

NCAA Vaulting

Except Tsuk or full on- salto off

Staggered/alt hand)	↑ 0.10
Alt repulsion	↑ 0.20
Step/hop hands	<u>0.10</u> ea (max <u>0.30</u>)
Shoulder angle	↑ 0.20
Excessive arch	↑ 0.20
Bent legs (including early tuck)	↑ 0.30
Early twist (on table)	↑ 0.30
Not achieve vertical (twist-on vaults)	↑ 0.30
Arms bent (except Tsuk)	↑ 0.50
Head touch- includes arm bent	<u>2.00</u>

Distance	↑ 0.30
Height	↑ 0.50

Foot form	↑ 0.10
Legs crossed	↑ 0.10
Legs separation	↑ 0.20
Legs bent	↑ 0.30

Body shape:

Insuff Tuck, Pike	↑ 0.30
Stretch – arch or pike	ea ↑ 0.30
Pike down of stretched	↑ 0.30
Lack of opening*	↑ 0.25
total absence	<u>0.30</u>

(*stretch prior to landing)

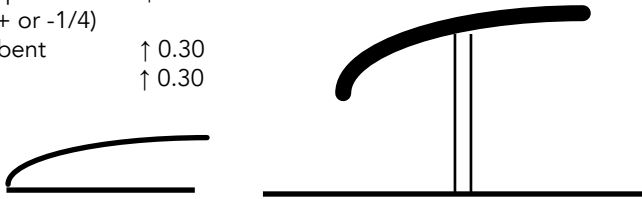
Twists -

Exact twist (crisp)	↑ 0.10
Under rotate	↑ 0.10
Complete twist late (on mat)	↑ 0.30
(Gps 1 & 4 w/o salto)	
Incomplete twist	↑ 0.30

Foot form	↑ 0.10
Legs crossed	↑ 0.10
Arched	↑ 0.20
Legs separation	↑ 0.20
Incomplete twist	↑ 0.30
(1/1+ or -1/4)	
Legs bent	↑ 0.30
Piked	↑ 0.30

Non-salto:

Too long support	↑ 0.50
Ang of repulsion	↑ 1.00



Direction ↑ 0.3
Dynamics ↑ 0.3

Coach stands btw board and table (except RO vaults)	<u>0.50</u>
Coach aid landing	<u>0.50</u>
*Coach aiding vault	each judge <u>1.00</u>
*No contact hands OR one hand on table	each judge <u>1.00</u>
*Failure to land soles of feet first (includes fall)	each judge <u>1.00</u>
No safety zone RO vaults	VOID
Vault not on chart	VOID
Gymnasts out of order- off team score	CJ <u>0.10</u>
Sting mat on runway	CJ <u>0.30</u>
Unauthorized matting	CJ <u>0.30</u>
Vault w/o judge's prior salute	off repeated vault avg CJ <u>0.50</u>
<i>No Bonus value vaults.</i>	<i>Flash vault number.</i>

LANDING

Failure to hold finish position for 1 sec	<u>0.05</u>
Feet land max hip width and not close	<u>0.05</u>
Steps = each ↑ 0.10 sm <u>0.15</u> md <u>0.20</u> lg (max <u>0.40</u>)	
Extra arm swings (maintain balance)	↑ 0.10
Staggered feet, small hop, adjust	↑ 0.10
Feet land wider than hip width	<u>0.10</u>
Brush/hit body on table	↑ 0.20
Trunk movements (maintain balance)	↑ 0.20
Body posture (when feet land)	↑ 0.20
Squat (hips lower than knees)	↑ 0.30
Brush/touch floor (no support)	↑ 0.30
Falls against table/support w/ hand(s) on floor	<u>0.50</u>

