

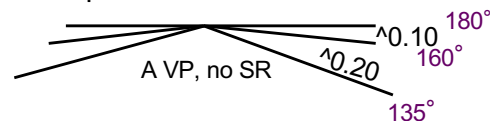
General Optional and Xcel Deductions

J. Lippert 8/25

EXECUTION

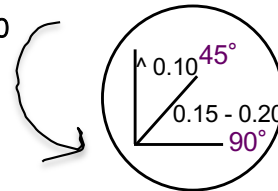
Flexed/sickled feet during value parts	0.05 each
Legs: Crossed: ^ 0.10 Separated: ^ 0.20 Bent: ^ 0.30 each	
Not landing with feet together in jumps/leaps	^ 0.10
Bent arms in support VT ^ 0.50	^ 0.30
Insufficient exactness tuck/pike	^ 0.20
Insufficient exactness in stretched position (arch or pike each)	
VT ^ 0.30 UB, BB, FX ^ 0.20	
Failure to maintain stretched body (pike down early)	
VT ^ 0.30 UB, BB, FX ^ 0.20	
Insufficient extension (open) of body on landing:	
VT saltos, UB/BB dismt, BB/FX acro	^ 0.30
Insufficient height (amplitude):	
UB elements, BB saltos/aerials, FX acro, J/L/H	^ 0.20
UB/BB salto dismounts, FX saltos	^ 0.30
UB/BB dismt of no value; FX- last salto no value (L8-10)	<u>0.30 SV</u>
(no value= restricted, salto not initiated, 3 rd /2 nd time no VP)	
Spotting during landing/inadvertent touch: no VP/SR/Bonus	<u>0.50 spot</u>
Spotting during VP: no VP/SR/Bonus	<u>0.50 spot</u>
Coach catch a falling gymnast: no ded for spot, only fall	<u>0.50</u>
If 2 different restricted elements are performed whether or not it received VP, a <u>0.50</u> deduction for 2 nd restricted element will occur.	

Insufficient split (dance, non-flight walkover-style acro)
up to 0.20



Insufficient turn/twist (360° example)

up to 0.20



Degree of turn within 90° of target angle to get credit, with deduction up to 0.20.

If more than 90° from target angle, give credit for closest VP angle

Placement of front foot upon landing (twist) or heel drop (turn) determines angle of completion

All variation of root Acro skills will receive an "A" VP regardless of entrance, exit, or final position.

CHIEF JUDGE DEDUCTIONS (FROM AVG)

Coaches: remains between UB/next to BB whole routine	DP <u>0.10</u> { Xcel <u>0.00</u>
Failure to mark FX boundary on add'l mats	<u>0.10</u>
Fail to present before/after(not req'd to face judge) each	<u>0.10</u>
Out of Bounds (touch outside FX boundary) each	<u>0.10</u>
Overtime	<u>0.10</u>
Coach sprays water/chalks bar routine started (no warn)	<u>0.20</u>
Exceeds warm-up time (after warning)	<u>0.20</u>
(perform elem on mat after fall, no warning)	
Excessive use of chalk, or incorrect use of tape	<u>0.20</u>
Failure to begin routine within 30 sec CJ signal	<u>0.20</u>
Incorrect attire/jewelry	DP <u>0.20</u>
(after warn- take on next event; one time)	{ Xcel <u>0.10</u>
Judge hears vocal technical cues to gymnast: after warning, take 1time per routine	<u>0.20</u>
(if coach instructs what is next, no warning)	
Unsportsmanlike conduct of gymnast (after warning)	<u>0.20</u>
Warming up on mat after a fall (no warning)	<u>0.20</u>
Wearing padding (hip, heels on UB)	<u>0.20</u>
Coach on FX during routine	DP <u>0.30</u>
(move mats/ remove object ok- incl athlete)	{ Xcel <u>0.00</u>
Failure to remove board after mount	<u>0.30</u>
Failure to remove spotting device ASAP	<u>0.30</u>
Incorrect equipment: unauthorized equip: insuff or add'l mat; use hand placement mat on fwd vaults; incorrect apparatus specs; board spring config; board on unauthorized surface; landing dismt/FX salto onto foam pit	each <u>0.30</u>
Start ex before signal from CJ (from repeat)	DP <u>0.50</u>
	{ Xcel <u>0.00</u>
Absence of music on FX (not tech failure)	<u>0.50</u>
Short exercise – UB <5 VP== FX/BB <30 sec	<u>2.00</u>
Xcel - less than 3 elements	<u>2.00</u>
Level 6 BB under 30 sec but has 10 SV	<u>0.50</u>
*Whenever a <u>1.00</u> or greater flat deduction is applied, score ranges DO NOT apply, and scores will be just averaged.	

Minimum score: JO = 1.00 Xcel = 4.00

LANDING DEDUCTIONS

For VT, dismounts UB/BB, acro on FX
(FX acro allowed to finish in controlled lunge)

Feet landing max hip width and do not close	<u>0.05</u>
Feet landing wider than hip width, not close	<u>0.10</u>
Arm swings to maintain balance	^ 0.10
Brush/touch foot/feet on mat or apparatus	^ 0.10
Deviation from straight direction	^ 0.10
Entire foot slide or lift off floor to join (small step)	^ 0.10
Slight hop/adjustment of feet/staggered	^ 0.10
Add'l trunk movements upon landing (to avoid steps)	^ 0.20
Incorrect body posture on landing elements/dism'ts	^ 0.20
Add'l trunk movements to balance on BB	^ 0.30
Brush/touch of hands on mat (no support)	^ 0.30
Deep squat (hips lower than knees).	^ 0.30
deep squat then falls	^ 0.30 + <u>0.50</u>
Grasp apparatus to avoid fall (UB, BB)	^ 0.30
Steps: (max <u>0.40</u>)	each <u>0.10</u> – <u>0.15</u>
Large step/jump (approx. 3 ft)	each <u>0.20</u>
Fall on mat to knees/hips, hands with support	<u>0.50</u>
Fall on or against apparatus	<u>0.50</u>
Failure to land on bottom of feet first.	no VP, no SR
>>if also no initiation of salto (dismt, last FX salto) =	<u>0.30 SV</u>
Gymnast leaves the floor during the floor routine	<u>0.50</u>

Equipment Failure- Do not deduct 0.50 for fall

If bar cable tension slides while an athlete is competing and coach previously tightened or if beam end caps comes off during the dismount only. Resume routine at point of interruption or beginning of bonus combination.

Floor Matting

Only one 4" or 2x4" stacked mats per pass with no more than 2 total mats on the floor at one time. Mats must be placed prior to the start of the routine. Mats may not be added.

Levels 6 & 7 Vaulting

Except Tsuk entry

Flight Phases:

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

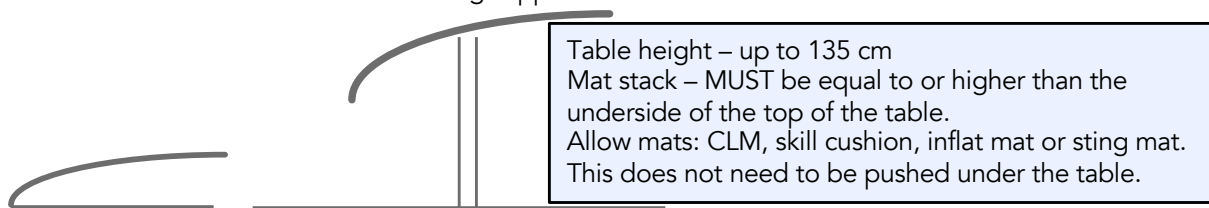
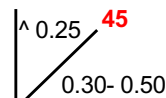
Neutral head	^0.10
Arched	^0.20
Piked	^0.30

Neutral head	^ 0.10
Step/hop hands	ea <u>0.10</u> max <u>0.30</u>
Staggered/alt hand	^ 0.10
Alt repulsion	^ 0.20
Shoulder angle	^ 0.20
Arched (excessive)	^ 0.20
Bent legs	^ 0.30
Failure to pass thru vertical	^ 0.30
Arms bent (except Tsuk lead arm)	^ 0.50
One hand on table	<u>1.00</u>
Head touch (includes arms ded.)	<u>2.00</u>

Ang of repulsion	^ 0.50
Too long support	^ 0.50

Length (center of mass at initial contact on mat stack)	^ 0.20
Maintain body position	^ 0.20
Failure to create rotation (excessive arch/pike)	^ 0.30
Height	^ 0.50

When hands leave the table, angle of hands through hips. If there is a shoulder angle, then shoulder through hips (look for Center of Mass)



Direction ^ 0.30 (at initial contact of mat)
Dynamics ^ 0.30

Table height – up to 135 cm
Mat stack – MUST be equal to or higher than the underside of the top of the table.
Allow mats: CLM, skill cushion, inflat mat or sting mat.
This does not need to be pushed under the table.

