

I. THE WORKING PROCEDURES OF THE JUDGING PANEL

A. TYPES OF COMPETITION

1. Junior Olympic Compulsory Competition LEVELS 1 / 2 / 3 / 4 / 5
2. Junior Olympic Optional Competition LEVELS 6 / 7 / 8 / 9 / 10

B. JUDGING PANELS COMPOSITION

1. USA Gymnastics Junior Olympic East / West and National Competitions - panels consist of:
 - a. One (1) Chief Judge (non-affiliated)
 - b. Three (3) additional Panel Judges
 - c. Assistants (timers, line Judges, etc.)
2. Number of Required Judges at USA Gymnastics Junior Olympic Local, Pre-Sectional, Sectional, State, Regional and National Invitational competitions, panels may consist of:
 - a. Four (4) Judges as above, OR
 - b. Two (2) Judges
 - 1) One (1) Chief Judge (non-affiliated)
 - 2) One (1) Panel Judge
 - c. A One-Judge panel is allowed at Local / Sectional competitions only for LEVEL 1 / 2 / 3 / 4 and at Local competitions only for LEVEL 5 (may not be a direct qualifier to the LEVEL 5 State meet.)
 - Check with your State Administrative Committee Chairman for State guidelines for Pre-sectional and Sectional meets at LEVELS 1 / 2 / 3 / 4 / 5
 - d. Assistants (VT, UB, BB and FX Timers, FX Line Judges)

C. **AFFILIATION OF JUDGES WITH AN INDIVIDUAL(S) OR GYMNASTICS CLUB**

1. A Judge is considered affiliated at a specific meet if she / he is:
 - a. A person on the payroll of a competing club.
 - A Judge who critiques or Coaches at a specific Gymnastics club on a regular (more than once a month) basis is considered affiliated with that club.
 - b. A Coach of a competing Gymnast.
 - c. A Club Owner of a competing club / Gymnast.
 - d. A Women's Artistic Junior Olympic or Xcel team member of a club competing in the meet. EXAMPLE: LEVEL 10 Gymnast holds a Compulsory rating and is judging Gymnasts from her own club at a Compulsory meet.
 - e. Any sports science or Gymnastics professional that is paid for ongoing services for a competing Gymnast. EXAMPLE: Athletic trainer, Physical Therapist, Sports Psychologist, Choreographer.
 - f. An immediate family member* of a:
 - 1) Competing Gymnast
 - 2) Coach of a competing club
EXAMPLE: A parent whose offspring is a Coach of a competing club is affiliated with that club regardless of whether the Coach is on the floor working at a specific meet.
 - 3) Club owner / administrator whose club is competing
 - 4) Women's Artistic Junior Olympic or Xcel team member of a club competing in the meet. EXAMPLE: Parent of a LEVEL 5 Gymnast is judging an Optional competition in which her daughter's club is competing.
 - An immediate family member of a Men's, Rhythmic, Acrobatic Gymnastics or Tumbling / Trampoline Team member of a competing club is not considered to be affiliated.
 - An immediate family member of any child enrolled in a recreational class of a competing club is not considered to be affiliated.
 - **NOTE**: *Immediate family refers to a parent, step-parent, grandparent, or sibling. In addition, it may include any other person living in the household.

SECTION 1 – GENERAL INFORMATION – JUDGING PANELS – CHAPTER 1

JUDGING PANELS COMPOSITION (continued)

2. Judges affiliated with a club, Gymnast or Coach participating in the competition MAY be assigned to Judge, with the following stipulations:
 - a. In USA Gymnastics qualifying competitions with panels of two (2) or four (4) Judges:
 - 1) An affiliated Judge may be assigned as a Panel Judge or as the Meet Referee.
 - 2) No more than one (1) Judge with the same affiliation may be assigned per panel.
 - 3) An affiliated Judge may not be assigned as Chief Judge, regardless of accreditation rating.
 - b. In non-qualifying Open Invitationals with panels of two (2) or four (4) Judges
 - Affiliated Judges may be assigned as a Chief or Panel Judge.
 - c. For meets using one-Judge panels, an affiliated Judge may be assigned **ONLY** when there are not enough non-affiliated Judges available and only with the approval of the Regional Technical Committee Chairman (RTCC).
 - 1) If the RTCC is affiliated and must be assigned, approval must come from the State Administrative Committee Chairman.
 - 2) An affiliated Judge may be assigned to a one-Judge panel for LEVELS 1 and 2.
 - d. If the club with which the Judge is affiliated is not participating in the meet to which the Judge has been assigned, she / he is not considered affiliated at that meet.
 - 1) If the meet format has separate team and individual awards per session, then a Judge would be affiliated only during the session(s) in which the club / team she / he is affiliated with is competing.
 - 2) If there is an overall team award for the same LEVEL at the end of the entire meet, the affiliation rules apply for the entire competition.

D. SEATING ARRANGEMENT OF THE JUDGES

1. Allow for an unobstructed observation of the exercise.
2. Place the Panel Judges in numerical order around the apparatus, clockwise from the Chief Judge's table.
3. Space the Judges at a proper distance to allow for an individual, unbiased evaluation.
 - If floor space is restricted, both Judges on the panel are allowed to sit at the same table; however, it is advised that a score tabulator be seated between the Judges and / or that conversation between the two Judges is limited to conferences only.

II. DUTIES AND RESPONSIBILITIES OF THE MEET OFFICIALS

A. GENERAL DUTIES OF ALL OFFICIALS

1. Individual Judges shall perform their function as a Judge of the Meet according to the USA Gymnastics Rules and Policies, membership policies, Safe Sport policies, and the USA Gymnastics Code of Ethics.
2. Individual Judges shall be limited to judging, evaluating and scoring the competition.
 - a. A Judge shall not involve herself / himself with the conduct of the Gymnast during the warm-ups or training.
 - b. Comments to the Gymnast should be made only if requested from the Coach or Gymnast.
3. Individual Judges will be bound by the terms of the individual contract agreed upon for that particular meet.
4. Judges are responsible, according to all appropriate laws and jurisdiction, for all financial reporting and identification of payment / reimbursements received to the appropriate agencies (i.e. IRS).
5. Each individual Judge shall sign and return the contract to the Meet Director and the contracting official.

SECTION 1 – GENERAL INFO – EVALUATION OF OPTIONAL EXERCISES – CHAPTER 3

C. **GENERAL DEDUCTIONS** for faults in technique, execution, amplitude and artistry on UNEVEN BARS, BALANCE BEAM and FLOOR EXERCISE.

SMALL FAULTS	each time <u>0.05</u>	Flexed / sickled feet during Value Part elements
	<u>0.05</u>	Lands Dismount with feet hip-width apart or closer but never joins the feet (heels)
	up to 0.10	Slight hop, or small adjustment on landing of elements or landing with feet staggered on UB / BB dismounts <ul style="list-style-type: none"> FX acro elements: a small step after landing to finish is allowed with no deduction
	up to 0.10	Deviation from straight direction on landing
	up to 0.10	Arm swings on landing to maintain balance
	up to 0.10	Legs crossed during Value Part elements with twist
	up to 0.10	Brush / touch of foot / feet on apparatus or mat
	each <u>0.10</u> (max <u>0.40</u>)	Steps on landing (per step - maximum of 4)
	<u>0.10</u>	Landing Bars / Beam Dismount with feet further than hip-width Apart.

