NCAA Vault

Except Grp 3 or 5
¾-1/1 on- salto off

First Flight:

Excessive Arch	^ 0.20
Hip angle	^ 0.30
Incomplete LA turn	^ 0.30

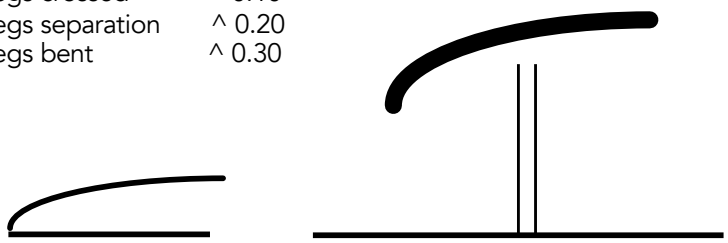
Both Flight Phases:

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

Staggered/alt hand	^ 0.10
Alt repulsion	^ 0.20
Shoulder angle	^ 0.20
Excessive arch	^ 0.20
Leg bent support or early tuck-salto	^ 0.30
Step(s) on hands (max 0.30)	ea 0.10
Hop(s) with both hands simult	0.30
Failure to pass through vertical	^ 0.30
Bent Arms (except Tsuk lead arm)	^ 0.50
Prescribed LA turn begun too early	^ 0.30
Head contact (includes arm bend)	2.00

Non-salto:

Too long support	^ 0.50
Ang of repulsion	^ 1.00



Body shape –

Insuff Tuck, Pike, Stretch	^ 0.30
Fail to maintain stretch (pike down)	^ 0.30
Insuff extension (open)	^ 0.25
total absence	0.30

Twists -

Insuff exactness of LA turn	^ 0.10
Late completion twist	^ 0.30
(Grps 1, 4&5 w/o salto)	

Brush/hit body on far end of table	^ 0.20
Under rotate of all vaults	^ 0.10

Direction	^ 0.30
Length	^ 0.30
Height	^ 0.50
Dynamics	^ 0.30

GENERAL

Incorrect foot form throughout	^ 0.10
Gymnast fails to punch board with 2 feet simult	0.20
Coach stands btw brd and table (exc RO vaults)	0.50
Coach aid on landing	0.50
*Coach aiding vault	each judge 1.00
*Touch with 1 or no hands	each judge 1.00
*Fail to land soles of feet first (incl fall)	each judge 1.00
No safety zone RO vaults	VOID
Vault not on chart	VOID
Gymnasts out of order- off team score	CJ 0.10
Vault w/o judge's salute: off repeated vault avg	CJ 0.50

No Bonus value vaults. *Flash vault number.*

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

TEAM DEDUCTIONS: each occurrence

Incorrect use of tape/chalk on equipment:	
~Using chalk on vlt runway(removable tape/Velcro allowed)	0.20
~Tape on the hand placement mat (RO Pad)	0.20
~Tape on springboard	0.20
Only small chalk marks permitted for visual cues on landing mat	
Incorrect App Specs (incl. springboard config)	0.20
Improper use of equip per manufact specs	0.20
Landing lines not marked per Rules Modif.	0.20
Use of hand placem't mat for trad fwd approach vlts	0.20
Use of foreign substance (1 time team deduction)	0.20
Use of unauth supp'l mats (no more than 10" total)	0.20
Use of springboard on unauth surface	0.20

LANDING:

Failure to hold finish position for 1 sec	0.05
Feet land max hip width and not close	0.05
Feet land *wider* than hip width, not close	0.10
Entire foot/feet slide or lift off floor to join	^ 0.10
Staggered feet, small hop, adjust	^ 0.10
Add'l trunk mvt/arm swing for balance/control	^ 0.20
Incorrect body posture	^ 0.20
Steps: max 0.40 small: 0.10 med: 0.15 Large:	0.20
Prescribed LA turn incomplete	^ 0.30
Brush/touch floor 1 or 2 hand(s) (no support)	^ 0.30
Squat (hips lower than knees/>90° compress)	^ 0.30
-> then falls	0.50
Fall on mat or against table	0.50
Support on mat (w/ 1 or 2 hands).	0.50

