

Vault: Level 4 & 5: Handspring over Vault Table 2021 - 2029

General Faults

No Deduct	Balk #1: Run approach w/o coming to rest or support on top of vault table
VOID	Balk #2 or Balk #3
No Deduct	Coach standing between board & vault table
^0.30	Deviation from straight Direction
ea phase ^0.10	Failure to maintain neutral head position
ea phase ^0.30	Failure to maintain stretched body position - Arch
ea phase ^0.50	Failure to maintain stretched body position - Pike
0.20	Failure to punch board simultaneously with two (2) feet
VOID	Gymnast never achieves vertical & returns to the board/floor or lands on the vault table between the board & and placement (<i>Considered an 'incorrect vault'</i>)
ea phase ^0.10	Incorrect Foot Form (<i>flexed/sickled</i>)
^0.30	Insufficient Dynamics (<i>speed/power</i>)
ea phase ^0.30	Legs bent
ea phase ^0.20	Legs separated
2.00	Level 4: Assistance of coach (<i>1st Flight, Support, or 2nd Flight Phase</i>)
VOID	Level 5: Assistance of coach (<i>1st Flight, Support, or 2nd Flight Phase</i>)
VOID	Performing Incorrect vault (<i>i.e. squat on, etc.</i>)
VOID	Use of Alternative springboard <i>trampoline-like</i> or Use of Inflatable <i>rebounding device/Jr Board</i>)
CJ 0.50	Vaults w/o Signal from CJ: CJ deducts from average of next completed vault

First Flight Phase

See General Faults

Support Phase

ea 0.10	Additional hand placements (<i>taking steps on hands</i>) Max 0.30
^0.20	Alternate repulsion from hands
^1.00	Angle of Repulsion (<i>failure to leave table by vertical - angle determined by angle created from hands to body part that is the furthest past vertical</i>)
	No Deduction Leaves vault table by Vertical ^0.50 Leaves vault table by 46° - 89° past Vertical 0.55 - 1.00 Leaves vault table by 46° - 89° past Vertical
^0.50	Arms bent in support
2.00	Head contacting vault table in Support Phase (<i>includes 0.50 for extreme arm bend</i>)
^0.20	Incorrect Shoulder alignment (<i>showing a shoulder angle less than 180°</i>)
VOID	No Hand contact on vault table
^0.10	Staggered/alternate Hand placement
^0.50	Too long in support
1.00	Touch with only one hand on vault table

Second Flight Phase

<u>0.20</u>	Brush or hit of body on far end of table
[^] 0.30	Insufficient Length (<i>consider size of gymnast, where hands contact table, where feet land & overall trajectory of 2nd flight; not just landing distance from table</i>)
[^] 0.50	Insufficient Height

Landing

Clarification	No Deduction for feet a maximum of hip width apart, provided the heels join (<i>slide</i>) together on the controlled extension
<u>0.05</u>	Lands with feet hip-width apart or closer, but never join feet (heels) together - <i>If upon landing with the feet apart/staggered the gymnast takes a step(s), deduct ONLY for the step(s)</i>
[^] 0.10	Small Step - Entire foot/feet slides or lifts off the floor to join
<u>0.10</u>	Lands with feet further than hip-width apart - <i>If upon landing with the feet apart/staggered the gymnast takes a step(s), deduct ONLY for the step(s)</i>
[^] 0.10	Slight hop, small adjustments of feet or staggered feet - <i>If upon landing with the feet apart/staggered the gymnast takes a step(s), deduct ONLY for the step(s)</i>
ea <u>0.10 - 0.15</u>	Small or Medium step(s) on landing Max 0.40
ea <u>0.20</u>	Large step or jump (<i>approximately 3 feet or more</i>) Max 0.40
[^] 0.10	Arm swing(s) to maintain balance
[^] 0.20	Incorrect body posture on landing
[^] 0.20	Additional trunk movements swing(s) to maintain balance
[^] 0.30	Squat on landing (hips lower than knees)
plus <u>0.50</u>	Lands vault in squat, then Falls
[^] 0.30	Slight brush/touch of 1 or 2 hands on mat (<i>no support</i>)
<u>0.50</u>	Assistance on landing
<u>0.50</u>	Additional deduction for fall after assistance by coach
<u>0.50</u>	Support on mat with 1 or 2 hands
<u>0.50</u>	Fall on mat to knee(s) or hips
<u>0.50</u>	Fall against vault table
<u>2.00</u>	Fail to land on any part of the bottom of the feet first (<i>includes fall</i>)
<u>0.50 + 2.00 = 2.50</u>	Landing in a sitting, lying or standing position on top of the vault table after passing thru the vertical plane (<i>handstand</i>)

UNEVEN BARS: General Faults & Penalties 2021 - 2029

ea 0.30	Adding an extra element
0.20	Alternate hand grasp or regaining hand grasp without supplementary support
^0.30	Balance errors - small, medium, large
^0.30	Bent arms in support - <i>on any one element (90° or more = Max 0.30)</i>
^0.30	Bent leg(s) - <i>on any one element (90° or more = Max 0.30)</i>
^0.50	Brush, touch or hit on apparatus or mat with foot (feet)
	<p style="margin-left: 20px;">^0.10 <i>Brush/touch on apparatus or mat with foot (feet)</i></p> <p style="margin-left: 20px;">0.20 <i>Hit on apparatus with foot (feet)</i></p> <p style="margin-left: 20px;">0.30 <i>Hit on mat with foot (feet)</i></p> <p style="margin-left: 20px;">0.50 <i>Full weight on mat with foot (feet)</i></p>
VP	Changing a major element
0.10	Changing, reversing or omitting a series of connections
0.10	Changing, reversing or omitting a small part
ea time 0.05	Flexed/ sickled feet during major elements
0.50	Full weight on mat with foot (feet)
^0.10	Hesitation during jump to High Bar
0.20	Hit on apparatus with foot (feet)
0.30	Hit on mat with foot (feet)
0.30	Grasp of bar apparatus to avoid a fall
^0.20	Insufficient Dynamics - <i>(energy maintained thruout exercise - makes difficult look effortless)</i>
^VP	Incomplete major element
^0.20	Incorrect body alignment, position or posture on major elements
ea time 0.05	Incorrect foot form (<i>flexed, sickled</i>) on major elements
^0.20	Insufficient external body amplitude away from bar during swinging/circling movements
^0.20	Insufficient internal body amplitude (stretch/tightness) during extended positions
0.30	Intermediate Extra swing/cast (<i>More than one extra swing/cast preceding or following an element</i>) (Max 0.50)
^0.20	Leg or knee separation
^VP	Major element performed with additional turn
No Penalty	Repetition of a missed element (<i>start judging again at the point of interuption</i>)
0.10	Repositioning/adjustment of hands in front support or feet in squat/stoop on
1/2 VP	Reversing a major element (<i>if not allowed to be reversed</i>)
Double VP	Substituting or Omitting a major element