MEDIUM FAULTS	up to 0.20	Leg or Knee separations
	up to 0.20	Insufficient exactness of Body Positions
	up to 0.20	Insufficient Tuck position (Ideal = minimum of 90° bend in both hips and knees)
	up to 0.20	Insufficient Pike position (Ideal = minimum of 90° bend in the hips, 91°-135° = insufficient pike)
	up to 0.20	Insufficient Stretched position (Ideal = straight 180° position), but greater than 135° is considered stretched body position. <ul style="list-style-type: none"> Arch = up to 0.20 Hip angle (136°-179°) = up to 0.20
	up to 0.20	Failure to maintain Stretched body position (pikes down)
	up to 0.20	Incorrect body posture on landing
	up to 0.20	Insufficient Split when required (Dance / non-flight acro elements)
	up to 0.20	Incomplete Turn / Twist
	up p to 0.20	Additional Trunk movements to maintain balance / control upon landing of UB / BB Dismounts and Floor acro elements. <ul style="list-style-type: none"> Apply to “stuck” landings with trunk movements to avoid steps.
<u>0.20</u> (max <u>0.40</u>)	Large Step or Jump on landing (approximately 3 feet or more)	

SECTION 1 – GENERAL INFO – EVALUATION OF OPTIONAL EXERCISES – CHAPTER 3

LARGE FAULTS	up to 0.30	1. Bent Arms in Support - on any one element (90° bend or greater – max <u>0.30</u>)
	up to 0.30	2. Bent Legs - on any one element (90° bend or greater – max <u>0.30</u>)
	up to 0.30	Additional movements to maintain balance / control on the beam
	up to 0.30	Squat on landing (hips even with or lower than the knees)
	up to 0.30	Brushes / Touches the mat with one (1) or two (2) hands (no support)
	up to 0.30	Insufficient extension (open) of body prior to landing <ul style="list-style-type: none"> • Applies to UB / BB Dismounts and BB / FX Acro in Tuck / Pike position
	up to 0.30	Insufficient Height of Salto Dismount (UB / BB)
VERY LARGE FAULTS	<u>0.50</u>	Support on mat with one (1) or two (2) hands
	<u>0.50</u>	Fall on mat to Knee(s) or Hips
	<u>0.50</u>	Fall on or against apparatus
	<u>0.50</u>	Fall / Failure to land on the Bottom of the Feet First <ul style="list-style-type: none"> • No Value Part / No Special Requirement • No Bonus / No Compositional credit
	<u>0.50</u>	Spotting assistance upon Landing of Dismount element <ul style="list-style-type: none"> • Award Value Part and Special Requirement • No Bonus / No Compositional credit
	<u>0.50</u>	Spotting assistance during an Element <ul style="list-style-type: none"> • No Value Part / No Special Requirement / No Bonus credit / No Compositional credit

D. CLARIFICATION ON STEPS ON LANDING:

1. A step-close is considered one step and receives a 0.10 deduction.
A very small step-close or other small foot movement would receive a 0.05 deduction.
EXAMPLES of one step = – 0.10
 - a. The Gymnast lands with feet together, then takes one step forward, sideward, or backward on the Right foot; then returns the Right foot to join the Left foot, OR
 - b. The Gymnast lands with feet together, then takes one step forward, backward, or sideward on the Right foot; then steps with the Left foot to join the Right foot.
2. If the Gymnast is out of control or has additional movements to maintain balance after the step(s), additional deductions may be applied.
3. There is a maximum deduction of 0.40 for steps (regardless of size or number); however, if the steps result in a fall, deduct only 0.50 for the fall.
 - a. If the Gymnast lands a Bar or Beam dismount with feet a maximum of hip-width apart, there is no deduction, provided she slides her heels together on the controlled extension. If the entire foot slides or is lifted off the mat to join, it is considered a small step.
 - b. If the Gymnast lands with feet apart or staggered and then continued to take steps, deduct only for the steps. The deductions for landing with feet apart / staggered are to be applied only when the Gymnast “sticks” the landing on Bar / Beam Dismounts, Vault and on an Isolated Salto or the Last Salto in an Acro Series on Floor Exercise.

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

I. APPARATUS SPECIFICATIONS / RULINGS

- A. **USA GYMNASTICS WOMEN'S RULES AND POLICIES:** Refer to the current Women's Rules and Policies for exact specifications.
https://usagym.org/pages/women/pages/rules_policies.html
Requirements are subject to change every competitive year, beginning August 1.
- B. **THICKNESS OF THE VAULT RUNWAY:** Meet Director is required to include in the pre-meet information.
- C. **USE OF TAPE OR EXCESSIVE CHALK** is not permitted on the Vault Table.
- D. **HAND PLACEMENT MAT** may be placed on the runway (but not on the Vaulting board).
1. ONLY for Round-off Entry or Front Handspring onto the board entry Vaults at LEVELS 6 / 7 / 8 / 9 / 10.
 2. The mat must be manufactured by a Gymnastics equipment company and placed on the runway according to manufacturer's directions (Velcro-side down).
 3. It must not exceed two (2) inches in height.
 4. A Sting Mat (or any other type of matting) is not allowed.
 5. The hand placement mat may NOT be placed on the runway as a visual aid for forward entry Vaults at ANY LEVEL.
- E. **HAND PLACEMENT MAT – IF SLIPS** on the runway:
1. It is NOT considered apparatus or personal equipment failure.
 2. This is not a reason to repeat the Vault without penalty.
 3. It is the Coach's responsibility to ensure that the mat is placed properly with the Velcro secure.
 4. The tape measure is also part of the Coach's responsibility.
- F. **ROUND-OFF "SAFETY ZONE" MAT**
1. **REQUIRED** whenever Round-off Entry Vaults are performed at Junior Olympic competitions LEVELS 6 / 7 / 8 / 9 / 10.
 2. The Safety Zone mat may also be used (but not required) for ANY other Vault in the Junior Olympic Program.
 3. Failure to use the Safety Zone mat when performing a Round-off Entry Vault would result in a "0" (VOID) score for the Vault.
 4. For Round-off Entry Vaults, the Safety Zone mat must be placed in the proper direction (around the board) or the Vault is invalid – "0" (VOID). The Safety Zone mat is designed to protect the area between the board and the Vault apparatus, as well as on the sides of the board. It must fit snugly against the board so there is no space between the board and the Safety Zone mat.
 5. For Vaults from Groups 1 / 2 / 3 (forward entry with or without turns in pre-flight), the Safety Zone mat may be utilized. It is acceptable to have space between the board and the Safety Zone mat in this situation.
- G. **ANY COMBINATION OF SKILL CUSHIONS** (Sting Mat, 4" Throw Mat, 8" Skill Cushion)
1. Maximum of 9 inches, using sting mats, 4-inch throw mats and / or 8-inch skill cushions, may be placed on top of the allowable competition landing mats (9 inches).
 2. If an 8-inch thick skill cushion is used, it must be a minimum of 5' x 10'.
 3. The use of any other unauthorized type of matting will receive a deduction of 0.30 from the Average score by the Chief Judge.
- H. **VAULT RUNWAY** must be securely fastened to the floor with tape or Velcro.
1. Athletic tape, Velcro strips or small chalk marks may be placed on the Vault Runway provided that such markings are removed no later than the end of the rotation.
 2. Maximum width of Velcro strip / athletic tape is 5 cm (2"); maximum length is 3 feet.

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

I. **ALTERNATIVE SPRINGBOARDS** (trampoline-like / junior boards)

1. Are not allowed at any Optional LEVEL.
2. If used, the Vault is considered VOID.

J. **CONVERSION FOR INCHES TO CENTIMETERS:**

$\frac{3}{4}$ inch (approx.)	=	2 cm
4 inches	=	10 cm
4 $\frac{1}{2}$ inches	=	12 cm
8 inches	=	20 cm
9 inches	=	24 cm

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

LEVEL 6 / 7 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)

SECOND FLIGHT PHASE	up to 0.10	FAIL TO MAINTAIN NEUTRAL HEAD POSITION
	up to 0.10	INCORRECT FOOT FORM (flexed / sickled)
	up to 0.10	<u>INCORRECT LEG FORM</u> Legs Crossed Legs Separated Legs Bent
	up to 0.20	
	up to 0.30	
	up to 0.20	BRUSH OR HIT OF BODY ON TABLE during Second-Flight
	up to 0.30	<u>INSUFFICIENT LENGTH</u> <i>When evaluating length, consider size of the Gymnast, type of Vault, where the hands contact the Table, where the feet land and overall trajectory (amplitude) of the 2nd flight phase; not just the distance from where the Gymnast lands in relation to the end of the Vault Table.</i>
	up to 0.30	FAIL TO MAINTAIN PRESCRIBED BODY POSITION
up to 0.50	INSUFFICIENT HEIGHT	

