

NCAA Vaulting

bent legs (early tuck salto vaults) $\wedge 0.3$
 shoulder angle $\wedge 0.2$
 arms bent $\wedge 0.5$ (except Tsuk)
 head touch 2.0 (includes arms)
 Excessive arch $\wedge 0.2$
 step/hop hands ea 0.1 max $\wedge 0.3$
 early twist $\wedge 0.5$ (on table)
 not achieve vertical $\wedge 0.3$ (twist-on vaults)

Height $\wedge 0.5$
Distance $\wedge 0.3$

Except Tsuk or full on- salto off

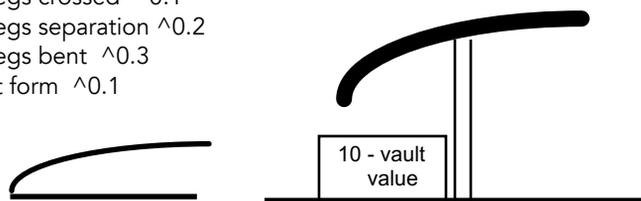
legs crossed $\wedge 0.1$
 legs separation $\wedge 0.2$
 legs bent $\wedge 0.3$
 foot form $\wedge 0.1$

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

incomplete twist $\wedge 0.3$
 (1/1+ or -1/4)
 Piked $\wedge 0.3$
 arched $\wedge 0.2$
 legs crossed $\wedge 0.1$
 legs separation $\wedge 0.2$
 legs bent $\wedge 0.3$
 ft form $\wedge 0.1$

staggered/alt hand) $\wedge 0.1$
 alt repulsion $\wedge 0.2$

non-salto: ang of repulsion $\wedge 1.0$
 too long support $\wedge 0.5$



Direction $\wedge 0.3$
Dynamics $\wedge 0.3$

Twists -
 exact twist $\wedge 0.1$ (crisp)
 complete twist late $\wedge 0.3$ (on mat)
 (Gps 1, 4&5 w/o salto)
 Incomplete twist $\wedge 0.3$

under rotate salto 0.1

No contact hands OR one hand 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

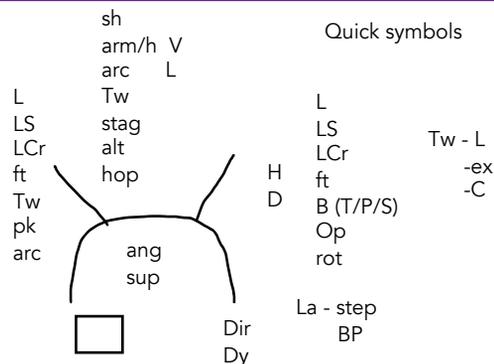
Unauthorized matting = 0.3 CJ
 Incorrect tape/excessive chalk on table or runway = 0.2 CJ
 chalk marks on runway (removable tape/velcro allowed) = 0.2 CJ
 sting mat on runway -0.3 CJ
 gymnasts out of order - 0.1 from team score

no Bonus value vaults. Flash vault number

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 $\wedge 0.1$
 trunk movements (maintain balance) $\wedge 0.2$
 extra arm swings (maintain balance) $\wedge 0.1$
 body posture (when feet land) $\wedge 0.2$
 Squat (hips lower than knees) $\wedge 0.3$
 brush/touch floor (no support) $\wedge 0.3$
 brush/hit body on table $\wedge 0.2$
 falls against table/support with hand(s) on floor 0.5

NCAA – one vault, allow 3 attempts
 touch board/table, does NOT go over table = attempt (balk)
 => if inverts on approach and/or the table, and goes over the table = vault



RANGE

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

Landing matting:
 base mat up to 9" total,
 supplemental landing mats
 up to 9" total on top of
 base (combining 2X 4", or
 1 x 8", and 1 sting mat)

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 Parts	3A 3B 2C no VP = no SR
Special Reqmts	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
0.2 ea	C salto dismount (C preceded by same 2A/B elem = -0.1)
Bonus	CV or DV max +0.5 +0.1 D +0.2 E
SV	9.4 (add +0.6 bonus)