Uneven Bars: Landing of Dismounts

<u>0.50</u>	Additional deduction for fall after assistance by coach
^0.20	Additional trunk movements to maintain balance/control upon landing dismount <i>(applies to 'stuck' landings w/ trunk movements to avoid steps)</i>
^0.20	Arm swing(s) on landings to maintain balance
^0.30	Brushes/touches apparatus/mat with one or two hands (no support)
<u>VP + 0.50</u>	Coach assists (touches) during element (Spotting)
<u>0.50</u>	Coach assists (touches) on landing only (Spotting)
<u>0.50</u>	Coach catches a falling gymnast, only deduct for fall
<u>0.20</u>	Coach sprays water or adds chalk to UB once exercise has begun. *This does not apply if the athlete has fallen and is off the equipment
^0.10	Deviation from straight direction on landing
<u>VP + 0.50</u>	Failure to land on the feet first for dismounts (= Fail to complete a major elem)
<u>0.50</u>	Fall against apparatus or Fall on mat to knee(s) or hips
^0.20	Incorrect body posture on landing dismount
	Landing Clarification: NO deduction for landing with feet a max of hip-width apart, provided they join (slide) the heels together on the controlled extension. If entire foot/feet are sliding or lifting off the floor to join , it is considered a Small step ^0.10
<u>0.05</u>	Lands dismount with feet hip-width apart or closer but never joins feet/heels
^0.10	Lands dismount with slight hop or small adjustment of feet with feet staggered (<i>one in front of the other</i>)
<u>0.10</u>	Lands with feet further than hip-width apart
ea <u>0.20</u>	Large step/jump on landing (<i>approximately 3 feet or more</i>) (per Step Max 0.40)
ea <u>0.10 - 0.15</u>	Small or Medium Steps on landing (<i>per Step Max 0.40</i>)
^0.30	Squat on landing (hips lower than knees)
^0.30 plus <u>0.50</u>	Squat on landing dismount , then Falls Max 0.80
<u>0.50</u>	Support on apparatus/mat with 1 or 2 hand(s) upon landing

Uneven Bars: Chief Judge Deductions

The following penalties must be indicated to the coach by verbal or visual means

<u>0.20</u>	Coach/teammate giving assistance with verbal cues (<i>Applied after one warning has been given.</i>) If gymnast is competing on the apparatus and the coach instructs her by giving specific information on what to do during the routine (for example - what comes next in the routine or to repeat a missed requirement), the deduction of 0.20 is taken from the average without warning. This is taken only once, regardless of the number of cues given.
No Deduct	Coach between UB throughout exercise
<u>0.20</u>	Coach sprays water or adds chalk to UB once exercise has begun
<u>0.20</u>	Excessive use of magnasia (chalk) or Incorrect use of Tape (<i>Small chalk markings may</i>
<u>0.20</u>	Failure to begin exercise within 30 sec. after being signaled by Chief Judge
<u>0.20</u>	Failure to observe specified warm-up time - taken AFTER warning <i>(applies only to practice of an element(s))</i>
ea <u>0.10</u>	Failure to present before & after exercise (<i>required to present to Chief Judge BEFORE the exercise; required to present at end of exercise but is NOT required to specifically face a judge when presenting</i>)
<u>0.30</u>	Failure to remove springboard or mounting mat/block after mount
<u>0.50</u>	Gymnast begins exercise without signal from Chief Judge (<i>must stop & repeat</i>)
Ends	Gymnast exceeds allotted Fall Time: 45 seconds
<u>0.20</u>	Incorrect attire (<i>CJ notifies Meet Referee - taken AFTER warning - taken only once</i>)
<u>0.30</u>	Springboard or mounting mat/block on unauthorized surface
<u>0.50</u>	Starting exercise before signal is given - <i>taken from repeated performance</i>
<u>0.20</u>	Technical verbal cues by Coach or Teammate(s) to own gymnast - taken AFTER warning - Taken only once regardless of number of cues given - (Warning not needed if gymnast is told what to do during the routine)
<u>0.20</u>	Unsportsmanlike conduct of gymnast - taken AFTER warning
<u>0.30</u>	Use of unauthorized, insufficient, or additional mats, unauthorized springboard or mounting mat/block on unauthorized surface
<u>0.30</u>	Using incorrect apparatus specs, including incorrect springboard configurations

Miscellaneous Judging Information

Allowable range of Scores:

0.20 for scores between 9.50 - 10.00

0.50 for scores between 9.00 - 9.475

0.70 for scores between 8.00 - 8.975

1.00 for all other cases

Award a score of 1.00 if a routine results in a score of 1.00 or less

Level 4 Bars Specific Element Deductions

Straddle or Pike Glide Kip Mount (0.60)

0.10	Failure to close legs at end of straddle glide swing
^0.10	Failure to lead w/ the feet in the forward glide swing (<i>performs a long hang swing</i>)
0.10	Failure to take off from both feet simultaneously
^0.20	Insufficient extension at end of glide swing
0.30	Performs run-out glide

Cast to Horizontal & Return to Front Support(0.40)

^0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part- abdomen, hips, knees or feet) <i>* 0.05 - 0.15 - 1° to 44° below Horizontal</i> <i>* 0.20 At 45° below Horizontal</i> <i>* 0.25 - 0.30 - 46° or more below Horizontal</i>
^0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)
^0.10	Lack or control in returning to the bar

