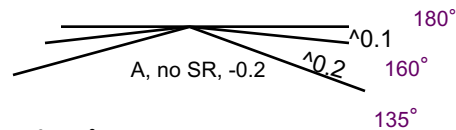


# General Optional Deductions

## EXECUTION

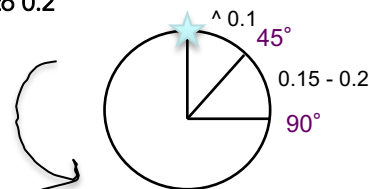
Legs: each time	crossed	up to 0.1
	separated	up to 0.2
	bent	up to 0.3
not landing with feet together in jumps/leaps		up to 0.1
flexed/sickled feet during value parts		each time 0.05
bent arms in support		up to 0.3
	(VT – up to 0.5)	
insufficient exactness tuck/pike		up to 0.2
insufficient exactness in stretched position (arch, pike >each)		up to 0.2
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 dismt, BB/FX acro	up to 0.3
Insufficient height (amplitude)		
UB elements, BB saltos/aerials, FX acro, J/L/H		up to 0.2
UB/BB salto dismounts, FX saltos		up to 0.3
No UB/BB dismount of value; FX- last salto		--from SV 0.3
(no value= restricted, salto not initiated, 3 <sup>rd</sup> /2 <sup>nd</sup> time no VP)		
Spotting during landing, inadvertent touch VP, SR but 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

Insuf split (dance, non-flight acro)  
up to 0.2



Insuf 360° turn/twist

up to 0.2



Degree of turn within 90° of target angle to get credit, with deduction up to 0.2. If more than 90° from target angle, give credit for closest VP angle

Placement of front foot upon landing (twist) or heel drop (turn) determines angle of completion

Minimum score JO = 1.0; Xcel = 4.0

## CHIEF JUDGE DEDUCTIONS (FROM AVG)

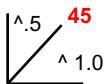
Fail to present before/after (not req'd facing judge) each	0.1
Out of Bounds (touch outside FX boundary) each	0.1
not marking add'l mats of FX boundary	0.1
Overtime	0.1
Exceeds warm-up time (after warning)	0.2
Failure to begin routine within 30 sec CJ signal	0.2
Start exercise before signal from CJ (from repeat)	0.5
Excessive use of chalk, or incorrect tape on VT run	0.2
Incorrect attire/jewelry	JO = 0.2
(after warm- 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
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
Coach on FX during routine (L6-10)	
(move mats, remove object ok)	0.5
failure to remove board after mount	0.3
failure to remove spotting device ASAP	0.3
Incorrect equipment: unauthorized matting, or use hand placement mat on fwd vaults, incorrect apparatus specs, board spring config, 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

## 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 on mat (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)	
on 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 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
>>if also no initiation of salto (dismt, last FX salto) = 0.3 SV	

# Levels 6 & 7 Vaulting



when hands leave the table, angle of hands through hips. If there is a shoulder angle, then shoulder through hips (look for Center of Mass)

Except Tsuk entry

- 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 (excessive) ^0.2
- step/hop hands ea 0.1 max 0.3 (hop)
- staggered/alt hand ^0.1
- alt repulsion ^0.2
- Failure to pass thru vertical ^0.3

- legs crossed ^0.1
- legs separation ^0.2
- legs bent ^0.3
- foot form ^0.1
- neutral head ^0.1
- arched ^0.2
- Piked ^0.3

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

- Height** ^ 0.5
- Length** ^ 0.2 (center of mass at initial contact on mat stack)
- Failure to create **rotation** ^0.3
- maintain prescribed body position (excessive arch/pike) ^0.5
- legs crossed ^0.1
- legs separation ^0.2
- legs bent ^0.3
- foot form ^0.1
- neutral head ^0.1

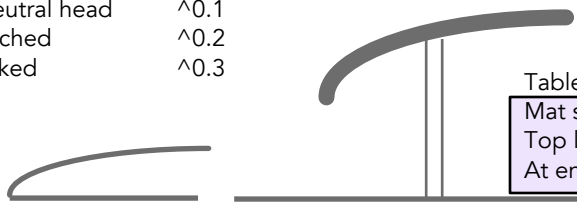


Table height – up to 135 cm  
 Mat stack – 32 in – 60 in height, include base mat.  
 Top layer must be minimum 4-inch skill cushion.  
 At end of mat stack, 8-inch skill cushion