Connection Value (CV) Bonus

--includes mount/dismount
 C + C = +0.1 ==> both elements have LA turn /Flight
 or 2 different 3/6/7
 C + D = +0.1
 D + D = +0.2
Additional Release DV:
 D single bar release or any E release = +0.1 DV

45 sec fall time-
 after gymnast
 back on feet or
 end of injury
 assessment

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GENERAL COMPOSITION

Variety 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
Insufficient distribution choice of elements up to level competition (specific requirements listed)	0.05	db
More than one squat/pike on/circle to HB	ea 0.1	UTL →
Uncharacteristic elem (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 unless followed by a circling elem --3/4 giant fwd under 20° w/w/o grip change (break series)	ea 0.1	

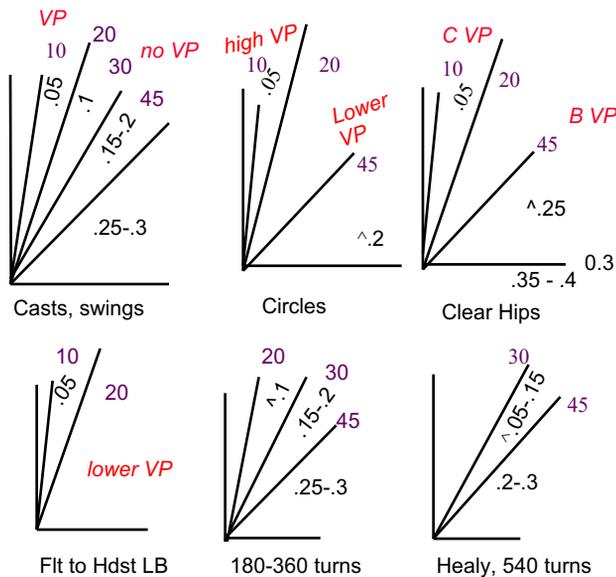
min run for mt at 27 1/2 feet; -0.1 if starts run off mats

Up To Level of competition (UTL) - 0.1:

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

dynamics (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	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 turn/twist	up to 0.2	
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 tk/pk prior to land	up to 0.3	
dismount of no 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		
add'l trunk movements on landing (avoid step)	up to 0.2	
third run approach	0.5	
failure to remove bd/spot block	0.3 CJ	
exercise fewer than 5 VP elem	2.0 CJ	



D skills:

any Healy = D

Handwritten notes for D skills, including symbols like 'xi xi xi' and 'xox xox'.

E skills:

Handwritten notes for E skills, including symbols like 'xi xi xi' and 'wee'.

NCAA Balance Beam

Value Parts	3A 3B 2C	= 8 total no VP = no SR
Special Reqmts	Acro series 2 ft w/ C w/wo hand support, -OR- A (gp 7) + E (Acro) (finish on beam)	
0.2 ea	Dance or Dance/Acro series -dance elem min C (finish on beam) Leap/Jump 180° split (can be in series) 360° turn (no hand support) C dismt	
Bonus	CV or DV max +0.5 +0.1 D +0.2 E	
SV	9.4 (add +0.6 bonus)	

GENERAL COMPOSITION		
one-sided acro (F/S and B) (not dismt)	each 0.1	acro dir
choice of acro Up to Level of competition	0.1	UTL
Insuff distribution	0.05	db
Level changes	0.05	Lvl
Spatially (whole beam)	0.05	sp
Directionally (F/S/B movement)	0.05	dir

Up To Level (UTL): 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 complete but no CV due to a fall, ok to award UTL; D may be mount or dismt; D/E acro NOT directly connected to the dismount]