Cast, Squat-On or Pike-On, or Cast, 360° Backward Sole Circle (0.20)

0.10	Alternate foot placement
^0.10	Insufficient backward swing of legs into cast (<i>hip lift only</i>)

Long Hang Kip (0.60)

^0.20	Failure to swing to near horizontal
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Cast to Horizontal (0.40)

^0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part- abdomen, hips, knees or feet) <i>* 0.05 - 0.15 - 1° to 44° below Horizontal</i> <i>* 0.20 At 45° below Horizontal</i> <i>* 0.25 - 0.30 - 46° or more below Horizontal</i>
^0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)

Back Hip Circle (0.40)

^0.10	Lack of continuity of circle
^0.20	Failure to maintain hip or upper thigh contact on bar throughout
^0.20	Failure to maintain neutral head position
^0.20	Failure to maintain straight-hollow body throughout

Underswing (0.60) (*value combined with First Counterswing*)

^0.10	Failure to maintain neutral head position
^0.20	Failure to maintain straight-hollow body position throughout
0.20	Hips contacting bar (<i>no deduction for thighs touching bar</i>)

Counterswing (minimum of 30° below horizontal) (0.60) (value combined with Underswing)	
<u>0.30</u>	Body arching or hips opening to an extended position with the feet over low bar during counterswing
[^] 0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (<i>excessive piking</i>)
[^] 0.20	Hips not at a minimum of 15° below the level of the high bar (<i>horizontal</i>)
Tap Swing Forward (0.60) (value combined with Second Counterswing)	
[^] 0.20	Failure to attain straight-hollow body position on upswing
<u>0.10</u>	Failure to show slight arched position during the downward swing
[^] 0.20	Insufficient amplitude (<i>feet not at high bar height</i>)
Second Counterswing (minimum of 30° below horizontal) (0.60) (value combined with Tap Swing Forward)	
<u>0.30</u>	Body arching or hips opening to an extended position with the feet over low bar during counterswing
[^] 0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (<i>excessive piking</i>)
[^] 0.20	Hips not at a minimum of 15° below the level of the high bar (<i>horizontal</i>)
Tap Swing Forward with 1/2 (180°) Turn Dismount (0.60)	
[^] 0.20	Beginning turn prior to 45° below height of high bar
[^] 0.20	Failure to attain straight-hollow body position on upswing
[^] 0.20	Failure turn complete 1/2 (180°) turn prior to re-contact
<u>0.30</u>	Failure re-contact the bar with the free hand as the 1/2 (180°) turn is completed
<u>0.10</u>	Failure to show slight arched position during the downward swing

Level 5 Bars Specific Element Deductions

Straddle or Pike Glide Kip Mount (0.60)

0.10	Failure to close legs at end of straddle glide swing
^0.10	Failure to lead w/ the feet in the forward glide swing (<i>performs a long hang swing</i>)
0.10	Failure to take off from both feet simultaneously
^0.20	Insufficient extension at end of glide swing
0.30	Performs run-out glide

Cast Above Horizontal (0.40)

^0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part- abdomen, hips, knees or feet) <i>*No Ded - Above Horizontal</i> <i>*0.05 - At Horizontal</i> <i>*0.20 - 1° to 44° below Horizontal</i> <i>*0.25 - 0.30 - 46° or more below Horizontal</i>
^0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)

Clear Hip Circle to Above Horizontal (0.60)

ea ^0.20	Excessive arch or pike on downswing or upswing
0.60	Hips touching bar as upswing finishes (performs back hip circle). No deduction for thighs brushing bar on upswing.
^0.30	Insufficient height and extension of upswing (use amplitude of casts deductions)
ea ^0.10	Lack of control into glide

(OR) Backward Sole Circle to Clear Support (0.60)

ea ^0.20	Excessive arch or pike on downswing or upswing
^0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part- abdomen, hips, knees or feet) <i>*No Ded - Above Horizontal</i> <i>*0.05 - At Horizontal</i> <i>*0.20 - 1° to 44° below Horizontal</i> <i>*0.25 - 0.30 - 46° or more below Horizontal</i>
^0.30	Legs bending during circle
^0.10	Lack of control into glide
0.60	Support of weight on feet as upswing finishes (gymnast jumps from bar to glide or never achieves clear support)

(OR) Backward Stalder to Clear Support (0.60)	
<u>0.60</u>	Arriving in support with legs in a straddle "L" position
ea ^0.20	Excessive arch or pike on downswing or upswing
^0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part- abdomen, hips, knees or feet)
	<i>*No Ded - Above Horizontal</i> <i>*0.05 - At Horizontal</i> <i>*0.20 - 1° to 44° below Horizontal</i> <i>*0.25 - 0.30 - 46° or more below Horizontal</i>
^0.10	Lack of control into glide
Straddle or Pike Glide Kip (0.60)	
<u>0.10</u>	Failure to close legs at end of straddle glide swing
^0.10	Failure to lead w/ the feet in the forward glide swing (<i>performs a long hang swing</i>)
^0.20	Insufficient extension at end of glide swing
Cast, Squat-On or Pike-On, or Cast, 360° Backward Sole Circle (0.20)	
<u>0.10</u>	Alternate foot placement
^0.10	Insufficient backward swing of legs into cast (<i>hip lift only</i>)
Long Hang Kip (0.60)	
^0.20	Failure to swing to near horizontal
Cast Above Horizontal (0.40)	
^0.30	Insufficient amplitude of cast (<i>line from shoulders to mid-point of lowest body part- abdomen, hips, knees or feet</i>)
	<i>*No Ded - Above Horizontal</i> <i>*0.05 - At Horizontal</i> <i>*0.20 - 1° to 44° below Horizontal</i> <i>*0.25 - 0.30 - 46° or more below Horizontal</i>
^0.20	Incorrect body alignment (<i>failure to show straight line from shoulders to feet with chest hollow</i>)
Long Hang Pullover (0.60)	
^0.20	Excessive piking of body
<u>0.30</u>	Failure to maintain overgrip (<i>hands completely release bar</i>)
<u>0.10</u>	Failure to show slight arched position during the downward swing
No Deduction	Performing a back hip circle at the completion of the long hang pullover
1.00	Performing a backward giant circle prior to pulling hips toward bar
Underswing (0.60) (value combined with First Counterswing)	
<u>0.20</u>	Failure to contact the bar with the mid to lower thighs between the completion of the long hang pullover and the initiation of the underswing
^0.10	Failure to maintain neutral head position
^0.20	Failure to maintain straight-hollow body position throughout
<u>0.20</u>	Hips contacting bar (<i>no deduction for thighs touching bar</i>)