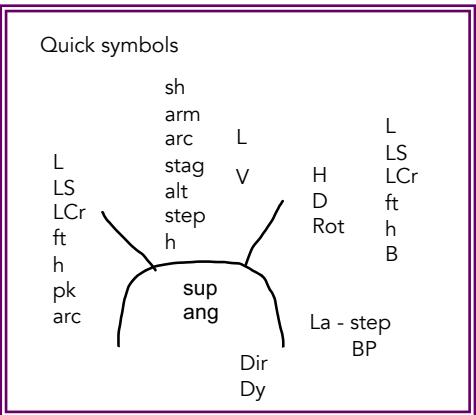
- Direction** ^0.3 (at initial contact of mat)
- Dynamics** ^0.3

- One hand on table (at least 1/2 panel see) --1.0 CJ
- No contact of hands on table = VOID
- Coach between board and table -0.5 (except RO vaults)
- Coach aid landing -0.5 (no deduction after landing)
- Coach aiding vault = VOID
- Perform vault w/o judge prior signal – take 0.5 off repeated vault (CJ)
- Salto performed after landing = VOID
- Not performing allowable choice of vault = VOID
- Unauthorized matting, unauthorized spring config - 0.3 CJ
- Use of alternate springboard = VOID
- Failure to use safety zone (RO vaults) = VOID
- Failure to use mat stack = 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. 2<sup>nd</sup> /3<sup>rd</sup> balk = VOID  
 -- allowed 3 approaches to do 1 OR 2 vaults

- Landing**
- Slight hop/small adj feet **towards** table ^0.1
  - Steps **towards** table, each:
    - small 0.1---- large 0.2 ----- max 0.4
  - Brush/hit far end of table ^0.2
  - Lands on mat and falls/support **against** table 0.5
  - Body posture on landing (landing on feet) ^0.5
  - Lands on feet alternately, or only one foot (=LS) 0.2
  - Failure to land on top of mat stack 1.0
  - Failure to land on bottom of feet first =
    - handspr =>VOID
    - Yurc & Tsuk: L6 = > VOID
    - L7 => NO deduction
  - Land standing/sitting/lying on table = VOID
- (allowed continued steps/rolls direction of momentum of the vault; finish optional)

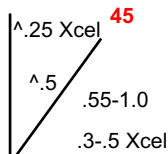
All levels: 45 sec fall time starts once gymnast on her feet...if exceeds time, no 2<sup>nd</sup> vault attempt allowed



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

- 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..

# Levels 8-10 & XG,XP, XD -- Optional Vaulting



angle = hands to body part furthest past the vertical when leaving the table  
 L8-10 ^1.0  
 XG, XP, XD ^0.5

Except Gp 3 Tsuk or Gp 5 full on- salto off

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

**Height** ^0.5  
**Length** ^0.3

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

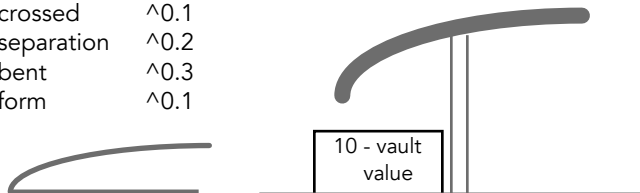
**body shape** –  
 insuf Tuck, Pike ^0.3  
 stretch – arch or pike ea ^ 0.3  
 pike down of stretched ^ 0.3  
 lack of opening ^0.25 absence 0.3  
 (stretch prior to landing)

**Twists** -  
 exact twist ^0.1 (crisp)  
 complete twist late ^0.3 (on mat)  
 (Gps 1, 4&5 w/o salto)  
 incomplete turn ^0.3  
 under rotate salto 0.1

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

staggered/alt hand) ^0.1  
 alt repulsion ^0.2

**non-salto:** too long support ^ 0.5  
 ang of repulsion (L8-10) ^ 1.0  
 (Xcel ^ 0.5)



+ bonus

Direction ^0.3  
 Dynamics ^0.3

One hand on table (at least 1/2 panel see) - -1.0 CJ  
 No contact of hands on table = VOID  
 Land standing/sitting/lying on table = VOID  
 Coach between board and table -0.5 (except RO vaults)  
 >> XG, XP, XD = NO deduction  
 Coach aid landing -0.5 >> if also fall, additional -0.5  
 Coach catching falling gymnast = fall -0.5 ONLY  
 Coach aiding vault = VOID >> **XG, XP, XD = -1.0**  
**L8 only:** coach spot **post** flight = -1.0 (salto vaults only)  
 Perform vault w/o judge prior signal – take 0.5 off repeated vault (CJ)  
 Either vault not on appropriate chart (restricted) = VOID  
 Unauthorized matting, unauthorized spring config = 0.3 CJ  
 No safety zone for RO & HdSpr-onto-bd vaults = VOID  
 Use of alternate springboard = VOID **XG = 9.5 SV**  
 Incorrect tape/excessive chalk on table or runway = 0.2 CJ

