NCAA Vaulting

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

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

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

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

cartwheels 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

chalk marks on runway -0.2 CJ

Quick symbols

sh arm/h V
L arc L
LS Tw
Tw stag
LCr alt hop

H D

L L
LS LS
Tw - L
ex ft

B (T/P/S)
Op rot

La - step
BP

Dir Dy

60 sec fall time- after judgement

0.1 off team score if out of order

J. Doucette 10/20
**NCAA Uneven Bars**

<table>
<thead>
<tr>
<th>Value</th>
<th>3A 3B 2C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parts</td>
<td>no VP = no SR</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**
- CV or DV max +0.5

**Value**
- +0.1 D
- +0.2 E

**SV**
- 9.4 (+0.6)

---

**GENERAL COMPOSITION**

**Variety of elements/connections**
- 0.05 var
  - overuse of one gp, overuse spec element or variation;
  - same connections; elem of highest value primarily to low elem

**Insufficient distribution**
- 0.05 db
  (specific requirements listed)

**choice of elements up to level competition**
- 0.1 UTL

**More than one squat/pike on/circle to HB**
- ea 0.1

**Uncharacteristic elem (and breaks series)**
- ea 0.1

- -- 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 unless followed
  by a circling elem
- --3/4 giant fwd under 20° w/w/o grip change (break series)

**APPARATUS DEDUCTIONS**

- precision of hdst positions up to 0.1
- dynamics (energy, swingful, effortless) up to 0.2

**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

---

**Additive Value**

**Connection Value (CV)**
- --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

**Additional Release DV:**
- D single bar release or E release = +0.1 DV

**RANGE**
- 9.5 - 10.0
- 9.0 - 9.475
- 8.0 - 8.975
- below 8.0

---

**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

---

45 seconds allowed to remount

---

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

---

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

#### 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
- **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
- **Insuf** distribution 0.05 db
- **Level** changes 0.05 Lvl
- **Spatially** (whole beam) 0.05 sp
- **Directionally** (F/S/B movement) 0.05 dir

#### Overtime deduction
- 0.1
- 1:30 -- warning 1:20
- from feet takeoff to land on floor
- Fall time 45 sec

#### APPARATUS DEDUCTIONS
- relaxed body/leg posture, flexblty 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
- 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'I 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>Connection Value (CV)</th>
<th>2 acro flight no dismt</th>
<th>3 acro flight no B dismt</th>
<th>dance/mixed (acro, mixed, no dismt)</th>
<th>turns</th>
</tr>
</thead>
<tbody>
<tr>
<td>+0.1</td>
<td>[ no B + C ]</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 + D</td>
<td>B + C</td>
<td></td>
</tr>
<tr>
<td></td>
<td>B / C + D</td>
<td>B + B + D</td>
<td>C + C</td>
<td></td>
</tr>
<tr>
<td></td>
<td>D + D</td>
<td>B + C + D</td>
<td>B + D</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>C + D</td>
<td>C + D</td>
<td></td>
</tr>
</tbody>
</table>

#### 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

---

J. Doucette 1/21
NCAA Floor Exercise

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 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 saito (not accel fwd elem) up to 0.3
- legs not parallel to the floor in split/straddle 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 mnts 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
- 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

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