

Rules Reminder Cards

Print on cardstock and cut between the two grey boxes. Cards are color-coded by event to help with organization. Pull out the cards for the event you are judging and keep them on your table for quick reference when needed.

Please send corrections to cbatsche@tampabay.rr.com

Balks: Vault: Card 1 of 2 3 attempts allowed to successfully complete 1 or 2 vaults
runs-balks; runs-balks = 1st vault void runs-vaults= 1 score for vault
runs-vaults = 1st vault scored runs-balks; runs- vaults = 2nd vault scored
runs-balks; runs-balks = void 2nd vault runs-touches board, doesn't go over = void
Hand plcmt mat/safety zone mat NOT part of apparatus If touches mats, it is one of 3 attempts but not 0
Balks: Vault Card 2 of 2
Balk: running approach that results in fall during run, stops mid-run, runs off runway, or makes contact with board/table without coming to rest or support on top of table. Rebounds from board, has flight, places hands on top of table to shift weight over hands in support but does not drive heels overhead & finishes in squat stand on table or lands back down on board = VOID Has flight from board to near inverted handstand & steps down = VOID Belly slide is a VOID vault, not balk.
Spot on Vault
All judges take .50 if spot on landing Spot during vault results in void except Level 8. Level 8 ONLY: Coach spots (assists) gymnast during post-flight of SALTO vault, vault is scored & each judge takes 1.00; if falls after spot, then additional -.50 All judges take .50 if coach between board & table except for Round off entry No deduction if coach touches safety mat or table in RO vault No spot deduction if coach catches falling gymnast.
Vault: Safety Zone Mats
RO vaults and FHS onto board: safety zone mat must fit snugly around the board so there is no space between the board & safety zone mat. Forward Vaults: safety zone mat may be used but not required to fit snugly around the board Void (0) if no safety mat used for RO vaults Void (0) if safety mat facing wrong way for RO vaults GRP 1,2,3 vaults: safety mat ok in either direction and space ok

Vault Voids Card 1 of 2
Not using safety mat or mat wrong direction for RO vault No hand contact; 1 hand contact = - 1.00 CJ if half panel saw only 1 hand Not landing on feet first = 0 except Level 7 Psuk & Yurchenko No feet: video review allowed all sanctioned meets: If no video, then Out of Range is ok Lands standing, sitting, lying on top of horse
Vault Voids Card 2 of 2
Hands on top of table-shifts weight over hands in support but does not drive heels overhead & finishes in squat stand on table or lands back down on board Flight to near inverted handstand & steps down Belly slide Use of alternative springboard at any level Unknown vault (not on chart) (can get score if 1 of 2 vaults on chart) Level 6-7-8-9: If either vault restricted, then 0 score for entire event
Hand Placement Mat Slips
Hand placement mat may be used for FHS onto board and Yurchenko only Hand placement mat is NOT part of vault apparatus. If mats slips on the runway, it is NOT considered apparatus or personal equipment failure. This is one of the 3 vault approaches.
Unallowable Vault
Restricted Vault: Level 6,7,8, 9: if either of two vaults are NOT allowed, gymnast receives 0 (void) for the EVENT because a restricted vault performed. Unknown Vault: If gymnast attempts vault on chart for her level but does not complete it, resulting in a vault that is not on the chart, the vault is 0 (void). However, the gymnast does not receive a 0 (void) for the event if the 2nd vault is legitimate.

Hand Placement Mat and Tape Measure
Hand placement mat on runway only for round-off or FHS entry on board; only Level 6 - 10
Hand placement mat may NOT be on vault board or as visual aid on runway
Sting mat or any other type of matting not allowed; only hand placement mat.
If hand mat slips, NOT an apparatus failure; gymnast may not repeat vault
Tape measure is a coach responsibility; may not repeat

Vault Tape or Chalk
Tape or chalk not permitted on table:
Runway: chalk is Not permitted; tape or velcro ok
CJ warns first; if not removed, then -.20