## 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, not close 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 (hips lower than knees) ^0.3  
 brush/hit body on far end of table ^0.2  
 brush/touch floor ^0.3  
 falls against table 0.5  
 falls to hand(s)/knee(s)/hips on floor 0.5  
 failure to land feet first = VOID

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

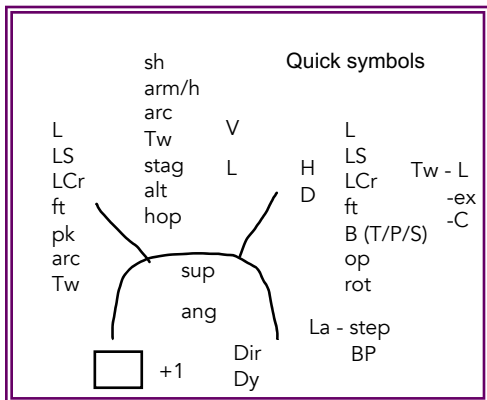
All levels: 45 sec fall time starts once gymnast on her feet...if exceeds time, no 2<sup>nd</sup> vault attempt allowed

## 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 warm-up** – 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/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.

Levels 8,9,10 and Xcel G,P,D VAULT VALUES

Group 1: Handspring/Yami w w/o twist							
			XP	XD	L8	L9	L10
1.101	Hdsp		9.8	9.4	9.0	8.5	8.1
1.102	Hdsp	1/2	10.0	9.6	9.1	8.6	8.2
1.103	Yami		9.8	9.4	9.0	8.5	8.1
1.104	Yami	1/2	10.0	9.6	9.1	8.6	8.2
1.105	1/2 - 1/2	or 1/4 - 3/4	10.0	9.6	9.2	8.6	8.2
1.106	1/4 - 1/2	repul	9.8	9.4	9.0	7.0	7.0
1.109	1/4	1/4	9.8	9.4	face away		
1.201	Hdsp	full	10.0	10.0	9.5	9.0	8.8
1.202	Hdsp	1 1/2		10.0	9.7	9.4	9.2
1.203	Yami	full	10.0	10.0	9.5	9.0	8.8
1.205	1/2 - 1 1/2	or 1/4 - 1 3/4	face away	10.0	9.6	9.3	9.1
1.206	1/2	full	10.0	9.9	9.4	8.9	8.7
1.207	full	hdsp/yami	10.0	10.0	9.5	9.0	8.9
1.208	full	1/2	10.0	10.0	9.7	9.3	9.1
1.209	Hsp-hdsp	full				9.1	8.9
1.301	Hdsp	2		10.0	10.0	10.0	9.8
1.306	1/2 + 2	or 1/4 + 2 1/4		10.0	10.0	9.8	9.6
1.307	full	full				9.8	9.7
1.308	full	1 1/2	face table				9.8
1.402	Hdsp	2 1/2					10+
1.504	Yami	2 1/2					10+

Group 2: Hdsp w w/o full twist, saltos fwd/bkwd							
			XP	XD	L8	L9	L10
2.301	Hdsp	front tuck				10.0	9.8
2.302	Hdsp	fr tuck 1/2				10.0	10.0
2.303	Hdsp	1/2 bk tuck					9.9
2.304	Hdsp	fr pike				10.0	9.9
2.310	Hsp-hdsp	fr tuck				10.0	9.9
2.311	Hsp-hdsp	fr pike				10.0	10.0
2.402	Hdsp	fr tuck full					10+
2.403	Hdsp	1/2 bk tuck 1/2					10+
2.404	Hdsp	fr pike 1/2					10+
2.405	Hdsp	1/2 bk pike					10+
2.406	Hdsp	fr layout					10+
2.407	Hdsp	fr layout 1/2					10+
2.407	Hdsp	1/2 bk layout					10+
2.408	Hdsp	fr pike full					10+
2.409	full	fr tuck					10+
2.410	Hsp-hdsp	fr tuck 1/2					10+
2.411	Hsp-hdsp	fr pike 1/2					10+
2.501	Hdsp	double front					10+
2.502	Hdsp	fr tuck 1 1/2					10+
2.507	Hdsp	fr layout full					10+
2.508	Hdsp	fr layout 1 1/2					10+
2.509	full	fr pike					10+
2.607	Hdsp	fr layout 2					10+
2.609	full	fr layout					10+