Team Deductions: each occurrence

Incorrect use of tape/ chalk on equipment:	
~Using chalk on vlt runway (removable tape/velcro allow)	<u>0.20</u>
~Tape on the hand placement mat (RO Pad)	<u>0.20</u>
Incorrect Apparatus Specs (incl. springboard config)	<u>0.20</u>
Improper use of equip per manufacturing specs	<u>0.20</u>
Landing lines not marked per Rules modif.	<u>0.20</u>
Use of hand placem't mat for trad. fwd approach vaults	<u>0.20</u>
Use of foreign substance (1 time team deduction)	<u>0.20</u>
Use of unauthorized supplemental mats	<u>0.20</u>

NCAA: one vault, allow 3 attempts

If touch board/table or inverts but does NOT go over table = attempt (balk) and not a vault

If hit the board **and goes over the vault apparatus** = vault

RANGE

9.8 - 10.0	0.10 Reg season
	0.20 Post season
9.5 - 9.775	0.20
9.0 - 9.475	0.30
8.0 - 8.975	0.50
Below 8.0	1.00

* If the score is not in range due to one of the 1.00 deductions, a conference must be called.

Landing matting:

No more than 10" total matting stack on top of comp landing mats. Total means a max stack of two 4" landing mats with a 1-2" sting mat, OR an 8" skill cushion with a 1-2" sting mat.

NCAA Uneven Bars

Value	3A 3B 2C
Parts	no VP = no SR
Special Reqm'ts	2 bar changes 2 diff flight elem: one min of D and one min of C -not to include dismt 1 elem w/ LA turn, min C – not mt/dismt
0.2 ea	C dismount preceded by a min of a C, OR a D/E dismount
Bonus	CV or DV max +0.50 +0.10 D +0.20 E
SV	9.40 (add +0.60 bonus)

Connection Value (CV) Bonus --includes mt/dism't
C + C = +0.10 Both elements have LA turn/Flight
or 2 different 3/6/7

C + D = +0.10
D + D = +0.20*

***Except:** D+D:

+0.10 CV & 0.20 D/E bonus  Maloney+Pak Maloney+bail/overshoot HS

Additional "D/E" Bonus: +0.10 DV D single bar release or any E release

RANGE	
9.8 - 10.0	0.10 Reg/ 0.20 Post season
9.5 - 9.775	0.20
9.0 - 9.475	0.30
8.0 - 8.975	0.50
Below 8.0	1.00

GENERAL COMPOSITION

- Variety** of elements/connections 0.05
overuse of one gp, overuse spec element or variation; same elem connections; elem of highest value primarily to low elem
- Insufficient **distribution** 0.05
- Choice of elements **up to level** competition 0.10
(specific requirements listed)
- More than one squat/pike on/circle to HB ea 0.10*
*except after a fall- no deduction
- Uncharacteristic elem (and breaks series) ea 0.10
-- 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 **unless followed by a circling elem**
--3/4 giant fwd under 20° w/w/o grip change (break series)

Up To Level of competition (UTL) - 0.10:

- Single bar release min **D -or- E** release **-or-** 2 min **D** releases **-or-** 2 **E** skills (exclude dm't)
- AND** a **D** dismt or **C** dismt in bonus connection
- If skill receives VP despite fall, still counts for UTL

