

**General Deductions**

No Ded	<b>BALK #1:</b> Run approach without coming to rest or support on top of table
VOID	<b>BALK #2 or Balk #3</b>
<b>0.50</b>	<b>Coach</b> standing between board and vault table ( <b>Exception:</b> no deduction if Gymnast performs a Round-off (Yurchenko) entry Vault)
VOID	<b>Failure</b> to use the Safety Zone mat for Round-off entry vaults
VOID	<b>Failure</b> to use a mat stack for landing
VOID	<b>First point</b> of contact on Mat Stack is landing on the head or neck
<b>^0.30</b>	<b>Insufficient DYNAMICS</b> ( <i>speed / power</i> )
<b>0.30 CJ</b>	<b>Incorrect mats</b> if Vault Mat Stack does NOT meet min height required to align with the underside of the top of the table
VOID	<b>Spotting assistance</b> during the vault
<b>0.50</b>	<b>Spotting assistance</b> upon Landing ( <i>No deduction for assisting /spotting after landing</i> )
VOID	<b>Use of Alternative Springboard</b> ( <i>trampoline-like / junior board-"Pre-School type / inflatable rebounding device</i> )
VOID	<b>Vault performed</b> is not one of the allowable choices
<b>0.50 CJ</b>	<b>Vaults without signal</b> from CJ ( <i>CJ deducts 0.50 from average of next completed vault</i> )

**First Flight Phase**

<b>^0.10</b>	<b>Incorrect Foot Form</b> - <i>Flexed / Sickled</i>
	<b>Incorrect Leg Form</b>
<b>^0.30</b>	<i>Legs Bent</i>
<b>^0.10</b>	<i>Legs Crossed</i>
<b>^0.20</b>	<i>Legs Separated</i>
	<b>Poor Technique</b>
<b>^0.20</b>	<i>Excessive Arch</i>
<b>^0.10</b>	<i>Failure to maintain neutral head position</i>
<b>^0.30</b>	<i>Hip Angle</i>

**Support/Repulsion Phase**

<b>^0.50</b>	<b>Angle of Repulsion</b> <i>Determined by line from hands thru hips (center of mass). If there is a shoulder angle, measure from shoulders to hips. If gymnast leaves the Table:</i> <table><tr><td>By Vertical</td><td>No Deduction</td></tr><tr><td>1° - 45° Past Vertical</td><td>Deduct 0.05 - 0.25</td></tr><tr><td>46° Past Vertical to Horizontal</td><td>Deduct 0.30 - 0.50</td></tr></table>	By Vertical	No Deduction	1° - 45° Past Vertical	Deduct 0.05 - 0.25	46° Past Vertical to Horizontal	Deduct 0.30 - 0.50
By Vertical	No Deduction						
1° - 45° Past Vertical	Deduct 0.05 - 0.25						
46° Past Vertical to Horizontal	Deduct 0.30 - 0.50						
<b>^0.50</b>	<b>Bent Arms</b> ( <i>bent 90° or more - Max Deduction</i> ) slight lead arm bend allowed on Tsuk Vaults						
<b>^0.30</b>	<b>Failure to Pass Through Vertical</b>						
<b>2.00</b>	<b>Head Contacting Table</b> - <i>Includes 0.50 deduction for extreme Arm Bend</i>						
<b>0.30</b>	<b>Hop(s)</b> with both hands simultaneously						
VOID	<b>No Hand Contact</b> on Table						
	<b>Poor Technique</b>						
<b>^0.20</b>	<i>Alternate repulsion from hands on all vaults, except Tsukahara</i>						
<b>^0.20</b>	<i>Excessive Arch</i>						

	<b>Poor Technique (continued)</b>
<b>^0.10</b>	Failure to maintain neutral head position
<b>^0.30</b>	Legs Bent
<b>^0.20</b>	Shoulder Angle
<b>^0.10</b>	Staggered / alternate hand placement on all vaults except Tsukaara
<b>ea 0.10</b>	Step(s) with hand(s) <b>Max 0.30</b>
<b>^0.50</b>	Too Long in Support
<b>1.00</b>	Touch Table with Only One Hand (CJ takes deduction from Average if 1/2 of Panel sees only 1 Hand touch)
<b>Second Flight Phase</b>	
<b>No Deduct</b>	Arm position when leaving table will NOT be evaluated
<b>^0.20</b>	Brush or Hit of Body on Table
<b>^0.30</b>	Fail to Create Rotation
<b>^0.10</b>	Fail to Maintain Neutral Head Position
<b>^0.50</b>	Fail to Maintain Prescribed Body Position
<b>^0.10</b>	Incorrect Foot Form (flexed / sickled)
	<b>Incorrect Leg Form</b>
<b>^0.30</b>	Legs Bent
<b>^0.10</b>	Legs Crossed (Taken in 1st & 2nd Flight ONLY)
<b>^0.20</b>	Legs Separated
<b>^0.50</b>	Insufficient HEIGHT
<b>^0.20</b>	Insufficient Length - DISTANCE: When evaluating length, consider size of the Gymnast, type of vault, where the hands contact the table and where the feet land and overall trajectory (amplitude) of the 2nd flight phase; not just the distance from where the Gymnast lands in relation to the end of the vault table.
<b>Landing</b>	
<b>^0.30</b>	Deviation from Straight DIRECTION (determined by initial contact with mat)
<b>1.00</b>	Failure to land on top of mat stack
<b>^0.50</b>	Incorrect Body Posture on Landing (does not apply to Level 7 athlete who chose to land on back)
<b>VOID</b>	Landing on Top of Vault Table (in a sitting, lying, or standing position)
<b>0.20</b>	Lands on feet alternately (one then the other) If only 1 foot touches mat, ded for leg separation only.
<b>VOID</b>	Salto Performed after Landing
<b>FRONT HANDSPRING ENTRY</b>	
<b>VOID</b>	Fail to land on any part of the bottom of the feet first (Front Handspring Entry)
<b>0.50</b>	Lands and Falls BACK against the Table
<b>ea 0.20</b>	Large Step or Jump BACK toward Table (Approximately 3 feet or more) <b>Max 0.40</b>
<b>^0.10</b>	Slight Hop, Small Adjustments of Feet BACK toward Table
<b>ea 0.10</b>	Steps BACK toward Table <b>Max 0.40</b>
<b>ROUND-OFF (YURCHENKO) and TSUKAHARA ENTRY</b>	
	Fail to land on any part of the bottom of the feet first (Yurchenko & Tsukahara Entry)
	<b>1.00</b> - Level 6 <b>No Deduct</b> - Level 7
<b>0.50</b>	Lands and Falls FORWARD against the Table
<b>ea 0.20</b>	Large Step or Jump FORWARD toward Table (Approximately 3 feet or more) <b>Max 0.40</b>
<b>ea 0.10 - 0.15</b>	Small or Medium step(s) FORWARD towards the table (per step - <b>Max 0.40</b> )
<b>^0.10</b>	Slight Hop, Small Adjustments of Feet FORWARD toward Table
<b>ea 0.10 - 0.15</b>	Steps FORWARD toward Table <b>Max 0.40</b>

**Level 10** - All Vaults from Groups 1-5 Allowed - Other Levels have separate Charts & Restrictions

**Level 10 Bonus Vaults** : If performed successfully, selected 10.0 SV vaults receive +0.10 Bonus

### General Deductions

No Deduct	Balk #1: Run approach without coming to rest or support on top of table
VOID	Balk #2 or Balk #3
<u>0.50</u>	Coach catches a falling gymnast ( <i>no deduction for the spot</i> )
<u>0.50</u>	Coach standing between board and vault table ( <b>Exception:</b> no deduction if Gymnast performs a Round-off (Yurchenko) entry Vault at level 8 /9 /10)
VOID	Failure to use the Safety Zone mat for Round-off entry vaults
<u>0.50</u>	Fall after landing assistance, additional deduction taken
VOID	Gymnast runs onto board, steps up onto Vault table or rebounds from board to come to rest/support on table
<sup>^</sup> 0.30	Insufficient DYNAMICS ( <i>speed / power</i> )
Event VOID	Restricted vault performed for Level 8 or 9
VOID	Spotting assistance during the vault
<u>1.00</u>	Spotting assistance <b>EXCEPTION</b> in second flight of SALTO Vaults - <b>Level 8 ONLY</b>
<u>0.50</u>	Spotting assistance upon Landing
VOID	Use of Alternative Springboard ( <i>trampoline-like / junior board-'Pre-School type' / inflatable rebounding device</i> )
0.50 CJ	Vaults without signal from CJ ( <i>CJ deducts 0.50 from average of next completed vault</i> )