Fails to punch board simultaneously with 2 feet	<u>0.20</u>
Coach between board and table (except RO vaults)	<u>0.50</u>
Coach aid landing (no deduction after landing)	<u>0.50</u>
Coach aiding vault	VOID
No contact of hands on table	VOID
Salto performed after landing	VOID
Not performing allowable choice of vault	VOID
Use of alternate springboard	VOID
Failure to use safety zone (RO vaults)	VOID
Failure to use mat stack	VOID
Incorrect tape/excessive chalk on table or runway	<u>0.20</u> (CJ)
Unauthorized matting, unauthorized spring config or incorrect mat stack height	<u>0.30</u> (CJ)
Perform vault w/o judge prior signal- off repeated vault	<u>0.50</u> (CJ)

Landing

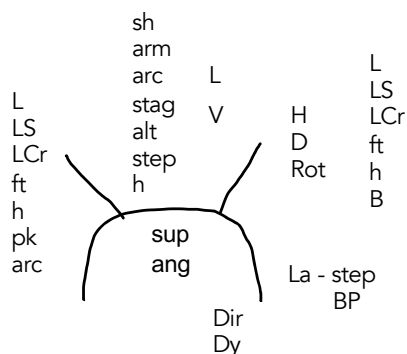
Slight hop/small adj feet towards table	^ 0.10
Steps:	each <u>0.10</u> – <u>0.15</u> max <u>0.40</u>
Large step/jump (approx. 3 ft)	each <u>0.20</u> max <u>0.20</u>
Brush/hit far end of table	^ 0.20
Lands on feet alternately, or only one foot (=LS)	<u>0.20</u>
Body posture on landing (landing on feet)	^ 0.50
Lands on mat and falls/support against table	<u>0.50</u>
Failure to land on top of mat stack	<u>1.00</u>
Failure to land on bottom of feet first:	
Handspring:	VOID
Yurch & Tsuk:	L6 <u>1.00</u>
L7	NO deduction
Land standing/sitting/lying on table	VOID
First point of contact on mat is head or neck	VOID

(Allowed continued steps/rolls direction of momentum of the vault; finish optional)

Balk = run approach that does NOT come to a rest or support on top of the table. 2nd /3rd balk = VOID
-- allowed 3 approaches to perform 1 OR 2 vaults

All levels: 45 sec fall time starts once gymnast on her feet...if exceeds time, no 2nd vault attempt allowed

Quick symbols



Range -- Avg

9.5 - 10.0	0.20
9.0 - 9.475	0.50
8.0 - 8.975	0.70
below 8.0	1.00

Whenever a zero or 1.00 deduction is applied as one of the counting scores, the score range average does NOT apply.

Timed warmup – amount determined by **largest squad** in meet.

Timing not includes run back/drills/run past table on runway.

Start time: a mount onto table for jump off table or with run/touch springboard.

No blocked time.

Next competitor can run/jump on runway - but not touch equipment and NOT in front of judges

Touch warm-up = 3 vaults Allow ONE stand on table to jump off per gymnast before time; ONE run back after team presents to judges.

Levels 8-10 & XG - XA -- Optional Vaulting

Except Grp 3 Tsuk or
Grp 5 full on- salto
off

First Flight:

Arched (excessive)	^ 0.20
Piked	^ 0.30
Incomplete twist (1/1+ or -1/4)	^ 0.30

Both Flight Phases:

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

Staggered/alt hand)	^ 0.10
Alt repulsion	^ 0.20
Step hands	ea <u>0.10</u> , max <u>0.30</u>
Shoulder angle	^ 0.20
Excessive arch	^ 0.20
Bent legs (including early tuck)	^ 0.30
LA turn too early (on table)	^ 0.30
Failure to pass through vertical	^ 0.30
Hop on hands	<u>0.30</u>
Bent Arms (except Tsuk lead arm)	^ 0.50
One hand on table	<u>1.00</u>
Head touch (includes arms)	<u>2.00</u>

Length	^ 0.30
Height	^ 0.50

Body shape –

Insuff Tuck, Pike	^ 0.30
stretch – (arch or pike)	^ 0.30
Pike down of stretched	^ 0.30
Lack of opening	^ 0.25
total absence	<u>0.30</u>
(stretch prior to landing, saltos only)	

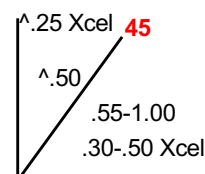
Twists –

Exact twist (crisp)	^ 0.10
Complete twist late (on mat) (Grps 1, 4&5 w/o salto)	^ 0.30
Incomplete turn	^ 0.30
Under rotate all vaults	up to 0.10



Non-salto:

Too long support	^ 0.50
Ang of repulsion	L8-10 ^ 1.00
	Xcel ^ 0.50



Fails to punch board simultaneously with 2 feet	<u>0.20</u>
Coach between board and table (except RO vaults)	DP <u>0.50</u>
XG, XP, XD	NO deduction
Coach aid landing	<u>0.50</u>
>> if also fall, additional	<u>0.50</u>
Coach catching falling gymnast deduct for fall only	<u>0.50</u>
Coach aiding vault	DP: VOID XG, XP, XD = <u>1.00</u>
L8 only: coach spot post flight (salto vaults only)	<u>1.00</u>
No contact of hands on table	VOID
Land standing/sitting/lying on table	VOID
Either vault not on appropriate chart (restricted)	VOID
No safety zone for RO & Hdsprr onto brd vaults	VOID
Use of alternate springboard	VOID XG 9.50 SV
Incorrect tape/excessive chalk on table or runway	CJ <u>0.20</u>
Unauthorized matting, unauthorized spring config	CJ <u>0.30</u>
Perform vault w/o judge prior signal (off repeated vault)	CJ <u>0.50</u>
Xcel:	No deduction

Angle = hands to body part furthest past the vertical when leaving the table

Lv 8-10: May vault at any manufacturer setting: max of 135 cm (+1cm)

Landing:

Feet land max hip width and not close	<u>0.05</u>
Feet land wider than hip width, not close	<u>0.10</u>
Entire foot/feet slide or lift off floor to join	^ 0.10
Arm swings to maintain balance	^ 0.10
Staggered feet, small hop, adjust	^ 0.10
Add'l trunk movements to maintain balance	^ 0.20
Body posture (upon landing)	^ 0.20
Brush/hit body on far end of table	^ 0.20
Steps:	each <u>0.10</u> – <u>0.15</u> max <u>0.40</u>
Large step/jump (approx. 3 ft)	each <u>0.20</u> max <u>0.20</u>
Brush/touch floor (no support)	^ 0.30
Squat (hips lower than knees)	^ 0.30
-> then falls	<u>0.50</u>
Falls against table	<u>0.50</u>
Falls to hand(s)/knee(s)/hips on floor	<u>0.50</u>
Failure to land feet first	VOID

Balk = run approach that does NOT come to a rest or support on top of the table. 2nd /3rd balk = VOID
-- allowed 3 approaches to perform 1 OR 2 vaults

Range -- Avg

9.5 - 10.0	0.20
9.0 - 9.475	0.50
8.0 - 8.975	0.70
below 8.0	1.00

All levels: 45 sec fall time starts once gymnast on her feet (after injury assessment), ends at salute for 2nd vault

Whenever a zero or 1.00 deduction is applied as one of the counting scores, the score range average does NOT apply.

Timed warmup – amount determined by **largest squad** in meet. Timing not includes run back/drills/run past table on runway. Start time: a mount onto table for jump/salto off table or with run/touch springboard.

No blocked time.

Next competitor can run/jump on runway - but not touch equipment and NOT in front of judges

Touch warm-up = #vaults : XG,XP = 2; XD = 3 L8-10=3
Allow ONE stand on table to jump/salto off per gymnast before time starts, ONE run back after present to judges.

Levels 8, 9, 10 VAULT VALUES

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Group 1: Handspring/Yami w w/o twist						
				L8	L9	L10
1.101	Hdsp			9.0	8.5	8.1
1.102	Hdsp	1/2		9.1	8.6	8.2
1.103	Yami			9.0	8.5	8.1
1.104	Yami	1/2		9.1	8.6	8.2
1.105	1/2 - 1/2	or 1/4 - 3/4		9.2	8.6	8.2
1.106	1/4 - 1/2	repul		9.0	7.0	7.0
1.108	1/4 - 1/4	repul		9.0		
1.109	Hdsp-hdsp	hdsp		9.1	8.6	8.2
1.110	Hdsp-hdsp	1/2		9.2	8.7	8.3
1.111	Hsp-1/2	repul		9.1	7.1	7.1
1.201	Hdsp	1		9.5	9.0	8.8
1.202	Hdsp	1 1/2		9.7	9.4	9.2
1.203	Yami	1		9.5	9.0	8.8
1.205	1/2 - 1 1/2	or 1/4 - 1 3/4	face away	9.6	9.3	9.1
1.206	1/2	1		9.4	8.9	8.7
1.207	1	hdsp/yami		9.5	9.0	8.9
1.208	1	1/2		9.7	9.3	9.1
1.209	Hsp-hdsp	1		9.6	9.1	8.9
1.211	Hsp-1/2	1/2		9.3	8.7	8.3
1.301	Hdsp	2		10.0	10.0	9.8
1.306	1/2 + 2	or 1/4 + 2 1/4		10.0	9.8	9.6
1.307	1	1			9.8	9.7
1.308	1	1 1/2	face table			9.8
1.311	Hsp-1/2	1		9.5	9.0	8.8
1.402	Hdsp	2 1/2				10+
1.504	Yami	2 1/2				10+