Vault without Signal from Judge
Vault not scored even if both judges see it.
Gymnast may perform 2 more vaults
CJ takes .50 from average of next completed vault
Penalty may or may not affect final score depending on which vault the .50 is applied to
XCEL ONLY: do not apply the .50 CJ deduction for starting exercise before signal is given or vaults without signal from CJ

Vault Springboards
Tramp-like, junior board, infatable device NOT allowed at any optional level.
VOID if used

Level 6/7 Vault Mats and Apparatus
Table height any setting up to 135 cm
Base mat (min 4") must be up against table; top mat does not
Mat stack min 32" - max 60" including base mat
Any combination may be used (landing mat; skill cushion; port-o-pit; inflatable)
Top mat must be min 4" or the port-o-pit must be height of table
An additional 8" min mat required on floor at end of mat stack

Vault Fall Times
If a gymnast falls on first attempt , fall time begins when the gymnast is standing on her feet.
If an injury occurs, fall time begins aftr medical assessment is complete.
Fall time (45")
If 45" exceed, second vault not allowed.
Chief Judge monitors the time (from time judgment is completed).

Vault Matting
Any combination of skill cushions (sting; 4+ throw; 8" skill cushion 5 x 10) OK
Maximum of 9 inches on top of 9 inches of competition landing mats
-.3 CJ of other type of matting used

Vault Score Range: Unusual Occurrences
When 1.00 or greater deduction applied, the allowable score range does not apply:
one arm vault (all levels)
Not landing on feet first (Level 6)
Spotting deduction during vault (Level 8)

Bars: Dismounts
<p>Dismount not from designated bar: No VP, SR, -3 no dsmt Dsmt with no salto: No SR; do NOT deduct -3. no dsmt No value dsmt (from feet, nic or restricted): No SR, -3 no dsmt, -50 if restricted Terminates early (intentionally or due to fall): No SR, -50 for fall (even if no fall, -3 no dsmt; CJ -2.00 if <5 VPs Salto never initiated, no feet: No VP, No SR, -3 no dsmt, -5 fall Initiates salto and no feet: No VP, No SR, -5 fall, do NOT deduct -30</p>
Balks: Bars and Beam
2 attempts to mount without penalty with no touch of board or
runs-balks; runs-mounts: no deduction
If gymnast attempts RO and stops, she may repeat and get VP credit for mount; deduct for first "fall" .50
runs-balks; runs balks; runs performs D award D & +.10; each judge deducts .5 for 3rd approach
runs-balks; runs-balks; runs-balks each judge deducts .50 for 3rd approach 4th approach not permitted
Run, touch board or runs under bar without mounting, -.50
Bar Deductions
Hip/heel padding = .20 no warning needed if during routines; CJ warns if notices prior to routine
Broken grip: repeat ok from point of interruption; gymnast must show broken grip to CJ
Loose bandage: no repeat allowed
Falls: 45" or routine terminates
Fall time begins when feet touch floor & ends when feet leave floor
Bar Falls
Falls: 45" to remount or routine terminates
Fall time begins when feet touch floor & ends when feet leave floor
Fall time begins when the gymnast is standing on her feet. If an injury occurs, fall time begins after medical assessment is complete.
During 45", timer notifies 20 seconds remaining, 10 seconds remaining, time

Bar Change
A fall from HB, performs VP on LB is a bar change.
Climbing onto the LB then jumping to HB : not a bar change
Free mounts over LB (no hand contact) are not a bar change.
Mounts with hand support to catch HB are a bar change.
Transfer from one bar to next does not have to be a VP to count for bar change
Mounts with Wrong Setting
May dismount bars, has 45 seconds to re-adjust bars and remount
Deduct .50 for a fall from apparatus
Bar Mats
May stand on an additional up to 8" skill cushion on top of landing mat May not place board on 8" mat
Mount trainer mat may be used to mount
Board or folded panel mat may be placed on one 41/2" or 8" or 2 12 cm landing mats with or without 1 1/2 " base mat (unfolded panel mat) placed under or on top of competition ldg mat when setting bars for routine
Coach Spot
Spot during element: No VP-SR-bonus; each judge -.50 for spot; -.5 if fall after spot
Spot upon landing: VP & SR ok; No bonus; -.50 spot (each judge); if falls, -.50
Inadvertent contact by coach: VP & SR ok; no bonus; -.50 contact (each judge)
No deduction if gymnast inadvertently contacts coach
Falling gymnast: Only .50 for fall; no spot deduction