LANDING	up to 0.50	INCORRECT BODY POSTURE ON LANDING
	<u>0.20</u>	LANDS ON FEET ALTERNATELY (one then the other)
	<u>0.50</u> up to 0.10 each <u>0.10</u> (max <u>0.40</u>) each <u>0.20</u> (max <u>0.40</u>)	<u>FRONT HANDSPRING ENTRY</u> Lands and Falls back against the Table Slight Hop, small adjustments of Feet back towards Table Steps back towards the Table (per step with maximum of 4) Large Step or Jump back towards the Table (approximately 3 feet or more)
	<u>0.50</u> up to 0.10 each <u>0.10</u> (max <u>0.40</u>) each <u>0.20</u> (max <u>0.40</u>)	<u>ROUND-OFF (YURCHENKO) and TSUKAHARA ENTRY</u> Lands and Falls forward against the Table Slight Hop, small adjustments of Feet forward towards the Table Steps forward towards the Table (per step with maximum of 4) Large Step or Jump forward towards the Table (approximately 3 feet or more)
	up to 0.30	DEVIATION FROM STRAIGHT DIRECTION (determined by initial contact with mat)
	up to 0.30	INSUFFICIENT DYNAMICS
	VOID	LANDING ON TOP OF THE TABLE in a sitting, lying or standing position

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

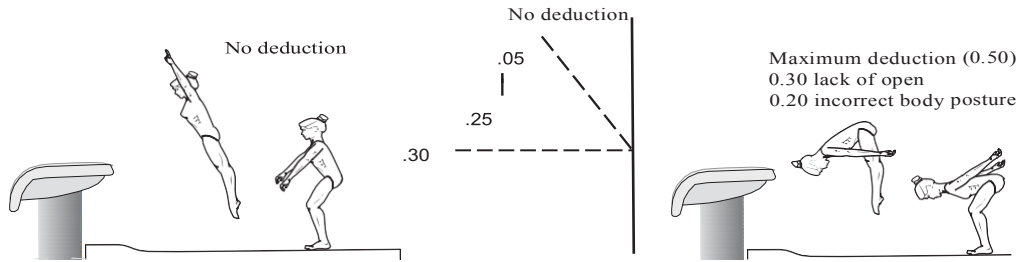
LEVEL 6 / 7 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)

GENERAL	No Deduction VOID	BALK #1: run approach without coming to rest or support on top of the Table BALK #2 or BALK #3
	<u>0.50</u>	VAULTS WITHOUT SIGNAL FROM CHIEF JUDGE Chief Judge deducts <u>0.50</u> from Average of next completed Vault.
	<u>0.50</u>	COACH STANDING BETWEEN BOARD AND TABLE <u>EXCEPTION:</u> no deduction if Gymnast performs a Round-off (Yurchenko) Entry Vault.
	VOID	SPOTTING ASSISTANCE DURING THE VAULT
	<u>0.50</u>	SPOTTING ASSISTANCE UPON LANDING No deduction for Coach assisting / spotting after landing
	VOID	FAIL TO LAND on any part of the Bottom of the Feet First
	VOID	SALTO PERFORMED AFTER LANDING
	VOID	VAULT PERFORMED IS NOT ONE OF THE ALLOWABLE CHOICES
	VOID	FAIL TO USE SAFETY ZONE mat for Round-off Entry Vaults
	VOID	USE OF ALTERNATIVE SPRINGBOARD (trampoline-like / junior board)

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

CLARIFICATION - INSUFFICIENT / LATE OPENING and TOTAL ABSENCE OF EXTENSION

Opening deduction should reflect body shape prior to landing. Deduction applied according to small, medium and large errors. Illustration refers to degree of closure of upper body towards the legs.



Gymnast begins to extend or completely extends hips prior to landing, but upon landing cannot maintain upper body posture and closes upper torso downward toward the legs (compresses), apply up to 0.20 deduction for “incorrect body posture on landing”. Gymnast never opens, lands in a full squat position and proceeds to fall. Deduct 0.50 for the fall. In addition, deduct 0.30 for lack of open and up to 0.20 for incorrect body posture.

LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)

LANDING	<u>0.05</u>	LAND WITH FEET HIP-WIDTH APART OR CLOSER but never join feet (heels) together
	<u>0.10</u>	LAND WITH FEET MORE THAN HIP-WIDTH APART
	up to 0.10	SLIGHT HOP, SMALL ADJUSTMENTS OF FEET or STAGGERED FEET
	each <u>0.10</u> max (<u>0.40</u>)	STEPS (per step)
	each <u>0.20</u> (max <u>0.40</u>)	LARGE STEP OR JUMP (approximately 3 feet or more)
	up to 0.10	ARM SWINGS TO MAINTAIN BALANCE
	up to 0.20	INCORRECT BODY POSTURE ON LANDING
	up to 0.20	ADDITIONAL TRUNK MOVEMENTS TO MAINTAIN BALANCE
	up to 0.30	SQUAT ON LANDING (hips even with or lower than knees)
	up to 0.30	SLIGHT BRUSH / TOUCH OF 1 OR 2 HANDS on mat (no support)
	up to 0.30 up to 0.10 0.15 – 0.20 0.25 – 0.30 Lower Value	<u>PRESCRIBED LA TURN INCOMPLETE</u> 1° – 30° missing 31° – 60° missing 61° – 89° missing 90° or more missing
	up to 0.30	DEVIATION FROM A STRAIGHT DIRECTION, determined by initial contact with the mat
	up to 0.30	INSUFFICIENT DYNAMICS
	<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 TABLE
VOID	LANDING ON TOP OF THE TABLE in a sitting, lying or standing position	

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)

CLARIFICATION FOR STEPS ON LANDING: Examples of One Step = Up to 0.10

1. A step-close is considered one step and receives a 0.10 deduction.
A very small step-close or other small foot movement would receive 0.05 deduction.
Examples of One Step = - 0.10
 - a. The Gymnast lands with feet together, then takes one step forward, sideward or backward on the Right foot; then returns the Right foot to join the Left foot, OR
 - b. The Gymnast lands with feet together, then takes one step forward, sideward or backward on the Right foot; then steps with the Left foot to join the Right foot.
 - c. If a Gymnast lands with feet a maximum of hip-width apart, there is no deduction, provided that she joins (slides) the heels together on the controlled extension.
 - If the entire foot / feet are sliding or lifting off the mat to join, it is considered a small step.
2. If the Gymnast is out of control or has additional movements to maintain balance after the step(s), additional deductions may be applied.
3. There is a maximum deduction of 0.40 for steps (regardless of size or number); however, if the steps result in a fall, deduct only 0.50 for the fall.
4. If the Gymnast lands with feet apart / staggered and then continues to take steps, deduct only for the steps. The deductions for landing with feet apart / staggered are to be applied only when the Gymnast “sticks” the landing.

GENERAL	No Deduction VOID	BALK #1: run approach without coming to rest or support on top of the Table BALK #2 or BALK #3
	<u>0.50</u>	VAULTS WITHOUT SIGNAL FROM CHIEF JUDGE Chief Judge deducts <u>0.50</u> from Average of next completed Vault
	<u>0.50</u>	COACH STANDING BETWEEN BOARD AND TABLE <u>EXCEPTION:</u> no deduction, if Gymnast performs a Round-off (Yurchenko) entry Vault at LEVEL 8 / 9 / 10.
	VOID <u>1.00</u>	SPOTTING ASSISTANCE DURING THE VAULT <u>EXCEPTION:</u> LEVEL 8 ONLY Spotting Assistance in post-flight of SALTO Vaults ONLY
	<u>0.50</u>	SPOTTING ASSISTANCE UPON LANDING
	VOID <u>0.50</u>	FAIL TO LAND on any part of the Bottom of the Feet First. Vault is scored if Gymnast falls, landing on hands and bottom of feet simultaneously.
	VOID	RESTRICTED VAULT PERFORMED for LEVEL 8 / 9
	VOID	USE OF ALTERNATIVE SPRINGBOARD (trampoline-like / junior board)
	VOID	FAIL TO USE SAFETY ZONE mat for Round-off Entry Vaults

- I. **USA GYMNASTICS JUNIOR OLYMPIC VAULT VALUE CHARTS** see Appendix or go to USA Gymnastics website at www.usagym.org and check under Women’s Program: Rules: Optional for the most current information.

I. **APPARATUS REGULATIONS**

Refer to the current Women's Rules and Policies for exact specifications.

https://usagym.org/pages/women/pages/rules_policies.html

Requirements are subject to change every competitive year, beginning August 1.