### First Flight Phase

<sup>^</sup> 0.30	Incomplete LA Turn
<sup>^</sup> 0.10	Incorrect Foot Form - <i>Flexed / Sickled</i> ( <i>Taken in 1st &amp; 2nd Flight ONLY</i> )
	<b>INCORRECT LEG FORM</b>
<sup>^</sup> 0.10	Legs Crossed ( <i>Taken in 1st &amp; 2nd Flight ONLY</i> )
<sup>^</sup> 0.20	Legs Separated
<sup>^</sup> 0.30	Legs Bent
	<b>POOR TECHNIQUE</b>
<sup>^</sup> 0.20	Excessive Arch
<sup>^</sup> 0.30	Hip Angle

### Support/Repulsion Phase

<sup>^</sup> 1.00	<b>Angle of Repulsion</b> applies to Level 8/ 9/ 10 <b>Non-Salto Vaults</b> from Any Group <i>If gymnast leaves the Vault Table (angle from hands to lowest body part past vertical)</i> By Vertical.....No Deduction 1° - 45° Past Vertical.....Deduct 0.05 - 0.50 46° Past Vertical to Horizontal.....Deduct 0.55 - 1.00
<sup>^</sup> 0.50	<b>Bent Arms</b> (90° or more = max ded) <i>{Slight arm bend of lead arm is allowed on Grp 3 vaults}</i>
<sup>^</sup> 0.30	Failure to Pass through Vertical
<u>2.00</u>	Head contacting table during support phase ( <i>includes <u>0.50</u> for extreme arm bend</i> )
<u>0.30</u>	Hop(s) with both hands simultaneously
VOID	No hand contact on the vault table

**Support/Repulsion Phase (continued)****POOR TECHNIQUE****^0.20** Alternate repulsion from hands on all vaults (Except: Grp 3 & 5 Vaults w/ 3/4 - 1/1 on, Salto off)**^0.20** Excessive Arch**^0.30** Legs Bent (in support) or Early Tuck (Salto vaults)**^0.20** Shoulder Angle**^0.10** Staggered/Alt hand placement on all vaults (Except: Grp 3 & 5 Vaults w/ 3/4 - 1/1 on, Salto off)**^0.30** Prescribed LA turn begun too Early**each 0.10** Step(s) with hand(s) **Max 0.30****^0.50** Too long in support - Level 8/ 9/ 10 **Non-Salto Vaults ONLY** from any Group**1.00 CJ** Touch w/ only one hand on the vault table (CJ takes deduction if 1/2 of panel sees only one hand touch)**Second Flight Phase****^0.20** Brush or hit of body on far end of Vault Table**^0.10** Incorrect Foot Form - Flexed / Sickled (Taken in 1st & 2nd Flight ONLY)**INCORRECT LEG FORM****^0.10** Legs Crossed (Taken in 1st & 2nd Flight ONLY)**^0.20** Legs Separated**^0.30** Legs Bent**INSUFFICIENT EXACTNESS OF BODY POSITION (TUCK, PIKE, STRETCH)****^0.30** Failure to maintain **Stretched Body** (pike down of stretched vaults to facilitate landing)**^0.30** Insufficient **Tuck** (min 90° bend in hip & knees (allow open "puck" during twists in Tuck position)**^0.30** Insufficient **Pike** (91°-135°) (min 90° bend in hips)**^0.30** Insufficient **Stretch** (180° ideal - Greater than 135° = stretched position) (136° - 179° hip angle (pike) = insufficient Stretched Position or Excessive arch**^0.10** Insufficient Exactness of LA turn**INSUFFICIENT EXTENSION (OPEN) BEFORE LANDING****^0.25** Insufficient &/or Late extension (Tuck & Pike vaults)**0.30** Total Absence of Extension (Tuck & Pike vaults)**^0.50** Insufficient HEIGHT**^0.30** Insufficient Length - DISTANCE: When evaluating length, consider size of the Gymnast, type of vault, where the hands contact the table and where the feet land and overall trajectory (amplitude) of the 2nd flight phase; not just the distance from where the Gymnast lands in relation to the end of the vault table.**^0.30** Late Completion of the twist (Gr 1 vaults & Gr 4 & 5 vaults without saltos)**^0.10** Under-Rotation of ALL Level 8-10 Vaults**Landing****^0.10** Arm swings to maintain balance (applies to 'stuck' landings)**^0.30** Deviation from a straight DIRECTION (determined by initial contact with mat)**VOID** Failure to Land on any part of the Bottom of the Feet First**0.50** Vault is scored if gymnast falls, landing on hands and bottoms of feet simultaneously**0.50** Fall on mat to knee(s) or hips**0.50** Fall against Vault Table**^0.20** Incorrect body posture**^0.30** Insufficient DYNAMICS

## Landing (continued)

**Lands with feet apart** - No deduction for feet a max of hip-width apart, provided heels join (slide) together on the controlled extension.

**0.05** Lands with feet hip-width apart or closer (but never join feet (heels) together)

**0.10** Lands with feet further than hip-width apart (If landing with feet apart / staggered, gymnast takes a step(s), deduct only for the step(s))

**0.10** Lands with entire foot / feet sliding or lifting off the floor to join, it is considered a small step

**^0.30 + 0.50** Lands Vault in Squat Position, then falls

**VOID** Landing on Top of the Table (in a sitting, lying, or standing position)

**each 0.20** Large Step or Jump (approximately 3 feet or more - max 0.40)

**^0.30** **PRESCRIBED LA TURN INCOMPLETE**

1° - 30° missing.....**^0.10**

31° - 60° missing.....0.15 - 0.20

61° - 89° missing.....0.25 - 0.30

90° or more missing.....Lower Value

**^0.30** Slight brush/ touch of 1 or 2 **hands** on mat (**no support**)

**^0.10** Slight hop, Small adjustment of feet or Staggered feet

**ea 0.10-0.15** Small or Medium step(s) (per step) **Max 0.40**

**^0.30** Squat on landing (hips lower than knees)

\*Squat on landing deduction guideline:



**each 0.10** **Steps** (per step w/ max of 4 - if steps lead to fall, take 0.50 for fall only) (See COP Vault pg 15)

**0.50** Support on mat with 1 or 2 hands

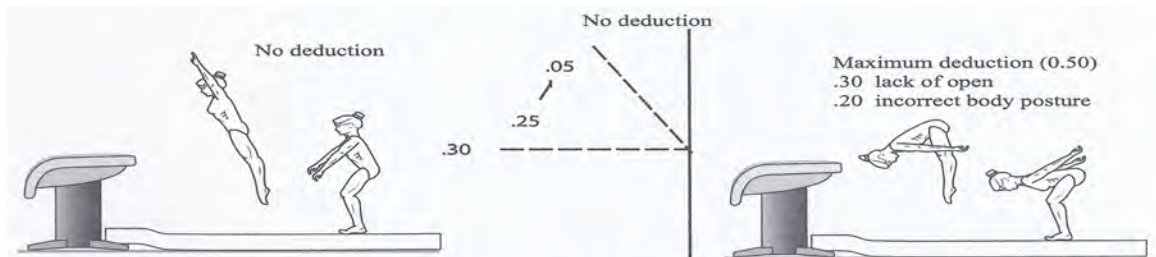
**^0.20** **Trunk movements** to maintain balance

### Clarification - Insufficient / Late Opening and Total Absence of Extension

Opening deduction should reflect body shape prior to landing. Deduction applied according to small, medium, and large errors. Illustration refers to degree of closure of upper body towards the legs.

Example 1: Gymnast begins to extend or completely extends hips prior to landing, but upon landing cannot maintain upper body posture and closes upper torso downward toward the legs (compresses), apply **^0.20** deduction for "incorrect body posture on landing".

Example 2: Gymnast never opens, lands in a full squat position and proceeds to fall. Deduct **0.50** for the fall, In addition, deduct **0.30** for lack of extension, **^0.30** for squat on landing and **^0.20** for incorrect body posture.