Team deductions: each occurrence

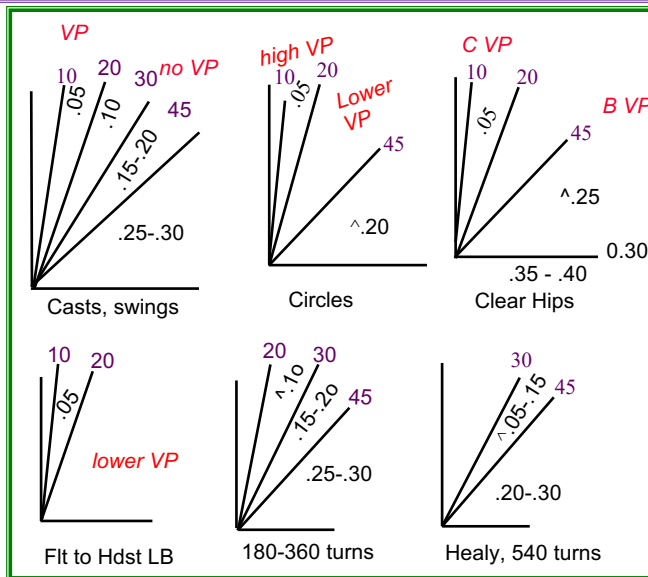
Use of foreign substance 0.20

Use of unauth supplemental mats 0.20

Fail to remove board after mt or auth spot device after use 0.20 ea

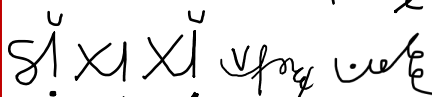
APPARATUS DEDUCTIONS

- Failure to hold finish position for 1 sec 0.05
- Brush foot on apparatus/mat ↑ 0.10
- Hesitation in hdst or jump to HB ↑ 0.10
- Insuf extension of glides/sw to kip ↑ 0.10
- Rhythm in element/conn. ↑ 0.10
- Under rotation of release/flight elem ↑ 0.10
- Landing too close to bars on dismt 0.10
- Swing fwd/bwd under horiz ea 0.10
- Add'l trunk mov'ts on landing (avoid step) ↑ 0.20
- Amplitude of bar elements ↑ 0.20
- Fail to maintain stretch body in dmt (pikes down) ↑ 0.20
- Incomplete turn/twist ↑ 0.20
- Insuff exact stretch (w arch or pike) ↑ 0.20
- Hit foot on apparatus 0.20
- Amplitude of salto dismounts ↑ 0.30
- Bent arms in support or legs ↑ 0.30
- Insuff extension (open) of tk/pk prior to land ↑ 0.30
- Dismount of no value (from SV) 0.30
- Extra swing/cast (max 0.50 for 2+ consec) ea 0.30
- Grasp to avoid fall 0.30
- Hit foot on mat 0.30
- Third run approach CJ 0.50
- Exercise fewer than 5 VP elem CJ 2.00



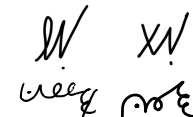
D skills:

any Healy = D



E skills:

Any 1 1/2 pirouette = E



- Throughout:**
- Precision of hdst positions ↑ 0.10
 - Dynamics (energy, swingful, effortless) ↑ 0.20

NCAA Balance Beam

Value Parts	3A 3B 2C	= 8 total no VP = no SR
Special Reqmts	Acro series 2 flt w/ C w/wo hand support, (inc mt) -OR- A (gp 7) + E (Acro) (finish on bm)	
0.2 ea	Dance or Dance/Acro series -dance elem min C (finish on beam)	
	Leap/Jump 180° split (can be in series)	
	360° turn (no hand support)	
	Min C Dism't	
Bonus	CV or DV max +0.50 +0.10 D +0.20 E	
SV	9.40 (add +0.6 bonus)	

GENERAL COMPOSITION

Directionally (F/S/B movement/choreography)	<u>0.05</u>
Insuff distribution	<u>0.05</u>
Insuff level changes	<u>0.05</u>
Spatially (whole beam)	<u>0.05</u>
Choice of acro not Up to Level of competition	<u>0.10</u>
One-sided acro (F/S and B) (not dismt)	each <u>0.10</u>

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; D/E acro NOT directly connect to the dismount; series complete but no CV due to a fall, ok to award UTL; if series broken (no CV/SR), UTL is taken if no add'l D/E acro or E dance.]