Coach Sprays Water/Adds Chalk to Bars
CJ deducts .20 if a coach sprays water or adds chalk to the bar once the exercise has begun. No warning will be given.
Short/Incomplete Exercise (Level 6 - 10)
Deduct 2.00 from final average if: - Bar exercise contains less than 5 Value Parts Beam/Floor routine is less than 30 seconds Exception: Level 6 Beam: CJ deducts .50 (not 2.00) from average if it is less than 30", completed, and contains all required VP; 10.00 SV Deduct for missing VP from SV and execution Deduct for missing SR and no dismount if applicable Deduct 2.00 by CJ XCEL: Short exercise with three (3) attempted or spotted VPs = 2.00
Judge Misses Routine
2 judge panel Coach/gymnast told score and may accept the 1 score or repeat .
4 judge panel Enter a score for the missing judge that is equal to the highest score given by the other 3 judges
In both cases, CJ consult with Meet Referee who informs coach of gymnast options
Judges Uses Wrong Rules
Re-evaluation to include determination of correct SV and specific composition deductions based on judges' shorthand. Judging panel notify Meet Ref and scoring personnel that rescoring is to occur Notify coach immediately of any score change Must occur within 5 minutes of the end of competition for that session (see R&P; COP incorrect)

Apparel
Shorts or tights (cpari length or longer) that are black, match the leotard, or match the athlete's skin tone are allowed. Shorts or tights may be worn under or over the leotard. A small manufacturer's branding is allowed with no embellishments. Unitards may have long legs to the ankle or short length and may be with or without sleeves.
Equipment Failure/Repetition of Exercise
Equipment failure includes failure of competitive apparatus, personal equipment (broken or torn grips), music failure, occurring through no fault of gymnast/coach. Does NOT include: unfastening of bandages/grips; loss/partial loss of footwear, wrong bar setting, failure to tighten cables/t-handles BB UB; camera flash. Gymnast Options: 1 Stop and ask CJ to repeat from from point of interruption; may rest first 2 Finish routine; decide to repeat or accept score before score flashed; CJ and Meet Ref decide point at which routine will be resumed. If it's a music failure, don't deduct for no music
Inquiry For Qualifying Score
If after the last event, gymnast's AA score is .10 or less from qualifying:to State or Regionals, the coach may inquire the lowest scoring event regardless or order. Score change is official and affects placement. This process does not apply for mobility purposes or if qualification to state/regional is by percentage or by designated number per age group.
Courtesy Score
1.00 is score awarded to any compulsory or optional routine. 4.00 for XCEL

Jury of Appeal
<p>Meet Referee: President of the Jury Meet Director (non-voting if his athlete) Chief Judge of all four events (or of event involved) USAG personal (SACC, RACC and/or DP Chair)</p> <p>Duties: Governs all technical and organization matters Makes final decision regarding unusual situation If deduction taken from AA by Meet Ref is challenged, then Jury of Appeal convenes to make final decision Review improperly handled inquiries, i.e., administrative procedures not followed; coach may petition within 5 min. of end of rotation/competition or inquiry form return, whichever is later Conduct video review within 15 minutes of end of meet Jury discusses, votes, majority determines final decision</p>
Gymnast Starts Before Signalled
<p>.5 deduction from repeated performance</p> <p>Ask her to stop and repeat the performance immediately</p> <p>On vault, take deduction from next vault</p> <p>XCEL ONLY: do not apply the .50 CJ deduction for starting exercise before signal is given or vaults without signal from CJ</p>
Bleeding Wound & Termination #
<p>Must cover bleeding wound before 45" fall time up or routine terminated</p> <p>Gymnast doesn't have right to repeat if exceeds fall time</p> <p>Blood on equipment must be removed prior to next gymnast</p> <p>Coach and gymnast have right to determine if gymnast will continue after a fall (within the fall time limitations)</p>
Dismounts of No Value or Restricted
<p>Deduct .50 for missing SR Deduct .30 from SV for no dismount</p> <p>Also deduct .50 from SV if dismt is restricted or if it is an additional restricted element for level</p>