## General Deductions for Bars, Beam, & Floor 2022-2026

*For faults in technique, execution, amplitude, and artistry*

<b>^0.30</b>	<b>Additional Movements</b> to maintain balance/control <b>on Balance Beam</b>
<b>^0.20</b>	<b>Additional Trunk movements</b> to maintain balance / control <b>upon landing</b> UB/BB Dismounts
<b>^0.10</b>	<b>Arm swings</b> on landing to maintain balance
<b>^0.30</b>	<b>Bent Arms</b> in Support - on any one element (90° or greater - Max 0.30)
<b>^0.30</b>	<b>Bent Legs</b> - on any one element (90° or greater - Max 0.30)
<b>^0.10</b>	<b>Brush / Touch of foot / feet</b> on apparatus or mat
<b>^0.30</b>	<b>Brushes/Touches</b> the mat with one (1) or two (2) <b>hands (no support)</b>
<b>0.50</b>	<b>Coach catches a falling gymnast on element or dismount</b> <i>(No deduction for spot)</i>
<b>^0.10</b>	<b>Deviation</b> from straight <b>Direction</b> on landing
<b>^0.20</b>	<b>Failure</b> to maintain <b>Stretched body position (Pikes down)</b>
<b>0.50</b>	<b>Fall / Fail</b> to land on the <b>bottom of the feet first</b> - No VP / SR / Bonus Credit / Compo Credit <i>(If gymnast lands on bottoms of feet &amp; hands simultaneously award VP &amp; SR credit if appropriate.)</i>
<b>0.50</b>	<b>Fall on mat</b> to Knee(s) or Hips
<b>0.50</b>	<b>Fall onto or off apparatus, or upon landing dismount, fall against apparatus</b> <i>(Apply all Exec &amp; Amp deductions leading to the fall - do NOT deduct for BALANCE errors leading to the fall)</i>
<b>ea time 0.05</b>	<b>Flexed/Sickled feet</b> during Value Part elements
<b>^0.20</b>	<b>Incomplete</b> TURN / TWIST
<b>^0.20</b>	<b>Incorrect BODY POSTURE</b> on landing of elements or dismount
<b>^0.20</b>	<b>Insufficient EXACTNESS</b> of body position - Tuck - Pike - Stretched <i>(arch or pike)</i>
<b>^0.20</b>	* <b>Insufficient Tuck Position</b> <i>(Ideal = min 90° bend in both hips &amp; knees)</i>
<b>^0.20</b>	* <b>Insufficient Pike Position</b> <i>(Ideal = min 90° bend in hips, 91°-135° = insufficient Pike)</i>
<b>^0.20</b>	* <b>Insufficient Stretched Position</b> <i>(Ideal = straight 180° but &gt;135° is considered stretched)</i> <i>Arch = ^0.20 Hip Angle (136° - 179°) = 0.20</i>
<b>^0.30</b>	<b>Insufficient Extension (open)</b> of body prior to landing-(UB/BB Dismts & BB/FX Acro in Tk & Pk)
<b>^0.30</b>	<b>Insufficient Height</b> of <b>Salto Dismount</b> (UB / BB)
<b>^0.20</b>	<b>Insufficient Split</b> when required (Dance / Non-flight Acro elements)
<b>0.10</b>	<b>Lands w/ entire foot/feet sliding or lifting off the floor to join, considered small step</b>
<b>0.10</b>	<b>Lands w/ feet further than hip-width apart</b>
<b>0.05</b>	<b>Lands w/ feet hip-width apart or closer but never joins the feet (heels)</b>
<b>0.30</b>	<b>Large Faults</b>
<b>0.20</b>	<b>Large step or jump</b> on landing (approximately 3 feet or more). <b>Max 0.40</b>
<b>^0.20</b>	<b>Leg or Knee Separations</b>
<b>^0.10</b>	<b>Legs Crossed</b> during <b>Twisting Value Part</b> elements
<b>0.20</b>	<b>Medium Faults</b>
<b>0.30</b>	<b>Never initiates salto on dismount</b> - <i>considered no dismount</i>
<b>^0.10</b>	<b>Slight hop, or small adjustment of feet</b> on landing of elements or landing with <b>feet staggered</b> on
<b>0.05 - 0.10</b>	<b>Slight / Small Faults</b>
<b>ea 0.10-0.15</b>	<b>Small or medium Step(s)</b> on landing (per step - Max of 4) <b>Max 0.40</b>
<b>0.50</b>	<b>Spotting</b> assistance during an <b>element</b> - No VP/ No SR/ No Bonus Credit / No Compositional Credit
<b>0.50</b>	<b>Spotting</b> assistance <b>upon landing</b> of Dismount element <i>(Yes VP &amp; SR / No Bonus)</i> <b>Fall occurs after spot, each judge deducts an additional 0.50</b>
<b>^0.30</b>	<b>Squat on landing</b> <i>(hips lower than knees)</i> <b>Plus 0.50</b> Lands Vault/Acro Elem/Dsmt in Squat then Falls
<b>0.50</b>	<b>Support on mat</b> with one (1) or two (2) <b>hands</b>
<b>0.50</b>	<b>Very Large Faults</b>

## Uneven Bars: Specific Compositional Deductions 2022-2026

NOTE: Composition deductions are NOT applied at Levels 6 / 7

<b>ea 0.10</b>	<b>3/4 Giant Circle forward with or without a grip change</b> <i>NOT considered an element - Will break a connection - Take execution / amplitude deductions - small faults for additional insufficient amplitude of backward swing</i>
<b>No Ded</b> <b>0.05</b> <b>0.10</b>	<b>Choice of Dismount - Not Up to Competitive Level</b> <i>"D/E" Element connected to "C" Dismount OR "D/E" Dismount</i> <i>2 "C" Elements connected to "C" Dismount OR "D/E" to "C" Connection to "C" Dismount</i> <i>1 "C" element or less connected to "C" or less difficult Dismount</i>
<b>No Ded</b> <b>0.10</b> <b>0.20</b>	<b>Choice of Elements (Level 9 / 10 ONLY)</b> <i>Fail to perform two (2) elements that fulfill two (2) out of three (3) of the following requirements (excluding Dsmts):</i> <ol style="list-style-type: none"> <li>1. Forward element (circle or release) (minimum "B")</li> <li>2. Element from Groups 3 / 6 / 7 (minimum "B")</li> <li>3. Element with minimum 180 LA turn, with or without flight (minimum "C")</li> </ol> <i>Two (2) out of three (3) requirements performed</i> <i>One (1) out of three (3) requirements performed</i> <i>None (0) of the three (3) requirements performed</i>
<b>^0.20</b> <b>No Ded</b> <b>0.05</b> <b>0.10</b> <b>0.15</b> <b>0.20</b>	<b>Choice of Release Elements - Not Up to Competitive Level (Level 10 ONLY)</b> <i>Apply deduction considering value of release, type of release, direct connection of releases, &amp; total number</i> <i>Min of 2 different "D" or "E" Release Elements</i> <i>1 "D/E" Release Directly Connected to a "C" Release</i> <i>1 Isolated "D/E" Release + 1 Isolated "C" Release</i> <i>2 "C's" Directly connected OR 1 Isolated "D/E" + 1 Isolated "B" Release</i> <i>2 Isolated "C's" Releases OR 1 "B" + 1 "C" Release elements, or Less</i>
<b>0.10</b>	<b>Facing the same DIRECTION throughout exercise (Level 9/10 only)</b> <i>Elements with 1/1 turn will NOT fulfill change of direction - Mount / Dismount will NOT fulfill change of direction</i>
<b>^0.20</b>	<b>Lack of Elements that achieve (or pass through) vertical (Level 8 ONLY)</b>
<b>0.20</b>	<b>Lack of two (2) Bar Changes (Level 10 ONLY) (Level 9 has SR of 1 Bar Change)</b>
<b>ea 0.10</b>	<b>More than one (1) squat / stoop on LB, with or without sole circle with jump to grasp HB</b> <ol style="list-style-type: none"> <li>1. After a fall, judging resumes once an element listed in the COP is performed</li> <li>2. Deduct for any additional cast squat / stoop on LB that is performed, if previously performed</li> </ol> <p style="color: red;"><b>EXCEPTION:</b> <i>Following a fall from UB, gymnast is allowed to perform cast squat / pike-on to resume routine without receiving 0.10 deduction. Once a gymnast has performed a planned squat / stoop-on, ONLY additional planned squat / stoop on's would be subjected to the 0.10 ea deduct.</i></p>
<b>ea 0.10</b>	<b>Uncharacteristic elements</b> <i>Ex: Squat / stoop on LB, stand with 1/2 turn on feet to grasp HB</i> <i>Ex: Swing forward on HB, place feet on LB to stand (with or without 1/2 turn)</i> <i>Ex: Climbing / crawling onto LB (within exercise)</i>