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

NCAA Uneven Bars

J. Lippert 11/26

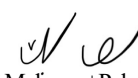
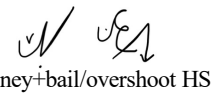
Value	3A 3B 2C
Parts	no VP = no SR 1 element may fulfill, > 1 SR unless specified
Special	**2 bar changes:** VP on both bars- min of 2 times on one rail & 1 time on other rail
Reqm'ts	**2 diff flight elem:** one min of D and one min of C (not to include dismt) **1 elem w/ LA turn**, min C (not to incl mt/dismt)
0.2 ea	**C dismount preceded by a min of a C, OR a D/E dismount**
Bonus	CV or DV max +0.50 +0.10 D +0.20 E
SV	9.20 (add +0.60 bonus and +0.20 CC)

Connection Value (CV) Bonus --includes mt/dism't

C + C = +0.10 Both elem have LA turn/Flight **or** 2 diff 3/6/7
C + D = +0.10* D/E+C** = +0.20 Super 8 release combo
D + D = +0.20***

***Except:** D+C:
+0.00 CV & 0.10 DV bonus  Maloney+bail/overshoot

****Except:** D/E+C Super 8 HB-LB or LB-HB release conn 3/6/7 min C circle to HS (in this order only) +0.20
LB-HB: Shap/Chow/Maloney/Rambler to 3/6/7 min C circle HS
HB-LB: Cox/Ejova/Pak, Pak 1/1 to 3/6/7 min C circle to HS

*****Except:** D+D:
+0.00 CV & 0.20 DV bonus  Maloney+Pak or  Maloney+bail/overshoot HS

STRUCTURE DEDUCTIONS

More than 1 planned squat/stoop on/circle to HB ea 0.10*
*except after a fall- no deduction
Uncharacteristic elem (and breaks series) ea 0.10
-- squat on LB, 1/2 turn on feet to HB
-- swing fwd on HB feet to LB in stand, w/w/o 1/2 turn **unless followed by a circling elem**
3/4 giant circle fwd w/w/o grip change (break series) ea 0.10

TEAM DEDUCTIONS: each occurrence

Failure to remove board after mt or auth spot device after use 0.20 ea
Use of unauth supplemental mats (no more than 10" total) 0.20
Use of springboard on unauth surface (i.e. on 8" mat) 0.20
Only small chalk/tape mark permit for equip placem't/visual cues on landing mat
Only dry erase markers permitted on upright for placement cues

APPARATUS DEDUCTIONS

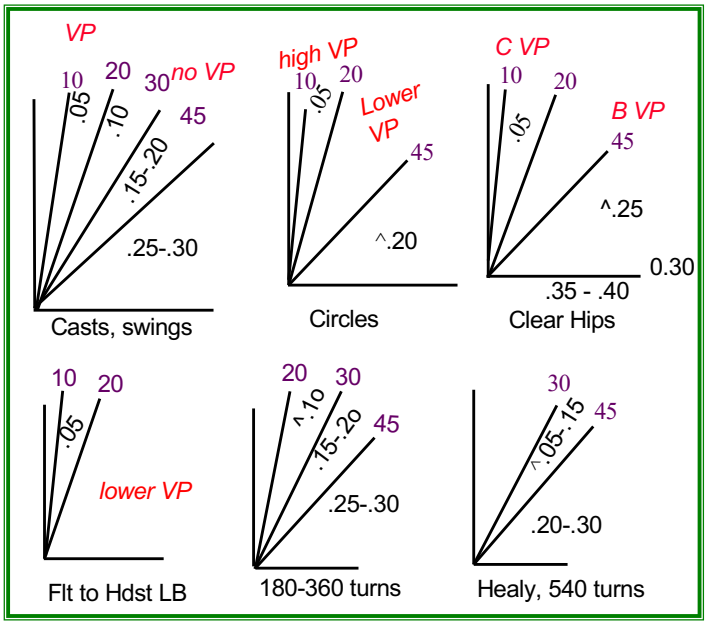
Failure to hold finish position for 1 sec	0.05
Flexed/sickle feet on VP	0.05
Hesitation in jump to HB/swing to HS	^ 0.10
Insuff extension of glides/sw to kip	^ 0.10
Poor rhythm in element/conn	^ 0.10
Swing fwd/bwd under horiz	ea ^ 0.10
Touch, brush on apparatus/mat w/foot/feet	^ 0.10
Under rotation of release/flight elem	^ 0.10
Landing too close to bars on dmt	0.10
Add't trunk mov't/arm swing for balance	^ 0.20
Fail to maintain stretch (pike down) dmt	^ 0.20
Incomplete twist salto dmt	^ 0.20
Incorrect body posture on landing	^ 0.20
Insuff amplitude of bar elements, releases	^ 0.20
Hit foot: on apparatus 0.20	on mat 0.30
Bent arms in support or legs	^ 0.30
Insuff ext/open of tk/pk prior to land	^ 0.30
Insuff height of salto dsmts	^ 0.30
Extra swing/cast (max 0.50 per element)	ea 0.30
Grasp bar 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
Exercise fewer than 5 VP elem	CJ 2.00
Throughout:	
Precision of hdst positions	^ 0.10
Dynamics (energy, swingful, effortless)	^ 0.20

