

ALL THE FIVES

GENERAL/ OR MORE THAN ONE EVENT

ALL DEDUCTIONS ARE FLAT WITH THE EXCEPTION OF # 4-7 ON VAULT

1. COACH ON THE FX AREA-CJ
2. **SUPPORT** ON MAT W/ 1 OR 2 HANDS
3. **FALL** ON MAT, KNEE(S), HIPS
4. **FALL** ON OR OFF APPARATUS, UPON LANDING DISMOUNT, **FALL** AGAINST APPARATUS
5. **FALL** /FAILURE TO LAND ON THE BOTTOM OF THE FEET FIRST ON ELEMENT OR DISMT
NO: VP, SR, BONUS, COMPOSITION
FAILURE TO LAND ON THE BOTTOM OF THE FEET ON A VAULT IS VOID
6. **SPOT** DURING ELEMENT, NO: VP, SR, BONUS, COMP.
7. **SPOT** DURING LANDING OF DISMOUNT- YES: VP, SR,COMP/ NO BONUS
SPOT UPON LANDING OF VAULT- IF ASSISTED THEN FALLS DEDUCT 0.5
8. **FALL** AFTER SPOT ON ELEMENT OR DISMOUNT
9. COACH CATCHES FALLING GYMNAST-NO DEDUCTION FOR SPOT, DEDUCT FOR A **FALL** ONLY
10. THIRD RUN APPROACH TO MOUNT/TOUCHES SPRINGBOARD W/O MOUNTING, UPB,BB
11. COACH INADVERTENTLY CONTACTS GYMNAST W/O ASSISTING YES: VP,SR NO BONUS,UPB, BB

ALL OF THE FIVES CONTINUED WITH DEDUCTIONS SPECIFIC TO AN EVENT

VAULT

1. START BEFORE SIGNAL-DEDUCT ON REPEATED PERFORMANCE-CJ
2. COACH STANDING BETWEEN BOARD AND TABLE, NO DEDUCTION ON YURCHENKO VTS
3. LANDING ON HANDS AND BOTTOMS OF FEET SIMULTANEOUSLY, VAULT IS SCORED, STILL A **FALL**
4. BENT ARMS
5. PRESCRIBED LA TURN BEGUN TOO EARLY, SUPPORT/REPULSION PHASE
6. TOO LONG IN SUPPORT, NON-SALTO VAULTS ONLY FROM ANY GROUP
7. INSUFFICIENT HEIGHT

UNEVEN BARS

1. SUPPORT ON FOOT/FEET ON MAT DURING EXERCISE
2. MAX. MORE THAN 1 CONSECUTIVE SWING AFTER AN ELEMENT

ALL OF THE THREES

GENERAL/OR MORE THAN ONE EVENT

ALL DEDUCTIONS ARE UP TO - 0.30 EXCEPT UNDERLINED NUMBERS ARE FLAT 0.3

1. UNAUTHORIZED OR ADDITIONAL MATS
SPRINGBOARD ON AUTHORIZED SURFACE
FAILURE TO REMOVE THE BOARD/MOUNTING APPARATUS AFTER MOUNT
USING INCORRECT APPARATUS SPECIFICATIONS
2. USE OF SUPPLEMENTAL SUPPORT
GRASP OF BAR OR APPARATUS-UPB
GRASP OF BB TO AVOID A FALL

- FOOT/FEET REMAIN/CONTACT ON MAT/BOARD DURING MOUNT OR DURING EXERCISE
FOOT/FEET/LEG USING BASE OF BB FOR SUPPORT ON MOUNT OR DURING EXERCISE
3. LANDS UB/BB DISMOUNT OR FX ACRO SALTO IN SOLID OR LOOSE FOAM PIT-CJ
NO VP, SR, BONUS
 4. GRASP OF APPARATUS TO AVOID FALL-UB/BB
 5. INSUFFICIENT HEIGHT OF DISMT, SALTO ON FLOOR (DO NOT APPLY TO ACCELERATING ELEM)
 6. SQUAT ON LANDING
 7. BRUSH / TOUCH MAT W/ 1 OR 2 HANDS
 8. INSUFFICIENT OPEN OF BODY PRIOR TO LANDING
APPLIES TO UB/BB DISMOUNTS AND BB/FX ACRO ELEMENTS AND TUCK/PIKE
LANDING OF ACRO ELEMENTS- BB, FX
 9. BENT ARMS IN SUPPORT - UV, BB, FX
BENT LEGS
 10. NEVER INITIATES SALTO ON DISMOUNT (SV)
 11. RELAXED/INCORRECT FOOTWORK ON NON VPs THRU-OUT EXERCISE-BB, FX
 12. INCORRECT BODY ALIGNMENT, POSITION, OR POSTURE NON-VPs THRU-OUT-BB, FX
 13. INSUFFICIENT ARTISTRY THRU-OUT THE EXERCISE-BB, FX

