

# NCAA Vaulting

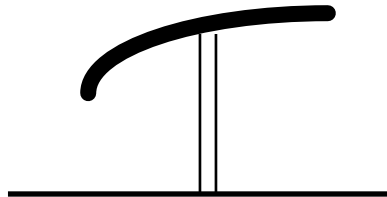
bent legs (early tuck salto vaults)	↑ 0.3
shoulder angle	↑ 0.2
arms bent (except Tsuk)	↑ 0.5
head touch	<u>2.0</u> (includes arms)
Excessive arch	↑ 0.2
step/hop hands	<u>0.1</u> ea (max <u>0.3</u> )
early twist (on table)	↑ 0.3
not achieve vertical (twist-on vaults)	↑ 0.3
staggered/alt hand	↑ 0.1
alt repulsion	↑ 0.2

<b>Height</b>	↑ 0.5
<b>Distance</b>	↑ 0.3
-----	
legs crossed	↑ 0.1
legs separation	↑ 0.2
legs bent	↑ 0.3
foot form	↑ 0.1

Except Tsuk or full on- salto off

incomplete twist	↑ 0.3
(1/1+ or -1/4)	
Piked	↑ 0.3
arched	↑ 0.2
legs crossed	↑ 0.1
legs separation	↑ 0.2
legs bent	↑ 0.3
foot form	↑ 0.1

<b>non-salto:</b> ang of repulsion	↑ 1.0
too long support	↑ 0.5



**Direction** ↑ 0.3  
**Dynamics** ↑ 0.3

<b>body shape</b> -	
insuf Tuck, Pike	↑ 0.3
stretch - arch or pike	↑ 0.3 ea
pike down of stretched	↑ 0.3
lack of opening*	↑ 0.25
total absence	<u>0.3</u>
(*stretch prior to landing)	

<b>Twists</b> -	
exact twist (crisp)	↑ 0.1
complete twist late (on mat)	↑ 0.3
(Gps 1, 4&5 w/o salto)	
Incomplete twist	↑ 0.3
under rotate salto	↑ 0.1

No contact hands OR one hand on table	each judge <u>1.0</u>
Failure to land soles of feet first (includes fall)	each judge <u>1.0</u>
Coach stands btw board and table (except RO vaults)	<u>0.5</u>
Coach aid landing	<u>0.5</u>
Coach aiding vault	each judge <u>1.0</u>

no safety zone (RO vaults)	VOID
Vault not on chart	VOID

Vault w/o judge's prior salute	<u>0.5</u> off repeated vault avg CJ
Unauthorized matting	<u>0.3</u> CJ
Incorrect tape/excessive chalk on table or runway	<u>0.2</u> CJ
Chalk marks on runway (removable tape/velcro allowed)	<u>0.2</u> CJ
Sting mat on runway	<u>0.3</u> CJ
Gymnasts out of order	<u>0.1</u> off team score
Landing lines not marked per Rule Modification	<u>0.2</u> off team

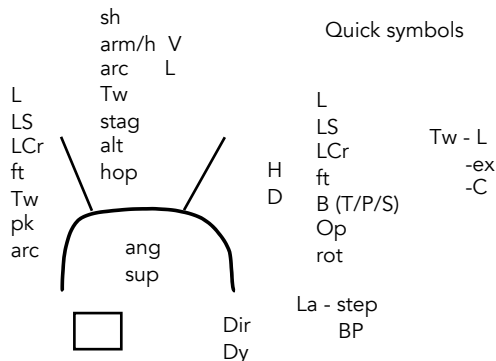
No Bonus value vaults. Flash vault number.