A. **HEIGHT OF THE BAR**

1. Measured from the Floor to the Top of the rail.
2. Measurement not based on Length of upright, but actual distance from Rail to Floor, by means of a Plumb Line.
3. Chief Judge takes a 0.30 deduction from the Average Score, for competing on apparatus using Incorrect Specifications. Must take deduction before next competitor.
4. No other substance besides chalk and water may be placed on the Uneven Bar rails.

B. **ANY COMBINATION OF SKILL CUSHIONS**

1. Maximum of 9 inches using Sting Mats, 4-inch Throw and / or 8-inch Skill Cushions may be placed on Top of allowable competition Landing Mats in two (2) separate areas (under the Bars and / or Dismount area.)
2. 8-inch Skill Cushion must be a minimum of 5 ft. x 10 ft.
3. 4-inch Throw Mat (Skill Cushion) may be placed on competition Landing Mat(s) for Dismount purposes.
4. Up to 8-inch Skill Cushion may be placed on top of 4-inch Throw Mat for protection on Release elements; however, the up to 8-inch Skill Cushion **MUST BE REMOVED** immediately after Release element has been performed.
5. Chief Judge takes a 0.30 deduction from the Average Score, for use of any Unauthorized or Additional type of Matting.
6. Conversion for Inches to Centimeters:

Approx. $\frac{3}{4}$ inch	=	2 cm
4 inches	=	10 cm
4½ inches	=	12 cm
8 inches	=	20 cm
9 inches	=	24 cm

C. **MATting REGULATIONS FOR MOUNTS**

1. MOUNTS WITHOUT THE USE OF A BOARD:
 - a. May stand on one (1) 12 cm or 20 cm Mat or two (2) 12 cm competition Landing Mats.
 - b. May also stand on an additional "up to 8-inch" Skill Cushion (Sting, Throw Mat, or 8" Skill Cushion) that is placed on the competition Landing Mat(s).
2. BOARD, MOUNT TRAINER MAT OR FOLDED PANEL MAT USED TO MOUNT:
 - a. May be placed on one (1) 12 cm or 20 cm, or two (2) 12 cm competition Landing Mats, with or without a 1½ inch base mat (unfolded panel mat) placed under or on top of the competition Landing Mat.
 - b. May be placed on Top of Sting mat or 4-inch Throw Mat that is placed on the competition Landing Mats.
 - c. May NOT be placed on an 8-inch Skill Cushion.
 - d. No Plywood is permitted underneath the board (EXCEPTION – Collegiate meets).
 - e. Chief Judge takes a 0.30 deduction from the Average Score if the Board is placed on an Unauthorized Surface (e.g., 8-inch Skill Cushion or Plywood).

II. ATTIRE REGULATIONS

A. HIP OR HEEL PADDING NOT ALLOWED

1. Chief Judge deducts 0.20 from the Average Score if Hip / Heel padding is used.
2. Chief Judge notices the Heel Pads prior to the Mount, a Warning must be given.
3. Deduction must be taken if Heel Pads are worn during routine (with or without Warning).

B. BANDAGES, HAND / WRIST GUARDS AND SUCH ARE ALLOWED:

1. Must be securely fastened.
2. Broken or completely torn Handgrip will be treated as equipment failure and Gymnast has the right to Repeat the exercise or Continue from point of interruption.
3. The gymnast must immediately show the broken handgrip to the Chief Judge.
4. Bandages, etc. that become loose or unfastened do not constitute equipment failure; therefore, no repetition allowed.

III. TIMING REGULATIONS

A. **WARM-UP REGULATIONS:** Only one (1) Gymnast at a time is allowed on the Bars during any Warm-up (General / Open, Timed or 30-second Touch).

B. SPECIFIC MEET FORMATS ALLOW TOUCH WARM-UP

1. Gymnasts are allowed a 30-second Touch Warm-up period.
 - a. Setting of Bars and / or Board is not included in 30-second Touch Warm-up time.
 - b. Warning is given when Warm-up Time is exceeded.
NOTE: preparing for an element, allow Gymnast to complete the element.
 - c. Chief Judge deducts 0.20 from the Average Score if Gymnast continues to warm-up after a Warning is issued, for exceeding the Warm-up Time.
 - In Team competitions, deduct from the Team Event Score.
2. Immediately prior to performing the exercise:
 - a. May run and jump onto the Board and briefly touch the Bars without penalty.
 - b. Chief Judge deducts 0.20 from the Average Score for performing or practicing an element (exceeding the Warm-up time).

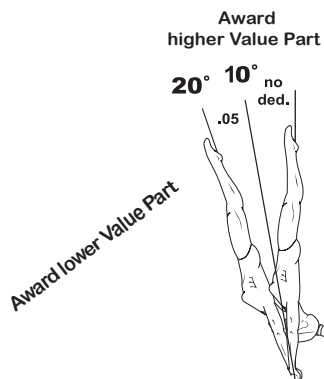
C. TIMING OF FALLS

1. Allowed 45 seconds to re-mount the bar after a Fall.
2. Does not re-mount within 45 seconds, exercise is Terminated.
 - a. Fall Time begins when Gymnast contacts the floor.
 - b. 45-second Fall Time stops when Gymnast leaves the floor to re-mount in preparation to resume routine.
3. While off the apparatus following a Fall, a warning will be communicated at:
 - a. Timer gives notification “20 seconds remaining” and “10 seconds remaining” in the Fall Time.
 - b. “Time” is called at 45 Seconds.

SPECIFIC EXECUTION DEDUCTIONS (continued)

C. INSUFFICIENT ANGLE OF ARRIVAL ON FLIGHTS TO HANDSTAND ON LOW BAR

0° – 10° from Vertical	0.00	Award Higher Value Part
11° – 20° from Vertical	<u>0.05</u>	Award Higher Value Part
21° or more from Vertical		Award Lower Value Part



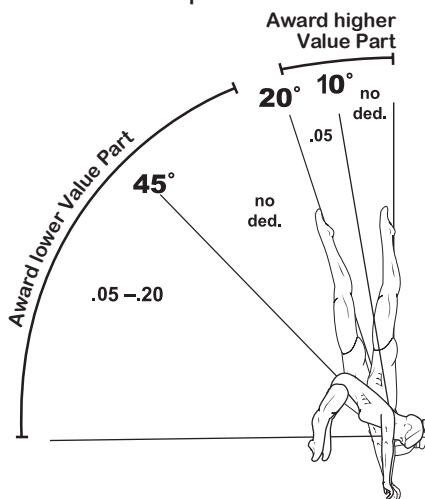
D. AMPLITUDE / ANGLE OF COMPLETION OF CIRCLING ELEMENTS

1. Circling Elements – EXCEPT Clear Hip Circles

Deductions for Insufficient Amplitude apply.

0° – 10° from Vertical	0.00	Award Higher Value Part
11° – 20° from Vertical	<u>0.05</u>	Award Higher Value Part
21° – 45° from Vertical	0.00	Award Lower Value Part
46° or more from Vertical	up to 0.20	Award Lower Value Part

All circle elements except
Clear hip circle



Backward Stalder Circle depicted above.

SPECIFIC EXECUTION DEDUCTIONS (continued)

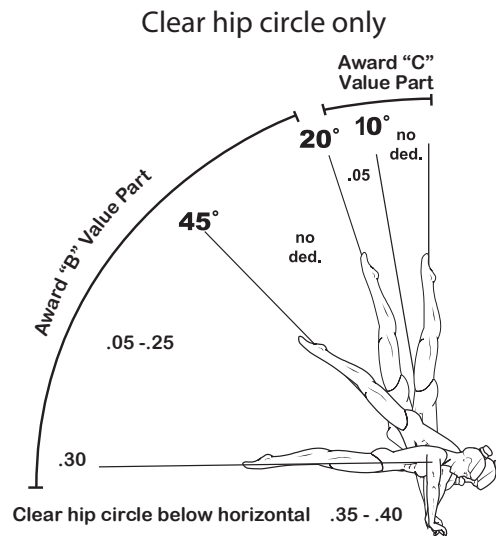
AMPLITUDE / ANGLE OF COMPLETION OF CIRCLING ELEMENTS (continued)

2. Clear Hip Circle only

- a. Receive (“B”) or (“C”) Value-Part credit, depending upon the Degree from Vertical achieved once the Hands shift to the Top of the bar.
- b. Deductions for Insufficient Amplitude:

ANGLE	DEDUCTION	VALUE
0° – 10° from Vertical	0.00	(“C”)
11° – 20° from Vertical	<u>0.05</u>	(“C”)
21° – 45° from Vertical	0.00	(“B”)
46° – 89° from Vertical	0.05 – 0.25	(“B”)
90° from Vertical (Horizontal)	<u>0.30</u>	(“B”)
More than 90° from vertical (below Horizontal)	0.35 – 0.40	(“B”)

EXCEPTION: LEVEL 6 / 7 / 8 – No Amplitude Deductions are applied from 45° to Vertical Receives (“B”) credit for any Clear Hip Circle, whether or not Handstand phase is achieved.



