

**Composition – Execution Deductions****Uneven Bars****Composition**

Choice of dmt. not up to competitive level	↑.10
Faces same direction thruout exer (excl. Mt/dmt)	.10
Uncharacteristic elements	each .10
More than one squat/stoop on LB w/ or w/out sole circle to jump to grasp HB (Lev. 10 only)	each .10
¾ fwd Giant circle (w/ or w/o grip change)	each .10
Failure to perform 2 ele. that fulfill 2 of 3 following requirements, (excl. dmt):	each .10
- Forward element (circle/release) (Min. B)	
- Element from Groups 3, 6, or 7 (Min. B)	
- Element w/ min. 180° LA turn, with/wo flight (Min. C)	
Choice of release elements not up to competitive level (Lev. 10 only)	↑.20
Lack of two bar changes (Lev. 10 only)	.20

**Execution**

Insuff. Angle of arrival-Flight to HS on LB	.05
Swing fwd. or bwd. under horizontal	each ↑.10
Under-rotation of release/flight elements	↑.10
Precision of handstand positions throughout	↑.10
Insuff. extension of glides/swings into kips	↑.10
Poor rhythm in elements/connections	↑.10
Hesitation during jump to HB/swing to HS	↑.10
Touch, brush on apparatus/mat with foot/feet ea.	↑.10
Landing too close to bar on dismount	.10
Insuff. amplitude of elements (except *)	each ↑.20
Insufficient dynamics	↑.20
- Insufficient swingful execution throughout	
- Energy not maintained throughout exercise	
- Fails to make difficult look effortless	
Hit on apparatus with foot/feet	.20
Incorrect padding (heel/hip)	CJ .20
Insufficient height of Salto dismount*	↑.30
Insuff. extension (open) of tuck/pike body pos. prior to landing dismount	↑.30
Insuff. Amplitude of casts *	↑.30
Insuff. Angle of turn completion	↑.30
Hit on mat with foot/feet	.30
Grasp on apparatus to avoid a fall	.30
Intermediate (extra) swing/cast (Max 0.50per elem)	.30
Insuff. amplitude of "B" Clear hip circles*	↑.40
Full support on foot/feet on mat during exercise	.50

**Balance Beam****Composition**

Failure to perform Acro ele. in two diff. directions (bwd & fwd/swd)	.10
* If the only diff. direction is in dismount	.05
More than one pivot (str. leg) ½ turn thruout exercise	.10
More than two Dance elements of the same shape (tuck/wolf or straddle jumps)	each type .10
Spatially - Insuff. use of entire length of beam	↑.10
Insufficient level changes	↑.10
Failure to show movement/non-VP/choreography in 2 of 3 diff. dir. (fwd/swd/bwd)	each 0.05
Choice of dismount not up to competitive level	↑.10
Acro elements not up to competitive level	↑.20
Dance elements not up to competitive level	↑.20
Lack of dance series (min. 2 dance elements from Gr. 1, 2, 3)	.20

**Execution**

Feet apart on side pos. landing of leaps/jumps	each ↑.10
Hesitation in jump, press, swing to HS	each ↑.10
Incorrect body pos./alignment in Dance VPs	each ↑.10
Lack of precision in Dance elements	each ↑.10
Fails to perform Gr. #3 Turns in high relevé	each ↑.10
Landing too close to beam on dismount	.10
Concentration pause (2 sec.)	each .10
Concentration pause (more than 2 sec.)	each .20
Rhythm of conn.-Dance/Mixed/Acro (not bwd flight)	each ↑.20
Insufficient split when required (Dance/Acro elements)	↑.20
Legs not parallel to beam in split/straddle pike pos.	↑.20
Insufficient dynamics	↑.20
Insuff. height of leaps/jumps/hops	each ↑.20
Insuff. height of Acro flights, Aerials & Saltos	each ↑.20
Insuff. sureness of performance throughout	↑.20
Insuff. variation in rhythm/tempo throughout	↑.20
Support of 1 leg against side of BB	each .20
Relaxed/incorr. footwork in non-VPs throughout	↑.30
Insuff. height of Salto dismount	↑.30
Add'l movements to maintain balance on the beam	↑.30
Direction on 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	.30
Use of supplemental support	.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**

<i>Insuff. use of FX area-Spatially (Floor pattern)</i>	↑.10
<i>Value of Salto(s) performed as last isolated Salto or in last Acro connection not up to competitive level</i>	↑.10
<i>Failure to perform Saltos in two diff. directions (bwd &amp; fwd/swd)</i>	.10
<i>More than two dance elements of the same shape (tuck/wolf or straddle jumps) each type</i>	.10
<i>Acro Salto elements not up to competitive level</i>	↑.20
<i>Dance elements not up to competitive level</i>	↑.20
<i>Lack of turn on one foot, min. "B"</i>	.20
<i>Lack of min. of "B" Salto (Level 9)</i>	.30
<i>Lack of min. of "C" Salto (Level 10)</i>	.30