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

COMPOSITIONAL CREDIT (CC) MAX + 0.20:

CC Release Difficulty = +0.10
a. Single bar release min of D *or*
b. E release element *or*
c. Min of 2 D releases

CC Dismount Difficulty = +0.10
a. D/E dismount *or*
b. C dismount preceded by a D/E



D skills:
any Healy = D

E skills:
Any 1 ½ pirouette= E

NCAA Balance Beam

J. Lippert 11/26

Value Pts	3A 3B 2C	no VP = no SR
Special Req'ts	**Acro series 2 flt w/ C** w/wo hand support, (inc mt) -OR- **A (gp 7) + E (Acro)** *(stop on bm)*	
	Dance or Dance/Acro series -*dance elem min C (stop on beam)*	
	Leap/Jump 180° split (isol or in series)	
0.2 ea	**360° turn** (no hand support)	
	Min C Dism't	
Bonus	CV or DV max +0.50 +0.10 D +0.20 E	
SV	9.20 (add +0.6 bonus + 0.20 CC)	

STRUCTURE DEDUCTIONS

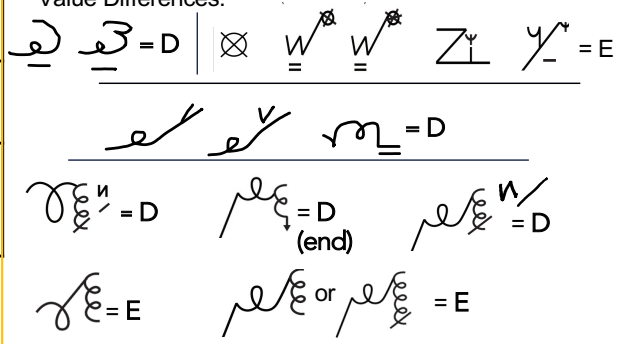
Choreography performed in all Directions	0.05
Insuff level changes	0.05
Spatially (use of whole beam)	0.05
Lack of Variety in acro (F/S and B) (not dismt)	each 0.10

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 CJ 0.10 **Time: 1:30** -- warning 1:20

Connection Value (CV)	2 acro flight no dismt	3 acro flight no B dismt	dance/mixed (acro flt, no dismt)	turns
+ 0.1	[no 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**

Value Differences:



Compositional credit (CC) = + 0.20

Dance Difficulty: + 0.10 when min of +0.20 total bonus is awarded either:

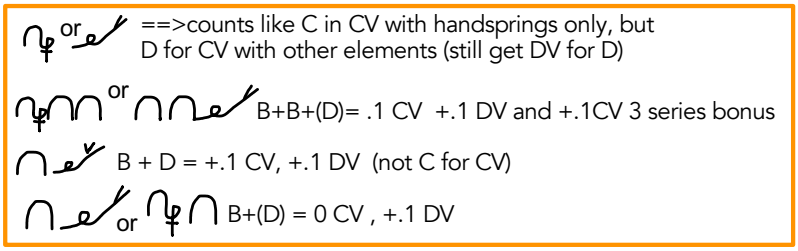
a. DV bonus for D/E dance skill *OR*
b. CV bonus for dance/dance or dance/acro *OR*
c. a combination of both (+0.10 DV and +0.10 CV)

The total bonus may be performed in 2 separate conn, and the conn cannot be in a series with the dism't. D/E dance mounts and mount connections are included. Can award for attempted bonus if VP is awarded.

