

TEAM	Gymnast	Gymnast	TEAM	Gymnast	Gymnast
	Vault #	Vault #		Vault #	Vault #
	Symbol	Symbol		Symbol	Symbol
<b>FIRST FLIGHT PHASE</b>			<b>FIRST FLIGHT PHASE</b>		
> 0.1 Foot Form (flexed, sickled)			> 0.1 Foot Form (flexed, sickled)		
> 0.1 Legs - Crossed			> 0.1 Legs - Crossed		
> 0.2 Legs - Separated			> 0.2 Legs - Separated		
> 0.3 Legs - Bent			> 0.3 Legs - Bent		
> 0.3 Hips - Angle Poor			> 0.3 Hips - Angle Poor		
> 0.2 Excessive Arch			> 0.2 Excessive Arch		
> 0.3 Turn - Incomplete			> 0.3 Turn - Incomplete		
<b>REPULSION PHASE</b>			<b>REPULSION PHASE</b>		
> 0.1 Hands - Staggered / Alternate			> 0.1 Hands - Staggered / Alternate		
> 0.2 Hands - Alternate Repulsion			> 0.2 Hands - Alternate Repulsion		
> 0.3 Hands - Step(s) with hand(s) 0.1 each			> 0.3 Hands - Step(s) with hand(s) 0.1 each		
<u>0.3</u> Hop(s) with both hands simultaneously			<u>0.3</u> Hop(s) with both hands simultaneously		
> 0.5 Arms - Bent			> 0.5 Arms - Bent		
<u>2.0</u> Head contact in Support (inc. arms)			<u>2.0</u> Head contact in Support (inc. arms)		
> 0.2 Shoulder - Angle Poor			> 0.2 Shoulder - Angle Poor		
> 0.2 Excessive Arch			> 0.2 Excessive Arch		
> <b>0.3</b> Turn - Begun Too Early			> <b>0.3</b> Turn - Begun Too Early		
> 0.3 Legs Bent or Early Tuck (Salto Vaults)			> 0.3 Legs Bent or Early Tuck (Salto Vaults)		
> 0.3 Failure to Pass through Vertical			> 0.3 Failure to Pass through Vertical		
> 0.5 Support - Too Long (Non-Salto)			> 0.5 Support - Too Long (Non-Salto)		
> 1.0 Angle of Repulsion (Non-Salto)			> 1.0 Angle of Repulsion (Non-Salto)		
<b>SECOND FLIGHT PHASE</b>			<b>SECOND FLIGHT PHASE</b>		
> 0.1 Foot Form (flexed, sickled)			> 0.1 Foot Form (flexed, sickled)		
> 0.1 Legs - Crossed			> 0.1 Legs - Crossed		
> 0.2 Legs - Separated			> 0.2 Legs - Separated		
> 0.3 Legs - Bent			> 0.3 Legs - Bent		
> 0.3 Insufficient Tuck / Pike			> 0.3 Insufficient Tuck / Pike		
> 0.3 Insufficient Stretch (excessive arch / pike)			> 0.3 Insufficient Stretch (excessive arch / pike)		
> 0.3 Pike Down of Stretch position			> 0.3 Pike Down of Stretch position		
> 0.3 Insufficient Opening (tuck/pike)			> 0.3 Insufficient Opening (tuck/pike)		
> <b>0.1</b> Salto - Under Rotation of Salto Vault			> <b>0.1</b> Salto - Under Rotation of Salto Vault		
> 0.1 Turn - Insufficient Exactness			> 0.1 Turn - Insufficient Exactness		
> 0.3 Turn - Late Completion (non-saltos)			> 0.3 Turn - Late Completion (non-saltos)		
> 0.5 Turn - Begun Too Late			> 0.5 Turn - Begun Too Late		
> 0.2 Touch - Brush / Hit vault table			> 0.2 Touch - Brush / Hit vault table		
> 0.3 Length (flight distance)			> 0.3 Length (flight distance)		
> 0.5 Height (hip rise)			> 0.5 Height (hip rise)		
<b>LANDING / GENERAL</b>			<b>LANDING / GENERAL</b>		
> 0.1 Arms - Extra Swings			> 0.1 Arms - Extra Swings		
> 0.2 Incorrect Body Posture			> 0.2 Incorrect Body Posture		
> 0.2 Trunk - Additional Movements			> 0.2 Trunk - Additional Movements		
> 0.3 Turn - Incomplete			> 0.3 Turn - Incomplete		
> 0.3 Direction (location of mat contact)			> 0.3 Direction (location of mat contact)		
<u>0.05</u> Fail to HOLD landing for (1) second			<u>0.05</u> Fail to HOLD landing for (1) second		
<u>0.05</u> Fail to join Feet when < Hip-Width			<u>0.05</u> Fail to join Feet when < Hip-Width		
<u>0.1</u> Land Feet > Hip-Width apart			<u>0.1</u> Land Feet > Hip-Width apart		
> 0.1 Slight hop, small adjustment / staggered			> 0.1 Slight hop, small adjustment / staggered		
> 0.4 Steps (0.1) Large Step / Hop (0.2)			> 0.4 Steps (0.1) Large Step / Hop (0.2)		
> 0.3 Squat on Landing			> 0.3 Squat on Landing		
> 0.3 Brush / Touch Mat (no support)			> 0.3 Brush / Touch Mat (no support)		
> 0.3 Dynamics (power / speed)			> 0.3 Dynamics (power / speed)		
<u>0.5</u> Fall (to support, against table)			<u>0.5</u> Fall (to support, against table)		
<u>0.5</u> Coach - Between Board-Table			<u>0.5</u> Coach - Between Board-Table		
<u>0.5</u> Coach - Spot Landing			<u>0.5</u> Coach - Spot Landing		
<u>1.0</u> One Arm, No Hands, Not to Feet, Spot			<u>1.0</u> One Arm, No Hands, Not to Feet, Spot		
<b>START VALUE</b>	<input style="width: 50px; height: 20px;" type="text"/>	<input style="width: 50px; height: 20px;" type="text"/>	<b>START VALUE</b>	<input style="width: 50px; height: 20px;" type="text"/>	<input style="width: 50px; height: 20px;" type="text"/>
<b>DEDUCTIONS</b>	<input style="width: 50px; height: 20px;" type="text"/>	<input style="width: 50px; height: 20px;" type="text"/>	<b>DEDUCTIONS</b>	<input style="width: 50px; height: 20px;" type="text"/>	<input style="width: 50px; height: 20px;" type="text"/>
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<b>JUDGE #2</b>	<input style="width: 50px; height: 20px;" type="text"/>	<input style="width: 50px; height: 20px;" type="text"/>	<b>JUDGE #2</b>	<input style="width: 50px; height: 20px;" type="text"/>	<input style="width: 50px; height: 20px;" type="text"/>
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	AVERAGE	AVERAGE		AVERAGE	AVERAGE