## LANDING

Steps = each	↑ 0.1 sm	<u>0.15</u> md	<u>0.2</u> lg (max <u>0.4</u> )
feet land max hip width and not close			<u>0.05</u>
feet land wider than hip width			<u>0.1</u>
staggered feet, small hop, adjust			↑ 0.1
trunk movements (maintain balance)			↑ 0.2
extra arm swings (maintain balance)			↑ 0.1
body posture (when feet land)			↑ 0.2
Squat (hips lower than knees)			↑ 0.3
brush/touch floor (no support)			↑ 0.3
brush/hit body on table			↑ 0.2
falls against table/support w/ hand(s) on floor			<u>0.50</u>
Failure to hold final position for 1 sec			<u>0.05</u>

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

<b>Value Parts</b>	<b>3A 3B 2C</b> no VP = no SR
<b>Special Reqmts</b>	<b>2 bar changes</b> <b>2 flight elem</b> (2 diff C's or a D & B) – not dismt <b>1 elem w/ LA turn</b> , min C – not mt/dismt
<b>0.2 ea</b>	<b>C salto dismount</b> (C preceded by same 2A/B elem = -0.1)
<b>Bonus</b>	CV or DV max +0.5 +0.1 D +0.2 E
<b>SV</b>	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

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

## GENERAL COMPOSITION

<b>Variety</b> of elements/connections overuse of one gp, overuse spec element or variation; same elem connections; elem of highest value primarily to low elem	<u>0.05</u>	var		
Insufficient <b>distribution</b>	<u>0.05</u>	db	UTL	→
Choice of elements <b>up to level</b> competition (specific requirements listed)	<u>0.1</u>			
More than one squat/pike on/circle to HB *except after a fall- no deduction	ea <u>0.1*</u>			
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 <b>unless followed by a circling elem</b> -- 3/4 giant fwd under 20° w/w/o grip change (break series)	ea <u>0.1</u>	=		

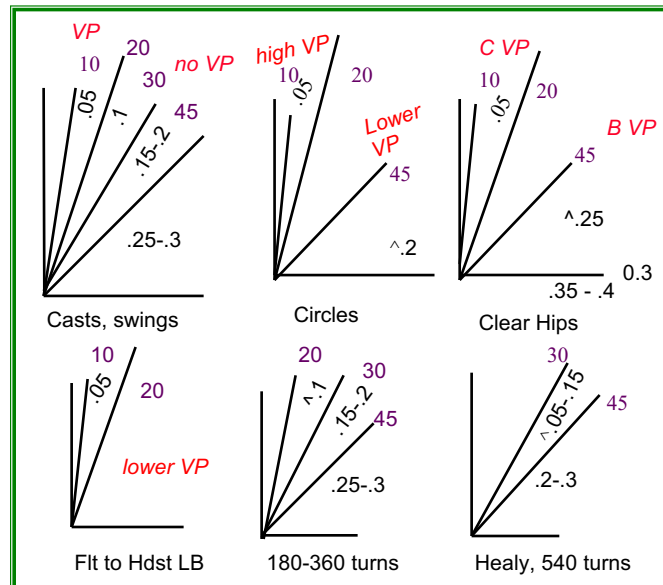
min run for mt at 27 ½ feet; -0.2 if starts run off mats

### 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 (excludes dismount)
- 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)	↑ 0.2 dy
rhythm in element/conn	↑ 0.1
extra swing/cast (max 0.5 for 2+ consec)	<u>0.3</u> ea
hesitation in hdst or jump to HB	↑ 0.1
precision of hdst positions	↑ 0.1
insuf extension of glides/sw to kip	↑ 0.1
amplitude of bar elements	↑ 0.2
amplitude of salto dismounts	↑ 0.3
under rotation of release/flight elem	↑ 0.1
swing fwd/bwd under horiz	<u>0.1</u> ea
bent arms in support or legs	↑ 0.3
insuf exact stretch (w arch or pike)	↑ 0.2
incomplete turn/twist	↑ 0.2
landing too close to bars on dismt	<u>0.1</u>
failure to maintain stretched body in dismt (pikes down)	↑ 0.2
insuf extension (open) of tk/pk prior to land	↑ 0.3
dismount of no value (from SV)	<u>0.3</u>
brush foot on apparatus/mat	↑ 0.1
hit foot on apparatus----- <u>0.2</u> on mat----	<u>0.3</u>
grasp to avoid fall	<u>0.3</u>
add'l trunk movements on landing (avoid step) up to	0.2
third run approach	<u>0.5</u>
failure to hold final position for 1 sec	<u>0.05</u>
failure to remove bd/spot block	<u>0.3</u> CJ
exercise fewer than 5 VP elem	<u>2.0</u> CJ