## Uneven Bars: Chief Judge Deductions

<u>0.10</u>	Coach standing between bars throughout exercise
<u>2.00</u>	Complete or incomplete exercises - Fewer than five (5) VP elements
Ended	Exceeds 45-second Fall Time
<u>0.30</u>	Failure to remove board / spotting block after release or mount
<u>0.20</u>	Incorrect padding ( <i>use of heel / hip pads</i> ) Warn if noticed prior to mount, but deduction must be taken if heel pads are worn during exercise w/ or w/o warning.
<u>0.30</u>	Lands dismount in solid or loose foam pit

## Uneven Bars: Execution & Amplitude Deductions

<sup>^</sup> 0.20	Amplitude of UB elements ( <i>including releases</i> ) - Except CHC & Salto Dsmnts (Larger Fault)
<sup>^</sup> 0.10	Arm swings on Landing
<sup>^</sup> 0.30	Bent Arms in Support - on any one element (90° bend or greater = <b>Max 0.30</b> )
<sup>^</sup> 0.30	Bent Legs in Support - on any one element (90° bend or greater = <b>Max 0.30</b> )
<sup>^</sup> 0.30	Brush / Touch Landing surface w/ 1 or 2 Hands ( <i>no support</i> )
<u>0.50</u>	Coach catches a falling gymnast ( <b>No deduction for the SPOT</b> )
<sup>^</sup> 0.10	Deviation from straight <b>DIRECTION</b> on Dismount Landing
ea <u>0.30</u>	Extra ( <i>Intermediate</i> ) Swing / Cast ( <i>More than 1 per element: Max = 0.50</i> ) (See COP Bars pg 32)
<sup>^</sup> 0.20	Failure to Maintain Stretched Body Position ( <i>Pike down Dismount</i> )
<u>0.50</u>	Fall / Failure to Land on the Bottom of the Feet First on Dismount... If Salto was never Initiated: No VP / No SR / No Bonus / <u>0.30</u> for No Dismount off SV
<u>0.50</u>	Fall / Failure to Land on the Bottom of the Feet First on Dismount... If Salto was Initiated: No VP / No SR / No Bonus
<u>0.50</u>	Fall <b>After Spot</b> upon Landing
<u>0.50</u>	Fall on MAT to Knee(s) or Hips
<u>0.50</u>	Fall on or against the APPARATUS
<u>0.50</u>	Full Support on Foot / Feet on Mat during exercise
<u>0.30</u>	Grasp on Bar Apparatus to Avoid a Fall
ea <sup>^</sup> 0.10	Hesitation during jump to HB or swing to Handstand
<u>0.20</u>	Hit on APPARATUS with Foot / Feet
<u>0.30</u>	Hit on MAT with Foot / Feet
<sup>^</sup> 0.20	Incomplete Twist on Twisting Salto Dismounts
<sup>^</sup> 0.20	Incorrect Body Posture on Landing
<sup>^</sup> 0.40	Insufficient Amplitude of "B" Clear Hip Circle
<sup>^</sup> 0.20	Insufficient Dynamics throughout - Consider: 1. <i>Insufficient Swingful execution - Energy Not Maintained - Fails to make Difficult Look Effortless</i>
ea <sup>^</sup> 0.20	Insufficient Exactness of Body Shape: Tuck or Pike Position
ea <sup>^</sup> 0.20	Insufficient Exactness of Stretched Position - <b>Arch or Hip Angle (136°-179°)</b>
ea <sup>^</sup> 0.10	Insufficient Extension of Glides / Swings into Kips
<sup>^</sup> 0.30	Insufficient HEIGHT(Amplitude) of Salto Dismount
<sup>^</sup> 0.30	Insufficient Extension (Open) of Tk / Pk Body Position prior to Landing Dismount



## Uneven Bars: Execution & Amplitude Deductions *(Continued)*

<u>0.10</u>	Landing Too Close to the Bar on Dismount
0.30	Lands Dismount in Solid or Loose Foam Pit <span style="float: right;"><i>No VP / No SR / No Bonus</i></span>
<u>0.10</u>	Lands with entire foot / feet sliding or lifting off floor to join.. Take as small step
<u>0.10</u>	Lands with Feet Further than Hip-width apart
<u>0.05</u>	Lands with Feet Hip-width apart or closer, but never joins the Heels
ea <u>0.20</u>	Large Step or Jump on Landing <i>(approximately 3 feet or more) Max 0.40</i>
ea ^0.20	Leg or Knee Separations
^0.10	Legs crossed during Salto Dismounts with Twist
ea ^0.10	Poor Rhythm in Elements / Connections
^0.10	Precision of Handstand positions throughout exercise
^0.10	Slight hop, or Small Adjustment of feet, or Feet Staggered on Landing Dismounts
<u>0.50</u>	Spotting assistance during an Element <span style="float: right;"><i>No VP / No SR / No Bonus</i></span>
<u>0.50</u>	Spotting assistance upon Landing the Dismount - <i>Award VP / Award SR / No Bonus</i>
^0.30	Squat on Landing <i>(hips lower than knees) + 0.50</i> if Fall after landing in Squat position
ea <u>0.10 - 0.15</u>	Small or Medium Steps on Landing <span style="float: right;"><i>(Max 0.40)</i></span>
<u>0.50</u>	Support on Mat with 1 or 2 Hands upon Landing
ea ^0.10	Swing forward or backward under horizontal
<u>0.50</u>	Third (3rd) Run approach to Mount / touch of springboard without mounting
ea ^0.10	Touch / Brush on Apparatus or Mat with Foot / Feet
^0.20	Trunk Movements to maintain balance on landing of dismount
ea ^0.10	Under-rotation of Release / Flight elements

## Uneven Bars: Specific Execution Deductions

^0.30	<p><b>Amplitude of Casts (Legs straddled or together) Levels 7/ 8 / 9 / 10</b></p> <p><i>0° - 10° from vertical - "B" VP &amp; No Deduction for Amplitude of Cast</i></p> <p><i>11° - 20° from vertical - "B" VP &amp; 0.05 Deduction</i></p> <p><i>21° - 30° from vertical - "0" VP &amp; 0.10 Deduction</i></p> <p><i>31° - 45° from vertical - "0" VP &amp; 0.15 - 0.20 Deduction</i></p> <p><i>46° &amp; more from vertical - "0" VP &amp; 0.25 - 0.30 Deduction</i></p>
^0.30	<p><b>Angle of Body at Turn Completion</b> <i>(Elements with 1/1 turn AFTER HS and all 1 1/2 turns/pirouettes)</i></p> <p><i>^30° from vertical - No Deduction</i></p> <p><i>31° - 45° from vertical - 0.05 - 0.15</i></p> <p><i>46 or more from vertical - 0.20 - 0.30</i></p>
^0.30	<p><b>Angle of Body at Turn Completion</b> <i>(Elements that require turn IN Handstand)</i></p> <p><i>^20° from vertical - No Deduction</i></p> <p><i>21° - 30° from vertical - 0.05 - 0.10</i></p> <p><i>31° - 45° from vertical - 0.15 - 0.20</i></p> <p><i>46 or more from vertical - 0.25 - 0.30</i></p>