Group 2: Hdsp w w/o full twist, saltos fwd/bkwd						
				L8	L9	L10
2.301	Hdsp	front tuck			10.0	9.8
2.302	Hdsp	fr tuck 1/2			10.0	10.0
2.303	Hdsp	1/2 bk tuck				9.9
2.304	Hdsp	fr pike			10.0	9.9
2.310	Hsp-hdsp	fr tuck			10.0	9.9
2.311	Hsp-hdsp	fr pike			10.0	10.0
2.402	Hdsp	fr tuck 1/1				10+
2.403	Hdsp	1/2 bk tuck 1/2				10+
2.404	Hdsp	fr pike 1/2				10+
2.405	Hdsp	1/2 bk pike				10+
2.406	Hdsp	fr layout				10+
2.407	Hdsp	fr layout 1/2				10+
2.407	Hdsp	1/2 bk layout				10+
2.408	Hdsp	fr pike 1/1				10+
2.409	1	fr tuck				10+
2.410	Hsp-hdsp	fr tuck 1/2				10+
2.411	Hsp-hdsp	fr pike 1/2				10+
2.501	Hdsp	double front				10+
2.502	Hdsp	fr tuck 1 1/2				10+
2.507	Hdsp	fr layout 1/1				10+
2.508	Hdsp	fr layout 1 1/2				10+
2.509	1	fr pike				10+
2.607	Hdsp	fr layout 2/1				10+
2.609	1	fr layout				10+

Group 3: Tsukahara (1/4 to 1/2 on), saltos						
				L8	L9	L10
3.201	Tsuk	bk tuck		10.0	9.6	9.4
3.301	Hsp-Tsuk	bk tuck			9.7	9.5
3.302	Tsuk	bk tuck 1/1			10.0	9.8
3.303	Tsuk	bk pike		10.0	9.7	9.5
3.304	Tsuk	bk layout			10.0	9.7
3.305	Hsp-Tsuk	bk pike			9.8	9.6
3.306	Tsuk	1/2 or 3/4 fr tuck			10.0	9.7
3.306	Tsuk	bk tuck 1/2			10.0	9.7
3.307	Tsuk	1/2 or 3/4 fr pike				9.8
3.307	Tsuk	bk pike 1/2				9.8
3.308	Tsuk	1/2 or 3/4 fr tuck 1/2	face table		10.0	9.8
3.402	Tsuk	bk tuck 1 1/2				10+
3.403	Tsuk	bk pike 1/1				9.9
3.404	Tsuk	bk layout 1/1				10+

Group 3: Tsukahara (1/4 to 1/2 on), saltos (cont)						
				L8	L9	L10
3.405	Hsp-Tsuk	bk tuck full				9.9
3.407	Tsuk	1/2 or 3/4 fr layout	face away			10.0
3.407	Tsuk	bk layout 1/2				10.0
3.504	Tsuk	bk layout 1 1/2				10+
3.505	Tsuk	bk layout 2				10+
3.507	Tsuk	1/2 or 3/4 fr layout 1/2	face table			10+
3.508	1/4-1/4	fr tuck 1 1/2				10+
3.509	Tsuk	1/2 or 3/4 fr tuck full	face away			10+
3.605	Tsuk	bk layout 2 1/2				10+

Group 4: Round Off (Yurchenko) entry						
				L8	L9	L10
4.101	RO	repul		9.0	7.0	7.0
4.102	RO	1/2 tw		9.1	7.7	7.7
4.201	RO	1/1 tw		9.4	9.1	8.9
4.202	RO	1 1/2 tw		9.6	9.3	9.1
4.203	RO	bk tuck		10.0	9.6	9.4
4.301	RO	2/1 twist			9.8	9.7
4.303	RO	bk tuck 1/1	face table		10.0	9.8
4.304	RO	bk pike		10.0	9.7	9.5
4.305	RO	bk layout			10.0	9.7
4.306	RO	bk layout 1/1				10.0
4.307	RO	1/2 fr tuck	face away		10.0	9.8
4.307	RO	bk tuck 1/2			10.0	9.8
4.308	RO	1/2 fr pike				9.9
4.308	RO	bk pike 1/2				9.9
4.309	RO	1/2 fr layout				10.0
4.309	RO	bk layout 1/2				10.0
4.403	RO	bk tuck 1 1/2	face away			10.0
4.406	RO	bk layout 1 1/2				10+
4.407	RO	1/2 fr tuck 1/2	face table		10.0	10.0
4.503	RO	bk tuck 2/1				10+
4.506	RO	bk layout 2/1				10+
4.508	RO	1/2 fr pike 1/2				10+
4.606	RO	bk layout 2 1/2				10+

Group 5: RO 1/2 or Full (Yurchenko 1/2 or full) entry						
				L8	L9	L10
5.101	RO 1/2	hdsp		9.2	8.9	8.9
5.102	RO 1/2	1/2		9.4	9.1	9.1
5.107	RO 1/1	1/2			9.2	9.2
5.108	RO 1/1	repul			8.2	8.2
5.201	RO 1/2	1/1 twist		9.6	9.2	9.2
5.202	RO 1/2	1 1/2 tw		9.8	9.4	9.4
5.207	RO 1/1	1/1 twist			9.3	9.3
5.301	RO 1/2	fr tuck			10.0	10.0
5.312	RO 1/2	2/1 tw		10.0	10.0	9.9
5.401	RO 1/2	1/2 fr tuck				10+
5.402	RO 1/2	bk tuck 1/2	face table			10+
5.403	RO 1/2	fr pike				10+
5.404	RO 1/2	1/2 fr pike				10+
5.405	RO 1/2	bk pike 1/2				10+
5.406	RO 1/2	fr layout				10+
5.408	RO 1/1	bk tuck	face table			10.0
5.409	RO 1/1	bk pike				10.0
5.410	RO 1/1	1/2 fr tuck	face away			10+
5.501	RO 1/2	fr tuck 1 1/2	face table			10+
5.505	RO 1/2	1/2 bk layout				10+
5.505	RO 1/2	fr layout 1/2				10+
5.509	RO 1/1	bk layout				10+
5.510	RO 1/1	bk tuck 1/1				10+
5.511	RO 1/1	bk layout 1/1				10+

Optional Uneven Bars

J. Lippert 10/25

	6	7	8	9	10
Value Parts and Restricted rules	5A 1B one allowed C = B other C = 0.5, no VP no rel HB↔LB	5A 2B allowed C = B other C = 0.5, no VP	4A 4B allowed C = B one Rst C = B *other C = -0.5, no VP/SR *Whether it meets req't for VP	3A 4B 1C Any B/C root elem w/ 1/2 to rev/L/mix grip or 1/1 pir allow 1st D/E = C for CV/SR, +.1 D/E bonus *other D/E = -0.5, no VP/SR Unless other D/E is a allow elem	3A 3B 2C
Special Reqmts 0.5 each No VP = no SR	one cast 45 + (above horiz = SR) one bar change one Gp 3/6/7 360 clear cir A salto dismt	one cast hdst (45° fulfills SR) Two clear circles: =one Gp 3/6/7 =B circle (same or diff) A salto dismt	one bar change B circle (3/6/7) B elem flight (not dsmt) or LA turn (not mt/dsmt) A salto dismt	2 bar change B flight elem C flight elem (diff) -OR- B LA turn elem (not mt/dsmt) B salto dismt	C flight element min B flight elem(diff) C LA turn (not mt/dsmt) C salto dismt
SV	10.0	10.0	10.0	9.7 (+0.3 bonus) .3 CV, max +.1 DV Rst D/E, VP, SR	9.5 (+0.5 bonus) max +.4 CV or DV VP, SR
Deduct=	C, VP, SR	C, VP, SR	Rst C, VP, SR	Rst D/E, VP, SR	

GENERAL COMPOSITION (8-10)

- L 8** Lack elements achieve vertical \wedge 0.20
L8-10 Dismount not up to the level of comp \wedge 0.10
L9/10 Facing same direction throughout (ex mt/dmt) 0.10
L9/10 Choice of Elements - 2 out of 4 (ex dmt) 1 element=1 choice
 1. Fwd elem circle/release- min B 2 elem 0.00
 2. 3/6/7 element- min B 1 elem 0.10
 3. Min 180° LA Turn w/wo flt- min C 0 elem 0.20
 4. Single Bar Release- min of D
L10- Choice of release elem not up to level comp (two diff D/E releases for no deduction) \wedge 0.20
L10- Lack of 2nd bar change 0.20
L10- More than one squat/stoop LB jump to HB each 0.10
 3/4 giant with/without grip change each 0.10
 Uncharacteristic elem (and breaks series) each 0.10
 -fwd on HB feet on LB, stand, w/w/o 1/2 turn; climb/crawl onto LB; squat on LB, w 1/2 turn on feet to grasp HB

Connection Value (CV) (includes mt/dsmt)

L10	C + C = 0.1 Both elem must have LA turn or flight However, if both Gp 3/6/7, no LA/flt needed, but must be different	C + D = 0.10 D + D = 0.20
L 9	C + C = 0.1 one/both elem w/o LA turn/flight If none have LA/flt, must be different	C + C = 0.20 If both elem have LA/flight

Range (avg)

9.5 - 10.0	0.20
9.0 - 9.475	0.50
8.0 - 8.975	0.70
below 8.0	1.00

L 10 ADDITIONAL BONUS: +0.1 must have
10.0 SV, +0.6 bonus w/1 E elem (no fall/spot).