Retricted Elements
<p>If more than one restricted, 2nd receives No VP No SR Minus .50 from Start Value</p> <p>If dismount, also deduct minus .30 for no dismount</p>
Spotting Bars and Beam
<p>Coach assists during element: All judges take .50; No VP, No SR, No bonus If falls after spot, take additional .50 If spot occurs on dismt, don't deduct .30 from SV</p>
<p>Spots upon landing dismount All judges take .50; Award VP and SR If then falls, deduct .50; don't deduct for spot & fall Award VP and SR; No bonus</p>
<p>Coach inadvertently touches gymnast: . 50 spot; Award VP, SR, but no bonus</p>
<p>Gymnast inadvertently touches coach: no deduction</p>
<p>Coach catches falling gymnast: No spot deduction Deduct only .50 for fall</p>
Video Review
<p>Video Review only allowed if:</p> <ol style="list-style-type: none"> possibility that judges missed an element that would affect the SV (VR may not be used to appeal judgement of degree assessment (casst degree, handstd, incomplete turn, connection of elements, leg separation in leaps, etc)--XCEL is exception and allows VR for any instance that would affect SV: e.g. degree angle assessment VR conducted by 2 highest unaffiliated judges or the highest rated unaffiliated judge and a USAG officer. MR must inform panel that VR will be initiated as well as final decision. Judging panel may review the video once the video review process has been finished. <p>Examples for VR: missing 1/1 turn, 2/1 twist instead of 3/1, touches the bar; landed on feet first or on top of beam</p> <p>VAULT: Immediate VR allowed when first vault awarded a 0 for failure to land on feet first. Review MUST be completed prior to 2nd attempt.</p>
Gymnast Terminates Early intentionally or with Fall
<p>Deduct .50 for missing SR Deduct .30 from SV for no dismount Deduct .50 for fall with or w/out actual fall to mat If under 30 seconds on BB or FL, CJ deducts 2.00 also If less than 5 elements on bars, CJ deducts 2.00</p>

Change of Score
<p>Change of Score CJ may change score if: forgot to deduct neutral deduction or data entry error or wrong rules used If data entry error, must change within 5 minutes of end of competition for that session If neutral deduction, must change prior to end of rotation Must notify coach of change Must flash change if possible If change needed because wrong rules, see card for this case</p>
Delay of Competition: Additional Warm Up
<p>Any situation due to delay of competition (equipment failure, injury, unforeseen circumstances, etc), Meet Director in conjunction with Meet Referee will make the appropriate call regarding additional warm-up time.</p>
Jury of Appeal
<p>If admin procedures not properly followed on submitted inquiry, coach may petition Jury of Appeals for a review WITHIN 5 minutes of end of the rotation/competition or the return of the inquiry form whichever occurs later. At State Champs & above, VR may be used by Jury. All videos must be reviewed in regular time. SLO MO NOT allowed. Jury decision should occur within 15 minutes after the conclusion of meet and before awards are presented.</p>
Element Out of Bounds
<p>If take-off for VP is outside of boundary, then No VP No SR No CV or D/E bonus Does not apply to compulsories</p>
Phone During Floor Music
<p>Not a technical error if phone call comes in and music stops Athlete may not repeat No deduction for no music.</p>