Counterswing (minimum of 15° below horizontal) (0.60) (value combined with Underswing)	
0.30	Body arching or hips opening to an extended position with the feet over low bar during counterswing
^0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (<i>excessive piking</i>)
^0.20	Hips not at a minimum of 15° below the level of the high bar (<i>horizontal</i>)
Tap Swing Forward (0.60) (value combined with Second Counterswing)	
^0.20	Failure to attain straight-hollow body position on upswing
0.10	Failure to show slight arched position during the downward swing
^0.20	Insufficient amplitude (<i>feet not at high bar height</i>)
Second Counterswing (minimum of 15° below horizontal) (0.60) (value combined with Tap Swing Forward)	
0.30	Body arching or hips opening to an extended position with the feet over low bar during counterswing
^0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (<i>excessive piking</i>)
^0.20	Hips not at a minimum of 15° below the level of the high bar (<i>horizontal</i>)
10.0 SV Tap Swing Forward to Flyaway Dismount (0.60)	
^0.20	Failure to attain straight-hollow body position on upswing
0.10	Failure to show slight arched position during the downward swing
^0.30	Insufficient height of salto <ul style="list-style-type: none"> *No Ded - At high bar level or above *0.05 - 0.15 - 1° to 44° below level of high bar *0.20 - At 45° below level of high bar *0.25 - 0.30 - Greater than 45° below level of high bar
0.10	Landing too close to the bar
Tucked Flyaway	
ea ^0.20	Insufficient bend or hips and legs (<i>minimum 135° - ideally 90°</i>)
^0.20	Insufficient extension (<i>open</i>) prior to landing
Piked Flyaway	
^0.20	Insufficient extension (<i>open</i>) prior to landing
ea ^0.20	Insufficient pike of hips (<i>minimum 135° - ideally 90°</i>)
Stretched Flyaway	
^0.20	Failure to maintain stretched (<i>straight-hollow</i>) body position throughout (<i>pikes down</i>)
^0.20	Insufficient exactness of stretched (<i>straight-hollow</i>) body position (<i>Ideally 180°</i>) *Arch *Hip Angle (<i>136° - 179°</i>)
	*Flyaway (<i>tuck, pike, stretched</i>) dismount: If the coach spots/assists during the element, DO NOT apply the deduction of up to the value of the element. Only deduct 0.50 for the spot in addition to any applicable execution errors)

Or 9.5 SV Level 4 Dismount Tap Swing Forward with 1/2 (180°) Turn Dismount (0.60)	
<u>^0.20</u>	Beginning turn prior to 45° below height of high bar
<u>^0.20</u>	Failure to attain straight-hollow body position on upswing
<u>^0.20</u>	Failure turn complete 1/2 (180°) turn prior to re-contact
<u>0.30</u>	Failure re-contact the bar with the free hand as the 1/2 (180°) turn is completed
<u>0.10</u>	Failure to show slight arched position during the downward swing

Balance Beam: Specific Execution Deductions 2021 - 2029
Taken for each occurrence during the routine

ea 0.30	Adding an extra element
0.50	Additional deduction for Fall after assistance by coach
^0.30	Additional movement to maintain balance/control on beam
^0.30	Balance errors - small, medium, large
^0.30	Bent arms in support - <i>on any one element (90° or more = Max 0.30)</i>
^0.30	Bent leg(s) - <i>on any one element (90° or more = Max 0.30)</i>
0.05	Broken connection of Dance major elements on beam (<i>If fall occurs between</i>
VP	Changing a major element
0.30	Changing, reversing or omitting a series of connections
0.10	Changing, reversing or omitting a small part
0.50	Coach catches a falling gymnast , only deduct for a Fall
^VP + 0.50	Coach spots / assists (touches) during element
0.50	Coach spots / assists (touches) on landing only
ea 0.20	Concentration Pause(s) MORE than 2 seconds
ea 0.10	Concentration Pause(s) of 2 seconds
^0.20	Error in line of direction of acrobatic, dance or dance/acro series
^0.10	Error in line of direction or spacing of a single element
0.30	Extra kick up to handstand
^0.10	Failure to contract or arch when indicated
ea 0.05	Failure to keep ears covered by arms when moving IN & OUT of slow acro elements (<i>cartwheels, Handstands, etc</i>)
^0.10	Failure to kick/swing leg to horizontal or above when required
0.10	Failure to land on both feet simultaneously (<i>applied to jumps landing on 2 feet</i>)
^0.10	Failure to land with feet closed (<i>applied to jumps landing on 2 feet</i>)
ea 0.05	Failure to mark the passé position in relevé at the completion of turns
ea ^0.10	Failure to perform 180° and 360° turns on one foot in high relevé
0.50	Fall on or off the apparatus
ea 0.05	Flexed/sickled feet during major elements
0.30	Grasp of beam to avoid a fall
^VP	Incomplete major element
^VP	Incomplete turns
^0.20	Incorrect body alignment, position or posture on major elements
^0.10	Incorrect leg alignment in arabesque position when indicated
^0.20	Insufficient Dynamics (<i>energy maintained throughout, makes difficult look effortless</i>)
^0.20	Insufficient height (hip rise) on leaps and jumps
^0.30	Insufficient height (hip rise) on salto elements
^0.20	Insufficient height of aerials & backward flight elements w/ hand support
^0.20	Insufficient quickness off hands in flight element with hand support
^0.20	Insufficient split when required (<i>Dance/non-flight acro elements</i>)
No Ded	Lack of continuity/tempo between major elements in a direct connection of DANCE elements on beam
^0.20	Leg or knee separations