Group 3: Tsukahara (1/4 to 1/2 on), saltos							
			XP	XD	L8	L9	L10
3.201	Tsuk	bk tuck		10.0	10.0	9.6	9.4
3.302	Tsuk	bk tuck full				10.0	9.8
3.303	Tsuk	bk pike		10.0	10.0	9.7	9.5
3.304	Tsuk	bk layout		10.0		10.0	9.7
3.305	Hsp-Tsuk	bk pike				9.8	9.6
3.306	Tsuk	1/2 or 3/4 fr tuck				10.0	9.7
3.306	Tsuk	bk tuck 1/2				10.0	9.7
3.307	Tsuk	1/2 or 3/4 fr pike					9.8
3.307	Tsuk	bk pike 1/2					9.8
3.308	Tsuk	1/2 or 3/4 fr tuck 1/2	face table			10.0	9.8
3.402	Tsuk	bk tuck 1 1/2					10+
3.403	Tsuk	bk pike full					9.9
3.404	Tsuk	bk layout full					10+

Group 3: Tsukahara (1/4 to 1/2 on), saltos (cont)							
			XP	XD	L8	L9	L10
3.405	Hsp-Tsuk	bk tuck full					9.9
3.407	Tsuk	1/2 or 3/4 fr layout	face away				10.0
3.407	Tsuk	bk layout 1/2					10.0
3.504	Tsuk	bk layout 1 1/2					10+
3.505	Tsuk	bk layout 2					10+
3.507	Tsuk	or 3/4 fr layout 1/2	face table				10+
3.508	1/4-1/4	fr tuck 1 1/2					10+
3.509	Tsuk	1/2 or 3/4 fr tuck full	face away				10+
3.605	Tsuk	bk layout 2 1/2					10+

Group 4: Round Off (Yurchenko) entry							
			XP	XD	L8	L9	L10
4.101	RO	repul		9.4	9.0	7.0	7.0
4.102	RO	1/2 tw		9.6	9.1	7.7	7.7
4.201	RO	full tw		10.0	9.4	9.1	8.9
4.202	RO	1 1/2 tw		10.0	9.6	9.3	9.1
4.203	RO	bk tuck		10.0	10.0	9.6	9.4
4.301	RO	2 tw				9.8	9.7
4.303	RO	bk tuck full	face table			10.0	9.8
4.304	RO	bk pike		10.0	10.0	9.7	9.5
4.305	RO	bk layout		10.0		10.0	9.7
4.306	RO	bk layout full					10.0
4.307	RO	1/2 fr tuck	face away			10.0	9.8
4.307	RO	bk tuck 1/2				10.0	9.8
4.308	RO	1/2 fr pike					9.9
4.308	RO	bk pike 1/2					9.9
4.309	RO	1/2 fr layout					10.0
4.309	RO	bk layout 1/2					10.0
4.403	RO	bk tuck 1 1/2	face away				10.0
4.406	RO	bk layout 1 1/2					10+
4.407	RO	1/2 fr tuck 1/2	face table			10.0	10.0
4.503	RO	bk tuck 2					10+
4.506	RO	bk layout 2					10+
4.508	RO	1/2 fr pike 1/2					10+
4.606	RO	bk layout 2 1/2					10+

Group 5: RO 1/2 or Full (Yurchenko 1/2 or full) entry							
			XP	XD	L8	L9	L10
5.101	RO 1/2	hdsp		9.6	9.2	8.9	8.9
5.102	RO 1/2	1/2			9.4	9.1	9.1
5.107	RO full	1/2				9.2	9.2
5.201	RO 1/2	full tw		10.0	9.6	9.2	9.2
5.202	RO 1/2	1 1/2 tw		10.0	9.8	9.4	9.4
5.207	RO full	full tw				9.3	9.3
5.301	RO 1/2	fr tuck				10.0	10.0
5.312	RO 1/2	2 tw		10.0	10.0	10.0	9.9
5.401	RO 1/2	1/2 fr tuck					10+
5.402	RO 1/2	bk tuck 1/2	face table				10+
5.403	RO 1/2	fr pike					10+
5.404	RO 1/2	1/2 fr pike					10+
5.405	RO 1/2	bk pike 1/2					10+
5.406	RO 1/2	fr layout					10+
5.408	RO full	bk tuck	face table				10.0
5.409	RO full	bk pike					10.0
5.410	RO full	1/2 fr tuck	face away				10+
5.501	RO 1/2	fr tuck 1 1/2	face table				10+
5.505	RO 1/2	1/2 bk layout					10+
5.505	RO 1/2	fr layout 1/2					10+
5.509	RO full	bk layout					10+
5.510	RO full	bk tuck full					10+
5.511	RO full	bk layout full					10+