Acro Difficulty: + 0.10 awarded for 1 of the following:

a. Acro flight series with CV Bonus (able to fulfill SR) OR
b. D/E acro element separate from SR acro series (completed or broken). D/E Mounts/Dismounts included; however, a D/E elem dir conn to dism't cannot count for CC acro diff.

Note: a D/E acro elem that is included in dance/acro series for CC Dance diff, may also fulfill CC Acro diff.



ARTISITIC PERFORMANCE- Non VP

Choreography:	^ 0.40
Lack of purposeful choreography: excess prep	^ 0.20
Lack of Variety in focus changes, poses, phrases	^ 0.10
Rhythm and tempo:	^ 0.20
Insuff variation in rhythm and tempo in non-VP	^ 0.10
Series of disconnect movements; fragmented	^ 0.10
Sureness: Lack of sureness throughout	^ 0.20
Body posture: (head/shoulder/trunk)	^ 0.30
Footwork: Feet not pointed/relaxed/turned in	^ 0.30
Dynamics:	^ 0.20
Insuff amplitude of choreograph movement	^ 0.10
Energy maintained throughout	^ 0.10

APPARATUS DEDUCTIONS

Failure to hold finish position for 1 sec	0.05
Flexed/sickle feet on VP	^ 0.05
Deviation from straight direction on dismount	^ 0.10
Failure to land feet together in L/J (land side)	^ 0.10
Failure to perform Gr 3 turns in high relevé	^ 0.10
Hesitation in jump/press/swing to handstand	^ 0.10
Incorrect body position/alignment in VP dance	^ 0.10
Lack of precision in VP dance	^ 0.10
Landing too close to beam on dismount	0.10
Add't trunk mov't/arm swing for balance on dmt landing	^ 0.20
Failure to maintain stretch body (pike down dmt)	^ 0.20
Insuff height of dance L-J-H/salto/aeriel or acro	^ 0.20
Incomplete dance turns or twist on twisting dismount	^ 0.20
Incorrect body position landing elements/dismounts	^ 0.20
Insuff exactness of tuck/pike/stretch position	^ 0.20
Insuff split position when req'd (not in acro series)	^ 0.20
Legs not parallel to beam in split/strad pike L/J	^ 0.20
Rhythm during dance/mix/acro conn (not bwd flight)	^ 0.20
Lack of tempo/poor rhythm (fwd/back, fwd/side, non-flight):	^ 0.20
body slow, arm swing, slight extend-bend knees	^ 0.10
torso/trunk deviation but in line with beam	.15 to 0.20
Concentration pause: 2 sec ea 0.10 more than 2 sec	ea 0.20
Support of leg against beam, hit	0.20
Brush/touch of land surface w/ 1 or 2 hands	^ 0.30
Direction of gainer dismount off end	^ 0.30
Insuff extension of body (open) prior to land	^ 0.30
Insuff height of salto dismount	^ 0.30
Add'l movement to maintain Balance:	^ 0.30
Grasp to avoid fall	0.30
Use supplement support (feet on floor or base)	0.30
Fall on/against/off apparatus	0.50

Team deductions: each occurrence

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

Only small chalk/tape mark permitted for equip placement/visual cues on landing mat

NCAA Floor Exercise

J. Lippert 11/26

Value Parts	**3A 3B 2C**	no VP = no SR
Special Req'ts	1 acro pass with 2 saltos **or** 2 direct conn saltos (one salto a min C) 3 diff saltos Last isolated salto or w/in last salto connection in acro pass - min C in a CV bonus conn or a D/E salto	
0.2 ea	Dance Passage (Two diff *Group 1* elements dir/indir conn, one w/180° leap, can include turns indirectly) Min of 2 acro passes performed on 2 different diagonals	
Bonus	CV or DV max +0.5 +0.1 D +0.2 E,	
SV	**9.2** (add +0.6 bonus & +0.20 CC)	

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 or 2 ft takeoff with landing in sit/prone or split position.