Balance Beam: Specific Execution Deductions *(continued)*

^VP	Major element performed with additional turn
None	Repetition of a missed element <i>(start judging again at the point of interuption)</i>
1/2 VP	Reversing a major element <i>(if not allowed)</i>
<u>0.30</u>	Reversing the order of the two elements in any of the directly connected
ea <u>0.10 - 0.15</u>	Small or Medium Steps after landing <i>(Maximum 0.40)</i>
ea <u>0.20</u>	Support of one leg against side surfacr of beam to maintain balance
^0.10	Uneven leg separation in leaps/jumps
0.30	Use of Supplemental Support <i>(ex. foot/feet remain on mat/board as mount is completed; foot/feet contact mat in cross straddle sit during exercise; foot/feet/leg usig the base/uprights of beam for support on beam mount)</i>

Balance Beam: Landing of Elements & Dismounts

^0.20	Additional trunk movements to maintainbalance/control upon landing dismount <i>(applies to 'stuck' landings w/ trunk movements to avoid steps)</i>
^0.20	Arm swing(s) on landings to maintain balance
^0.30	Brushes/touches apparatus/mat with one or two hands (no support)
^0.10	Deviation from straight direction on landing
^VP + <u>0.50</u>	Failure to land on the feet first for dismounts <i>(= Fail to complete a major elem)</i>
<u>0.50</u>	Fall against apparatus or Fall on mat to knee(s) or hips
^0.20	Incorrect body posture on landing dismount
	<u>Landing Clarification:</u> NO deduction for landing with feet a max of hip-width apart, provided they join (slide) the heels together on the controlled extension. If entire foot/feet are sliding or lifting off the floor to join, it is considered a Small step ^0.10
<u>0.05</u>	Lands dismount with feet hip-width apart or closer but never joins feet/heels
^0.10	Lands dismount with slight hop or small adjustment of feet with feet staggered <i>(one in front of the other)</i>
<u>0.10</u>	Lands with feet further than hip-width apart
ea <u>0.20</u>	Large step/jump on landing <i>(approximately 3 feet or more)</i> (per Step Max 0.40)
ea <u>0.10 - 0.15</u>	Small or Medium Steps on landing <i>(per Step Max 0.40)</i>
^0.30	Squat on landing (hips lower than knees)
^0.30 plus <u>0.50</u>	Squat on landing dismount , then Falls Max <u>0.80</u>
<u>0.50</u>	Support on apparatus/mat with 1 or 2 hand(s) upon landing

Balance Beam: General Deductions

*Taken on non-major elements throughout/during the routine.
Each deduction is the maximum deduction for the errors, NOT per occurrence.*

^0.20	Failure to perform steps (<i>when indicated</i>) , and pivot turns (<i>not major elements</i>) in high relevé position
^0.30	Incorrect body alignment, position or posture during connections
^0.30	Incorrect foot form (<i>flexed, sickled, failure to show lock position when designated, failure to step toe-ball-heel or to show turn-out in foot positions</i>)
^0.40	Incorrect position of head, arms, legs, or feet (<i>text errors</i>)
^0.10	Insufficient amplitude on non-value part choreography/dance steps
^0.20	Inufficient sureness of performance
^0.30	Movement lacking artistry of presentation
	<p style="margin-left: 20px;">^0.15 <i>Quality of gymnast's movement to reflect the style of the choreography</i></p> <p style="margin-left: 20px;">^0.15 <i>Quality of expression (i.e. projection, focus)</i></p>

Balance Beam: Chief Judge Deductions

The following penalties must be indicated to the coach by verbal or visual means

<u>0.10</u>	Coach standing next to beam throughout exercise
<u>0.20</u>	Excessive use of magnesia (chalk) or Incorrect use of Tape (<i>Small chalk markings may be placed on Beam (Tape is NOT allowed)</i>)
<u>0.20</u>	Failure to begin exercise within 30 sec. after being signaled by Chief Judge
<u>0.20</u>	Failure to observe specified warm-up time - taken AFTER warning (<i>applies only to practice of an element(s)</i>)
ea <u>0.10</u>	Failure to present before & after exercise (<i>required to present to Chief Judge BEFORE the exercise; required to present at end of exercise but is NOT required to specifically face a judge when presenting</i>)
<u>0.30</u>	Failure to remove springboard or mounting mat/block after mount
Ends	Gymnast exceeds allotted Fall Time: 45 seconds
<u>0.20</u>	Incorrect attire (<i>CJ notifies Meet Referee - taken AFTER warning - taken only once</i>)
<u>0.10</u>	Overtime on Beam (<i>judging continues after time is called</i>)
<u>0.50</u>	Starting exercise before signal is given - <i>taken from repeated performance</i>
<u>0.20</u>	Technical verbal cues by Coach or Teammate(s) to own gymnast - taken AFTER warning - Taken only once regardless of number of cues given - (Warning not needed if gymnast is told what to do during the routine)
<u>0.20</u>	Unsportsmanlike conduct of gymnast - taken AFTER warning
<u>0.30</u>	Use of unauthorized, insufficient, or additional mats, unauthorized springboard or mounting mat/block on unauthorized surface
<u>0.30</u>	Using incorrect apparatus specs, including incorrect springboard configurations

Miscellaneous Judging Information

Allowable range of Scores:

0.20 for scores between 9.50 - 10.00

0.50 for scores between 9.00 - 9.475

0.70 for scores between 8.00 - 8.975

1.00 for all other cases

Award a score of 1.00 if a routine results in a score of 1.00 or less

Termination of an exercise due to injury: *If gymnast performs 1/2 or less of the exercise and does not continue, give credit for elems performed. Do not score from*