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

RANGE

9.8 - 10.0	0.10 Reg/ 0.20 Post season
9.5 - 9.775	0.20
9.0 - 9.475	0.30
8.0 - 8.975	0.50
Below 8.0	1.00

Team deductions: each occurrence

Use of tape on beam 0.20

Additional CV Bonus:
 3 elem acro flight series, min 1 C, no dismt = +0.1CV
 B+ acro + C+ dismount = +0.1CV
 C+ dance + C+ dismount = +0.1CV

Fail to remove board/mounting apparatus after mount 0.20
 Use of foreign substance or board on unauth surface 0.20

Overtime 0.10 Time: 1:30 -- warning 1:20

$\Psi = C$ $\underline{\text{e}} \text{ or } \underline{\text{e}} = D$ $\underline{\text{Z}} \text{ or } \underline{\text{Y}} = E$
 $\underline{\text{W}} \text{ or } \underline{\text{X}} = E$
 $\underline{\text{e}} \text{ or } \underline{\text{e}} = D$ $\underline{\text{m}} = D$ $\underline{\text{e}} = D$
 $\underline{\text{e}} = B$ $\underline{\text{e}} = C$ $\underline{\text{e}} = D$ $\underline{\text{e}} = E$
 (side or end)
 $\underline{\text{e}} = D$ $\underline{\text{e}} = D$ $\underline{\text{e}} = E$
 (end)

$\underline{\text{e}} \text{ or } \underline{\text{e}} \Rightarrow$ counts like C in CV with handsprings only, but D for CV with other elements (still get DV for D)
 $\underline{\text{e}} \text{ or } \underline{\text{e}} \Rightarrow B+(D) = 0 \text{ CV}, +.1 \text{ DV}$
 $\underline{\text{e}} \Rightarrow B + D = +.1 \text{ CV}, +.1 \text{ DV}$ (not C for CV)
 $\underline{\text{e}} \Rightarrow B+B+(D) = .1 \text{ CV} +.1 \text{ DV}$ and +.1CV 3-series bonus (total +3)

APPARATUS DEDUCTION

Failure to hold finish position for 1 sec	<u>0.05</u>
Failure to land feet together in L/J (land side)	\uparrow 0.10
Failure to perform turns in high relevé	\uparrow 0.10
Hesitation in jump/press/sw to hdst	\uparrow 0.10
Incorrect body position in VP dance	\uparrow 0.10
Lack of precision in VP dance	\uparrow 0.10
Landing too close to beam on dismt	<u>0.10</u>
Concentration pause ea: 2 sec	<u>0.10</u>
>2 sec	<u>0.20</u>
Add'l trunk movements on dismt landing	\uparrow 0.20
Height of acro/dance/saltos	\uparrow 0.20
Incomplete turn/twist	\uparrow 0.20
Legs not parallel to beam in split/strad L/J	\uparrow 0.20
Rhythm during dance/mix conn.	\uparrow 0.20
Rhythm during acro conn.(counter, fwd/side)	\uparrow 0.20
Support of leg against beam, hit	<u>0.20</u>
Direction of gainer dismount off end	\uparrow 0.30
Height of dismount	\uparrow 0.30
Balance ----- \uparrow 0.30	
Grasp to prevent fall-----	<u>0.30</u>
Dismount of no value (from SV)	<u>0.30</u>
Third run approach	<u>0.50</u>
Throughout deductions:	
Artistry of presentation	
• quality of expression (projection, focus)	\uparrow 0.10
• variety of choreography	\uparrow 0.10
• quality of movement	\uparrow 0.10
Dynamic performance (energy, effortless)	\uparrow 0.20
Insuff sureness of performance throughout	\uparrow 0.20
Variation of rhythm and tempo throughout	\uparrow 0.20
Relaxed body/leg posture, flexblty throughout	\uparrow 0.30
Relaxed/incorr footwork in non VP	\uparrow 0.30

NCAA Floor Exercise

Value	3A 3B 2C	= 8 total
Parts		no VP = no SR
Special Req'ts	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 Group 1 elements, one 180° leap, can include turns indirectly)	
0.2 ea	Last isolated salto or w/in last salto connection in acro pass - min C Min of 2 acro passes performed on 2 different diagonals.	
Bonus	CV or DV max +0.5 +0.1 D +0.2 E,	
SV	9.4 (add +0.6 bonus)	