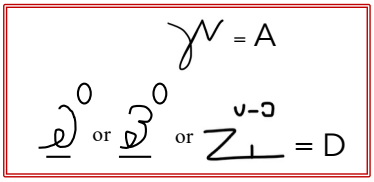
Team Deductions: each occurrence

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 tape placed inside bndry of 2-tone carpet
Only small chalk marks permitted for visual cues on supplemental mat and carpet.

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	

Overtime deduction 0.10
1:30 from movement of gymnast

Injury: 2 min monitored by CJ.
If w/in 2 min, coach indicates able to compete, then 45 sec fall time begins.



Add'l +0.1 DV bonus:** **w/ except of a Rudi (front 1 ½ twist)
2 acro pass routine = D/E acro elem in dir or indir acro conn in the last acro pass
3 acro pass routine = D/E acro elem performed in the last acro pass

Compositional credit (CC) = + 0.20

Dance Difficulty: + 0.10 for one of the following:
a. D/E dance skill *OR*
b. min +0.10 CV for a dance/dance combination

Acro Difficulty: 2 pass routine + 0.10 award for 1 of follow:
a. one E acro element
b. one diff D acro element in each of the 2 acro passes
c. one D acro elem in one pass and min +0.30 total CV bonus in the other pass, w/ addit'l D dance element

Acro Difficulty: 3 pass routine + 0.10 award for 1 of follow:
a. one E acro element
b. two diff D elements, one must be an acro element

Structure Deductions

Insuff use of floor: spatially 0.05
Lack of variety in acro elem -F/S & Back saltos ea 0.10

ARTISITIC PERFORMANCE- Non VP

Choreography:	^ 0.40
Lack of purposeful choreography:	^ 0.15
more than 1 step close	each pass 0.05
Lack of focus changes/projections	^ 0.15
Lack of Variety of poses, phrases/connection	^ 0.10
Musicality: congr't mov't/theme/change in tempo	^ 0.20
Expression: convey emotion/engaging	^ 0.20
Body posture: (head/shoulder/trunk)	^ 0.30
Footwork: Feet not pointed/relaxed/turned in	^ 0.30
Dynamics:	^ 0.20
Insuff amplitude of choreograph mov't	^ 0.10
Energy maintained throughout	^ 0.10

APPARATUS DEDUCTIONS

Flexed/sickle feet on VP elements	0.05
Failure to hold ending pose for 1 sec.	0.05
Deviation from straight direct on acro landings	^ 0.10
Failure to perform Gr 2 turns in high relevé	^ 0.10
Feet apart on land of L/J to 2 feet	^ 0.10
Incorrect body posture/align't in VP dance	^ 0.10
Incorrect rhythm during direct connections	^ 0.10
Lack of precision in VP dance	^ 0.10
Legs crossed in twisting salto	^ 0.10
Slight hop, small adj't, stagg feet on isolat VP/last acro	^ 0.10
Concentration pauses (2 sec or more)	ea 0.10
Failure to show synch of music w/ end pose	0.10
Addit'l trunk mov't/arm swing for balance upon land	^ 0.20
Incomplete dance turns/acro twists	^ 0.20
Incorrect body posture on acro landings	^ 0.20
Insuff exactness of tuck/pike/layout positions	^ 0.20
Insuff height of dance, acro w/hands, aerials	^ 0.20
Insuff split position (not in acro series)	^ 0.20
Legs not parallel to the floor in splitL-J/straddle-pike	^ 0.20
Pike down of stretched salto	^ 0.20
Brush/touch land surface w/ 1 or 2 hands (no support)	^ 0.30
Insuff extension (open) prior to landing acro	^ 0.30
Insuff height of salto (not apply to accel elem)	^ 0.30
Fall on mat w/ 1 or 2 hands	0.50
Out of bounds	each CJ 0.10
Coach on floor (one time per gymnast)	CJ 0.30
Absence of music (not technical failure)	CJ 0.50

Coach/teammate touch/push to prevent run/fall out of bounds:
0.50 spot & CJ 0.10 out of bounds, no bonus, award SR/VP