Level 4 Beam Specific Deductions Time: 1:05 Warning 55 seconds

Front Support Fish Pose Mount (0.20)	
^0.10	Failure to extend body in front support
^0.10	Lack of continuity from mount to stand
0.30	Performing a knee scale
*Cartwheel (0.60)	
^0.30	Failure to pass through vertical
0.10	Incorrect (<i>simultaneous</i>) hand placement
*1/2 (180°) Turn in Forward Passe	
0.10	Leg in incorrect position (<i>not in forward passe'</i>)
0.30	Use of heel-snap turn technique
Stretch Jump (0.20)	
0.10	Failure to land on both feet simultaneously
^0.10	Failure to land with feet closed
No Deduction	Insufficient continuity between Stretch Jump and Split Jump
0.05	Connection broken between Stretch Jump and Split Jump
Split Jump (120°) (0.40)	
^0.10	Failure land with feet closed
0.10	Failure to land on both feet simultaneously
^0.20	Uneven leg separation
*Cross Handstand (0.60)	
^0.30	Failure to attain vertical
0.10	Failure to close (<i>join</i>) legs (<i>side by side</i>)
^0.10	Failure to hold one second
0.10	Incorrect (<i>staggered</i>) handplacement
Scale (Horizontal) (0.40)	
^0.20	Failure to hold one second
^0.20	Failure to lift free leg to a minimum of horizontal in scale
Straight Leg Leap (120°) (0.60)	
^0.10	Bending lead (<i>front</i>) leg on take-off
0.05	Failure to pause in low araesque position on landing
^0.20	Uneven leg separation
*Cartwheel to side Handstand, *1/4 (90°) turn Dismount (0.60)	
0.10	Incorrect (<i>simultaneous</i>) hand placement
^0.30	Failure to attain vertical
^0.10	Failure to hold one second
0.20	Failure to perform the 1/4 (90°) turn
^0.10	Failure to maintain hand contact until the body passes by the horizontal plane of the beam

^0.60	<u>Failure to complete dismount:</u>
	<i>These deductions do <u>not</u> include possible body position faults. When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases <u>not</u> performed.</i>
Example:	Attempts dismount, does <u>not</u> attain vertical, falls and does <u>not</u> repeat:
	^0.30 Failure to attain vertical +0.10 Failure to hold one second +0.20 Failure to perform the 1/4 (90°) turn =0.60 Incomplete element +0.50 Fall =1.10 Total Deduction

Level 5 Beam Specific Deductions Time: 1:10 Warning 1:00 minute

Front Support Fish Pose Mount (0.20)	
^0.10	Failure to extend body in front support
^0.10	Lack of continuity from mount to stand
0.30	Performing a knee scale
*Back Walkover 150° (0.60)	
^0.10	Failure to show continuous leg lift into the walkover (<i>leg lifts then drops, or lifts after arching backward has begun</i>)
0.10	Incorrect (<i>staggered or alternate</i>) hand placement
^0.20	Insufficient split (<i>less than 150°</i>)
OR *Backward Roll to Minimum of 3/4 Handstand (0.60)	
^0.20	Failure to attain minimum of 3/4 handstand
0.60	Performing a backward roll step-out (<i>head stays in contact with beam</i>)
OR *Flic-Flac Step-Out (0.60)	
	See General Faults and Penalties
OR *Flic-Flac to Two (2) Feet (0.60)	
	See General Faults and Penalties
OR *Front Walkover (150°) (0.60)	
0.10	Incorrect (<i>Incorrect staggered or alternate</i>) hand placement
^0.20	Insufficient split (<i>less than 150°</i>)
OR *Round-Off (0.60)	
^0.30	Failure to pass through vertical
0.10	Failure to land on both feet simultaneously
0.30	Failure to show flight from hands to feet (<i>i.e. hands and feet on the beam at the same time</i>)
1/1 (360°) Turn in Forward Passe' (0.40)	
0.10	Leg in incorrect position (<i>not in forward passe'</i>)
0.30	Use of heel-snap turn technique
Split Jump (150°) (0.40)	
0.10	Failure to land on both feet simultaneously
^0.10	Failure to land with feet closed
^0.20	Uneven leg separation
0.05	Connection broken between SPLIT JUMP and SISSONNE
No Deduction	Insufficient continuity between SPLIT JUMP and SISSONNE
Sissonne (0.20)	
0.05	Failure to pause in low arabesque position on landing
^0.10	Insufficient lift of the back leg (<i>less than horizontal</i>)
^0.10	Insufficient lift of the front leg (<i>less than 45°</i>)
Scale (Above Horizontal) (0.40)	
^0.10	Failure to hold one second
^0.20	Failure to lift free leg to above horizontal in scale

Straight Leg Leap (150°) (0.60)	
<u>^0.10</u>	Bending lead (front) leg on take-off
<u>^0.20</u>	Uneven leg separation
<u>0.05</u>	Connection broken between STRAIGHT LEG LEAP and STRETCH JUMP
No Deduction	Insufficient continuity between STRAIGHT LEG LEAP and STRETCH JUMP
Stretch Jump (0.20)	
<u>0.10</u>	Failure to land on both feet simultaneously
<u>^0.10</u>	Failure to land with feet closed
Cartwheel (0.60)	
<u>0.20</u>	Closing the second foot in front of first foot on landing
<u>^0.30</u>	Failure to pass through vertical
<u>0.10</u>	Incorrect (simultaneous) hand placement
<u>0.05</u>	Connection broken between CARTWHEEL and STRETCH JUMP
No Deduction	Insufficient continuity between CARTWHEEL and STRETCH JUMP
Stretch Jump (Punch) (0.20)	
<u>0.10</u>	Failure to land on both feet simultaneously
<u>^0.10</u>	Failure to land with feet closed
Backward Salto Tucked (0.60)	
<u>^0.20</u>	Incorrect posture with control on landing
<u>^0.20</u>	Insufficieet tuck shape of salto
<u>^0.30</u>	Insufficient height and extension of jump with hip lift