**BOLD** those vaults XG may perform = 10.0 SV

# Optional Uneven Bars

	6	7	8	9	10
Value Parts and Restricted rules	<b>5A 1B</b> one allowed C = B other C = 0.5, no VP no rel HB↔LB	<b>5A 2B</b> allowed C = B other C = 0.5, no VP	<b>4A 4B</b> allowed C = B one Rst C = B other C = 0.5, no VP	<b>3A 4B 1C</b> ½ or 1/1 pir B/C root allowed 1st D/E = C for CV, +.1 D/E bonus other D/E = -0.5, no VP	<b>3A 3B 2C</b>
Special Reqmts 0.5 each	one cast 45 + (above horiz = SR) one bar change one Gp 3/6/7 360 clear cir A salto dismt	one cast hdst (45° fulfills SR) Two clear circles: =one Gp 3/6/7 =B circle (same or diff) A salto dismt	one bar change B circle (3/6/7) B elem flight (not dsmt) <b>or</b> LA turn (not mt/dsmt) A salto dismt	2 bar change B flight elem C flight elem (diff) <b>-OR-</b> B LA turn elem (not mt/dsmt) B salto dismt	C flight element min B flight elem(diff) C LA turn (not mt/dsmt) C salto dismt
No VP = no SR					
SV	10.0	10.0	10.0	9.7 (+0.3 bonus) .3 CV, max +.1 DV	9.5 (+0.5 bonus) max +.4 CV or DV
Deduct=	C, VP, SR, no dismt	C, VP, SR, no dismt	Rst C, VP, SR, no dismt	Rst D/E, VP, SR, no dismt	VP, SR, no dismt

### GENERAL COMPOSITION (8-10)


<b>L 8</b> Lack elements achieve vertical	up to 0.2		vert
<b>L8-10</b> dismount up to the level of comp	up to 0.1		UTL →
<b>L9/10</b> facing same direction throughout (ex mt/dsmt)	0.1		dir
<b>L9/10</b> Choice of Elements - 2 out of 3			
1. Fwd circle/release (except dismt) B+	2 elem 0.0	}	FGT
2. 3/6/7 element B +	1 elem 0.1		
3. LA Turn w/wo flt min 180° C +	0 elem 0.2		
<b>L10-</b> choice of release elem up to level comp (two diff D/E releases for no deduction)	up to 0.2		UTL
<b>L10- lack of 2nd bar change</b>	<b>0.2</b>		bchg
<b>L10-</b> more than one squat/stoop LB jump to HB each 0.1			}
¼ giant with/without grip change	0.1		
Uncharacteristic elem (and breaks series)	ea 0.1		
--fwd on HB feet on LB, stand, w/w/o 1/2 turn; climb/crawl onto LB; squat on LB, w 1/2 turn on feet to grasp HB			

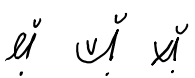
Connection Value (CV)		(includes mt/dsmt)
L10	C + C = 0.1 Both elem must have LA turn or flight However, if both Gp 3/6/7, no LA/flt needed, but must be different	C + D = 0.1 <hr/> D + D = 0.2
L 9	C + C = 0.1 one/both elem w/o LA turn/flight if none have LA/flt, must be different	C + C = 0.2 If both elem have LA/flight

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

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

**Allowed elements:**

B for L6, L7, L8: 

B for L7, L8: 

45 sec fall time when on feet

### APPARATUS DEDUCTIONS

<b>dynamics</b> (energy, swingful, effortless)	up to 0.2		dy
rhythm in element/conn	up to 0.1		
extra swing/cast (max 0.5 for 2+ consec)	ea 0.3		
hesitation in hdst or jump to HB	up to 0.1		
precision of hdst positions	up to 0.1		
insuf extension of glides/sw to kip	up to 0.1		
amplitude of bar elements, releases	up to 0.2		
amplitude of salto dismounts	up to 0.3		
under rotation of release/flight elem	up to 0.1		
swing fwd/bwd under horiz	ea 0.1		
bent arms in support or legs	up to 0.3		
insuf exact stretch (w arch or pike)	up to 0.2		
incomplete twist salto dismt	up to 0.2		
failure to maintain stretched body in dismt (pikes down)	up to 0.2		
insuf extension/open of tk/pk prior to land	up to 0.3		
landing too close to bars on dismt	0.1		
no dismount of value (from SV)	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			
third run approach	0.5		
Coach between bars throughout exercise	0.1 CJ		
failure to remove bd/spot block	0.3 CJ		
exercise fewer than 5 VP elem	2.0 CJ		