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> 0.3 Turn - Incomplete		
<b>REPULSION PHASE</b>		
> 0.1 Hands - Staggered / Alternate		
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> 0.3 Hands - Step(s) with hand(s) 0.1 each		
0.3 Hop(s) with both hands simultaneously		
> 0.5 Arms - Bent		
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> 0.3 Legs Bent or Early Tuck (Salto Vaults)		
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BARS Connection Values	0.1	0.2	BARS - SR 0.2 each	BARS Composition			VP	NCAA
Group 367 + Group 367 Both with Flight or Turn with or without Flight or Turn with or without Flight or Turn	C + C C + C C + D	D + D	2 - Bar Changes	0.05	Insufficient Distribution of Elements	difficulty not maintained or place in same section	A B C SV AV SR	3 3 2 9.4 0.6 0.2
				0.05	Lack of Variety	in Choice of Elements and Connections		
			1 - C Turn	0.1	Squat or Stoop on LB to grasp HB	more than one = 0.1 each (after Fall allowed to squat-on no deduction)		
				0.1	Uncharacteristic Elements:	squat on LB 1/2 t. on feet, HB swing LB feet w/o circle		
				0.1	Forward 3/4 Giant Circle	less than 200, breaks connection		
Additional Bonus Same Bar "D" or Any "E" Release	D / E		C - Salto Dismount	0.1	ONE Single Bar ("D") Release	Or ONE ("E") Release		
			A + A + C = - 0.1	(UTL)	Or Minimum (2) two ("D") Releases	Or Minimum (2) two ("E") Elements		
			B + B + C = - 0.1		AND ("D") Dismount or ("C") with CV			