VAULT

1. USE OF HAND PLACEMENT MAT FOR TRADITIONAL FWD APPROACH VAULTS
2. VAULT INTO PIT/SOLID OR LOOSE FOAM
3. HIP ANGLE
4. INCOMPLETE LA TURN, FIRST FLIGHT
5. HOP(S) WITH BOTH HANDS SIMULTANEOUSLY
6. FAILURE TO PASS THRU VERTICAL
7. INSUFFICIENT EXACTNESS OF BODY POSITION-TUCK/ PIKE / STRETCH8
8. FAILURE TO MAINTAIN STRETCHED BODY-PIKED DOWN OF STRETCHED VAULTS
TO FACILITATE LANDING
9. LATE COMPLETION OF TWIST, SECOND FLIGHT (GROUP 1 VAULTS, GROUP 4/5 VAULTS W/O SALTOS)
10. TOTAL ABSENCE OF EXTENSION-TUCK AND PIKE VAULTS
11. INSUFFICIENT LENGTH
12. PRESCRIBED LA TURN INCOMPLETE, LANDING
13. DEVIATION FROM A STRAIGHT DIRECTION
14. INSUFFICIENT DYNAMICS

UNEVEN BARS

1. HIT ON MAT
2. FAILURE TO REMOVE THE BOARD / SPOTTING DEVICE AFTER RELEASE ELEMENT
3. EXTRA SWING OR CAST

BALANCE BEAM

1. ADDITIONAL MOVEMENTS TO MAINTAIN BALANCE ON THE BEAM
2. DIRECTIONAL ERROR ON GAINER SALTO DISMOUNTS OFF END OF BEAM
3. LANDS ACRO ELEMENT IN SQUAT POSITION THEN FALLS -0.3 (AND -0.5 FOR FALL)

FLOOR EXERCISE

1. POOR RELATIONSHIP OF MUSIC AND MOVEMENT, THRU-OUT EXERCISE

ALL D/E BAR DISMOUNTS

Provided by Jean Johnson 9/2022 Email: jeanrenee.johnson@gmail.com

ALL DOUBLE FLIPPING DISMOUNTS ARE E'S
EXCEPT-DOUBLE TUCK OR PIKE IS A "C"
AND 3 D 's

1. DOUBLE BACK W/ ½ TWIST ON THE SECOND SALTO 8.404
2. DOUBLE "LAY PIKE" OR "PIKE LAY" 8.405
3. FROM FORWARD GIANT SWING ½ TURN INTO 8.407
DOUBLE BACK TUCKED OR PIKED

	D DISMOUNTS	E DISMOUNTS
BACK FLY AWAYS	LAYOUT FLY AWAY 2 ½ 8.403	LAYOUT FLYAWAY 3/1 8.503
FROM UNDERSWING, TOE-ON, CLEAR ON HB	TO SALTO FWD TUCKED OR PIKED W/ FULL TWIST TO SALTO FWD STRETCHED TO SALTO FWD STRETCHED W/ 1/2 TURN 8.401	TO SALTO FWD TUCK OR PIKE W/ 1 ½ TWIST -RUDI 8.501
COMANECI ON HB-UNDERSWING, TOE-ON, CLEAR W/ ½ TO	TO SALTO BKWD STRETCHED TO SALTO BKWD TUCKED W/1/2 8.402	½ TO SALTO BKWD TUCK W/ FULL - 1 ½ TWIST TOTAL 8.502
FRONT FLYAWAYS	FROM FORWARD GIANT SWING 2 ½ TWIST TUCK, PIKE, OR LAYOUT 8.407	

TO COMPLETE THE TOTAL LIST OF D/E DISMOUNTS, SEE 8.408 8.410 AND 8.508