## Uneven Bars: Specific Execution Deductions *(Continued)*

<b>^0.40</b>	<b>Angle of Completion of Clear Hip Circle to HS ONLY</b> <i>0° - 10° from vertical - No Deduction - "C" VP</i> <i>11° - 20° from vertical - 0.05 Deduction - "C" VP</i> <i>21° - 45° from vertical - No Deduction - "B" VP</i> <i>46° - 89° from vertical - 0.05 - 0.25 Deduction - "B" VP</i> <i>90° from vertical (horizontal) - <u>0.30</u> Deduction - "B" VP</i> <i>More than 90° from vertical (below horizontal)- 0.35 - 0.40 Deduction - "B" VP</i>
<b>^ Lower VP</b>	<b>Angle of Completion of Circling Elements <i>(Except Clear Hip Circles)</i></b> <i>0° - 10° from vertical - No Deduction - Award Higher VP</i> <i>11° - 20° from vertical - 0.05 Deduction - Award Higher VP</i> <i>21° - 45° from vertical - No Deduction - Award Lower VP</i> <i>46° &amp; more from vertical - ^0.20 - Award Lower VP</i>
<b>^ Lower VP</b>	<b>Insufficient Angle of Arrival on Flights to HS on LB</b> <i>0° - 10° from vertical - No Deduction - Award Higher VP</i> <i>11° - 20° from vertical - 0.05 Deduction - Award Higher VP</i> <i>21° - 30° from vertical - Award Lower VP</i>
<b>ea 0.30</b>	<b>Intermediate or Extra Swing</b>
<b>ea <u>0.05</u></b>	<b>Lifting the Hips up to squat on (Insufficient Amplitude)</b>
<b>Max <u>0.50</u></b>	<b>More than one consecutive extra swing(s) after an element</b>
<b>ea ^0.10</b>	<b>Swing forward or backward under horizontal</b>
<b><u>0.50</u></b>	<b>Third run approach to mount / touch springboard without mounting</b>

## Uneven Bars: Connection Value Bonus - Level 10

**Max 0.40 CV or 0.40 DV - 0.10 must come from other one for 10.00 SV**

**Direct Connection of at least 2 Directly Connected Elements:**

**"C" + "C" = +0.10** Both "C" Elements must have either Flight or LA Turn of at least 180°

**Except:** Connection of 2 Elements from Groups 3/ 6/ 7, Flight or Turn is NOT required but the elements must be DIFFERENT.

**"C" + "D/E" or "D/E" + "C" = +0.10** "C" connected to "D/E", "C" NOT required to have Flight or Turn -

"D/E" are NEVER required to have Flight or Turn for CV **Note - Level 10 ONLY:** "B" Release Element from HB to LB raises to "C" if it directly follows a "D/E" release without Counterswing

**"D" + "D" or more difficult = +0.20**

**Direct Connection of at least 3 Directly Connected Elements:**

Second element (and following elements) may be used twice...first time as last element of first connection and second time as first element beginning new connecton. Applies only for elements with VP credit.

**Extra Bonus** of +0.10 available (**NOT in SV**) if exercise has:

**10.00 SV with Min of 0.60 Bonus & "E" Element**

## Uneven Bars: Connection Value Bonus - Level 9

**Max 0.30 CV for 10.00 SV**

**Direct Connection of at least 2 Directly Connected Elements:**

**"C" + "C" = +0.10** One or Both "C" Elements **WITHOUT** Turn or Flight **OR** if Both Elements are **WITHOUT** Turn or Flight, the elements must be DIFFERENT.

**"C" + "C" = +0.20** Both "C" Elements **WITH** Turn or Flight

**Direct Connection of at least 3 Directly Connected Elements:**

Second element (and following elements) may be used twice...first time as last element of first connection and second time as first element beginning new connecton. Applies only for elements with VP credit.

**D/E Bonus for Level 9: Max +0.10 Awarded**

**ONLY the 1st "D/E" allowable or restricted "D/E" element RECEIVING VP CREDIT is eligible for "D/E" Bonus. The 1st restricted "D/E" & any allowable "D/E" elements will be awarded "C" VP credit and are eligible to fulfill CV Bonus principle (if applicable).**

**Balance Beam: Specific Compositional Deductions - 8 / 9 / 10 2022-2026***Composition is NOT considered for Level 6 / 7*

<b>^0.20</b>	<b>Choice of Acro Not Up To the Competitive Level</b> See COP Appendix 15 - pg 1
<b>^0.20</b>	<b>Choice of Dance Not Up To the Competitive Level</b> See COP Appendix 15 - pg 2
<b>^0.10</b>	<b>Choice of Dismount Not Up To the Competitive Level</b> See COP Appendix 15 - pg 2
<b>^0.10</b>	<b>Insufficient Use of Entire Beam Apparatus</b>
<b>ea 0.05</b>	<b>Directional use: MUST show 2 of 3 directions</b> (Fwd-Bkwd-Sidwd movements/non-VP&Choreo)
<b>^0.10</b>	<b>Insufficient level changes throughout exercise</b> (Elem &/or Connec - High, semi-low, low)
<b>^0.10</b>	<b>Spatial use: entire length of BB</b>
<b>0.20</b>	<b>Lack of Dance Series with Minimum of 2 Dance Elements</b>
	<i>Groups #1 (Mounts), #2 (Leaps / Hops / Jumps), #3 (Turns)</i>
<b>^0.10</b>	<b>Lack of Variety in Choice of Acro Elements</b>
<b>0.10</b>	<b>Failure to perform Acro elements in 2 different directions</b> (Bkwd & Fwd or Sidwd <i>MUST be from Grps #1 Mounts, # 6 Rolls, # 7 Walkovers / Cartwheels / Handsprings, #8 Saltos</i>
<b>0.05</b>	<b>If Dismount is only Forward / Sidward or only Backward element</b>
<b>ea 0.10</b>	<b>Lack of Variety in Choice of Dance Elements</b>
<b>0.10</b>	<b>Overuse of Dance Elements with Same Shape</b>
	<i>More than 2 Wolf or Tuck hops / jumps w/ or w/o turn - More than 2 Straddle Jumps, w/ or w/o turn</i>
<b>0.10</b>	<b>More than one 180° turn on 2 feet (pivots) with straight legs (thruout exercise)</b>
	<i>Allowable 180° Turns: Turn on 1 foot, Turn in Squat or Demi-Plie, 1/4 Turn-1/4 Turn</i>

**Balance Beam: Chief Judge Deductions**

<b>Ended</b>	<b>Exceeds 45° second fall time</b>
<b>0.10</b>	<b>Coach Standing next to BB throughout entire exercise</b>
<b>2.00</b>	<b>Complete or Incomplete exercise less than 30 seconds</b> Except Level 6 ONLY - <b>0.50</b> deduction if competed routine with all required VP and 10.0 SV
<b>0.30</b>	<b>Failure to remove mounting apparatus / spotting block after mount</b>
<b>0.30</b>	<b>Lands dismount in solid / loose foam pit</b> No VP, SR, Bonus Awarded
<b>0.10</b>	<b>Overtime</b>
<b>0.20</b>	<b>Warming up on mat after a fall (no warning)</b>

**Balance Beam: Execution & Amplitude Deductions**

<b>^0.10</b>	<b>Arm Swings on Landing to Maintain Balance</b>
<b>^0.30</b>	<b>Bent Arms</b> in Support - on any one element - (90° bend or greater - Max 0.30)
<b>^0.30</b>	<b>Bent Legs</b> in Support - on any one element - (90° bend or greater - Max 0.30)
<b>^0.30</b>	<b>Brush / Touch</b> Landing Surface with One (1) or Two (2) hands (No Support)
<b>0.50 Fall</b>	<b>Coach catches a falling gymnast on element or dismount</b> - No deduction for spot