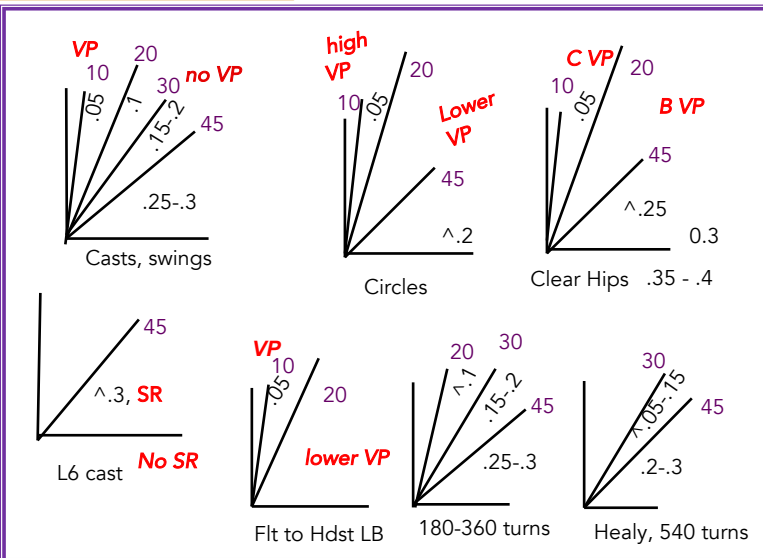
**Dismount UTL – no ded**

**L10** D/E + C dismt **or** D/E dismt

**L9** C dismt

**L8** B + A dismt **or** B dismt

**L10 UTL** – 2 diff D/E release





45 sec fall time when on feet

# Optional Balance Beam

J. Doucette 5/22a

	6	7	8	9	10
Value Parts and Restricted rules	<b>5A 1B</b> one dance C = B Rst C = -0.5, no VP	<b>5A 2B</b> any dance C = B acro C = -0.5, no VP No D/E	<b>4A 4B</b> dance C = B one acro C = B Rst C = -0.5, no VP No D/E	<b>3A 4B 1C</b> Dance D/E = C 1st acro D/E = C for CV, +.1 D/E bonus Rst D/E = -0.5, no VP	<b>3A 3B 2C</b>
Special Reqmts 0.5 each  No VP = no SR	Acro series w/o flt <b>OR</b> one acro flt elem (iso or in series)  Leap/jump 180 split 360° turn A salto/aerial dismt	Acro series w/wo flt <b>AND</b> acro flight element  Leap/jump 180 split  360° turn A salto/aerial dismt	Acro series, 1 flt elem  Leap/jump 180 split  360° turn A salto/aerial dismt	Acro Series, 2 flt elem  Leap/jump 180° split  360° turn B salto/aerial dismt	<b>Acro Series</b> , 2 flt elem with one min C (or E flt + A non-flt) <b>Leap/jump 180° split</b> <b>360° turn</b> <b>C dismount</b> (or a B dismt dir conn to a C acro flight/dance elem or C acro series)
SV  Deduct=>	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) .3 CV, max +.1 DV Rst D/E, VP, SR, no dismt	9.5 (+0.5 bonus) max +.4 CV or DV VP, SR, no dismt

Connection Value (CV)	2 acro flight no dismt	3 acro flight (try 2-acro bonus)	dance/mixed (acro flt, no dismt)	turns
<b>+ 0.1</b>	B + C (salto)	B + B + C	A + D B + C	A + C
<b>+ 0.2</b>	C + C B + D/E C + D/E D + D	B + C + C B + B + D B + C + D	C + C B + D C + D	

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

**L 10 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

**ADDITIONAL 3-elem acro flt series CV BONUS: +0.1** land on beam (no dsmt), with min C salto/aerial or D/E flt w/wo hand support.

### GENERAL COMPOSITION (8-10)

<b>Lack of dance series</b>	<b>0.2</b>	dser
more than 2 dance of same shape $\wedge$ or $\wedge$ or $\wedge$	ea 0.1	shp
more than 1 pivot (1/2) turns (relevé, str legs)	0.1	Ⓣ
Fail to perform acro in 2 diff dir (Fw/Sw and Bw)	0.1	acro dir
if only Fw/Sw or Bw in dismt	0.05	
choice of acro up to level of competition	up to 0.2	UTL
choice of dance up to level of comp	up to 0.2	UTLd
choice of dismount up to level of comp	up to 0.1	UTL→
Level changes	up to 0.1	Lvl
Spatially (use whole beam)	up to 0.1	
Show 2 directions (F/S/B) choreography	ea 0.05	