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

Overtime deduction 0.10
1:30 from movement of gymnast

Team Deductions: each occurrence

Compete out of order	<u>0.10</u>
Fail to mark mats boundary with tape	<u>0.20</u>
Incorrect matting: one sting or 4" mat allowed per tumbling pass/leap combo; max 2 mats on floor at a time	<u>0.20</u>
Use of tape/Velcro w/in boundary	<u>0.20</u>
Use of foreign substance	<u>0.20</u>
Out of uniform, for team or individual	<u>0.30</u>

Coach/teammate touch/push gymnast to stop momentum-running/falling out of bounds = 0.50
for assisting: award SR/VP & no bonus plus add'l 0.50 if a fall occurs.
CJ 0.10 out of bounds, if applies

Conn Value (CV)	Indirect Acro	Direct Acro	Dance/mixed (YES turn to jump)
+ 0.1	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
+ 0.2	C + C B/C + D A + E A + A + D	B + C A/B + D A + A + D	C + D
+0.3		C + C = +0.3	

Add'l +0.1 "D/E" bonus: 3 or more acro pass routine = a double flipping salto or E acro in last acro pass

2 acro pass routine = a double flipping salto in a direct or indirect acro connection –OR– an E acro in the last acro pass

GENERAL COMPOSITION

Insuff distribution	<u>0.05</u>
Use of floor: spatially	<u>0.05</u>
Choice of acro not up to level of comp (UTL)	<u>0.10</u>
Lack dance CV or D/E bonus	<u>0.10</u>
One side acro- show F/S & Back saltos	ea <u>0.10</u>

Up To Level (UTL) – 0.1

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

AND

Last acro pass w/ C salto in bonus combo or D/E salto

(note last acro 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 +0.2 CV

RANGE

9.8 - 10.0	Reg 0.10 Post 0.20
9.5 - 9.775	0.20
9.0 - 9.475	0.30
8.0 – 8.975	0.50
Below 8.0	1.00

$$Y^V = A$$

$$\underline{D}^0 \text{ or } \underline{D}^3 \text{ or } \underline{Z}^1 = D$$

J. Lippert 10/24

APPARATUS DEDUCTIONS

Failure to hold ending pose for 1 sec	<u>0.05</u>
Not in sync with music-- parts	<u>0.05</u>
Failure to land feet together in L/J	↑ 0.10
Incorrect body posture in VP dance	↑ 0.10
Lack of precision in VP dance	↑ 0.10
Rhythm during direct connection	↑ 0.10
Turns not in high relevé	↑ 0.10
Concentration pause 2 sec or more	<u>0.10</u>
Not ended with music	<u>0.10</u>
Add'l trunk mvnts on landing of acro (avoid step)	↑ 0.20
Incomplete turn/twist	↑ 0.20
Insuff height dance, acro w/hands, aerials	↑ 0.20
Legs not parallel to the floor in split/straddle	↑ 0.20
Insuff height salto (not accel fwd elem)	↑ 0.30
Insufficient opening prior to landing (salto)	↑ 0.30
Out of bounds	CJ <u>0.10</u>
Coach on floor (one time per gymnast)	CJ <u>0.30</u>
Absence of music (not technical failure)	CJ <u>1.00</u>
Throughout Deductions:	
Artistry of presentation	
• quality of expression	↑ 0.10
• originality of choreography	↑ 0.10
• quality of movement	↑ 0.10
Insuff Dynamic performance (energy, effortless)	↑ 0.20
Insuff variation of Rhythm and tempo (whole ex)	↑ 0.20
Incorrect body align, position or posture in non-VP	↑ 0.30
Poor relationship of music and movement	↑ 0.30
Relax/incorrect footwork on non-VP	↑ 0.30