APPARATUS DEDUCTIONS

- Insuff angle of arrival- flt to HS on LB 0.05
 Hesitation in hdst or jump to HB \wedge 0.10
 Insuf extension of glides/sw to kip \wedge 0.10
 Poor rhythm in element/conn \wedge 0.10
 Swing fwd/bwd under horiz ea \wedge 0.10
 Touch, brush foot on apparatus/mat \wedge 0.10
 Under rotation of release/flight elem \wedge 0.10
 Landing too close to bars on dismt 0.10
 Amplitude of bar elements, releases \wedge 0.20
 Failure to maintain stretch (pike down) dmt. \wedge 0.20
 Hit foot: on apparatus 0.20 on mat 0.30
 Incomplete twist salto dismt \wedge 0.20
 Insuf amplitude of salto dismounts \wedge 0.30
 Insuf extension/open of tk/pk prior to land \wedge 0.30
 Bent arms in support or legs \wedge 0.30
 Extra swing/cast (max 0.5 for 2+ consec) ea 0.30
 Grasp to avoid fall 0.30
 Incorrect padding (heel/hip) CJ 0.20
 Coach between bars throughout exercise CJ 0.10
 Coach sprays water on bar after routine begins CJ 0.20
 Failure to remove bd/spot block CJ 0.30
 Exercise fewer than 5 VP elem CJ 2.00
Throughout:
 Precision of hdst positions \wedge 0.10
 Dynamics (energy, swingful, effortless) \wedge 0.20

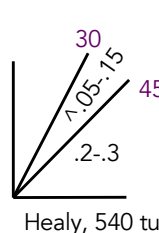
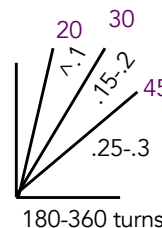
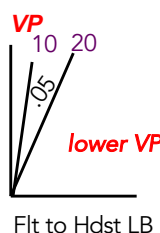
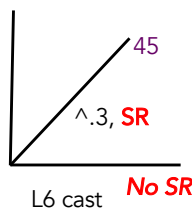
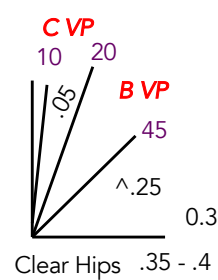
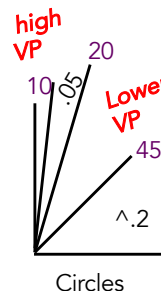
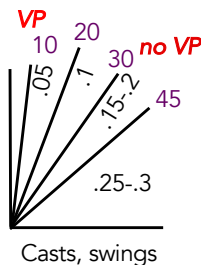
Dismount UTL – no ded

- L10** D/E + C dismt **or**
D/E dismt
L9 C dismt
L8 B + A dismt **or** B dismt
L10 UTL – 2 diff D/E release

Allowed elements:

B for L6, L 7, L8: 
 B for L7, L8:
 (Reg grip) 

45 sec fall time when on feet
(after injury assessment)



Level 9 Optional Uneven Bars

Level 9	
Value Parts and Restricted rules	3A 4B 1C ½ or 1/1 pir of B/C root elem allowed 1st D/E = C for CV, +.1 D/E bonus other restricted D/E = -.5, no VP
Special Reqmts 0.5 each	2 bar change B flight elem
No VP = no SR	C flight elem (diff) -OR- B LA turn elem (not mt/dsmt) B salto dismt
Start Value	9.7 (+0.3 bonus) .3 CV, max +.1 DV
Deduct from SV >	Rst D/E, VP, SR

Connection Value (CV) (includes mt/dsmt)

C + C = 0.1

one/both elem w/o LA turn/flight
If none have LA/flt, must be different

C + C = 0.2

If both elem have LA/flight

L9 Bonus notes:

All allowable D/E becomes C VP, and serves as C for CV

First allowable or restricted D/E may earn +.10 DV bonus (no fall or spot) one time only.

If first restricted D/E has fall with 0 VP and the same element is *repeated and gets VP*, then apply +0.1 D/E bonus.

If another restricted D/E is performed, whether or not it meets the req't to get VP: deduct 0.50 from SV for restricted element. No VP/SR is awarded.

If no VP on restricted elem, and do an allowable D/E, + 0.10 bonus can be given.

GENERAL COMPOSITION

Dismount up to the level of comp	^ 0.10
Facing same direction throughout (ex mt/dsmt)	^ 0.10
Choice of Elements - 2 out of 4 (ex dmt) 1 element = 1 choice	
1. Fwd elem circle/release- min B	2 elem 0.00
2. 3/6/7 element- min B	1 elem 0.10
3. Min 180° LA Turn w/wo flt- min C	0 elem 0.20
4. Single Bar Release- min of D	
¾ giant with/without grip change	0.10
Uncharacteristic elem (and breaks series)	ea 0.10
-fwd on HB feet on LB, stand, w/w/o 1/2 turn; climb/crawl onto LB; squat on LB, w 1/2 turn on feet to grasp HB	

APPARATUS DEDUCTIONS

Insuff angle of arrival- flt to HS on LB	0.05
Hesitation in hdst or jump to HB	^ 0.10
Insuf extension of glides/sw to kip	^ 0.10
Poor rhythm in element/conn	^ 0.10
Swing fwd/bwd under horiz	ea ^ 0.10
Touch, brush foot on apparatus/mat	^ 0.10
Under rotation of release/flight elem	^ 0.10
Landing too close to bars on dismt	0.10
Amplitude of bar elements, releases	^ 0.20
Fail to maintain stretch (pike down) dmt.	^ 0.20
Hit foot: on apparatus 0.20 on mat 0.30	
Incomplete twist salto dismt	^ 0.20
Insuff amplitude of salto dismounts	^ 0.30
Insuff extension/open of tk/pk prior to land	^ 0.30
Bent arms in support or legs	^ 0.30
Extra swing/cast (max 0.5 for 2+ consec)	ea 0.30
Grasp to avoid fall	0.30
Hit foot on mat	0.30
Coach between bars throughout exercise	CJ 0.10
Coach sprays water/chalks bar/rtn began	CJ 0.20
Incorrect padding (heel/hip)	CJ 0.20
Failure to remove bd/spot block	CJ 0.30
Exercise fewer than 5 VP elem	CJ 2.00
Throughout:	
Precision of hdst positions thru out	^ 0.10
Dynamics (energy, swingful, effortless)	^ 0.20

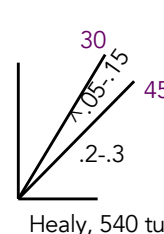
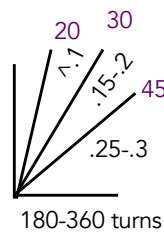
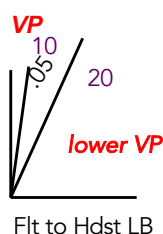
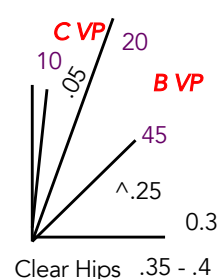
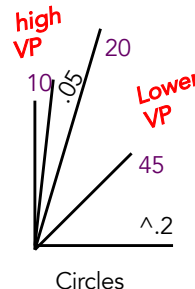
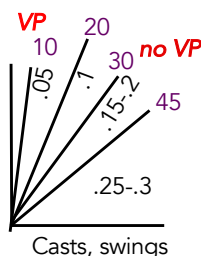
Range (avg)

9.5 - 10.0	0.20
9.0 - 9.475	0.50
8.0 - 8.975	0.70
below 8.0	1.00

UTL Dismounts

0.0	C dismt
0.05	C + B dismt
0.1	B + B dismt

45 sec fall time when on feet, after med assessment



Level 10 Optional Uneven Bars

J. Lippert 10/25

Level 10	
Value Parts	3A 3B 2 C
Special Reqmts 0.5 each	C flight element min B flight elem(diff) C LA turn (not mt/dismt) C salto dismt
No VP = no SR	
Start Value	9.5 (+0.5 bonus) max +.4 CV or DV
Deduct from SV >	VP, SR

