

Composition – Execution Deductions

Uneven Bars		Balance Beam	
Composition (LEVEL 8 ONLY)		Composition (LEVEL 8 ONLY)	
Choice of dismount not up to competitive level	↑.10	Failure to perform Acro ele. in 2 diff. directions (bwd & fwd/swd)	.10
Uncharacteristic elements	each 0.10	* If the only diff. direction is in dismount	.05
¾ fwd. Giant circle (w/ or w/o grip change)	each 0.10	More than 1 pivot (str. Leg) ½ turn thruout exercise	.10
Lack of elements that achieve (or pass thru) vertical	↑.20	More than 2 Dance elements of the same shape (tuck/wolf or straddle jumps)	each type .10
Execution		Spatially - Insuff. use of entire length of beam	↑.10
Swing fwd. or bwd. under horizontal	each ↑.10	Insufficient level changes	↑.10
Under-rotation of release/flight elements	↑.10	Failure to show movement/non-VP/choreography in 2 of 3 diff. dir. (fwd/swd/bwd)	each 0.05
Precision of handstand positions throughout	↑.10	Choice of dismount not up to competitive level	↑.10
Insuff. extension of glides/swings into kips	ea. ↑.10	Acro elements not up to competitive level	↑.20
Poor rhythm in elements/connections	each ↑.10	Dance elements not up to competitive level	↑.20
Hesitation during jump to HB/swing to HS	ea. ↑.10	Lack of Dance series (min of 2 elements from Gr. 1, 2, or 3)	.20
Touch, brush on apparatus/mat w/ foot/feet	ea. ↑.10	Execution	
Landing too close to bars on dismount	0.10	Feet apart on side pos. landing of leap/jumps	each ↑.10
Insuff. amplitude of elements (except *)	each ↑.20	Hesitation in jump, press, swing to HS	each ↑.10
Insufficient dynamics	↑.20	Incorrect body pos./alignment in Dance VPs	each ↑.10
- Insufficient swingful execution throughout		Lack of precision in Dance elements	each ↑.10
- Energy not maintained throughout exercise		Fails to perform Gr. #3 Turns in high relevé	each ↑.10
- Fails to make difficult look effortless		Lands too close to beam on dismount	0.10
Hit on apparatus with foot/feet	0.20	Concentration pause (2 sec.)	each .10
Incorrect padding (heel/hip)	CJ 0.20	Concentration pause (more than 2 sec.)	each .20
Insufficient height of salto dismount*	↑.30	Rhythm of conn. - Dance/Mixed/Acro (not bwd. flight)	each ↑.20
Insuff. extension (open) of tuck/pike body pos. prior to landing dismount	↑.30	Insufficient split when required (Dance/Acro elements)	↑.20
Insuff. Amplitude of casts*	↑.30	Legs not parallel to beam in split/straddle pike pos.	↑.20
Insuff. Angle of turn completion	↑.30	Insufficient dynamics	↑.20
Hit on mat with foot/feet	0.30	Insuff. height of leaps/jumps/hops	each ↑.20
Grasp on apparatus to avoid a fall	0.30	Insuff. height of Acro flights, Aerials & Saltos	each ↑.20
Intermediate (extra) swing/cast (Max. 0.50 per elem.)	0.30	Insuff. sureness of performance throughout	↑.20
Insuff. amplitude of "B" Clear hip circle*	↑.40	Insuff. variation in rhythm/tempo throughout	↑.20
Full support on foot/feet on mat during exercise	0.50	Support of 1 leg against side of beam	each .20
		Relaxed/incorrect footwork in non-VPs throughout	↑.30
		Insuff. height of Salto dismount	↑.30
		Add'l movements to maintain balance on the beam	↑.30
		Direction of Gainer dmt off end of beam	↑.30
		Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elem. & dismount	↑.30
		Incorr. body alignment/pos./posture in non-VPs throughout	↑.30
		Grasp of beam to avoid a fall	0.30
		Use of supplemental support	0.30
		Artistry/Presentation:	
		- Lack of variety in choreography	↑.10
		- Quality of movement reflects personal style	↑.10
		- Quality of expression	↑.10

Composition – Execution Deductions**Floor Exercise****Composition (LEVEL 8 ONLY)**

<i>Insuff. use of FX area-Spatially (Floor pattern)</i>	<u>↑.10</u>
<i>Value of salto(s) performed as last isolated Salto or in last Acro connection not up to competitive level</i>	<u>↑.10</u>
<i>Failure to perform Saltos in 2 diff. directions (bwd & fwd/swd)</i>	<u>0.10</u>
<i>More than 2 dance elements of the same shape (tuck/wolf or straddle jumps) each type</i>	<u>0.10</u>
<i>Acro Salto elements not up to competitive level</i>	<u>↑.20</u>
<i>Dance elements not up to competitive level</i>	<u>↑.20</u>
<i>Lack of Turn on one (1) foot, min. B</i>	<u>0.20</u>
<i>Lack of min. of three (3) "A" saltos in exercise</i>	<u>0.30</u>