I. **APPARATUS SPECIFICATIONS**

Refer to the current Women's Rules and Policies for exact specifications.

https://usagym.org/pages/women/pages/rules_policies.html

Requirements are subject to change every competitive year, beginning August 1.

A. **MANUFACTURED PADDED BEAMS:**

1. Required at all USA Gymnastics sanctioned competitions.
2. See Women's Rules and Policies for Height Requirements.
3. Chief Judge takes a 0.30 deduction from the Average Score, for competing on apparatus with the wrong specifications.

B. **SURFACE AREA FOR COMPETITION:**

Balance Beam Base must be placed on the Floor or Stable Surface.

C. **CHALK MARKINGS:**

1. Allowed to place Small Chalk Markings on the Beam.
2. Tape Markings are not Allowed.

D. **ANY COMBINATION OF SKILL CUSHIONS**

1. Maximum of 9 inches using Sting Mats, 4-inch Throw and / or 8-inch Skill Cushions may be placed on Top of allowable competition Landing Mats in Two (2) separate areas (under the Beam and / or Dismount area.)
2. 8-inch Skill Cushion must be a Minimum of 5 ft. x 10 ft.
3. Chief Judge takes a 0.30 deduction from the Average Score for use of any Unauthorized or Additional type of Matting.
4. Conversion for Inches to Centimeters:

Approx. $\frac{3}{4}$ inch	=	2 cm
4 inches	=	10 cm
4½ inches	=	12 cm
8 inches	=	20 cm
9 inches	=	24 cm

E. **MATTING REGULATIONS FOR MOUNTS**

1. Mounts without the use of a Board:
 - a. May stand on one (1) 12 cm or 20 cm Mat or Two (2) 12 cm competition Landing Mats.
 - b. May also stand on an additional up to 8-inch Skill Cushion (Sting, Throw Mat, or 8" Skill Cushion) that is placed on the competition Landing Mat(s).
2. Board, Mount Trainer Mat or Folded Panel Mat used to Mount:
 - a. May be placed on one (1) 12 cm or 20 cm, or Two (2) (2) 12 cm competition Landing Mats, with or without a 1½ inch base mat (unfolded panel mat) placed under or on top of the competition Landing Mat.
 - b. May be placed on Top of Sting mat or 4-inch Throw Mat that is placed on the competition Landing Mats.
 - c. May not be placed on an 8-inch Skill Cushion.
 - d. No Plywood is permitted underneath the board (EXCEPTION – Collegiate meets).
 - e. Chief Judge takes a 0.30 deduction from the Average Score, if the Board is placed on an Unauthorized Surface (e.g., 8-inch Skill Cushion or Plywood).

II. TIMING REGULATIONS**A. TOUCH WARM-UP**

1. Specific meet formats allow a 30-second TOUCH WARM-UP period.
 - a. Marking Beam, setting Mounting Apparatus and Raising / Lowering Beam are not included in 30-second **TOUCH WARM-UP** time.
 - b. **TOUCH WARM-UP** Time is exceeded, Warning is given.
NOTE: preparing for an element, allow Gymnast to complete the element.
 - c. Chief Judge deducts 0.20 from the Average Score, if Gymnast continues to warm-up after a Warning is issued, for exceeding the **TOUCH WARM-UP time**.
 - In Team competitions, deduct from the Team Event Score.
2. Immediately prior to performing the exercise:
 - a. May run and jump onto the Board and briefly touch the Beam without penalty.
 - b. Chief Judge deducts 0.20 from the Average Score for performing or practicing an element (exceeding the Warm-up time).
EXAMPLE: Chief Judge signals to begin; Gymnast does Flic-Flac on the mat and then mounts. Chief Judge deducts 0.20 from Average Score, for exceeding the Warm-up time. No Warning is issued.

B. TIMING OF THE EXERCISE

1. Maximum Time Limits and Warning Signal Time:

LEVEL	MAXIMUM TIME LIMIT	WARNING SIGNAL
LEVEL 8 / 9 / 10	1 minute, 30 seconds	1 minute 20 seconds
LEVEL 7	1 minute, 20 seconds	1 minute, 10 seconds
LEVEL 6	1 minute, 15 seconds	1 minute, 5 seconds

NOTE: No Deduction for Under-Time.
Refer to Short Exercise Penalty.

2. Evaluation and Timing of Beam begins when the feet leave the mat or mounting apparatus.
 - a) Mounts from a Run (Salto), Mounts from a Stand (Squat-on).
 - b) Routine Time stops when Feet touch floor on Dismount.
 - c) Routine Time stops with Fall(s) from Beam.
 - d) Routine Time and evaluation resumes with First Movement to continue.
3. Final “Time” Signal, Judge evaluates all elements performed to the end of the exercise.
 - a. Chief Judge deducts 0.10 for Overtime from Average Score.
 - 1) Deduction MUST be indicated to Coach (Verbal or Visual).
 - 2) Time within “fraction of a second” over = No Deduction.
EXAMPLE:
Time at 1:30.01 – 1:30.99 (less than 1:31) = No Deduction.
 - b. Value Parts, Composition, Special Requirements and any applicable Bonus are Awarded.
4. “Warning” and Final “Time” Signal should be a Special Device such as a Bell, Whistle or Gong.
 - a. Verbal “Warning” and “Time” must be audible to Gymnast if Device is unavailable.
 - b. Chief Judge responsibility to review Timing Procedures with Timers.

REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS (continued)

#2.202 (“B”) Straddle Pike Jump or #2.302 (“C”) Side Split Jump, also with ¼ (90°) Turn:

- 2) Straddle-Pike Jump or Side-Split Jump in Side position awarded (“C”) #2.302.
 - a) Side position, Straddle-Pike Jump or Side-Split Jump
 - shows Straddle position, while facing Sideward,
 - then ¼ turns, closing Legs
 - to finish in Cross stand (“C”).
 - b) Side position, Straddle-Pike Jump or Side-Split Jump
 - makes ¼ turn to show Straddle-Pike or Side-Split position
 - while facing end of Beam (“B”).

- f. #2.206 (“B”) Pike Jump in Cross or #2.306 (“C”) Pike Jump in Side position:
 - 1) Requirement is Minimum of 90° closure for Value-Part credit.
 - 2) Legs not required to be at Horizontal; however,
 - 3) Deduct for Lack of Height (Amplitude) of the Jump.

- g. #2.305 (“C”) Split Leap Forward with Leg Change (Switch-Leg Leap):
 - 1) First Leg should swing Forward (Minimum of 45°) prior to swinging Backward.
 - 2) First Leg does not reach 45°, award (“C”) Value-Part credit. Deduct up to 0.10 for insufficient height of Leg Swing.
 - 3) Leg separation following Leg change is 180° Split.
 - 4) Deduct **up to 0.20** for Insufficient Split after Leg change, **if applicable**.
 - 5) Split less than 135°, award (“A”) Value-Part credit; no Special Requirement credit for Leap / Jump with 180°.
 - 6) Stag-Switch Leg Leap – Stag first (swing) Leg, bent Minimum of 90° with no extension of Leg prior to Leg Switch, award (“A”) Value-Part credit (Stag Leap).