Floor Exercise: Specific Execution Deductions 2021 - 2029
Taken for each occurrence during the routine

ea 0.30	Adding an extra element
0.50	Additional deduction for Fall after assistance by coach
^0.30	Balance errors - small, medium, large
^0.30	Bent arms in support - <i>on any one element (90° or more = Max 0.30)</i>
^0.30	Bent leg(s) - <i>on any one element (90° or more = Max 0.30)</i>
^0.30	Brush, touch, hit the mat w/ one or both hands or w/ body after landing element
VP	Changing a major element
0.30	Changing, reversing or omitting a series of connections
0.10	Changing, reversing or omitting a small part
0.50	Coach catches a falling gymnast, only deduct for a Fall
^VP + 0.50	Coach spots / assists (touches) during element
0.50	Coach spots / assists (touches) on landing only
ea 0.10	Concentration Pause(s) 2 seconds or more
^0.20	Error in line of direction of acrobatic, dance or dance/acro series
^0.10	Error in line of direction or spacing of a single element
^0.30	Error in line of direction or spacing of whole section of floor pattern
0.30	Extra kick up to handstand
^0.10	Failure to contract or arch when indicated
0.10	Failure to finish with the music
ea 0.05	Failure to keep ears covered by arms when moving IN & OUT of slow acro elements <i>(cartwheels, Handstands, etc)</i>
^0.10	Failure to kick/swing leg to horizontal or above when required
0.10	Failure to land on both feet simultaneously <i>(applied to jumps landing on 2 feet)</i>
^0.10	Failure to land with feet closed <i>(applied to jumps landing on 2 feet)</i>
ea 0.05	Failure to mark the passé position in relevé at the completion of turns
ea ^0.10	Failure to perform 180° and 360° turns on one foot in high relevé
0.50	Fall on mat
ea time 0.05	Flexed/sickled feet during major elements
^VP	Incomplete major element
^VP	Incomplete turns
^0.20	Incorrect body alignment, position or posture on major elements
^0.10	Incorrect leg alignment in arabesque position when indicated
^0.20	Insufficient Dynamics <i>(energy maintained throughout, makes difficult look effortless)</i>
^0.20	Insufficient height <i>(hip rise)</i> on leaps and jumps
^0.30	Insufficient height <i>(hip rise)</i> on salto elements
^0.20	Insufficient height of aerials & backward flight elements w/ hand support
^0.20	Insufficient quickness off hands in flight element with hand support
^0.20	Insufficient split when required <i>(Dance/non-flight acro elements)</i>
^0.20	Leg or knee separations

Floor Exercise: Specific Execution Deductions 2021 - 2029. (continued)
Taken for each occurrence during the routine

^VP	Major element performed with additional turn
No Penalty	Repetition of a missed element (<i>start judging again at the point of interruption</i>)
1/2 VP	Reversing a major element (<i>if not allowed</i>)
0.30	Reversing the order of the two elements in any of the directly connected dance series in Beam or Floor
^0.10	Slight hop or small adjustment of feet
0.30	Stop between major elements in acro (<i>tumbling</i>) pass on FX
Double VP	Substituting or Omitting a major element
Max 0.05	Taking additional running steps into Fwd tumbling pass (NOT for Frt Salto Tucked)
^0.10	Uneven leg separation in leaps/jumps

Floor Exercise: Landing of Elements

^0.10	Entire foot/feet sliding/lifting off the floor to join heels = Small Step
^0.20	Arm swing(s) on landings to maintain balance
^0.30	Brushes/touches mat with one or two hands (no support)
^0.10	Deviation from straight direction on landing
^VP + 0.50	Failure to land on the feet first for saltos (= <i>Fail to complete a major elem</i>)
0.50	Fall on mat to knee(s) or hips
^0.20	Incorrect body posture on landing elements
0.10	Lands with feet further than hip-width apart
ea 0.20	Large step/jump on landing (<i>approximately 3 feet or more</i>) (per Step Max 0.40)
ea 0.10 - 0.15	Small or Medium Step(s) on landing (<i>per Step Max 0.40</i>)
^0.30	Squat on landing (<i>hips lower than knees</i>)
^0.30 plus 0.50	Squat on landing acro element , then Falls Max 0.80
0.50	Support on mat with 1 or 2 hand(s) upon landing

Floor Exercise: General Deductions

*Taken on non-major elements throughout/during the routine.
Each deduction is the maximum deduction for the errors, NOT per occurrence.*

^0.20	Failure to perform steps (<i>when indicated</i>) , and pivot turns (<i>not major elements</i>) in high relevé position
^0.30	Incorrect body alignment, position or posture during connections (General)
^0.30	Incorrect foot form (<i>flexed, sickled, failure to show lock position when designated, failure to step toe-ball-heel or to show turn-out in foot positions</i>)
^0.40	Incorrect position of head, arms, legs, or feet (<i>text errors</i>)
^0.10	Insufficient amplitude on non-value part choreography/dance steps
^0.30	Movement lacking artistry of presentation
	^0.15 Quality of gymnast's movement to reflect the style of the choreography
	^0.15 Quality of expression (i.e. projection, focus)

Floor Exercise: Chief Judge Deductions

The following penalties must be indicated to the coach by verbal or visual means

ea time 0.10	Any part of body touching outside the floor exercise border marking
No Deduct	Coach on Floor Mat
0.20	Coach/teammate giving assistance with verbal cues (<i>Applied after one warning has been given.</i>) <i>If gymnast is competing on the apparatus and the coach instructs her by giving specific information on what to do during the routine (for example - what comes next in the routine or to repeat a missed requirement), the deduction of 0.20 is taken from the average without warning. This is taken only once, regardless of the number of cues given.</i>
0.20	Excessive use of magnasia (chalk) or Incorrect use of Tape (<i>only small chalk marks allowed; single-line arc drawn in corner is acceptable; No Velcro or Tape markings allowed within FX area</i>)
0.20	Failure to begin exercise within 30 sec. after being signaled by Chief Judge
ea time 0.10	Failure to mark FX boundary line on additional mats - <i>applies to any mat which covers the FX boundary line</i>
0.20	Failure to observe specified warm-up time - taken AFTER warning (<i>applies only to practice of an element(s)</i>)
ea 0.10	Failure to present before & after exercise (<i>required to present to Chief Judge BEFORE the exercise; required to present at end of exercise but is NOT required to specifically face a judge when presenting</i>)
1.00	Floor exercise routine performed without music or music with voice
0.50	Gymnast leaving the Floor Exercise mat during routine. <i>*This would not be in addition to a fall out of bounds or a fall immediately preceding the gymnast leaving the floor for medical evaluation.</i>
Ends	Gymnast exceeds allotted Fall Time: 45 seconds
0.20	Incorrect attire (<i>CJ notifies Meet Referee - taken AFTER warning - taken only once</i>)
0.50	Starting exercise before signal is given - <i>taken from repeated performance</i>
0.20	Technical verbal cues by Coach or Teammate(s) to own gymnast - taken AFTER warning - <i>Taken only once regardless of number of cues given - (Warning not needed if gymnast is told what to do during the routine)</i>
0.20	Unsportsmanlike conduct of gymnast - taken AFTER warning
0.30	Use of unauthorized mats