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

- L10:** UTL 3elem-C series or 2 elem-C salto series plus D/E flight and additional C salto or D/E flight (additional C salto can be a 2nd salto in 2-C salto series)  
 UTLd C C C **-or-** C C D/E  
 UTL→ B flt + C dismt **-or-** D/E flt + B dsmt **-or-** D/E dismt
- L9:** UTL 2 ele-C ser plus salto/aerial and D/E flight  
 UTLd C C  
 UTL→ B flight + B dismt **-or-** C dismt
- L8:** UTL B + B ser, plus acro B, A  
 UTLd B B A  
 UTL→ B acro + A dismt **-or-** B dismt

### Overtime deduction 0.1 CJ

- L 8-10 - 1:30** -- warning 1:20 **shorter than 30 sec = - 2.0 CJ**  
**L7 - 1:20** -- warning 1:10  
**L6 - 1:15** -- warning 1:05 → shorter than 30 sec, w 10 SV = -0.5 CJ

### APPARATUS DEDUCTIONS

Incorrect body alignment, posture in non VP	up to 0.3	B/L
relaxed/incorr footwork in non-VP	up to 0.3	ft
<b>variation of rhythm and tempo throughout</b>	<b>up to 0.2</b>	<b>R</b>
<b>insuf sureness of performance throughout</b>	<b>up to 0.2</b>	<b>sure</b>
<b>dynamic performance</b> (energy, effortless)	<b>up to 0.2</b>	<b>dy</b>
<b>artistry of presentation</b>		<b>art</b>
• quality of expression	up to 0.1	ex
• lack of variety choreography	up to 0.1	ch
• quality of movement	up to 0.1	mv
rhythm during acro conn.(fwd/bkw, fwd/side, non-flt)	up to 0.2	
rhythm during dance/mix conn.	up to 0.2	
height of acro/dance/saltos	ea up to 0.2	
salto dismount	up to 0.3	
Insufficient leg split in L/J (less than 135 = A)	up to 0.2	
legs not parallel to beam in split/strad L/J	ea up to 0.2	
failure to land feet together in L/J (land side)	ea up to 0.1	
incomplete turn or twist	ea up to 0.2	
failure to perform turns in high relevé	ea up to 0.1	
lack of precision in VP dance	ea up to 0.1	
incorrect body position in VP dance	ea up to 0.1	
insuf exactness of tuck/pike/stretch position	up to 0.2	
hesitation in jump/press/swing to hdst	up to 0.1	
concentration pause 2 sec = ea.1 >> more than 2 sec = ea	0.2	
support of leg against beam, hit	ea 0.2	
balance ----- up to 0.3 grasp to prevent fall-----0.3		
use supplement support (feet on floor or base)	0.3	
Insuf extension of body (open) prior to land	up to 0.3	
failure to maintain stretch body (pk down dsmt)	up to 0.2	
direction of landing on dismt	0.1	
direction of gainer dismount off end	up to 0.3	
third run approach	0.5	
Coach next to beam throughout exercise	0.1 CJ	

# Optional Floor Exercise

	6	7	8	9	10
Value Parts and Restricted rules	<b>5A 1B</b> one dance C = B Rst C = -0.5, no VP	<b>5A 2B</b> any dance C = B acro C = -0.5, no VP No D/E	<b>4A 4B</b> dance C = B one acro C = B Rst C = -0.5, no VP No D/E	<b>3A 4B 1C</b> dance D/E = C 1st acro D/E = C for CV, +.1 D/E bonus Rst D/E = -0.5, no VP	<b>3A 3B 2C</b>
Special Reqmts 0.5 each  No VP = no SR	<b>Acro pass</b> (3 elem, 2 w/flight, no rolls) <b>one salto/aerial</b> (iso, or in separate pass)  <b>Dance passage</b> (2 diff Gp 1 elem, one 180° leap) <b>360° turn</b>	<b>1 Acro pass w salto bkwd</b> (2 or more elem) <b>1 Acro pass salto fwd</b> (1 or more elem) AND <b>1 salto is stretched</b> w/o twist, land 2 ft <b>Dance passage</b> (2 diff Gp 1 elem, one 180° leap)  <b>360° turn</b>	<b>Acro pass with 2 saltos</b> (2 or more elem) <b>3 different saltos</b>  <b>Dance passage</b> (2 diff Gp 1 elem, one 180° leap)  <b>A last salto</b>	<b>Acro pass with 2 saltos</b> (2 or more elem) <b>3 different saltos</b>  <b>Dance passage</b> (2 diff Gp 1 elem, one 180° leap)  <b>B last salto</b>	<b>Acro pass with 2 saltos</b> (2 or more elem) <b>3 different saltos</b>  <b>Dance passage</b> (2 diff Gp 1 elem, one 180° leap)  <b>C last salto</b>
SV Deduct=	10.0  Rstr C, VP, SR	10.0  Rstr C, VP, SR	10.0  Rstr C, VP, SR, no last salto (0.3)	9.7 (+0.3 bonus) .3 CV, max +.1 DV Rst D/E, VP, SR, no last salto of value (0.3)	9.5 (+0.5 bonus) max 0.4 CV or DV VP, SR, no last salto of value (0.3)