- h. #2.307 (“C”) Ring and #2.307 (“C”) Stag-Ring Leap / Jump:
 - 1) Head Release Backward past Vertical line must be shown to be considered “Ring” position.
 - 2) Expected Amplitude of Rear Foot is to the Top of Head.
 - 3) Deduct up to 0.10 for Insufficient Arch.
 - 4) Deduct up to 0.10 if Rear Foot is at Shoulder or Upper Back Height.
 - 5) Rear Foot at Hip-height or No Backward Head Release, (regardless of height of Leg), considered Split Leap with Bent Back Leg or Sissonne #2.101 (“A”) or #2.107 (“A”).
 - 6) Ring Jump expectations are:
 - a) Front Leg must be Minimum of 45° from Beam
 - b) Forward-Downward Diagonal position;
 - c) Deduct up to 0.10 for Insufficient Amplitude of Front Leg.
 - 7) Ring Leap expectations are:
 - a) Front Leg should first brush / extend close to Horizontal.
 - b) Front Leg must be a Minimum of 45° from the floor, when Ring shape is executed.
 - c) Deduct up to 0.10 for Insufficient Amplitude of Front Leg.
 - 8) Stag-Ring Jump or Stag-Ring Leap, expectations are:
 - a) Front Leg bent a Minimum of 90° with no extension of Leg.
 - b) 180° Leg separation from Front Knee to Back Knee.

REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS (continued)

- i. #2.405 (“D”) Switch-Leg Leap with ¼ (90°) Turn (Switch-Side Leap):
- 1) First Leg should swing Forward to Minimum of 45° prior to swinging Backward.
 - a) Fail to swing First Leg Forward to Minimum of 45° but completes ¼ (90°) turn, award (“D”) Value Part. Deduct up to 0.10 for insufficient height of Leg Swing.
 - b) Fail to swing First leg forward to Minimum of 45° with Incomplete ¼ (90°) Turn, award (“C”) Value Part (Switch-Leg Leap). Deduct up to 0.10 for insufficient height of Leg Swing.
 - 2) ¼ (90°) Turn must occur in the air; not prior to Leg swinging Backward.
 - a) Leg swings to Minimum of 45°; Early ¼ (90°) Turn - occurs before Leg begins Backward swing, award (“D”) Value Part. Deduct up to 0.10 for Lack of Precision in Dance elements.
 - b) Leg swings to Minimum of 45°; Incomplete ¼ (90°) Turn, award (“C”) Value Part (Switch-Leg Leap). Deduct up to 0.10 for Lack of Precision in Dance elements.
 - 3) Expected Amplitude of Side-Split position is 180° Split.
 - Less than 135° Split, recognize as another element, if applicable.
 - 4) Rond de Jambe technique is acceptable:
 - Front Leg swings Forward to Minimum of 45° prior to ¼ (90°) Turn.
 - Front Leg moves across Horizontal plane to Side-Split position.
 - 5) Stag First Leg award (“A”) Value-Part credit.
 - First (swing) Leg bent Minimum of 90°.
 - Leg never extends prior to Leg Switch.
- j. #2.407 (“D”) Sheep Jump:
- 1) Head Release Backward past Vertical line must be shown to be considered “Sheep” position.
 - 2) Expected Amplitude of Legs is to the Top of Head.
 - 3) Deduct up to 0.10 for Insufficient Arch.
 - 4) Deduct up to 0.10 if Feet are at Shoulder or Upper Back Height.
 - 5) Feet at Hip-height or No Backward Head Release, (regardless of height of Feet), considered Jump with bent legs, award (“A”) Value Part (Stretch Jump with bent legs)
- k. #3.303 (“C”) 1/1 (360°) Turn - Heel of Free Leg Forward at / above Horizontal throughout Turn:
- 1) Allow time (up to 45° - 1/8th of Turn) to quickly lift Leg into position without deduction. Free Leg may be bent (front attitude position) or extended, but entire Leg must be at Minimum of Horizontal to receive (“C”) Value-Part credit.
 - 2) Must maintain Leg position throughout Turn:
 - Once Minimum of Horizontal position established.
 - Free Leg may not be supported with hand to maintain Leg position. (See #3.209 and #3.309 for variation of full turn holding leg with hand).
 - 3) Incorrect Leg position for more than 45° of Turn or Leg not maintained throughout remaining 7/8 (315°) of Turn,
 - Recognize as another element, dependent on Height of Leg
 - #3.203 (“B”), #3.101 (“A”)
- l. #5.306 (“C”) Reverse Planche:
- 1) Legs must be in Same Plane, either Together or Straddled.
 - 2) Handstand with Split position for counterbalance award #5.206 (“B”) Value-Part credit.
 - 3) Handstand with Overarch and Legs separated award #5.206 (“B”) Value-Part credit.

REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS (continued)

- m. #7.310 (“C”) Flic-Flac ¼ (90°) Turn Side Handstand
#7.410 (“D”) Flic-Flac ¾ (270°) Turn Side Handstand:
- 1) Must show Flight to Handstand position with body stretched in Vertical, Leg position optional and Two-second Hold not required.
 - 2) Insufficient Flight, recognize as Back Walkover with Turn and award appropriate Value-Part credit.
- n. #7.312 (“C”) Tucked Chen Flic:
- 1) Must show 90° angle in both Hips and Knees.
 - 2) Open Legs and Body to Stretched position, prior to swing down.
- o. #7.503 (“D”) Free (Aerial) Cartwheel to Scale (Peko):
- 1) Slight lowering of Free Leg acceptable with immediate lift to Minimum of Horizontal.
 - 2) Hold for Two (2) seconds.
- p. #8.402 (“D”) Side Salto Tuck / Pike, One Leg Take-off, Forward / Sideward to Side stand:
- 1) Forward take-off, ¼ (90°) Turn occurs as body lifts, body and shoulders facing Sideward throughout Salto and Landing phase.
 - 2) Forward take-off, ¼ (90°) turn occurs after body passes through Vertical, and body lands in Side position, considered as #7.403 (“D”) Free (Aerial) Cartwheel, to Side landing.
- q. #8.504 (“E”) Salto Backward Stretched with legs together:
- 1) Must display good Height and Maintain Stretched body position past Vertical.
 - 2) Deduct up to 0.20 for Insufficient Stretch if body pikes down after Vertical.
- r. #9.209 (“B”), #9.309 (“C”), #9.409 (“D”), #9.509 (“E”) Gainer Back Salto Dismounts off End:
- 1) Required technique:
 - Take-off from One (1) foot, facing outward.
 - Salto performed like a Reverse Dive.
 - Salto rotates Backward toward end of Beam (not along Side of Beam).
 - 2) Deduct up to 0.30 for Directional errors.

I. CONTENT

A. EXERCISE COMPOSED from DIFFERENT GROUPS:

1. Acrobatic elements:
 - a. with or without Flight phase
 - b. in Forward
 - c. in Sideward
 - d. in Backward
2. Dance elements:
 - a. Turns
 - b. Leaps / Jumps / Hops
 - c. Balance elements
 - d. Body Waves

B. HARMONIOUS CHANGES between

1. Element Groups
2. Dance and Acrobatic Elements, particularly.

C. USE OF THE ENTIRE BEAM with

1. Dynamic Rhythm changes
2. Level changes.

II. SPECIAL REQUIREMENTS and RESTRICTIONS
Special Requirements (each worth 0.50)

A. LEVEL 8 / 9 / 10 – SPECIAL REQUIREMENTS

1. Acro Series (excluding Mount / Dismount)
2. One (1) Leap or Jump that requires 180° Cross or Side Split
3. Minimum of 360° Turn on One (1) Foot (Group 3)
4. Aerial / Salto Dismount (specific value for each LEVEL)

1. Acrobatic Series Requirement

LEVEL 8	One (1) Acrobatic Series – Minimum of Two (2) elements, One (1) with Flight
LEVEL 9	One (1) Acrobatic Series – Minimum of Two (2) Flight elements
LEVEL 10	One (1) Acrobatic Series – Minimum of Two (2) Flight elements, One (1) Minimum (“C”) Flight, with or without hand support OR One (1) Non-Flight Acro (“A”) element – Group 7 (Walkovers / Cartwheels) directly connected to Acro Flight (“E”) element. <u>EXAMPLE</u> : Back Walkover (“A”) + Back Salto 1/1 twist (“E”)

LEVEL 8 / 9 / 10 – SPECIAL REQUIREMENTS (continued)

Acrobatic Series Requirement

a. Elements must Start and Finish on Beam.

EXAMPLES:

- 1) Round-off, Flic-Flac Mount at end + Flic-Flac + Back Salto Stretched with step-out.



- Award Special Requirement, Acro Series starts (Flic-Flac) and finishes (Back Salto Stretched) on the Beam.