Execution

<i>Failure to hold ending pose for one second</i>	<u>.05</u>
<i>Failure to show synchronization of music w/ ending pose</i>	<u>0.10</u>
<i>Feet apart on landing of leap/jumps each</i>	<u>↑.10</u>
<i>Incorrect Rhythm during direct conn. each</i>	<u>↑.10</u>
<i>Incorrect body pos./alignment in dance VPs each</i>	<u>↑.10</u>
<i>Lack of precision in Dance elements each</i>	<u>↑.10</u>
<i>Fails to perform Gr. #2 Turns in high relevé each</i>	<u>↑.10</u>
<i>Concentration pause (2 sec. or more) each</i>	<u>0.10</u>
<i>Legs not parallel to floor in split/straddle pike pos.</i>	<u>↑.20</u>
<i>Insuff. height of leaps/jumps/hops each</i>	<u>↑.20</u>
<i>Insuff. height of Acro flights w/ hand support & Aerials each</i>	<u>↑.20</u>
<i>Insufficient split when required (Dance/Acro elements)</i>	<u>↑.20</u>
<i>Insufficient dynamics</i>	<u>↑.20</u>
<i>Insuff. variation in rhythm/tempo throughout</i>	<u>↑.20</u>
<i>Relaxed/incorrect footwork in non-VPs throughout</i>	<u>↑.30</u>
<i>Poor relationship of music & movement throughout exer.</i>	<u>↑.30</u>
<i>Insuff. height of Saltos each</i>	<u>↑.30</u>
<i>Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elements</i>	<u>↑.30</u>
<i>Incorr. body alignment/pos./posture in non-VPs throughout</i>	<u>↑.30</u>
Artistry/Presentation:	
- Lack of variety in choreography	<u>↑.10</u>
- Quality of movement reflects personal style	<u>↑.10</u>
- Quality of expression	<u>↑.10</u>
<i>Music with words/lyrics (CJ)</i>	<u>1.00</u>
<i>Absence of music (CJ)</i>	<u>1.00</u>

Landing – Execution – General**Landing**

Feet hip-width or closer, never join on dmt	<u>0.05</u>
Slight hop, adjustment of feet, staggered feet	<u>↑.10</u>
Deviation from straight direction	<u>↑.10</u>
Arm swings to maintain balance	<u>↑.10</u>
Feet more than hip-width apart	<u>0.10</u>
Steps each <u>.10</u> - .15 max	<u>0.40</u>
Trunk movements for balance (UB/BB dmt. & FXacro)	<u>↑.20</u>
Incorrect body posture on landing of VPs	<u>↑.20</u>
Large step or jump (each <u>0.20</u>) max	<u>0.40</u>
Brush/touch of landing surface w/ hand(s)	<u>↑.30</u>
Squat upon landing	<u>↑.30</u>
Spotting assist upon landing Award VP/SR +	<u>0.50</u>

Execution

Flexed/sickled feet during Value Parts each time	<u>0.05</u>
Legs/knees: crossed <u>↑.10</u> separated <u>↑.20</u>	
Insufficient exactness of body shape – N, V, /	<u>↑.20</u>
Failure to maintain stretched body pos. - Pikes down (UB, BB, FX)	<u>↑.20</u>
Incomplete turn/twist each	<u>↑.20</u>
Bent arms in support or bent legs each	<u>↑.30</u>
Fall or support on hand(s) on apparatus or mat	<u>0.50</u>
Fails to land- bottom of feet first on Dmt. Fall (<u>0.50</u>) + No VP/SR	

General

Fail to present before/after (CJ) each time	<u>0.10</u>
Fail to mark boundary line on mat CJ	<u>0.10</u>
Exceeds Floor Ex. boundary (CJ) each time	<u>0.10</u>
Overtime - BB/FX (CJ)	<u>0.10</u>
Coach between bars or next to BB thruout (CJ)	<u>0.10</u>
Excessive use of magnesia (chalk) (CJ)	<u>0.20</u>
Incorrect attire/jewelry (after 1 warning) (CJ)	<u>0.20</u>
Verbal cues by coach/team (after warning) (CJ)	<u>0.20</u>
Coach instructs gymnast during routine (CJ)	<u>0.20</u>
Failure to begin exer. w/in 30 sec. of CJ signal (CJ)	<u>0.20</u>
Exceeds warm-up time (after warning) (CJ)	<u>0.20</u>
Incorrect apparatus specs (CJ)	<u>0.30</u>
Board on unpermitted surface (CJ)	<u>0.30</u>
Failure to remove board after mount (CJ)	<u>0.30</u>
Use of Supplementary mats (CJ)	<u>0.30</u>
No Dismount from Start Value	<u>0.30</u>
Lands Acro ele. or dmt in Pit (CJ) No VP/SR +	<u>0.30</u>
Spotting Assist on element No VP/SR +	<u>0.50</u>
Starts exercise before signal (repetition) (CJ)	<u>0.50</u>
3 rd run approach (UB/BB mounts)	<u>0.50</u>
Coach on FX mat (CJ)	0.30
Short Exercise (CJ): BB/FX-less than 30 sec. UB- (less than 5 V p)	<u>2.00</u>
L6 BB ONLY w/ 10 SV (CJ)	<u>0.50</u>
Exceeds Fall time (UB/BB) CJ Terminates exercise	