**Execution**

<i>Fails to hold ending pose for 1 second</i>	0.05
<i>Fails to show synchronization of music w/ ending pose</i>	.10
<i>Feet apart on landing of leaps/jumps each</i>	↑.10
<i>Incorrect Rhythm during direct conn. each</i>	↑.10
<i>Incorrect body pos./alignment in Dance VPs each</i>	↑.10
<i>Lack of precision in Dance elements each</i>	↑.10
<i>Fails to perform Gr. #2 Turns in high relevé each</i>	↑.10
<i>Concentration pause (2 sec. or more) each</i>	.10
<i>Legs not parallel to floor in split/straddle pike pos.</i>	↑.20
<i>Insuff. height of leaps/jumps/hops each</i>	↑.20
<i>Insuff. height of Acro flights w/ hand support &amp; Aerials each</i>	↑.20
<i>Insufficient split when required (Dance/Acro elements)</i>	↑.20
<i>Insufficient dynamics</i>	↑.20
<i>Insuff. variation in rhythm/tempo throughout</i>	↑.20
<i>Relaxed/incorrect footwork in non-VPs throughout</i>	↑.30
<i>Poor relationship of music &amp; movement thruout</i>	↑.30
<i>Insuff. height of Saltos each</i>	↑.30
<i>Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elements</i>	↑.30
<i>Incorr. body alignment/pos./posture in non-VPs throughout</i>	↑.30
<i>Artistry/Presentation</i>	↑.30
<i>- Lack of variety in choreography</i>	↑.10
<i>- Quality of movement reflects personal style</i>	↑.10
<i>- Quality of expression</i>	↑.10
<i>Music with words/song (CJ)</i>	1.00
<i>Absence of music (CJ)</i>	1.00

**Landing – Execution – General****Landing**

<i>Feet hip-width or closer; never join on dmt.</i>	.05
<i>Slight hop, adjustment of feet, staggered feet</i>	↑.10
<i>Deviation from straight direction</i>	↑.10
<i>Arm swings to maintain balance</i>	↑.10
<i>Feet more than hip-width apart</i>	.10
<i>Steps each</i>	.10 - .15 max .40
<i>Trunk movements for balance (UB/BB dmt &amp; FX acro)</i>	↑.20
<i>Incorrect body posture on landing of VPs</i>	↑.20
<i>Large step or jump</i>	.20
<i>Brush/touch of landing surface w/hand(s)</i>	↑.30
<i>Squat upon landing</i>	↑.30
<i>Spotting assist upon landing</i>	Award VP/SR + .50

**Execution**

<i>Flexed/sickled feet during value parts each time</i>	.05
<i>Legs/knees: crossed</i>	↑.10
<i>separated</i>	↑.20
<i>Insufficient exactness of body shape – N, V, /</i>	↑.20
<i>Failure to maintain stretched body pos. - Pikes down (UB, BB, FX)</i>	↑.20
<i>Incomplete turn/twist</i>	↑.20
<i>Bent arms in support or bent legs</i>	↑.30
<i>Fall or support on hand(s) on apparatus or mat</i>	.50
<i>Fail to land on bottom of feet first on Saltos/Aerials/Dmt.</i>	Fall (.50) + No VP/SR

**General**

<i>Fail to mark boundary line on mat (CJ)</i>	.10
<i>Fail to Present before/after (CJ) each time</i>	.10
<i>Exceeds Floor Ex. boundary (CJ) each time</i>	.10
<i>Overtime - BB/FX (CJ)</i>	.10
<i>Coach between bars or next to BB thruout (CJ)</i>	.10
<i>Excessive use of magnesia (chalk) (CJ)</i>	.20
<i>Incorrect attire/jewelry (after 1 warning) (CJ)</i>	.20
<i>Verbal cues by coach/team (after warning) (CJ)</i>	.20
<i>Coach instructs gymnast during routine (CJ)</i>	.20
<i>Failure to begin exercise w/in 30 sec. of CJ signal (CJ)</i>	.20
<i>Exceeds warm-up time (after warning) (CJ)</i>	.20
<i>Incorrect apparatus specs. (CJ)</i>	.30
<i>Board on unpermitted surface (CJ)</i>	.30
<i>Failure to remove board after mount (CJ)</i>	.30
<i>Use of Supplementary mats (CJ)</i>	.30
<i>No Dismount from Start Value</i>	.30
<i>Lands Acro ele. or dmt in Pit (CJ) No VP/SR +</i>	.30
<i>Spotting Assist on element No VP/SR +</i>	.50
<i>Start exercise before signal (repetition) (CJ)</i>	.50
<i>3<sup>rd</sup> Run approach (UB/BB mounts)</i>	.50
<i>Coach on FX mat (CJ)</i>	.30
<i>Short Exercise: BB/FX-less than 30 sec. (CJ) UB- (less than 5 Value Parts)</i>	2.00
<i>Exceeds Fall time (UB/BB) CJ Terminates exercise</i>	