

NCAA Vaulting

Except Tsuk or full on- salto off

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

Distance	↑ 0.30
Height	↑ 0.50

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

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

Non-salto:

Too long support	↑ 0.50
Ang of repulsion	↑ 1.00

Body shape:

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

(*stretch prior to landing)



Direction ↑ 0.3
Dynamics ↑ 0.3

Twists -

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

Gymnast fails to punch board with 2 feet simult	<u>0.20</u>
Coach stands btw board and table (except RO vaults)	<u>0.50</u>
Coach aid landing	<u>0.50</u>
*Coach aiding vault	each judge <u>1.00</u>
*No contact hands OR one hand on table	each judge <u>1.00</u>
*Failure to land soles of feet first (includes fall)	each judge <u>1.00</u>
No safety zone RO vaults	VOID
Vault not on chart	VOID
Gymnasts out of order- off team score	CJ <u>0.10</u>
Vault w/o judge's prior salute	off repeated vault avg CJ <u>0.50</u>
<i>No Bonus value vaults.</i>	<i>Flash vault number.</i>

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

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

NCAA: one vault, allow 3 attempts
If touch board/table or inverts but does NOT go over table = attempt (balk) and not a vault

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

RANGE	
9.8 - 10.0	0.10 Reg season
	0.20 Post season
9.5 - 9.775	0.20
9.0 - 9.475	0.30
8.0 - 8.975	0.50
Below 8.0	1.00
* If the score is not in range due to one of the 1.00 deductions, a conference must be called.	

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

NCAA Balance Beam

J. Lippert 10/25

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

GENERAL COMPOSITION

Choreography in <u>all</u> direction (F/S/B mov't/any level)	<u>0.05</u>
Insuff distribution	<u>0.05</u>
Insuff level changes	<u>0.05</u>
Spatially (use of whole beam)	<u>0.05</u>
Choice of acro not Up to Level of competition	<u>0.10</u>
Variety in acro choice (F/S and B) (not dismt)	each <u>0.10</u>

Up To Level (UTL): *Series must fulfill SR*

acro flight bonus (CV) series

-or- acro flt series w/o bonus AND a D acro (incl mt/dsmt) or E dance (inc mt)

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

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

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

Team deductions: each occurrence

Use of tape on beam	<u>0.20</u>
Fail to remove board/mounting apparatus after mount	<u>0.20</u>
Use of foreign substance or board on unauth surface	<u>0.20</u>
Use of unauth supplemental matting (>10" mats)	<u>0.20</u>

Additional CV Bonus:

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

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

Hand-drawn diagrams of gymnastic skills with their corresponding values:

- Acro series: $\Psi = C$, $\underline{\text{e}} \text{ or } \underline{\text{e}} = D$, $\underline{\text{Z}} \text{ or } \underline{\text{Y}} = E$
- Dance elements: $\underline{\text{W}} \text{ or } \underline{\text{X}} = E$
- Other elements: $\underline{\text{e}} \text{ or } \underline{\text{e}}^V = D$, $\underline{\text{m}} = D$
- Acro series: $\underline{\text{e}} = D$, $\underline{\text{e}}^N = D$, $\underline{\text{e}} = E$
- Acro series: $\underline{\text{e}} = D$, $\underline{\text{e}}^N = D$, $\underline{\text{e}} = E$

$\underline{\text{e}} \text{ or } \underline{\text{e}}^V ==>$ counts like C in CV with handsprings only, but D for CV with other elements (still get DV for D)

$\underline{\text{e}} \text{ or } \underline{\text{e}}^N$
B+(D) = 0 CV, +.1 DV

$\underline{\text{e}}^N$
B + D = +.1 CV, +.1 DV (not C for CV)

$\underline{\text{e}} \text{ or } \underline{\text{e}}^N$
B+B+(D) = .1 CV +.1 DV and +.1CV 3-series bonus (total +3)

APPARATUS DEDUCTION

Failure to hold finish position for 1 sec	<u>0.05</u>
Failure to land feet together in L/J (land side)	\uparrow <u>0.10</u>
Failure to perform turns in high relevé	\uparrow <u>0.10</u>
Hesitation in jump/press/sw to hdst	\uparrow <u>0.10</u>
Incorrect body position in VP dance	\uparrow <u>0.10</u>
Lack of precision in VP dance	\uparrow <u>0.10</u>
Landing too close to beam on dismt	<u>0.10</u>
Concentration pause ea: 2 sec	<u>0.10</u>
>2 sec	<u>0.20</u>
Add'l trunk movements on dismt landing	\uparrow <u>0.20</u>
Height of acro/dance/saltos	\uparrow <u>0.20</u>
Incomplete turn/twist	\uparrow <u>0.20</u>
Legs not parallel to beam in split/strad L/J	\uparrow <u>0.20</u>
Rhythm during dance/mix conn.	\uparrow <u>0.20</u>
Rhythm during acro conn.(counter, fwd/side)	\uparrow <u>0.20</u>
Support of leg against beam, hit	<u>0.20</u>
Direction of gainer dismount off end	\uparrow <u>0.30</u>
Height of dismount	\uparrow <u>0.30</u>
Balance ----- \uparrow 0.30	Grasp to prevent fall----- <u>0.30</u>
Third run approach	<u>0.50</u>