GENERAL COMPOSITION

Dismount not up to the level of comp	^ 0.10
Choice of release elem not up to level comp (two diff D/E releases for no deduction)	^ 0.20
Choice of Elements - 2 out of 3 (ex dmt) 1 element = 1 choice	
1. Fwd elem circle/release- min B	2 elem 0.00
2. 3/6/7 element- min B	1 elem 0.10
3. Min 180° LA Turn w/wo flt- min C	0 elem 0.20
4. Single Bar Release- min of D	
Lack of 2 nd bar change	0.20
Facing same direction throughout (ex mt/dmt)	0.10
More than one squat/stoop LB jump to HB	each 0.10
¾ giant with/without grip change	each 0.10
Uncharacteristic elem (and breaks series)	each 0.10
-fwd on HB feet on LB, stand, w/w/o 1/2 turn; climb/crawl onto LB; squat on LB, w 1/2 turn on feet to grasp HB	

Connection Value (CV) (includes mt/dismt)

C + C = 0.1 -Both elem must have LA turn or flight	C + D = 0.1
-If both Gp 3/6/7, no LA/flt needed, but must be different	D + D = 0.2

L 10 ADDITIONAL BONUS: +0.1 must have 10 SV, 0.6+ bonus, 1 E elem (no fall/spot). Not in SV- add to score and visibly indicate

DV Bonus: if performed D/E with a fall w/ VP (0 bonus)... then repeats element in different connection successfully - can receive DV bonus 2nd time

UTL Releases

	D/E D/E
0.0	D/E D/E
0.05	D+C conn
0.1	Isol D & isol C
0.15	C+C conn or isol D & isol B
0.2	2 isol C or isol C & B

UTL Dismounts

	D/E or D+C dmt
0.0	D/E or D+C dmt
0.05	C+C+C or D+C+C
0.1	C+C dismt or less

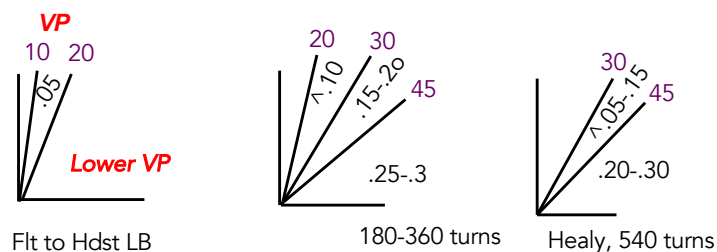
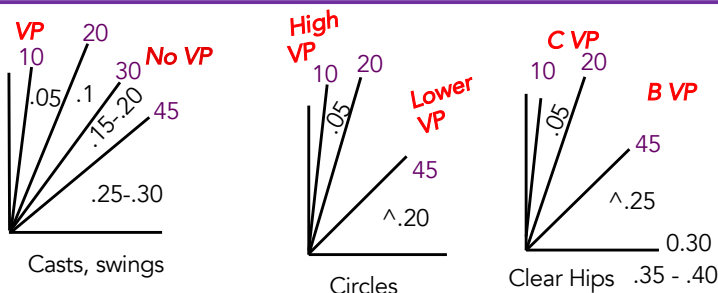
APPARATUS DEDUCTIONS

Insuff angle of arrival- flt to HS on LB	0.05
Hesitation in hdst or jump to HB	^ 0.10
Insuff extension of glides/sw to kip	^ 0.10
Poor rhythm in element/conn	^ 0.10
Swing fwd/bwd under horiz	ea ^ 0.10
Touch, brush foot on apparatus/mat	^ 0.10
Under rotation of release/flight elem	^ 0.10
Landing too close to bars on dmt	0.10
Amplitude of bar elements, releases	^ 0.20
Fail to maintain stretch (pike down) dmt	^ 0.20
Incomplete twist salto dmt	^ 0.20
Hit foot: on apparatus	0.20
on mat	0.30
Insuff amplitude of salto dmts	^ 0.30
Insuff ext/open of tk/pk prior to land	^ 0.30
Bent arms in support or legs	^ 0.30
Extra swing/cast (max 0.5 for 2+ consec)	ea 0.30
Grasp to avoid fall	0.30
Coach between bars throughout exercise	CJ 0.10
Coach sprays water/chalks bar/ rtn began	CJ 0.20
Incorrect padding (heel/hip)	CJ 0.20
Failure to remove bd/spot block	CJ 0.30
Third run approach	CJ 0.50
Exercise fewer than 5 VP elem	CJ 2.00
Throughout:	
Precision of hdst positions	^ 0.10
Dynamics (energy, swingful, effortless)	^ 0.20

Range (avg)

9.5 - 10.0	0.20
9.0 - 9.475	0.50
8.0 - 8.975	0.70
below 8.0	1.0

45 sec fall time when on feet, after med assessment



Optional Balance Beam

J. Lippert 11/25

	6	7	8	9	10
Value Parts and Restricted rules	5A 1B one dance C = B Rst C = -0.5, no VP	5A 2B any dance C = B acro C = -0.5, no VP No D/E	4A 4B dance C = B one acro C = B Rst C = -0.5, no VP No D/E	3A 4B 1C Dance D/E = C 1st acro D/E = C for CV, +.1 D/E bonus Rst D/E = -0.5, no VP	3A 3B 2C
Special Reqmts 0.5 each No VP = no SR	Acro series w/o flt OR one acro flt elem (iso or in series) Leap/jump 180 split 360° turn A salto/aerial dismt	Acro series w/wo flt AND acro flight element Leap/jump 180 split 360° turn A salto/aerial dismt	Acro series, 1 flt elem Leap/jump 180 split 360° turn A salto/aerial dismt	Acro Series, 2 flt elem Leap/jump 180° split 360° turn B salto/aerial dismt	Acro Series , 2 flt elem with one min C (or E flt + A non-flt) Leap/jump 180° split 360° turn C dismount (or a B dismt dir conn to a C acro flight/dance elem or C acro series)
SV	10.0	10.0	10.0	9.7 (+0.3 bonus) .3 CV, max +.1 DV	9.5 (+0.5 bonus) max +.4 CV or DV
Deduct=>	Rst C, VP, SR,	Acro C, rst D/E, VP,SR	Rst C, VP	Rst D/E, VP, SR	VP, SR

Connection Value (CV)	2 Acro Flight no dismt	3 Acro Flight (try 2-acro bonus)	Dance/Mixed (acro flt, no dismt)	Turns
+ 0.1	B + C (salto)	B + B + C	A + D/E B + C	A + C
+ 0.2	C + C B + D/E C + D/E D + D	B + C + C B + B + D B + C + D	C + C B + D C + D	

Range (avg decides)

9.5 - 10.0 0.20

9.0 - 9.475 0.50

8.0 - 8.975 0.70

below 8.0 1.00

L 10 ADDITIONAL BONUS: +0.1

must have 10 SV, 0.6+ bonus, 1 E acro (no fall/spot). Not in SV- add to score and visibly indicate

ADDITIONAL 3-elem acro flt series CV BONUS: +0.1 land on beam (no dsmt), with min C salto/aerial or D/E flt w/wo hand support.

GENERAL COMPOSITION (8-10)

Show 2 directions (F/S/B) choreography	ea 0.05
Insuff level changes	^ 0.10
Spatially (use whole beam)	^ 0.10
Choice of dismount not up to level of comp	^ 0.10
Fail to perform acro in 2 diff dir (Fw/Sw and Bw)	0.10
if only Fw/Sw or Bw in dismt	0.05
More than 2 leap/jump/hop of same shape V, N, or W	ea 0.10
More than 1 pivot (1/2) turns (releve', str legs)	0.10
Choice of acro up to level of competition	^ 0.20
Choice of dance up to level of comp	^ 0.20
Lack of dance series	0.20

Up To Level of Competition – for no deduction:

L10: UTL 3elem-C series or 2 elem-C salto series plus D/E flight and additional C salto or D/E flight (additional C salto can be a 2nd salto in 2-C salto series)