### D skills:

any Healy = D

S! XI XI XOX XOX  
XI XI . vfv vfv  
XI XI . vfv vfv

### E skills:

XI XI  
XI XI  
XI XI

# NCAA Balance Beam

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

### GENERAL COMPOSITION

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

**Up To Level (UTL):** acro flight bonus (CV) series  
-or- acro flt series w/o bonus AND a D acro (incl mt/dsmt) or E dance (inc mt)

[Series skills must be ON BEAM; series complete but no CV due to a fall, ok to award UTL; D/E acro NOT directly connect to the dismount]

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

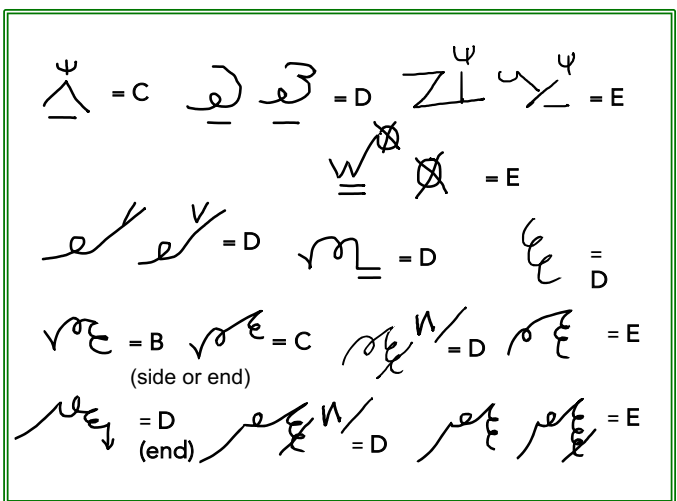
### RANGE

9.5 - 10	0.2
9.0 - 9.475	0.3
8.0 - 8.975	0.5
below 8.0	1.0

**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; -0.2 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)

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

### APPARATUS DEDUCTIONS

relaxed body/leg posture, flexblty throughout	↑ 0.3	B/L
relaxed/incorr footwork in nonVP	↑ 0.3	ft
variation of rhythm and tempo throughout	↑ 0.2	R
insuff sureness of performance throughout	↑ 0.2	sure
dynamic performance (energy, effortless)	↑ 0.2	dy
artistry of presentation		art
• quality of expression (projection, focus)	↑ 0.1	
• variety of choreography	↑ 0.1	
• quality of movement	↑ 0.1	
height of acro/dance/saltos	ea ↑ 0.2	
dismount	↑ 0.3	
incorrect body position in VP dance	ea ↑ 0.1	
lack of precision in VP dance	ea ↑ 0.1	
failure to perform turns in high relevé	ea ↑ 0.1	
incomplete turn/twist	ea ↑ 0.2	
failure to land feet together in L/J (land side)	ea ↑ 0.1	
legs not parallel to beam in split/strad L/J	ea ↑ 0.2	
rhythm during dance/mix conn.	↑ 0.2	
rhythm during acro conn.(counter, fwd/side)	↑ 0.2	
hesitation in jump/press/sw to hdst	↑ 0.1	
concentration pause ea: 2 sec = <u>0.1</u> >2 sec = <u>0.2</u>		
support of leg against beam, hit	ea <u>0.2</u>	
balance ----- ↑ 0.3 grasp to prevent fall----- <u>0.3</u>		
add'l trunk movements on dismt landing	↑ 0.2	
third run approach	<u>0.5</u>	
landing too close to beam on dismt	<u>0.1</u>	
direction of gainer dismount off end	↑ 0.3	
Dismount of no value (from SV)	<u>0.3</u>	
Failure to hold final position for 1 sec	<u>0.05</u>	