## Balance Beam: Execution & Amplitude Deductions *(continued)*

^0.20	<b>Dance: Incomplete Turn</b> - Group 2 /3 elements (with 360° or more Turn) 0.05 - 0.10.....1° - 44° missing 0.15 - 0.20.....45° - 89° missing Lesser VP .....90° or more missing
^0.10	<b>Deviation from Straight DIRECTION</b> on Landing
^0.30	<b>Directional Error on Gainer Salto Dismounts</b> off the <b>End</b> of beam
^0.20	<b>Dismounts: Incomplete Twist</b> - Dismounts (with 360° or more Twist) 0.05 - 0.10.....1° - 44° missing 0.15 - 0.20.....45° - 89° missing Lesser VP .....90° or more missing
^0.20	<b>Failure to Maintain Stretched Body Position</b> (Pikes Down Dismount)
<u>0.50</u>	<b>Fall / Failure to Land</b> on the <b>Bottom of Feet First</b> ( <i>Aerials / Saltos / Dismts</i> ) <b>No VP / SR / Bonus</b>
<u>0.50</u>	<b>Fall after spot</b>
<u>0.50 + 0.30</u>	<b>Fall and Never initiate Salto Dismount</b>
<u>0.50</u>	<b>Fall On or Against</b> the Apparatus
<u>0.50</u>	<b>Fall onto Beam or off the Beam onto Mat</b>
<u>0.50</u>	<b>Fall with Simultaneously Landing on Bottom of Feet + Hands / Knees</b> <i>Award VP / SR No Bonus</i>
ea time <u>0.05</u>	<b>Flexed / Sickled feet</b> on Value Part Elements
ea ^0.10	<b>Hesitation During Jump / Press / Swing to Handstand</b>
^0.10	<b>Incorrect Body Posture / Alignment</b> during <b>Dance</b> Value Parts
^0.20	<b>Incorrect Body Posture</b> on Landing of Elements and Dismount
^0.30	<b>Insufficient Artistry</b> throughout exercise
0.05 - 0.10	<i>Lack variety in choreography (poses phrases, connections) i.e. unnecessary adjustments &amp;/or steps without choreography</i>
0.05 - 0.10	<i>Quality of movement to reflect personal style</i>
0.05 - 0.10	<i>Quality of expression (i.e. projection, focus)</i>
^0.20	<b>Insufficient Dynamics</b> - Consider: <i>Energy Maintained thruout the Exercise (Makes Difficult Look Effortless)</i>
^0.20	<b>Insufficient Exactness of Stretched position</b> Arch or Hip Angle (136°-179°)
^0.20	<b>Insufficient Exactness of Tuck or Pike position</b> in Value Part elements
^0.30	<b>Insufficient Extension (Open) of Tuck / Pike body position prior to Landing Acro elements / Dismt</b>
^0.20	<b>Insufficient Height of Aerials / Saltos / Acro Flight</b> w/ Hand Support
^0.30	<b>Insufficient Height of Salto Dismounts</b>
^0.20	<b>Insufficient Height on Leaps / Jumps / Hops</b>

## Balance Beam: Execution & Amplitude Deductions *(continued)*

<b>^0.20</b>	<b>Insufficient Split</b> position (Deviation from 180°) 0.05 - 0.10.....1° - 20° missing 0.15 - 0.20.....20° - 45° missing Lesser VP .....46° or more missing
<b>^0.20</b>	<b>Insufficient Sureness</b> of Performance <i>throughout</i>
<b>^0.20</b>	<b>Insufficient Variation in Rhythm / Tempo <i>throughout the Exercise</i></b> <i>Lack of fluid connection / series of disconnected elements or movements.</i>
<b><u>0.10</u></b>	<b>Land with Feet apart</b> - entire foot / feet slide or lift off floor to join - deduct small step
<b><u>0.10</u></b>	<b>Land with Feet further than Hip-width / staggered &amp; takes a step</b> - deduct step only
<b><u>0.10</u></b>	<b>Landing too close to beam on Dismount</b>
<b><u>^0.30 + 0.50</u></b>	<b>Lands acro element in a squat position, then falls</b>
<b><u>0.05</u></b>	<b>Lands with Feet Hip-width apart or Closer but Never Joins Feet (Heels)</b>
<b>^0.30</b>	<b>Large Execution Faults</b>
<b><u>0.20</u></b>	<b>Large Step / Jump on Landing (approximately 3 feet or more)</b> <b>Max <u>0.40</u></b>
<b>ea ^0.20</b>	<b>Leg or Knee Separations</b>
<b>^0.10</b>	<b>Legs Crossed</b> during Salto Dismounts with Twist
<b>^0.20</b>	<b>Legs Not Parallel to Beam</b> in Split or Straddle Pike Leaps / Jumps
<b>0.15 - 0.20</b>	<b>Medium Execution Faults</b>
<b><u>1.00</u></b>	<b>Minimum Score</b> awarded when Optional Routine Score is equal to or less than 1.00
<b><u>0.30</u></b>	<b>Never initiates Salto</b> on Dismount
<b>^0.10</b>	<b>Slight Hop, or Small Adjustment of Feet or Staggered Feet (one Foot in Front)</b> on landing Elements or Dismounts
<b>0.05 - 0.10</b>	<b>Small Execution Faults</b>
<b><u>0.50</u></b>	<b>Spotting Assistance</b> during an element <b>No VP / SR / Bonus</b>
<b><u>0.50</u></b>	<b>Spotting assistance</b> upon Landing the Dismount <b>Award VP / SR but No Bonus</b>
<b>^0.30</b>	<b>Squat on landing (Hips lower than Knees)</b> <b>Note: Gymnast lands acro element in a squat, then falls off the beam, deduct ^0.30 and 0.50 for the fall</b>
<b>ea <u>0.10 - 0.15</u></b>	<b>Small or Medium Step(s)</b> on Landing <b>Max <u>0.40</u></b>
<b><u>0.50</u></b>	<b>Support on Mat / Apparatus</b> with One (1) or Two (2) Hands upon Landing
<b><u>0.50</u></b>	<b>Third (3rd) Run</b> approach
<b>^0.30</b>	<b>Use of Supplemental Support - Examples</b> <i>Foot / Feet remain on Mat / Board as mount is completed</i> <i>Foot / Feet contact Mat in Cross Straddle sit during Exercise</i> <i>Foot / Feet / Leg using base of Beam for Support on Mount / on Beam</i>
<b>0.35 - 0.50</b>	<b>Very Large Execution Faults</b>

## Balance Beam: Specific Execution Deductions

<b>^0.30</b>	<b>Additional Movements to Maintain Balance <i>ON</i> the Beam</b>
<b>ea <u>0.10</u></b>	<b>Concentration pauses <b>2 seconds</b></b>
<b>ea <u>0.20</u></b>	<b>Concentration pauses <b>More than 2 seconds</b></b>
<b>ea ^0.10</b>	<b>Fail to Land with Feet / Legs Together on Jumps / Leaps landing on Two (2) Feet in Side Position</b>
<b>ea ^0.10</b>	<b>Failure to Perform Group #3 Turns in High Releve'</b>
<b><u>0.30</u></b>	<b>Grasp of Beam to Avoid a Fall (<i>Grasp under BB to facilitate candestick / roll elements is NOT deducted</i>)</b>
<b>^0.30</b>	<b>Incorrect Body Alignment, Position, or Posture in non-VPs throughout exercise</b>
<b>^0.30</b>	<b>Insufficient Artistry throughout exercise</b>
<i>0.05 - 0.10</i>	<i><b>Lack variety in choreography</b> (poses phrases, connections) i.e. unnecessary adjustments &amp;/or steps without choreography</i>
<i>0.05 - 0.10</i>	<i><b>Quality of movement</b> to reflect personal style</i>
<i>0.05 - 0.10</i>	<i><b>Quality of expression</b> (i.e. projection, focus)</i>
<b>ea ^0.10</b>	<b>Lack of Precision in Dance Value Parts</b> <i>No Definite Arm/ Leg position on Turns / Leaps; Degree of Turn, not Exact</i>
<b>ea ^0.20</b>	<p><b>Lack of Tempo / Poor Rhythm between Elements:</b> (<i>Dance/Mixed/Acro Series</i>)</p> <p><b>No Deduct</b> ..... <i>Slow, continuous connection: Arms finish to take off immediately for 2nd element (legs in plie / NOT pumping)</i></p> <p><b>0.05 - 0.10</b> ..... <i>Body continues moving inline with BB, but arms swing between elements, &amp;/or legs slightly extend but do NOT completely straighten &amp; slightly bend again to initiate take-off</i></p> <p><b>0.15 - 0.20</b> ..... <i>Torso / Trunk deviation in line with BB w/ or w/o arm swing between elements - <b>EXCEPTION:</b> Backward Acro series or Sideward to Backward Acro series with one or more flight elements is connected or NOT connected. Tempo deduction does NOT apply.</i></p>
<b>^0.30</b>	<b>Relaxed / Incorrect Footwork on non-VPs <i>throughout</i> Exercise</b>
<b>ea <u>0.20</u></b>	<b>Support of One (1) leg against side surface of Beam to Maintain Balance</b>
<b><u>0.50</u></b>	<b>Third (3rd) Run approach to mount / touch springboard without mounting apparatus</b>

