- Directionally (F/S/B Movement) | 0.05 | dir |

---

<table>
<thead>
<tr>
<th>Up To Level: acro flight bonus (CV) series</th>
</tr>
</thead>
<tbody>
<tr>
<td>-or- acro fit series w/o bonus AND a D acro or E dance</td>
</tr>
<tr>
<td>[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]</td>
</tr>
</tbody>
</table>

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### J. Doucette 10/20
NCAA Floor Exercise

Value  3A  3B  2C  =8 total
Parts  no VP = no SR

Special 1 Series with 2 saltos or 2 direct conn saltos
Reqs 3 diff saltos
Dance Passage (Two diff Group 1 elems, one 180° leap, can include turns indirectly)

0.2 ea C last salto or in last salto connection
Additive CV or DV max +0.5
Value +0.1 D +0.2 E,
SV 9.4 (+0.6)

APPARATUS DEDUCTIONS
relaxed body/leg posture, flex throughout up to 0.3 B/L
relax/incorrect footwork on non-VP up to 0.2 ft
rhythm and tempo (whole exercise) up to 0.2 R
dynamic performance (energy, effortless) up to 0.2 dy
artistry of presentation
• 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 up to 0.2
salto (not accel fwd elem) up to 0.3
gs not parallel to the floor in split/strad up to 0.2
turns not in high relevé up to 0.1
incomplete turn/twist ea up to 0.2
failure to land feet together in L/J up to 0.1
incorrect body posture in VP dance up to 0.1
lack of precision in VP dance 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 ea 0.05
throughout exercise 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
lack dance CV/DV bonus from Gps 1,2 0.1
dBon acro dir
one side acro- show F/S & Back saltos ea 0.1
choice of acro up to level of comp 0.1
insuf distribution 0.05
use of floor: spatially 0.05
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)

Additional Acro/Dance/Acro +0.1 CV -- 2-direct acro w/ min 1C + dance + salto [C does not have to direct conn to the dance; will fulfill dismt SR and dismt UTL if in last pass]

Additional Last salto Difficulty +0.1 DV -- a double flipping salto or E acro in last pass

J. Doucette 12/20