# NCAA Floor Exercise

<b>Value Parts</b>	<b>3A 3B 2C</b>	= 8 total no VP = no SR
<b>Special Req'ts</b>	1 acro pass with 2 saltos <u>or</u> 2 direct conn saltos (one salto a min C) 3 diff saltos Dance Passage (Two diff <i>Group 1</i> elements, one 180° leap, can include turns indirectly)	
<b>0.2 ea</b>	C last salto or in last acro pass	
<b>Bonus</b>	CV or DV max +0.5 +0.1 D +0.2 E,	
<b>SV</b>	9.4 (add +0.6 bonus)	

Acro Pass = one or more acro elements, one element must be a minimum C salto

**Overtime deduction 0.1**  
1:30 from movement of gymnast

Compete out of order 0.1 off team  
Out of uniform, for team or individual 0.3

Failure to mark mats with boundaries 0.2  
(corner chalk arc line allowed)

Incorrect matting: one sting and/or 4" 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. 0.2

Coach on floor \*one time ded 0.3

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)
<b>+ 0.1</b>	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
<b>+ 0.2</b>	C + C B/C + D A + E A + A + D	B + C A/B + D A + A + D	C + D
<b>+0.3</b>		<b>C + C = +0.3</b>	

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

## GENERAL COMPOSITION

<b>Lack dance CV/DV bonus from Gps 1,2 in a connection or D/E bonus</b>	<u>0.1</u>	dBon
One side acro- show F/S & Back saltos	ea <u>0.1</u>	acro dir
Choice of acro up to level of comp.	<u>0.1</u>	<b>UTL</b>
Insuf distribution	<u>0.05</u>	db
Use of floor: spatially	<u>0.05</u>	mvt

### Up To Level (UTL) - 0.1

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

AND

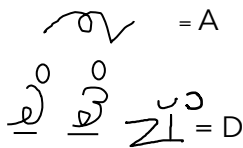
acro dismt pass w/ C salto in bonus combo or D salto

(note dismt pass with E = both parts)

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

### RANGE

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9.0 - 9.475	0.3
8.0 - 8.975	0.5
below 8.0	1.0



## APPARATUS DEDUCTIONS

Relaxed body/leg posture, flex throughout	↑0.3	B/L
Relax/incorrect footwork on non-VP	↑0.2	ft
Rhythm and tempo (whole exercise)	↑0.2	R
Dynamic performance (energy, effortless)	↑0.2	dy
Artistry of presentation		art
• quality of expression	↑0.1	
• originality of choreography	↑0.1	
• quality of movement	↑0.1	
Rhythm during direct connection	↑0.1 ea	
Insuff height - dance, acro w/hands, aerials	↑0.2 ea	
salto (not accel fwd elem)	↑0.3	
Legs not parallel to the floor in split/straddle	↑0.2	
Turns not in high relevé	↑0.1 ea	
Incomplete turn/twist	↑0.2 ea	
Failure to land feet together in L/J	↑0.1 ea	
Incorrect body posture in VP dance	↑0.1 ea	
Lack of precision in VP dance	↑0.1 ea	
Add'l trunk mvnts on landing of acro (avoid step)	↑0.2	
Insufficient opening prior to landing (salto)	↑0.3	
Not in sync with music-- parts	<u>0.05</u> ea	
throughout exercise	↑0.3	
not ended with music	<u>0.1</u>	
Poor relationship of music and movement	↑0.2	
Absence of music (not technical failure)	<u>1.0</u> CJ	
Concentration pause 2 sec or more	<u>0.1</u> ea	
Failure to hold ending pose for 1 sec	<u>0.05</u>	