- 2) Round-off, Flic-Flac Mount at end + Salto Backward Stretched with step-out

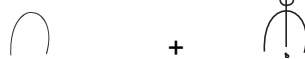


- No Special Requirement awarded, Acro Series did not start (Round-off Mount) on the Beam.

b. Flight to Handstands with two (2) second Hold can only be used as the Last element.

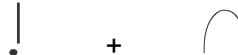
EXAMPLES:

- 1) Flic-Flac step-out (“B”) + Flic-Flac ¼ Turn (held two (2) seconds but not required) (“C”)



- a) Award Special Requirement
- b) Hold element is Last element in Acro Series.

- 2) Kick-up to Handstand (Hold 2-seconds) (“A”) + Flic-Flac step-out (“B”)



- First element requires two (2) second Hold. Do not award Special Requirement for LEVEL 8.

- 3) Non-Flight Acro element does not require two (2) second Hold (Back Walkover).

- a) Allowed as first element in LEVEL 8 Acro Series.
- b) Regardless of Hold in Vertical prior to step-down.
- c) No Deduction for Pause / Hold in Vertical.

- 4) Press to Handstand does not require two (2) second Hold.

- a) Allowed as first element in LEVEL 8 Acro Series.
- b) Press Handstand Mount not allowed.
 - Mount with Straddle “L” position Press to Handstand
 - Straddle “L” considered part of Mount
 - Mounts cannot fulfill Acro Series Special Requirement.

c. Group 6 – Rolls:

1. Group 6 – Rolls with Flight may be used in Acro Series:

- a) LEVEL 8 / 9: Dive Forward Roll to Flic-Flac
- b) LEVEL 9 / 10: Dive Forward Roll to Back Salto Tucked

2. Non-Flight Acro Rolls allowed for LEVEL 8 ONLY



EXAMPLE: Free Forward Roll to Flic-Flac



SECTION 4 – BALANCE BEAM – COMPOSITIONAL CATEGORIES – CHAPTER 2

LEVEL 8 / 9 / 10 – SPECIAL REQUIREMENTS (continued)

2. One (1) Leap or Jump that requires 180° Cross or Side Split
- Required Minimum of (“A”) Value Part (must achieve Minimum of 135° Leg Separation).
 - No Value Part awarded with less than 135° Leg Separation.
 - No Special Requirement awarded with less than 135° Leg Separation.
 - Deduct up to 0.20 for Insufficient Split if Leg Separation between 135° and 179°.
 - Must Start and Finish on Beam.
 - Performed in Series or Isolated element.

EXAMPLES:

Sissonne  Split Leap Forward 

Straddle Pike Jump  Split Jump + Tuck Jump 




- 180° Split position in Cross (front-to-back) or Side / Straddle) position.
 - Cross position must have Forward Leg extended.
 - No Special Requirement awarded if Forward Leg finishes in Stag position.
 - Award Special Requirement if Rear Leg in Stag position.
 - #2.105 (“A”) Stride Leap Forward with change of legs to Wolf position:
 - Does not require Split position.
 - No Special Requirement awarded.
3. Minimum of 360° Turn on One (1) Foot (Group 3)
- Performed in Series / Isolated element.
 - Lower or No Value-Part credit awarded, if 90° or more of Turn missing. (B-Turn → A-Turn)
 - No Special Requirement awarded, if no Value-Part credit.
 - #3.505 (“E”) 1/1 (360°) Illusion Turn, award Special Requirement (LEVEL 9 / 10 only).



4. Aerial / Salto Dismount Requirement

LEVEL 8	Minimum (“A”)
LEVEL 9	Minimum (“B”)
LEVEL 10	Minimum (“C”) OR Dismount (“B”) Directly Connected to: 1. Acro Series with Minimum (“C”) Acro element OR 2. Minimum (“C”) Acro Flight / Dance element

a. EXAMPLES – LEVEL 10 Dismounts:


- Flic-Flac (“B”) + Salto Backward 2/1 (720°) Twist Dismount (“C”)  + 
- Side Aerial (“D”) + Flic-Flac (“B”) + Salto Backward 1/1 (360°) Twist Dismount (“B”)  +  + 
- Side Aerial (“D”) + Gainer Salto Tucked 1/1 (360°) Twist (off side) Dismount (“B”)  + 
- Switch-Leg Leap (“C”) + Gainer Salto Tucked 1/1 (360°) Twist (off side) Dismount (“B”)  + 

b. Dismount of No Value / Restricted Element (LEVEL 8 / 9):

- Deduct 0.50 for Missing Dismount Special Requirement.
- Deduct 0.30 from Start Value for No Dismount.
- Do not deduct 0.30 for No Dismount if Dismount without Salto / Aerial is performed but is listed in the *Junior Olympic Code of Points*.

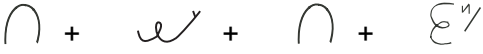
CONNECTIONS – THREE (3) or MORE ELEMENTS (continued)

EXAMPLES:

- 7) Flic-Flac step-out (“B”) +
 Flic-Flac step-out (“B”) +
 Back Salto Stretched step-out (“C”) +
 Back Salto Stretched 1/1 Twist Dismount (“B”) 
- Award + 0.10 (“B”) + (“C” Salto)
 - No (CV) (“C” Salto) + (“B”) Dismount
- Total = + 0.10 (CV)

Back Layout step-out (Last element of 1st connection) and (First element of 2nd connection).

- Connection of Two (2) Acro Flight elements excludes Dismount; therefore,
- No (CV) awarded for (“C”) + (“B”) Dismount connection.

- 8) Flic-Flac step-out (“B”) +
 Back Salto Stretched with step-out (“C”) +
 Flic-Flac step-out (“B”) +
 Back Salto Stretched with 1/1 Twist Dismount (“B”) 
- Award + 0.10 (“B”) + (“C” Salto)
 - Award + 0.10 (“C”) + (“B”) + (“B”) Three (3) element connection Series
- Total = + 0.20 (CV)

III. **“D/E” BONUS (D/E)**
LEVEL 10 ONLY

A. **“D/E” ELEMENTS MAY REPLACE**

1. Required Value Part of (“A”) / (“B”) / (“C”) and
2. Awarded “D/E” Bonus (D/E).

B. **“D/E” BONUS (D/E) AWARDED**

1. (“D”) and (“E”) elements performed successfully.
2. Without Fall.
3. Without Spot.

C. **MAXIMUM OF + 0.40 AWARDED** for “D/E” Bonus (D/E).

1. (“D”) elements each receive + 0.10 Bonus.
2. (“E”) elements each receive + 0.20 Bonus.

D. **SAME “D/E” ELEMENT** eligible for “D/E” Bonus (D/E) One (1) Time Only.

EXCEPTION: Same “D/E” element performed Two (2) Times.

1. First Time not performed successfully.
2. Second Time with successful performance.
3. Value-Part credit awarded.
4. “D/E” Bonus (D/E) awarded.

E. **“D/E” ELEMENT PERFORMED AT LEVEL 9**

- Not eligible for “D/E” Bonus (D/E).

IV. **ADDITIONAL BONUS + 0.10**
LEVEL 10 ONLY

A. **ELIGIBLE TO EARN BONUS POINTS**

1. Both Connection Value Bonus (CV) and (D/E) Bonus,
 - a. Minimum of + 0.10 for (D/E)
 - b. Minimum of + 0.10 for (CV).
2. Remaining 0.30 may be earned
 - a. (D/E) Bonus or (CV) Bonus.
 - b. Maximum Start Value = 10.00.
3. Eligible for Additional Bonus + 0.10 (not included in Start Value).
 - a. Total Bonus = +0.60 or more, and
 - b. Minimum of One (“E”) Acro element.

B. **ADDITIONAL BONUS – NOT INCLUDED IN START VALUE**

1. Each Judge adds the additional Bonus to her / his score and must visibly indicate, by means of a placard or other signage, that the Bonus was awarded.
2. If using paper score slips, the Judge should also indicate in writing any Bonus awarded.

I. APPARATUS SPECIFICATIONS

Refer to the current Women's Rules and Policies for exact specifications.

https://usagym.org/pages/women/pages/rules_policies.html

Requirements are subject to change every competitive year, beginning August 1.