UTLd C C C -or- C C D/E

UTL→ B flt + C dismt -or- D/E flt + B dsmt -or- D/E dismt

L9: UTL 2 ele-C ser plus salto/aerial and D/E flight

UTLd C C

UTL→ B flight + B dismt -or- C dismt

L8: UTL B + B ser, plus acro B, A

UTLd B B A

UTL→ B acro + A dismt -or- B dismt

Overtime: CJ 0.10

Shorter than 30 sec = CJ 2.00

L8-10: 1:30 -- warning 1:20

L7 - 1:20 -- warning 1:10

L6 - 1:15 -- warning 1:05 → shorter than 30 sec, w 10 SV = 0.50 CJ

APPARATUS DEDUCTIONS

Failure to land feet together in L/J (land side)	ea ^ 0.10
Failure to perform turns in high relevé	ea ^ 0.10
Hesitation in jump/press/swing to hdst	^ 0.10
Incorrect body position in VP dance	ea ^ 0.10
Lack of precision in VP dance	ea ^ 0.10
Direction of landing on dismt	0.10
Landing too close to beam on dismount	0.10
Rhythm during acro connection (fwd/back, fwd/side, non-flight)	
continuous body, slow, slight extend-bend knees	^ 0.10
torso out of line with beam	.15 to 0.20
Failure to maintain stretch body (pk down dsmt)	^ 0.20
Height of acro/dance/saltos	^ 0.20
Incomplete turn or twist	^ 0.20
Incorrect body position landing elements/dismounts	^ 0.20
Insuf exactness of tuck/pike/stretch position	^ 0.20
Insuff leg split in L/J, walkover (less than 135 = A)	^ 0.20
Legs not parallel to beam in split/strad L/J	^ 0.20
Rhythm during dance/mix conn.	^ 0.20
Concentration pause: 2 sec ea 0.10	more than 2 sec ea 0.20
Support of leg against beam, hit	ea 0.20
Direction of gainer dismount off end	^ 0.30
Height of salto dismount	^ 0.30
Insuf extension of body (open) prior to land	^ 0.30
Balance: ^ 0.30	Grasp to prevent fall 0.30
Use supplement support (feet on floor or base)	0.30
Coach next to beam throughout exercise	CJ 0.10
Throughout:	
Artistry of presentation:	
~quality of expression: projection, focus	^ 0.10
~variety of choreography (incl unnec foot adj)	^ 0.10
~quality of movement to reflect personal style	^ 0.10
Insuff dynamics (energy, effortless)	^ 0.20
Insuff sureness of performance throughout	^ 0.20
Variation of rhythm and tempo throughout	^ 0.20
Incorrect body alignment, posture in non-VP	^ 0.30
Relaxed/incorr footwork in non-VP throughout	^ 0.30

Level 9 Optional Balance Beam

Level 9	
Value Parts and Restricted rules	3A 4B 1C Dance D/E = C 1st acro D/E = C for CV, +.1 D/E bonus Rst D/E = -0.5, no VP
Special Reqmts 0.5 each No VP = no SR	Acro Series, 2 flt elem Leap/jump 180° split 360° turn B salto/aerial dismt
SV Deduct from SV>	9.7 (+0.3 bonus) .3 CV, max +.1 DV Rst D/E, VP, SR

UTLDance	
0.0	C C
0.05	C B
0.1	C
0.15	B B
0.2	B

UTL acro	B + C flight series
0.0	C sal, aerial, D w/ hand
0.05	C w/ hand
0.1	B flight
	B + B flight series
0.15	C salto/aerial
0.2	B, or no B
0.2	Broken series

Connection Value (CV)	2 acro flight no dismt	3 acro flight (try 2-acro bonus)	dance/mixed (acro flt, no dismt)	turns
+ 0.1	B + C (salto)	B + B + C	A + D B + C	A + C
+ 0.2	C + C B + D/E C + D/E D + D	B + C + C B + B + D B + C + D	C + C B + D C + D	

UTL	Dismt	Acro conn	Dance conn
0.0	C	B + B	C + B
0.05		A + B	B + B
0.1	B	A	

ADDITIONAL 3-elem acro flt series CV BONUS: +0.1 land on beam (no dsmt), with min C salto/aerial or D/E flt w/wo hand support.

L9 Bonus notes:

- ~Any eligible D/E becomes C for CV
- ~Dance D/E are not eligible for +.1 D/E
- ~First restricted Acro D/E earns +.1 D/E bonus (no fall/spot)-one time only
- ~The same restricted acro element may be repeated if the element receives 0 VP the first time to get +.1 D/E bonus.
- ~If restricted D/E receives VP and falls- no bonus

~Any additional restricted acro element performed whether or not they receive VP credit: deduct 0.50, No VP/No SR.

GENERAL COMPOSITION

Show 2 directions (F/S/B) choreography	ea <u>0.05</u>
Level changes	^ 0.10
Spatially (use whole beam)	^ 0.10
Choice of dismount not up to level of comp	^ 0.10
Fail to perform acro in 2 diff dir (Fw/Sw and Bw)	<u>0.10</u>
if only Fw/Sw or Bw in dismt	<u>0.05</u>
More than 2 leap/hop/jump of same shape \backslash , \wedge , or \cup	ea <u>0.10</u>
More than 1 pivot (1/2) turns (releve', str legs)	<u>0.10</u>
Choice of acro up to level of competition	^ 0.20
Choice of dance up to level of comp	^ 0.20
Lack of dance series	<u>0.20</u>

Time: 1:30

Overtime CJ 0.10

Ex less than 30 sec CJ 2.00

45 sec fall time when back on feet

Range (avg decides)

9.5 - 10.0 0.20

9.0 - 9.475 0.50

8.0 - 8.975 0.70

below 8.0 1.00

APPARATUS DEDUCTIONS

Failure to land feet together in L/J (land side)	ea ^ 0.10
Failure to perform turns in high releve	ea ^ 0.10
Hesitation in jump/press/swing to hdst	^ 0.10
Incorrect body position in VP dance	ea ^ 0.10
Lack of precision in VP dance	ea ^ 0.10
Direction of landing on dismt	<u>0.10</u>
Landing too close to beam on dismount	<u>0.10</u>
Rhythm during acro connection (fwd/back, fwd/side, non-flight)	
continuous body, slow, slight extend-bend knees	^ 0.10
torso out of line with beam	.15 to 0.20
Failure to maintain stretch body (pk down dsmt)	^ 0.20
Height of acro/dance/saltos	^ 0.20
Incomplete turn or twist	^ 0.20
Incorrect body position landing elements/dismounts	^ 0.20
Insuf exactness of tuck/pike/stretch position	^ 0.20
Insuff leg split in L/J, walkover (less than 135 = A)	^ 0.20
Legs not parallel to beam in split/strad L/J	^ 0.20
Rhythm during dance/mix conn.	^ 0.20
Concentration pause: 2 sec ea <u>0.10</u>	more than 2 sec ea <u>0.20</u>
Support of leg against beam, hit	ea <u>0.20</u>
Direction of gainer dismount off end	^ 0.30
Height of salto dismount	^ 0.30
Insuf extension of body (open) prior to land	^ 0.30
Balance: ^ 0.3	Grasp to prevent fall <u>0.30</u>
Use supplement support (feet on floor or base)	<u>0.30</u>
Coach next to beam throughout exercise	CJ <u>0.10</u>
Throughout:	
Artistry of presentation:	
~quality of expression: projection, focus	^ 0.10
~variety of choreography (incl unnec foot adj)	^ 0.10
~quality of movement to reflect personal style	^ 0.10
Insuff dynamics (energy, effortless)	^ 0.20
Insuff sureness of performance throughout	^ 0.20
Variation of rhythm and tempo throughout	^ 0.20
Incorrect body alignment, posture in non-VP	^ 0.30
Relaxed/incorr footwork in non-VP throughout	^ 0.30

Level 10 Optional Balance Beam

Level 10	
Value Parts	3A 3B 2 C
Special Reqmts 0.5 each No VP = no SR	Acro Series , 2 flt elem with one min C (or E flt + A non-flt) Leap/jump 180° split 360° turn C dismount (or a B dismt dir conn to a C acro flight/dance elem or C acro series)
Start Value	9.5 (+0.5 bonus) max +.4 CV or DV
Deduct from SV>	VP, SR

UTL acro	Additional elements with:		
	C salto series	D series	C series (hand sup)
0	D and D / C salto (can be 2 nd in series)	D	(3 elements) D and D / C salto
0.05	D	C salto	
0.1	C salto	B / C	(2 elements) D and C-salto
0.15	None or D	None or D	D
0.2	No series	No series	C salto

Connection Value (CV)	2 acro flight no dismt	3 acro flight (try 2-acro bonus)	dance/mixed (acro flt, no dismt)	turns
+ 0.1	B + C (salto)	B + B + C	A + D B + C	A + C
+ 0.2	C + C B + D/E C + D/E D + D	B + C + C B + B + D B + C + D	C + C B + D C + D	

DV Bonus: if performed D/E with a fall w/ VP but 0 bonus... then repeats element in different connection successfully - can receive DV bonus 2nd time

UTL Dance	
0.0	C C C D D
0.05	C C B C D
0.1	C C D B
0.15	C B D/E
0.2	C B B

ADDITIONAL 3-elem acro flt series CV BONUS: +0.1 land on beam (no dsmt), with min C salto/aerial or D/E flt w/wo hand support.