## Balance Beam: Connection Value Bonus Levels 9 / 10

### Two (2) Acro Flight including 1 "C" Salto excluding Dismount (Mount OK)

Level 9: "C" element (or allowable "D/E" element awarded "C" may be Salto / Aerial)

$$\text{"B"} + \text{"C"} (\text{Salto}) = +0.10$$

### Two (2) Acro Flight excluding Dismount (Mount OK)

$$\text{"B"} + \text{"D"} = +0.20 \quad \text{"C"} + \text{"C"} = +0.20 \quad \text{"B"} + \text{"E"} = +0.20$$

$$\text{"C"} + \text{"D"} \text{ or more difficult} = +0.20 \quad \text{"D"} + \text{"D"} \text{ or more difficult} = +0.20$$

### Three (3) Acro Flight including Mount, Dismount, Element Connections

Additional +0.10 CV awarded for any 3-element Acro Flight series w/ min "C" Salto/Aerial or "D/E" flight element w/ or w/o hand support (excluding Dismounts)

$$\text{"B"} + \text{"B"} + \text{"C"} = +0.10 \quad \text{"B"} + \text{"C"} + \text{"C"} = +0.20$$

$$\text{"B"} + \text{"B"} + \text{"D/E"} = +0.20 \quad \text{"B"} + \text{"C"} = \text{"D/E"} \text{ or more difficult} = +0.20$$

### Two Dance / Mixed / Turn Elements

$$\text{"A"} \text{ Turn} + \text{"C"} \text{ Turn} = +0.10 \quad \text{"A"} + \text{"D/E"} = +0.10 \quad \text{"B"} + \text{"C"} = +0.10$$

$$\text{"B"} + \text{"D/E"} = +0.20 \quad \text{"C"} + \text{"C"} \text{ same or different} = 0.20$$

$$\text{"C"} + \text{"D"} \text{ and more difficult - same or different} = +0.20$$

### Three or more elements

Second and following elements may be used twice - First as the last element of the 1st connection and 2nd as the first element of the new connection.

### "D/E" Bonus - Level 9

**Max +0.10 awarded for "D/E" Bonus**

**ONLY the 1st "D/E" allowable or restricted "D/E" element RECEIVING VP CREDIT is eligible for "D/E" Bonus. The 1st restricted "D/E" & any allowable "D/E" elements will be awarded "C" VP credit and are eligible to fulfill CV Bonus principle (if applicable).**

### "D/E" Bonus - Level 10

Max +0.40 awarded for "D/E" Bonus: "D" = +0.10 "E" = +0.20

Same "D" or "E" ekugubke for "D/E" Bonus one time ONLY unless credit was not awarded the first time.

**Level 10 Extra Bonus** of +0.10 available (**NOT in SV**) if exercise has:  
10.00 Start Value; Min of 0.60 Bonus & "E" ACRO Element on Beam



**Floor Exercise: Specific Composition Deductions - Levels 8/9/10 2022-2026**  
Composition is NOT considered for Levels 6 / 7

<b>^0.20</b>	<b>Choice of Acro Saltos - Not Up to the Competitive Level</b> See COP App 15 for Specifics
<b>^0.20</b>	<b>Choice of Dance Elements - Not Up to the Competitive Level</b> See COP App 15 for Specifics
<b>^0.10</b>	<b>Choice of Dismount - Value of Salto Performed as Last Salto or within Last Acro Connection - Not Up To Competitive Level</b> See COP App 15 for Specifics
<b>^0.10</b>	<b>Insufficient use of the Floor Exercise area - Spatially (Floor Pattern)</b>
<b><u>0.10</u></b>	<b>Lack of Variety in Choice of Acrobatic Elements</b>
	Failure to perform Saltos in Two (2) Different Directions (Aerials are NOT considered) 1. Backward <b>and</b> Forward or Sideward; 2. Arabian Salto considered Forward Salto
	<b>Lack of Variety in Choice of Dance Elements</b>
<b><u>0.10</u></b>	<b>Overuse of Dance elements with same shape</b> 1. More than two (2) elements with Wolf / Tuck position, (with / without turn) 2. More than two (2) Straddle Jumps, (with / without turn)
<b><u>0.20</u></b>	<b>Lack of a Turn on one (1) foot, minimum of "B"</b>
<b>^0.10</b>	<b>Value of Salto performed as Last Salto or within Last Acro Connection - Not Up to Competitive Level</b> See COP App 15 for specifics
<b>0.30</b>	<b>Lack of Specific Salto VP Within the Exercise</b>
	Level 8: Lacks min of 3 "A" Saltos in exercise Level 9: Lacks min "B" Salto in exercise (in addition to SR #4) Level 10: Lacks min "C" Salto in exercise (in addition to SR #40)

**Floor Exercise: Chief Judge Deductions**

<b><u>1.00</u></b>	<b>Absence of music or Music with words or song / speech</b>
<b><u>0.50</u></b>	<b>Coach on FX area (No Ded if removing an object or mat)</b>
<b><u>2.00</u></b>	<b>Complete or Incomplete exercise less than 30 seconds</b>
<b><u>2.00</u></b>	<b>Exercise shorter than 30sec (Complete or Incomplete)</b>
<b><u>0.10</u></b>	<b>Failure to mark the FX boundry line on additional mats (applies to any mat covering the FX line)</b>
<b><u>0.30</u></b>	<b>Lands Acro Element in Solid/Loose Foam Pit No VP / No SR / No Bonus</b>
<b>ea <u>0.10</u></b>	<b>Out of Bounds - (any part of body touchig outside the FX border marking)</b>
<b><u>0.10</u></b>	<b>Overtime</b>

**Floor Exercise: Execution & Amplitude Deductions**

<b>^0.20</b>	<b>Additional Trunk Movements to Maintain Balance / Control upon Landing of Acro elements</b>
<b>^0.10</b>	<b>Arm Swings on Landing to Maintain Balance</b>
<b>^0.30</b>	<b>Bent Arms in Support - on any one element (90° bend or greater - Max 0.30)</b>
<b>^0.30</b>	<b>Bent Legs - on any one element (90° bend or greater - Max 0.30)</b>
<b>^0.30</b>	<b>Brush / Touch Landing Surface with One (1) or Two (2) Hands (No Support)</b>
<b>CJ <u>0.30</u></b>	<b>Coach on FX area</b>
<b>^0.10</b>	<b>Deviation from Straight Direction on Landing</b>
<b>^0.20</b>	<b>Failure to Maintain Stretched Body Position (Pike Down)</b>