Conn Value (CV)	Indirect Acro	Direct Acro	Dance/mixed (no turn to jump)
<b>+ 0.1</b>	B + C A/B + D A/B + A/B + C A/B + A/B + D	A + C A + A + C B + B	B + D C + C D salto + A jump
<b>+ 0.2</b>	C + C B/C + D A + E A + A + D	B + C A/B + D C + C A + A + D	C + D

→bonus: possible to connect L-H-J to 1 foot => turn or turn => hop

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

**L 10 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

**GENERAL COMPOSITION (L8-10)**

Insuf use of FX (spacially) up to 0.1  
 overuse of dance of same shape  $\wedge$  or  $\vee$  or  $\cap$  ea 0.1  
 one side acro F/S & B 0.1 shp  
**lack min 3A salto (L8) /B salto (L9) /C salto (L10) 0.3** -sal acrodir  
**lack of B turn, one foot 0.2** Bo  
 choice of acro up to level of competition up to 0.2 UTL  
 choice of dance up to level of comp up to 0.2 UTLd  
 choice of last salto (dismt) up to level of comp up to 0.1 UTL→  
 fail to perform last salto of value (from SV) 0.3 last s

**Up To Level of Competition – for no deduction:**  
**L10:** UTL 3 acro passes: D in each –or- D D B+C dir or C+C indir  
 2 acro passes: E E or E D+A dir  
 UTLd C C C or D D  
 UTL→ D/E dismt or C + B dir conn  
**L9:** UTL 3 acro passes: C C C or C C B+B dir conn  
 2 acro passes: C + B dir in each pass  
 UTLd C C  
 UTL→ C or B+B direct conn  
**L8:** UTL 3 acro passes: B B B or B B A+A direct conn  
 2 acro passes: B + B dir and B + A dir  
 UTLd B B A  
 UTL→ B

**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

**APPARATUS DEDUCTIONS**

relaxed body posture, alignment, position	up to 0.3	B
relax/incorrect footwork on non-VP	up to 0.3	ft
<b>rhythm and tempo (whole exercise)</b>	<b>up to 0.2</b>	<b>R</b>
<b>dynamic performance</b> (energy, effortless)	<b>up to 0.2</b>	<b>dy</b>
<b>artistry of presentation</b>		<b>art</b>
• quality of expression	up to 0.1	ex
• lack of variety choreography	up to 0.1	ch
• quality of movement	up to 0.1	mv
rhythm during direct connection	ea up to 0.1	
Insuf height – dance, acro w/hands, aerials	ea up to 0.2	
salto (not apply to accel elem)	up to 0.3	
Insuf leg split in leaps/jumps	up to 0.2	
legs not parallel to the floor in split/straddle	up to 0.2	
failure to land feet together in L/J	ea up to 0.1	
turns not in high relevé	ea up to 0.1	
incomplete turn/twist	ea up to 0.2	
incorrect body posture in VP dance	ea up to 0.1	
lack of precision in VP dance	ea up to 0.1	
Insuf exactness of tuck/pike/layout positions	up to 0.2	
Legs crossed in twisting saltos	up to 0.1	
Insuf opening prior to landing (saltos)	up to 0.3	
Pike down of stretched salto	up to 0.2	
not in sync with music- throughout exercise ----	up to 0.3	
not ended with music --- 0.1 not hold ending pose ---	0.05	
poor relationship of music and movement	up to 0.2	
concentration pauses (2 sec or more)	ea 0.1	

Failure to mark boundary on mat – 0.1 CJ  
 absence of music (not technical failure) -- 1.0 CJ  
 Unauthorized matting 0.3 CJ (no more than 2 on floor, 1 per pass)  
 Coach on Floor – 0.5 CJ (one time)  
 Coach/teammate touch/push to prevent run/fall out of bounds = -.5 spot, -.1 out of bounds (CJ), no bonus