					Hold Landing (1) second - _____	Exec. - _____	Comp. - _____	A -	SV Level: <b>9.4</b>	S.V. + _____
								B -	VP - _____	Ded. - _____
								C -	SR - _____	J1 Score _____
								D -		J2 Score _____
								E -	Sub: _____	Average _____
								CV+ _____	BONUS + _____	Off Ave. - _____
								DE+ _____		Score _____
					Hold Landing (1) second - _____	Exec. - _____	Comp. - _____	A -	SV Level: <b>9.4</b>	S.V. + _____
								B -	VP - _____	Ded. - _____
								C -	SR - _____	J1 Score _____
								D -		J2 Score _____
								E -	Sub: _____	Average _____
								CV+ _____	BONUS + _____	Off Ave. - _____
								DE+ _____		Score _____
					Hold Landing (1) second - _____	Exec. - _____	Comp. - _____	A -	SV Level: <b>9.4</b>	S.V. + _____
								B -	VP - _____	Ded. - _____
								C -	SR - _____	J1 Score _____
								D -		J2 Score _____
								E -	Sub: _____	Average _____
								CV+ _____	BONUS + _____	Off Ave. - _____
								DE+ _____		Score _____



BEAM Connection Values	0.1	0.2	Beam - SR 0.2 each	BEAM Composition		VP	NCAA
Acro Flight - 2 elements <i>(including mounts)</i>	B acro > C** C dance > C** Dismounts**	B+D * C+C	1 Acro Flight Series * 1 - ("C") Flight	0.05	Insufficient Distribution of Elements	difficulty not maintained or placed in same section	
			1 Dance or Mixed Series	0.05	Insufficient Use of Entire Beam	Spatially	A 3
			* 1 - ("C") Dance - On the Beam	0.05		Directionally	B 3
Acro Flight - 3 elements <i>Bonus (3 Acro Series) +0.1 CV Dismount Must be "C" for CV</i>	B+B+C	B+B+D * B+C+C B+C+D	1 Leap / Jump * 180o split	0.05		Level Changes	C 2
			1 Full turn	0.1	Lack of Variety in Acro	Minimum ("A") Backward Acro element	SV 9.4
			C - Aerial/Salto	0.1		Minimum ("A") Forward/Sideward Acro element	AV 0.6
Dance or Mixed <i>(including mounts)</i>	A+D B+C	B+D* C+C	Dismount	0.1 (UTL)	Choice of Acro Elements Acro Flight Series on the Beam	Mount / Dismount included	
Turns	A+C				Not Up to Competitive Level	Series without CV must have Additional "D" Acro or "E" Dance skill	SR 0.2

					Hold Landing (1) second - _____ Artistry - _____ Exec. - _____ Comp. - _____	A - Time: _____ B - SV Level: 9.4 C - VP - _____ D - SR - _____ E - Sub: _____ CV+ _____ DE+ _____	S.V. + _____ Ded. - _____ J1 Score _____ J2 Score _____ Average _____ Off Ave. - _____ Score _____
					Hold Landing (1) second - _____ Artistry - _____ Exec. - _____ Comp. - _____	A - Time: _____ B - SV Level: 9.4 C - VP - _____ D - SR - _____ E - Sub: _____ CV+ _____ DE+ _____	S.V. + _____ Ded. - _____ J1 Score _____ J2 Score _____ Average _____ Off Ave. - _____ Score _____
					Hold Landing (1) second - _____ Artistry - _____ Exec. - _____ Comp. - _____	A - Time: _____ B - SV Level: 9.4 C - VP - _____ D - SR - _____ E - Sub: _____ CV+ _____ DE+ _____	S.V. + _____ Ded. - _____ J1 Score _____ J2 Score _____ Average _____ Off Ave. - _____ Score _____