Miscellaneous Judging Information

Allowable range of Scores:

0.20 for scores between 9.50 - 10.00

0.50 for scores between 9.00 - 9.475

0.70 for scores between 8.00 - 8.975

1.00 for all other cases

Award a score of 1.00 if a routine results in a score of 1.00 or less

Termination of an exercise due to injury: *If gymnast performs 1/2 or less of the exercise and does not continue, give credit for elems performed. Do not score from 10.00*

Level 4 Floor Exercise Specific Deductions

*Back Walkover (150°) (0.40)

^0.10	Failure to show continuous leg lift into walkover (<i>leg lifts then drops, stops, or lifts after the arching backward has begun</i>)
<u>0.10</u>	Incorrect (staggered or alternate) hand placement
^0.20	Insufficient split (less than 150°)

*Front Handspring Step-Out (0.60)

^0.10	Alternate/staggered hand placement
0.20	Failure to step-out
^0.20	Flight prior to hand contact (dive)
<u>0.10</u>	Joining legs prior to step-out
No Deduction	Performing a "fast front walkover"

*Cartwheel (0.40)

^0.10	Failure to keep head in alignment
^0.30	Failure to pass through vertical
<u>0.10</u>	Incorrect (simultaneous) hand placement

Straight Arm Backward to Handstand (0.40)

^0.30	Failure to pass through vertical
<u>0.10</u>	Hands placed further than shoulder-width apart
<u>0.30</u>	Hands placed on floor during "sit" phase prior to rolling backward
<u>0.10</u>	Interlocking fingers
<u>0.40</u>	Performs a backward roll step-out (<i>change of element</i>)

*Stretch Jump 1/2 (180°) Turn (0.40)

^0.10	Failure to keep legs joined in air throughout the stretch jump 1/2 (180°) turn
<u>0.10</u>	Failure to land on both feet simultaneously
^0.10	Failure to land with feet closed

Straight Leg Leap (120°) (0.60)

^0.10	Bending the lead (front) leg on take-off
^0.20	Uneven leg separation

Straddle Jump (120°) (0.40)

<u>0.10</u>	Failure to land on both feet simultaneously
^0.10	Failure to land with feet closed
^0.20	Uneven leg separation

Forward Split (0.20)

^0.20	Failure to achieve 180° split position (<i>legs flat on floor</i>)
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*1/1 (360°) Turn in Forward Passe' (0.40)

<u>0.10</u>	Leg in incorrect position (not in forward passe')
<u>0.30</u>	Use of heel-snap turn technique

*Round-Off (0.40)

<u>0.10</u>	Failure to land on both feet simultaneously
^0.30	Failure to pass through vertical

Flic-Flacs to Two Feet (Each 0.60)	
Ea 0.10	Failure to land on both feet simultaneously
0.05	Failure to pause in a controlled "stick"
0.10	Failure to rebound immediately
Ea ^0.30	Squat into flic-flac
^0.20	Lack of Acceleration in the Series (<i>Not applied if a 0.30 deduction is taken for a stop between elements</i>)

Level 5 Floor Exercise Specific Deductions

Front Salto Tucked (0.60)

^0.60 Failure to perform salto in designated body position (*performs pike or layout*)

Ea ^0.20 Insufficient bend of hips and legs (*Minimum 135° - ideally 90°*)

OR *Free (Aerial) Cartwheel (0.60)

^0.30 Failure to pass through vertical

OR *Free (Aerial) Walkover Forward (0.60)

See General Faults and Penalties

* Front Handspring Step-Out, Front Handspring Step-Out (0.60 Each)

^0.10 Alternate/staggered hand placement

Ea 0.20 Failure to step-out

Ea 0.20 Flight prior to hand contact (dive)

Ea 0.10 Joining legs prior to step-out

^0.20 Lack of acceleration

No Deduction Performing a "fast front walkover"

* Cartwheel (0.60 Each)

^0.10 Failure to keep head in alignment

^0.30 Failure to pass through vertical

0.10 Incorrect (simultaneous) hand placement

Straight Arm Backward Roll to Handstand (0.40)

^0.30 Failure to pass through vertical

0.10 Hands placed further than shoulder-width apart

0.30 Hands placed on floor during "sit" phase prior to rolling backward

0.10 Interlocking fingers

0.40 Performs a backward roll step-out (*change of element*)

*Stretch Jump 1/1 (360°) Turn (0.40)

^0.10 Failure to keep legs joined in air throughout the stretch jump 1/2 (180°) turn

0.10 Failure to land on both feet simultaneously

^0.10 Failure to land with feet closed

Straight Leg Leap (150°) (0.60)

^0.10 Bending the lead (front) leg on take-off

^0.20 Uneven leg separation

OR Switch Leg Leap (150°) (0.60)

^0.10 Bending the lead (front) leg on take-off

^0.10 Failure to swing front leg a minimum of 45° forward before swinging back

^0.20 Uneven leg separation

Straddle Jump (150°) (0.40)

0.10 Failure to land on both feet simultaneously

^0.10 Failure to land with feet closed

^0.20 Uneven leg separation

Forward Split (0.20)

^0.20 Failure to achieve 180° split position (*legs flat on floor*)

***1/1 (360°) Turn in Forward Passe' (0.40)**

0.10 Leg in incorrect position (not in forward passe')

0.30 Use of heel-snap turn technique

***Round-Off (0.40)**

0.10 Failure to land on both feet simultaneously

^0.30 Failure to pass through vertical

Flic-Flac (0.40)

0.10 Failure to land on both feet simultaneously

Ea ^0.30 Squat into flic-flac

Backward Salto Tucked (0.6)

^0.20 Failure to extend/open prior to landing

0.05 Failure to pause in a controlled "stick"

^0.60 Failure to perform salto in designated body position (*performs pike or layout*)

^0.20 Lack of Acceleration in the Series (*Not applied if a **0.30** deduction is taken for a stop between elements*)