## Floor Exercise: Execution & Amplitude Deductions *(continued)*

<u>0.50</u>	Fall on the Mat with Knee(s) or Hips
<u>0.50</u>	Fall / Failure to Land on the Bottom of Feet First Aerials / Saltos <i>(No VP / No SR / No Bonus)</i>
<u>0.50</u>	Fall w/ Simultaneously Landing on Bottom of Feet + Hands / Knees <i>(Yes VP &amp; SR / No Bonus)</i>
ea time <u>0.05</u>	Flexed / Sickled feet on Value Part Elements
<sup>^</sup> 0.20	Incomplete Turn - Group 1 & 2 Dance elements (with 180° or more Turn) <i>0.05 - 0.10 .....1° - 44° missing</i> <i>0.15 - 0.20 .....45° - 89° missing</i> <i>Lesser VP .....90° or more missing</i>
<sup>^</sup> 0.20	Incomplete Twist - ACRO Elements <i>0.05 - 0.10 .....1° - 44° missing</i> <i>0.15 - 0.20 .....45° - 89° missing</i> <i>Lesser VP .....90° or more missing</i>
<sup>^</sup> 0.10	Incorrect Body Posture / Alignment during Dance Value Parts
<sup>^</sup> 0.20	Incorrect Body Posture on Landing of VP Elements
<sup>^</sup> 0.20	Insufficient Dynamics ( <i>throughout</i> ) ❖ <i>Energy Maintained thruout</i> ❖ <i>Makes Difficult Look Effortless</i>
<sup>^</sup> 0.20	Insufficient Exactness of Stretched Position • <i>arch</i> / • <i>hip angle (136°-179)</i>
<sup>^</sup> 0.20	Insufficient Exactness of Tuck or Pike position in Value Part Elements
<sup>^</sup> 0.30	Insufficient Extension (Open) of Tuck / Pike body position prior to Landing Acro elements
<sup>^</sup> 0.20	Insufficient Height of Aerials and Acro Flight with Hand Support
<sup>^</sup> 0.30	Insufficient Height of Salto elements
<sup>^</sup> 0.20	Insufficient Height on Leaps / Jumps / Hops
<sup>^</sup> Lower VP	Insufficient Split Position ( <i>Deviation from 180°</i> ) <i>Dance &amp; Acro (when required)</i> <i>0.05 - 0.10 .....1° - 20° missing</i> <i>0.15 - 0.20 .....21° - 45° missing</i> <i>Lesser VP .....46° or more missing</i>
<sup>^</sup> 0.20	Insufficient Variation in Rhythm and Tempo <i>throughout</i> the exercise
ea <u>0.20</u>	Large Step / Jump on Landing ( <i>approximately 3 Feet or more</i> ) <b>Max <u>0.40</u></b>
<sup>^</sup> 0.30	Large Faults
ea <sup>^</sup> 0.20	Leg or knee separations
<sup>^</sup> 0.10	Legs Crossed during Saltos with Twist
<sup>^</sup> 0.20	Legs <b>Not Parallel to Floor</b> in Split or Straddle Pike Leaps / Jumps
<sup>^</sup> 0.20	Medium Faults
1.00	Minimum Score ( <i>Awarded when Score is equal to or less than One (1.00) Point</i> )
<sup>^</sup> 0.10	Ring Jump / Leap - <i>Insufficient Amplitude of Front Leg</i>
<sup>^</sup> 0.10	Ring Jump / Leap - <i>Insufficient Arch</i>
<sup>^</sup> 0.10	Ring Jump / Leap - <i>Rear Foot at Shoulder or Upper Back Height (Head Height is Expected)</i>
<sup>^</sup> 0.10	Slight Hop / Small Adjstment of Feet or Staggered Feet ( <i>One Foot in Front</i> ) On Landing Elems
<sup>^</sup> 0.10	Sissone: <i>First leg NOT min 45° or Back leg NOT min Horizontal</i>

**Floor Exercise: Execution & Amplitude Deductions** *(continued)*

<b>^0.10</b>	<b>Small Faults</b>
<b>0.50</b>	<b>Spotting Assistance <u>during</u> an Element</b> <i>(No VP / SR / Bonus)</i>
<b>0.50</b>	<b>Spotting Assistance <u>upon landing</u> an element</b> <i>(Yes VP &amp; SR / No Bonus)</i>
<b>ea 0.10 - 0.15</b>	<b>Small or Medium Steps on Landing</b> <b>Max 0.40</b>
<b>^0.30</b>	<b>Squat on landing</b> (Hips lower than Knees) <b>Note: +0.50 Lands acro element in a squat, then falls</b>
<b>0.50</b>	<b>Support on Mat with One (1) or Two (2) Hands upon Landing</b>
<b>^0.10</b>	<b>Switch Leg Leap: First leg NOT min 45° - "B" VP</b>
<b>^0.20</b>	<b>Switch Leg Leap: Insufficient Split after Leg Change (135° - 179°) - "B" VP</b>
<b>^0.20</b>	<b>Switch Leg Leap: Split less than 135° after Leg Change - "A" VP &amp; No Leap SR</b>
<b>^0.10</b>	<b>Switch Leg Leap w/ 1/4 Turn (Side Switch Leap): Insufficient Height of Leg Swing</b>
<b>0.50</b>	<b>Fall after Spot</b>
<b>0.50</b>	<b>Very Large Execution Deductions</b>

**Floor Exercise: Specific Execution Deductions**

<b>CJ: 1.00</b>	<b>Absence of Music</b>
<b>CJ: 1.00</b>	<b>Music with words or song</b> <i>(whistles, animal/human sounds are allowed)</i>
<b>CJ: 0.30</b>	<b>Coach on FX mat</b> <i>(Level 6 / 7 / 8 / 9 / 10)</i>
<b>ea 0.10</b>	<b>Concentration Pause - 2 (two) seconds or more</b>
<b>CJ: 2.00</b>	<b>Exercise shorter than 30 seconds</b> <i>(complete or incomplete)</i>
<b>0.05</b>	<b>Fail to hold ending pose for one second</b>
<b>ea ^0.10</b>	<b>Fail to Land with Feet / Legs Together on Jumps / Leaps to Two (2) Feet</b>
<b>ea ^0.10</b>	<b>Fail to perform Group #2 Turns in High Releve'</b>
<b>0.10</b>	<b>Fail to show synchronization of music with ending pose</b>
<b>^0.30</b>	<b>Incorrect Body Alignment, Position, or Posture in non VP</b> <i>(throughout exercise)</i>
<b>ea ^0.10</b>	<b>Incorrect Rhythm during Direct Connections</b>
<b>^0.30</b>	<b>Insufficient Artistry throughout exercise</b>
<i>0.05 - 0.10</i>	<i>Lack variety in choreography (poses phrases, connections) i.e. unnecessary adjustments &amp;/or steps without choreography</i>
<i>0.05 - 0.10</i>	<i>Quality of movement to reflect personal style</i>
<i>0.05 - 0.10</i>	<i>Quality of expression (i.e. projection, focus)</i>
<b>ea ^0.10</b>	<b>Lack of Precision in Dance Value Parts</b> <i>(Example: Lack of Definite Arm or Leg Position on Turns / Leaps; Degree of Turn not Exact)</i>
<b>1.00</b>	<b>Minimum Score</b> <i>(Award when optional routine score is equal to or less than one point)</i>
<b>^0.30</b>	<b>Poor relationship of Music and Movement</b> <i>(throughout the exercise)</i>
<b>^0.30</b>	<b>Relaxed / Incorrect Footwork on Non-Value parts</b> <i>(throughout the exercise)</i>

**Clarification on Landings -  
Isolated Acro element / Last element in Acro Series**

1. No penalty for landing with feet maximum of Hip-width apart provided:
  - a. heels slide together, OR
  - b. small, controlled step Forward (from Forward Acro), OR
  - c. small, controlled step Backward (from Backward Acro) to Lunge
2. Do not deduct unless landing position appears out of control.

**Floor Exercise: Connection Value Bonus Levels 9 / 10**

**Indirect Acro Connections** - Two (2) or more SALTOS / Aerials (acro elements w/o hand support)

**C Salto Pass:**    **B + C = +0.10**    **A/B + A/B = +0.10**    **C+C = +0.10**

**D Salto Pass:**    **A + D = +0.10**    **A + A + D (and more difficult) = +0.20**

**E Salto Pass:**    **A + E = +0.20**

**D/E Salto Pass:**    **B + D/E = +0.20**    **C + D/E (or more difficult) = +0.20**

**Direct Acro Connections** - Two (2) or more SALTOS / Aerials (acro elements w/o hand support)

**A + C = +0.10**    **B + B = +0.10**    **A + A + C = +0.10 (same as A + C)**

**B + C = +0.20**    **A/B + D/E = +0.20**    **A + A + D/E = +0.20 (same as A + D)**

**C + C (and more difficult) = +0.20**

**Direct Connections - Two Dance or Two Dance/Acro Elements (or reversed)**

**C + C (Same / Different Grp 1 or 2) = +0.10**

**D/E Salto + A Jump (this order ONLY) = +0.10**

**B + D/E = +0.10**

**C + D/E (or more difficult) = +0.20**

**Connections of Three (3) or More elements**

Second element (and following) may be used Second time: 1st time as Last element of 1st connection  
2nd time as First element of New Connection All elements receive VP credit  
Direct Connection applied prior to Indirect Connection Principle

**Additional Bonus - Level 10 ONLY**

**Award +0.10 (NOT in SV ) if exercise has:**

**10.00 Start VALUE; a Min of 0.60 total bonus & "E" Acro Element in Routine**

**Level 9 D/E Bonus**

**Max +0.10 awarded for "D/E" Bonus**

**ONLY the 1st "D/E" allowable or restricted "D/E" element RECEIVING VP CREDIT is eligible for "D/E" Bonus. The 1st restricted "D/E" & any allowable "D/E" elements will be awarded "C" VP credit and are eligible to fulfill CV Bonus principle (if applicable).**

**Allowable "D" counts as "C" for Connection Bonus**