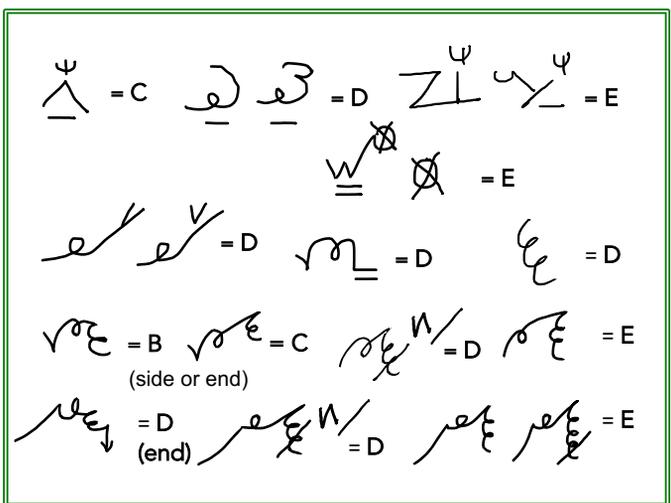
Connection Value (CV)	2 acro flight no dismt	3 acro flight no B dismt	dance/mixed (acro flt, no dismt)	turns
+ 0.1	[no B + C]	B + B + C	A + D/E B + C	A + C
+ 0.2	C + C B/C + D D + D	B + C + C B + B + D B + C + D	C + C B + D C + D	no CV for a B dismount

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Overtime -0.1
 1:30 -- warning 1:20

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

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



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

B+(D) = 0 CV, +.1 DV

B + D = +.1 CV, +.1 DV (not C for CV)

APPARATUS DEDUCTIONS		
relaxed body/leg posture, flexblty throughout	up to 0.3	B/L
relaxed/incorr footwork in nonVP	up to 0.3	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 (projection, focus)	up to 0.1	
• variety 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	
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	
legs not parallel to beam in split/strad L/J	ea up to 0.2	
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	
Dismount of no value (from SV)	0.3	

B+B+(D)= .1 CV +.1 DV and +.1CV 3-series bonus (total +3)

NCAA Floor Exercise

Value	3A 3B 2C	= 8 total
Parts		no VP = no SR
Special Reqmts	1 acro pass with 2 saltos <u>or</u> 2 direct conn saltos (one a min C) 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 pass	
Bonus	CV or DV max +0.5 +0.1 D +0.2 E,	
SV	9.4 (add +0.6 bonus)	

Overtime deduction 0.1
1:30 from movement of gymnast

- 0.1 off team score if out of order
- 0.3 out of uniform, for team or individual
- leo above hip bone -0.1 with warning
- failure to mark mats with boundaries - 0.1
- corner chalk arc line allowed
- 0.3 matting: one sting, 4" or 8" mat allowed per tumbling pass/leap combo; max 2 mats on floor at a time. Exception: sting mat may be stacked but counts as 2 mats for total on floor.
- Coach on floor -- one time ded 0.5
- Coach/teammate touch/push gymnast to stop momentum- running/falling out of bounds = 0.5 assisting, no bonus, 0.1 out of bounds if applies (different than breaking fall)

Conn Value (CV)	Indirect Acro	Direct Acro	Dance/mixed (YES turn to jump)
+ 0.1	B + C A + D A/B + A/B + C	A + C A + A + C B + B (2 diff skills)	B + D C + C D salto + A jump
+ 0.2	C + C B/C + D A + E A + A + D	B + C A/B + D A + A + D	C + D
+0.3		C + C = +0.3	

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

GENERAL COMPOSITION

lack dance CV/DV bonus from Gps 1,2	0.1	dBon
one side acro- show F/S & Back saltos	ea 0.1	acro dir
choice of acro up to level of comp	0.1	UTL
insuf distribution	0.05	db
use of floor: spatially	0.05	mvt

Up To Level (UTL) - 0.1

one E element -or- 2 different D elements (one an acro)

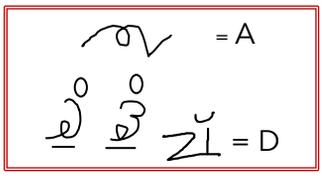
AND

acro dismt pass w/ C bonus combo or D salto
(note dismt pass with E = both parts)

In addition, if a routine has only 2 acro passes: must have min 1 pass w/ D, the other pass D or +2 CV.

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below 8.0	1.0



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		art
• 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	ea up to 0.2	
salto (not accel fwd elem)	up to 0.3	
legs not parallel to the floor in split/strad	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 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	