L 10 ADDITIONAL BONUS: +0.1 must have 10 SV, 0.6+ bonus, 1 E acro (no fall/spot). Not in SV- add to score and visibly indicate

UTL	Dismt	Acro connect	Dance connect
0.0	D	B + C dsmt	C + C dsmt
0.05		A + C dsmt C+B +B D/E + B	B + C dsmt
0.1	C	C + B dsmt	C + B dsmt

GENERAL COMPOSITION (8-10)

Show 2 directions (F/S/B) choreography	ea 0.05
Level changes	^ 0.10
Spatially (use whole beam)	^ 0.10
Choice of dismount not up to level of comp	^ 0.10
Fail to perform acro in 2 diff dir (Fw/Sw and Bw)	0.10
if only Fw/Sw or Bw in dismt	0.05
More than 2 leap/jump/hop of same shape V, W, or I	ea 0.10
More than 1 pivot (1/2) turns (releve', str legs)	0.10
Choice of acro up to level of competition	^ 0.20
Choice of dance up to level of comp	^ 0.20
Lack of dance series	0.20

Time: 1:30

Overtime CJ 0.10
Ex less than 30 sec CJ 2.00

Range (avg decides)

9.5 - 10.0	0.20
9.0 - 9.475	0.50
8.0 - 8.975	0.70
below 8.0	1.00

45 sec fall time starts when back on feet

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APPARATUS DEDUCTIONS

Failure to land feet together in L/J (land side)	ea ^ 0.10
Failure to perform turns in high relevé	ea ^ 0.10
Hesitation in jump/press/swing to hdst	^ 0.10
Incorrect body position in VP dance	ea ^ 0.10
Lack of precision in VP dance	ea ^ 0.10
Direction of landing on dismt	0.10
Landing too close to beam on dismount	0.10
Rhythm during acro connection (fwd/back, fwd/side, non-flight)	
continuous body, slow, slight extend-bend knees	^ 0.10
torso out of line with beam	.15 to 0.20
Failure to maintain stretch body (pk down dsmt)	^ 0.20
Height of acro/dance/salto	^ 0.20
Incomplete turn or twist	^ 0.20
Incorrect body position landing elements/dismounts	^ 0.20
Insuf exactness of tuck/pike/stretch position	^ 0.20
Insuff leg split in L/J, walkover (less than 135 = A)	^ 0.20
Legs not parallel to beam in split/strad L/J	^ 0.20
Rhythm during dance/mix conn.	^ 0.20
Concentration pause: 2 sec ea 0.10	more than 2 sec ea 0.20
Support of leg against beam, hit	ea 0.20
Direction of gainer dismount off end	^ 0.30
Height of salto dismount	^ 0.30
Insuff extension of body (open) prior to land	^ 0.30
Balance:	^ 0.30
Grasp to prevent fall	0.30
Use supplement support (feet on floor or base)	0.30
Coach next to beam throughout exercise	CJ 0.10
Throughout:	
Artistry of presentation:	
~quality of expression: projection, focus	^ 0.10
~variety of choreography (incl unnec foot adj)	^ 0.10
~quality of movement to reflect personal style	^ 0.10
Insuff dynamics (energy, effortless)	^ 0.20
Insuff sureness of performance throughout	^ 0.20
Variation of rhythm and tempo throughout	^ 0.20
Incorrect body alignment, posture in non-VP	^ 0.30
Relaxed/incorr footwork in non-VP throughout	^ 0.30

	6	7	8	9	10
Value Parts and Restricted rules	5A 1B one dance C = B Rst C = -0.5, no VP	5A 2B any dance C = B acro C = -0.5, no VP No D/E	4A 4B dance C = B one acro C = B Rst C = -0.5, no VP No D/E	3A 4B 1C dance D/E = C 1st acro D/E = C for CV, +.1 D/E bonus Rst D/E = -0.5, no VP	3A 3B 2 C
Special Reqmts 0.5 each No VP = no SR	Acro pass (3 elem, 2 w/flight, no rolls) One salto/aerial (iso, or in separate pass) Dance passage (2 diff Gp 1 elem, one 180° leap) 360° turn	Max 1.0 1 Acro pass w salto bkwd (2 or more elem) 1 Acro pass salto fwd (1 or more elem) 1 salto is stretched w/o twist, land 2 ft Dance passage (2 diff Gp 1 elem, one 180° leap) 360° turn	Acro pass with 2 saltos (2 or more elem) 3 different saltos Dance passage (2 diff Gp 1 elem, one 180° leap) A last salto	Acro pass with 2 saltos (2 or more elem) 3 different saltos Dance passage (2 diff Gp 1 elem, one 180° leap) B last salto	Acro pass with 2 saltos (2 or more elem) 3 different saltos Dance passage (2 diff Gp 1 elem, one 180° leap) C last salto
SV	10.0	10.0	10.0	9.7 (+0.3 bonus) .3 CV, max +.1 DV	9.5 (+0.5 bonus) max 0.4 CV or DV
Deduct=	Rstr C, VP, SR	Rstr C, VP, SR	Rstr C, VP, SR, last salto of no value(0.3)	Rst D/E, VP, SR, last salto of no value (0.3)	VP, SR, last salto of no value (0.3)

Conn Value (CV)	Indirect Acro	Direct Acro	Dance/mixed (no turn to jump)
+ 0.1	B + C A + D A/B + A/B + C	A + C A + A + C B + B	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 C + C A + A + D	C + D

**L 10 ADD'L
BONUS: +0.1**

Must have 10
SV, 0.6+
bonus, 1 E
acro (no
fall/spot).

Range (avg decides)

9.5-10.0	0.20
9.0-9.4750	0.50
8.0-8.9750	0.70
↓ 8.0	1.00

→ Bonus:
possible to
connect

L-H-J to 1 ft
to a turn or
turn to hop

Up To Level of Competition – for No deduction:**UTL dance****UTL last Salto*****L10:** C C C or D D

D or E salto or C+B direct or C+C indir

L9: C C

C salto or B+B direct

L8: B B A

B salto

UTL Acro Ded	Level 8		Level 9		Level 10	
	4 Salto	3 Salto incl 0.05 deduct for missing salto	4 Salto	3 Salto incl 0.05 deduct for missing salto	4 Salto	3 Salto incl 0.05 deduct for missing salto
0.00	BBBA	N/A	CCCA	N/A	DDDA OR DDCB	N/A
0.05	BBAA	BBB-	CCBB	CCC-	DDCA	DDD-
0.10	BAAA	BBA-	CCBA		DCCB	DDC-
0.15	BAA -	N/A	CBBB	CCB-	DCCA	DDB-
0.20	No "B" Salto or < than		No "C" Salto or < than		No "D"/"E" Salto or < than	

GENERAL COMPOSITION (L8-10)

Insuff use of FX (spatially)	^ 0.10
Last salto (iso or in last conn) up to level of comp.	^ 0.10
Fail to perform saltos in 2 different direction F/S & B	<u>0.10</u>
Overuse of leap/hop/jump of same shape ∇ or \wedge or ∇ or \wedge	<u>0.10</u>
Choice of dance not up to level of comp	^ 0.20
Choice of saltos not up to level of competition	^ 0.20
Lack of one foot turn, min B	<u>0.20</u>
Fail to perform last salto of value (from SV)	<u>0.30</u>
Lack min 3A salto (L8) /B salto (L9) /C salto (L10).	<u>0.30</u>

APPARATUS DEDUCTIONS

Flexed/sickled feet on on VP elements	0.05
Poor relationship of music: Not hold ending pose	<u>0.05</u>
Failure to land feet together in L/J	ea ^ 0.10
Incorrect body posture: in dance	ea ^ 0.10
Lack of precision in VP dance	ea ^ 0.10
Legs crossed in twisting saltos	^ 0.10
Rhythm during direct connection	ea ^ 0.10
Turns not in high relevé	ea ^ 0.10
Concentration pauses (2 sec or more)	ea <u>0.10</u>
Poor relationship of music: Not ending with music	<u>0.10</u>
Incomplete turn/twist	ea ^ 0.20
Insuff exactness of tuck/pike/layout positions	^ 0.20
Insuff height of leaps/jumps/hops, aerials & acro w/hands,	ea ^ 0.20
Insuff leg split in leaps/jumps/walkovers	^ 0.20
Legs not parallel to the floor in split/straddle	^ 0.20
Pike down of stretched salto	^ 0.20
Insuff height of salto (not apply to accel elem)	^ 0.30
Insuff opening prior to landing (saltos)	^ 0.30
Failure to mark boundary on mat	CJ <u>0.10</u>
Unauthorized matting (no more than 2 on floor, 1 per pass)	CJ <u>0.30</u>
Coach on Floor (one time only)	CJ <u>0.30</u>
Coach/teammate touch/push to prevent run/fall out of bounds:	
<u>0.50</u> spot, and <u>0.10</u> out of bounds (CJ), no bonus	
Absence of music (not technical failure) or music with voice	CJ <u>0.50</u>
Exercise less than 30 sec	CJ <u>2.00</u>
Throughout:	
Artistry of presentation:	
~quality of expression: projection, focus	^ 0.10
~variety of choreography (incl unnec foot adj)	^ 0.10
~quality of movement to reflect personal style	^ 0.10
Insuff dynamics (energy, effortless)	^ 0.20
Insuff variation in Rhythm and tempo	^ 0.20
Incorrect body alignment, position or posture in non-VP	^ 0.30
Poor rel'p of music and movement: throughout exercise	^ 0.30
Relax/incorrect footwork on non-VP	^ 0.30
Gymnast leaves the floor during the floor routine	<u>0.50</u>