Floor Warm-Ups/Touch
<p>A gymnast is allowed to start warming up when there are only 6 more competitors ahead of her. There will be no more than 5 athletes warming up on the floor at any one point in time e.g., 8 gymnasts per squad: When the first squad in Flight A warms up on Floor, the first 6 athletes warm-up together (6 x 2 minutes=12 min.). Once competition begins, the 7th athlete warms-up while judges evaluate #1 gymnast; after each subsequent routine, another athlete will be added to warm-up. For Compulsory Levels 1-5, modified non-traditional format, athletes may warm-up between floor routines as a group. The group is not limited to 6 athletes. If the coach feels not enough warm-up time has been given, coach may ask the Chief Judge for a reasonable amount of additional time.</p>
USE OF VIDEO
<p>Meet Referee may watch a video prior to the submission of an inquiry to determine if an inquiry should move forward</p> <p>XCEL: If VR results in awarding a SR or VP, the panel may apply deductions related ONLY to the reason for the video review; additional deductions are NOT allowed.</p>
Proper Procedures for Inquiry (or else eligible for Jury of Appeal)
<p>Properly written inquiry form by the coach Submitted in timely manner to MR or Meet Director Inquiry review/answered by judging panel of the event Inquiry returned to MR or Meet Director MR or Meet Director returns inquiry to coach by hand or by a pre-determined inquiry -return procedure</p>
Floor Markings
<p>A single line chalk arc in the corner of the floor is ok. No tape or velcro is allowed on floor. OK to mark corner lines with tape to delineate OB-- inside corners</p>
Floor Mats
<p>Up to 2 mats allowed placed separately--may NOT use 2 mats end to end on any one tumbling pass (4" or 8") Only 1 per tumbling pass May be used for take off or landing Sting may be on top or under up to 8" skill or throw mat If using sting in addition to 2 supplemental mats, the sting must be under or on top of the 4" or 8" Mark for OOB or -.10 Don't have to remove Additional mats = -.30</p>

Floor Exceeds Warm Up Time
<p>Floor: Exceeds Warm Up Time If gymnast fails to leave floor after warm-up time over, Timer warns gymnast "Time Exceeded". If she continues, then timer reports to CJ who deducts .20 from average score</p> <p>If team competition or JO Nationals team, deduction is taken from team score on that event."</p>
Coach/Team Mate Stop Gymnast OOB Floor
<p>See also Coach on Mat</p> <p>If coach or team mate touches or pushes the gymnast to stop her momentum, deduct only one .50 deduction (each judge)</p> <p>Even if gymnast falls, deduct only one .50 deduction</p> <p>CJ take .10 for OOB if gymnast is OOB</p> <p>VP, SR ok; No bonus</p>
Coach on Mat : Level 6 and Above
<p>Coach on floor (inside border marking) with no assist: .30 off average (CJ); applies only once even if coach on floor more than once</p> <p>Coach on mat and assists: Each judge deduct .50; NO VP, SR, or bonus If falls after spot, each judge takes an additional .50 CJ takes .30 from average; only taken one time</p> <p>Coach on mat & spots on landing or coach Each judge deduct .50 for spot; If falls, each judge also takes -.50 Award VP and SR; No bonus CJ takes .50 from average (also take .10 if OOB) Only take coach on floor deduction one time</p> <p>No penalty if goes on floor to remove unsafe object or adjust mat plcmt No penalty if coach steps onto mat to place, adjust, remove mat</p> <p>Compulsory: No deduction for coach on mat</p>
Balks: Bars and Beam
<p>2 attempts to mount without penalty with no touch of board or apparatus</p> <p>runs-balks; runs-mounts: no deduction</p> <p>If gymnast attempts RO and stops, she may repeat and get VP credit for mount; deduct for first "fall" .50</p> <p>runs-balks; runs balks; runs performs D award D & +.10; each judge deducts .5 for 3rd approach</p> <p>runs-balks; runs-balks; runs-balks each judge deducts .50 for 3rd approach</p> <p>Run, touch board or runs under bar without mounting, -.50</p>

Salto Definition on Floor
<p>If a salto lands on two feet or lands on one foot and lowers with control to one knee, it will be considered a salto and may be used</p>
Gymnasts Cheering Around Floor
<p>Permitted to be around floor and cheer Must Not obstruct view of judges or spectators If obstruct, CJ warns first If continues, then CJ deduct -.2- from AA score of gymnast creating the obstruction OR team score of team in violation</p>
MUSIC on Floor
<p>Absence of Music or Music with Words: 1.00 deduction</p> <p>Beginning August 1, 2026, use of human or synthesized voice in floor music to create words, sounds, chanting, etc. will no longer be allowed. CJ deduct 1.00.</p>
Beam: Extra Warm-Up
<p>Deduct -.20 for additional warm-up; No warning required</p>