Throughout deductions:

Artistry of presentation	
• quality of expression (projection, focus)	\uparrow <u>0.10</u>
• variety of choreography	\uparrow <u>0.10</u>
• quality of movement	\uparrow <u>0.10</u>
Dynamic performance (energy, effortless)	\uparrow <u>0.20</u>
Insuff sureness of performance throughout	\uparrow <u>0.20</u>
Variation of rhythm and tempo throughout	\uparrow <u>0.20</u>
Relaxed body/leg posture, flex'lty throughout	\uparrow <u>0.30</u>
Relaxed/incorr footwork in non-VP	\uparrow <u>0.30</u>

NCAA Floor Exercise

J. Lippert 10/25

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

Acro Pass = one or more acro elements, one element must be a minimum C salto
Salto= 2ft to 1 or 2ft (may lower to knee)
Not a salto for SR= 1 ft takeoff or 2 ft takeoff w/ landing in sit/prone or split position.

Team Deductions: each occurrence

Fail to mark mats boundary with tape 0.20
Incorrect matting: 0.20
one sting and/or 4" mat allowed per tumbling pass/leap combo; max 2 mats on floor at a time
Use of tape/Velcro w/in boundary 0.20
(excep: small pieces of tape permitted inside corner of 2-tone carpet (same color as mat)
Use of foreign substance 0.20

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

Conn Value (CV)	Indirect Acro	Direct Acro	Dance/mixed (YES turn to jump)
+ 0.1	B + C A + D A/B + A/B + C	A + C A + A + C B + B (2 diff skills)	B + D C + C D salto + A jump
+ 0.2	C + C B/C + D A + E A + A + D	B + C A/B + D A + A + D	C + D
+0.3		C + C = +0.3	

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

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

GENERAL COMPOSITION

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

Choice of elements not Up To Level (UTL) – 0.1

one E element -OR- 2 different D elements (one an acro)

AND

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

(note last acro pass with E = both parts)

In addition, if a routine has only 2 acro passes: must have min 1 acro pass w/ D, the other acro pass D or +0.2 CV

Overtime deduction 0.10

1:30 from mov't of gymnast

Injury: 2 min monitored by CJ.

If w/in 2 min, coach indicates able to compete, then 45 sec fall time begins.

RANGE

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

$y^v = A$
 \underline{e}^0 or \underline{e}^3 or $\underline{z}^v = D$

APPARATUS DEDUCTIONS

Failure to hold ending pose for 1 sec 0.05
Not in sync with music-- parts 0.05
Failure to land feet together in L/J \uparrow 0.10
Incorrect body posture in VP dance \uparrow 0.10
Lack of precision in VP dance \uparrow 0.10
Rhythm during direct connection \uparrow 0.10
Turns not in high relevé \uparrow 0.10
Concentration pause 2 sec or more 0.10
Not ended with music 0.10
Add'l trunk mvnt's on landing of acro (avoid step) \uparrow 0.20
Incomplete turn/twist \uparrow 0.20
Insuff height dance, acro w/hands, aerials \uparrow 0.20
Legs not parallel to the floor in split/straddle \uparrow 0.20
Insuff height salto (not accel fwd elem) \uparrow 0.30
Insufficient opening prior to landing (salto) \uparrow 0.30
Out of bounds CJ 0.10
Coach on floor (one time per gymnast) CJ 0.30
Absence of music (not technical failure) CJ 0.50

Throughout Deductions:

Artistry of presentation

- quality of expression \uparrow 0.10
- originality of choreography \uparrow 0.10
- quality of movement \uparrow 0.10

 Insuff Dynamic performance (energy, effortless) \uparrow 0.20
 Insuff variation of Rhythm and tempo (whole ex) \uparrow 0.20
 Incorrect body align, position or posture in non-VP \uparrow 0.30
 Poor relationship of music and movement \uparrow 0.30
 Relax/incorrect footwork on non-VP \uparrow 0.30