Level 9 Optional Floor Exercise

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Level 9	
Value Parts and Restricted rules	3A 4B 1C Dance D/E = C 1st acro D/E = C for CV, +.1 D/E bonus Rst D/E = -0.5, no VP
Special Reqmts 0.5 each No VP = no SR	Acro pass with 2 saltos (2 or more elem) 3 different saltos Dance passage (2 diff Gp 1 elem, one 180° leap) B last salto
SV Deduct=>	9.7 (+0.3 bonus) .3 CV, max +.1 DV Rst D/E, VP, SR

	UTL acro		Dance
Ded	4 Salto	3 salto incl 0.05 for missing salto	
0.0	C C C A	N/A	Min 2 C's
0.05	C C B B	C C C -	C B
0.1	C C B A		C
0.15	C B B B	C C B -	B B
0.2	No C salto or less than above		B

UTL Last Salto		
0.0	C	B+B
0.05	B--B	B+A
0.1	B--A	B or A

GENERAL COMPOSITION

Insuff use of FX (spatially)	^ 0.10
Last salto(iso or in last conn) not up to level of comp	^ 0.10
Fail to perform salto in 2 different direction F/S & B	0.10
Overuse of dance of same shape <i>V</i> or <i>Λ</i> or <i>W</i>	ea 0.10
Choice of dance not up to level of comp	^ 0.20
Choice of salto not up to level of competition	^ 0.20
Lack of one foot turn, min B	0.20
Lack of min B salto	0.30

Range (avg decides)

9.5 - 10.0	0.20
9.0 - 9.475	0.50
8.0 - 8.975	0.70
below 8.0	1.00

Time: L7- 10 1:30

Overtime CJ 0.10
Ex less than 30 sec CJ 2.00

Conn Value (CV)	Indirect Acro	Direct Acro	Dance/mixed (no turn to jump)
+ 0.1	B + C A + D A/B + A/B + C	A + C A + A + C B + B	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 C + C A + A + D	C + D

→bonus: possible to connect L-H-J to 1 foot => turn or turn => hop

L9 Bonus notes:

- ~Any eligible D/E becomes C for CV
- ~Dance D/E are not eligible for +.1 D/E
- ~First restricted Acro D/E earns +.1 D/E bonus (no fall/spot)- one time only
- ~The same restricted acro element may be repeated if the element receives 0 VP the first time to get +.1 D/E bonus.
- ~If restricted D/E receives VP and falls- no bonus
- ~Any additional restricted acro element performed whether they receive VP credit or not: deduct 0.50, No VP/No SR.

APPARATUS DEDUCTIONS

Poor relationship of music: Not hold ending pose	0.05
Failure to land feet together in L/J	ea ^ 0.10
Incorrect body posture in VP dance	ea ^ 0.10
Lack of precision in VP dance	ea ^ 0.10
Legs crossed in twisting saltos	^ 0.10
Rhythm during direct connection	ea ^ 0.10
Turns not in high relevé	ea ^ 0.10
Concentration pauses (2 sec or more)	ea 0.10
Poor relationship of music: Not ending with music	0.10
Incomplete turn/twist	ea ^ 0.20
Insuff exactness of tuck/pike/layout positions	^ 0.20
Insuff height of dance, acro w/hands, aerials	ea ^ 0.20
Insuff leg split in leaps/jumps/walkovers	^ 0.20
Legs not parallel to the floor in split/straddle	^ 0.20
Pike down of stretched salto	^ 0.20
Insuff height of salto (not apply to accel elem)	^ 0.30
Insuff opening prior to landing (saltos)	^ 0.30
Throughout:	
Artistry of presentation:	
~quality of expression: projection, focus	^ 0.10
~variety of choreography (incl unnec foot adj)	^ 0.10
~quality of movement to reflect personal style	^ 0.10
Insuff dynamics (energy, effortless)	^ 0.20
Insuff variation in Rhythm and tempo	^ 0.20
Incorrect body alignment, position or posture in non-VP	^ 0.30
Poor rel'p of music and movement: throughout exercise	^ 0.30
Relax/incorrect footwork on non-VP	^ 0.30
Gymnast leaves the floor during the floor routine	0.50

Failure to mark boundary on mat	CJ 0.10
Out of bounds	each CJ 0.10
Overtime	CJ 0.10
Unauthorized matting(no more than 2 on floor,1 per pass)	CJ 0.30
Coach on Floor (one time only)	CJ 0.30
Coach/teammate touch/push to prevent run/fall out of bounds:	
0.50 spot, and 0.10 out of bounds (CJ), no bonus	
Land acro element in solid/loose foam pit No VP/SR/bonus	CJ 0.30
Absence of music (not technical failure) or music with voice	CJ 0.50

Level 10 Optional Floor Exercise

J. Lippert 9/25

Level 10		Conn Value (CV)	Indirect Acro	Direct Acro	Dance/mixed (no turn to jump)
Value Parts	3A 3B 2 C				
Special Reqmts 0.5 each	Acro pass with 2 saltos (2 or more elem) 3 different saltos	+ 0.1	B + C A + D A/B + A/B + C	A + C A + A + C B + B	B + D C + C D salto + A jump
No VP = no SR	Dance passage (2 diff Gp 1 elem, one 180° leap) C last salto	+ 0.2	C + C B/C + D A + E A + A + D	B + C A/B + D C + C A + A + D	C + D
Start Value	9.5 (+0.5 bonus) max 0.4 CV or DV VP, SR	L 10 ADDITIONAL BONUS: +0.1 Must have 10 SV, 0.6+ bonus, 1 E acro (no fall/spot). Not in SV- add to score and visibly indicate			
Deduct=>					

Bonus:
possible to
connect

L-H-J to 1 ft
→ turn or
turn → hop

	UTL acro		Dance
Ded	4 Salto	3 salto incl 0.05 for missing salto	
0.0	D D D A D D C B	N/A	C C C D D
0.05	D D C A	D D D -	C C B D C
0.1	D C C B	D D C -	C C D B
0.15	D C C A	D D B -	C B D
0.2	No D/E salto or less than above		C B B

UTL Last Salto		
0.0	D	C+B or C--C
0.05	C--B	C+A
0.1	C--A	C or less

GENERAL COMPOSITION

Insuff use of FX (spatially)	^ 0.10
Last salto(iso or in last conn) not up to level of comp	^ 0.10
Fail to perform saltos in 2 different direction F/S & B	0.10
Overuse of leap/hop/jump same shape N or ^ or W	ea 0.10
Choice of dance not up to level of comp	^ 0.20
Choice of saltos not up to level of competition	^ 0.20
Lack of one foot turn, min B	0.20
Lack of min C salto	0.30

Range (avg decides)

9.5 - 10.0	0.20
9.0 - 9.475	0.50
8.0 - 8.975	0.70
below 8.0	1.00

Time: 1:30

Overtime	CJ 0.10
Ex less than 30 sec	CJ 2.00

APPARATUS DEDUCTIONS

Flexed/sickle feet on VP elements	0.05
Poor relationship of music: Not hold ending pose	0.05
Failure to land feet together in L/J	ea ^ 0.10
Incorrect body posture in VP dance	ea ^ 0.10
Lack of precision in VP dance	ea ^ 0.10
Legs crossed in twisting saltos	^ 0.10
Turns not in high relevé	ea ^ 0.10
Concentration pauses (2 sec or more)	ea 0.10
Poor relationship of music: Not ending with music	0.10
Incomplete turn/twist	ea ^ 0.20
Insuff exactness of tuck/pike/layout positions	^ 0.20
Insuff height of dance, acro w/hands, aerials	ea ^ 0.20
Insuff leg split in leaps/jumps/walkovers	^ 0.20
Legs not parallel to the floor in split/straddle	^ 0.20
Pike down of stretched salto	^ 0.20
Insuff height of salto (not apply to accel elem)	^ 0.30
Insuff opening prior to landing (saltos)	^ 0.30
Throughout:	
Artistry of presentation:	
~quality of expression: projection, focus	^ 0.10
~variety of choreography (incl unnec foot adj)	^ 0.10
~quality of movement to reflect personal style	^ 0.10
Insuff dynamics (energy, effortless)	^ 0.20
Insuff variation in Rhythm and tem	^ 0.20
Incorrect body alignment, position or posture in non-VP	^ 0.30
Poor rel'p of music and movement: throughout exercise	^ 0.30
Relax/incorrect footwork on non-VP	^ 0.30
Gymnast leaves the floor during the floor routine	0.50

Failure to mark boundary on mat	CJ 0.10
Out of bounds	each CJ 0.10
Overtime	CJ 0.10
Unauthorized matting(no more than 2 on floor,1 per pass)	CJ 0.30
Coach on Floor (one time only)	CJ 0.30
Coach/teammate touch/push to prevent run/fall out of bounds:	
0.50 spot, and 0.10 out of bounds (CJ), no bonus	
Land acro element in solid/loose foam pit No VP/SR/bonus	CJ 0.30
Absence of music (not technical failure) or music with voice	CJ 0.50