CLARIFICATIONS FOR ADDITIONAL MATTING ON FLOOR EXERCISE:**A. ALLOWED UP TO TWO (2) MANUFACTURED MATS:**

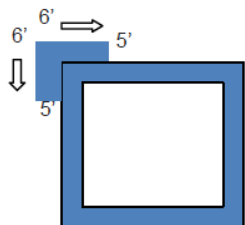
1. Placed separately on Floor Exercise area.
 - a. Maximum mat thickness = 8" / 20 cm.
 - b. 8" Skill Cushion must be minimum of 5' x 10'.
 - c. Sting Mat may be placed on top / under up to 8" Skill Cushion.
2. Only one (1) Skill Cushion / 4" Throw Mat per tumbling pass allowed.
 - a. No more than two (2) mats on Floor Exercise area at any one point in time.
 - b. Sting Mat may be placed on top / under Skill Cushion / Throw Mat(s).
 - c. Matting may be used as take-off / landing surface.
3. Mats covering boundary line(s) must be clearly marked to indicate actual boundary line(s).
 - a. Athletic Tape recommended (provided by Coach) to mark boundary line(s).
 - b. Chalk may be used and removed before next competitor.
Meet Director should provide towel to remove chalk markings.
 - c. Chief Judge deducts 0.10 from Average Score for failure to mark the mat.
4. No requirement to remove additional mat(s) from floor area during the exercise.

B. ANY UNAUTHORIZED OR ADDITIONAL MAT(S) ON FLOOR EXERCISE AREA:

Chief Judge deducts 0.30 from Average Score.

C. CORNER PADDING:

1. Recommend padding (panel mats) placed around outside corners of floor exercise mat, especially when on a concrete / wood floor.
2. LEVEL 6 / 7 / 8 / 9 / 10 competitions held in outside facilities:
 - a. Outside of the corners must be padded with:
 - 1) unfolded panel mats, OR
 - 2) other matting, OR
 - 3) carpet-bonded foam (at least 1 3/8" thick)
 - b. Must protect Gymnast who go beyond dimensions of Floor mat.
3. Dimensions of Corner Padding:
 - a. minimum of five (5) feet from edge of boundary line
 - b. minimum of six (6) feet from corner of carpet down each side of Floor Exercise area.
4. Padding attached (Velcro strips / other) to floor, foam, or carpet to avoid separating or slipping.
5. EXAMPLE of additional padding at one corner is shown below:

**D. CONVERSION – INCHES TO CENTIMETERS:**

Approx. ¾ inch	= 2 cm
4 inches	= 10 cm
4 ½ inches	= 12 cm
8 inches	= 20 cm
9 inches	= 24 cm

II. TIMING REGULATIONS**A. TOUCH WARM-UP**

1. Specific meet formats allow a 30-second TOUCH WARM-UP period.
 - a. Blocked warm-up for all Gymnasts in the squad.
 - 1) Squad with nine (9) or more:
 - a) MAY be split into two (2) groups.
 - b) First half warm-up and compete.
 - c) Second half warm-up and compete.
 - 2) Meet Director has the option to alternate competition with touch warm-ups.
 - b. **The TOUCH WARM-UP Period is determined by multiplying number in largest squad by 30 seconds.**
 - c. Squad must warm-up together. No block **TOUCH WARM-UP** for Individual Teams within squad.
2. Warm-up time is exceeded, Warning is given.
3. Exceeding warm-up time after Warning:
 - a. Chief Judge deducts 0.20 from Average Score.
 - b. In Team competitions, deduct from Team Event Score.
4. Allowed to Jump within boundaries of Floor Exercise mat to warm-up while waiting to compete.

B. TIMING OF THE EXERCISE

1. Maximum Time Limit:
 - a. One minute, 30 seconds (1:30) for LEVEL 7 / 8 / 9 / 10.
 - b. One minute, 15 seconds (1:15) for LEVEL 6.
2. Timing begins with first movement and stops with final movement.
3. Entire exercise is evaluated, regardless of Overtime.
4. Chief Judge deducts 0.10 from Average Score for Overtime.
 - a. Deduction must be indicated to Coach either verbally or visually.
 - b. No Overtime deduction taken if within fraction of second over the time allotment.
EXAMPLE: 1:30.01 – 1:30.99 (less than 1:31). Do not take Overtime deduction.
5. No time warning is given on Floor Exercise.

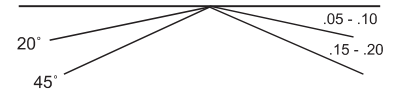
C. SHORT EXERCISE: less than 30 seconds (either complete or incomplete)

1. Deduct for missing Value Parts from Start Value.
2. Deduct for missing Special Requirements from Start Value.
3. Chief Judge deducts 2.00 from Average Score.
4. Minimum Score of 1.00 is awarded when Optional Routine Score is equal to or less than One (1.00) Point.

E. REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS

1. SPLIT LEAPS / SPLIT JUMPS

Split Leaps and Jumps require 180° leg separation.
Insufficient Split - evaluate as follows:

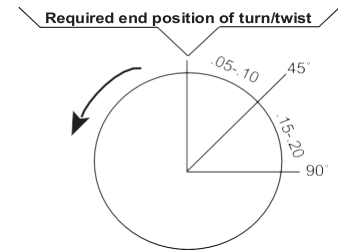


0.05 – 0.10	missing 1° – 20° of the Split
0.15 – 0.20	missing 21° – 45° of the Split
Award VP performed if applicable	missing 46° or more of the Split

Note: Deduct for Insufficient Amplitude / Execution and Insufficient Split.

2. TWISTING SALTOS – INCOMPLETE L.A. (LONG AXIS) TURN

0.05 – 0.10	missing 1° – 44° of the Twist
0.15 – 0.20	missing 45° – 89° of the Twist
Award VP performed	missing 90° or more of the Twist



EXAMPLE:

Triple (3/1) Twist (“E”) missing 90° or more of the Twist:

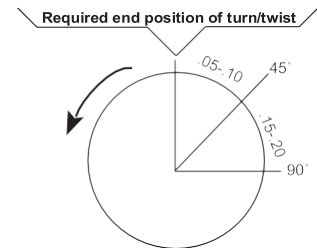
- Award (“D”) credit for 2½ (900°) Twist.
- Deduct for Balance and Execution errors.

Completion of Twist Clarification:

- Placement of Front Foot upon landing determines the amount of twist completed.
- Twist completion determines Value-Part credit.

3. TURNING JUMPS / LEAPS / HOPS AND TURNS on one (1) foot with 360° turn or more

0.05 – 0.10	missing 1° – 44° of the Turn
0.15 – 0.20	missing 45° – 89° of the Turn
Award VP performed	missing 90° or more of the Turn



Note: Deduct for Balance / Insufficient Amplitude / Execution

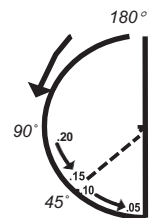
Completion of Turns Clarification:

- Heel drops = Turn completion.
- Value-Part credit awarded for Degree of Turn completed prior to Heel drop.

4. JUMPS / LEAPS / HOPS WITH ½ (180°) TURN

EXAMPLE: Wolf Jump ½ (“B”) and Wolf Jump = (“A”)

- Degree of Turn completion upon Landing determines Value Part awarded.
- To receive higher value, Turn must finish closer to higher Degree of Turn.
- Minimum of 1° past halfway mark between the Two (2) values.
- Execution deductions for incomplete turn will be applied.



F. SPECIFIC ELEMENT TECHNIQUE CLARIFICATION

1. #1.101 (“A”) Split Jump vs #1.110 (“A”) Sissonne:
 - a. Cross Split Jump has Two-foot take-off and landing, while Sissonne has Two-foot take-off and One-foot landing.
 - b. Cross Split Jump shows 180° Split with legs even / parallel to Floor. Sissonne requires 180° Split of legs in diagonal position with Front Leg Forward-Downward (Minimum of 45° from Floor) and Back Leg Backward-Upward.
 - c. Deduct up to 0.10 for Insufficient Amplitude if Front Leg of Sissonne is lacking Minimum of 45° from Floor.

2. #1.204 (“B”) Split Leap forward with leg change (Switch-Leg Leap):
 - a. First Leg should swing Forward (Minimum of 45°) prior to swinging Backward.
 - b. First Leg does not reach 45°, award (“B”) Value-Part credit. Deduct up to 0.10 for insufficient height of Leg Swing.
 - c. Leg separation following Leg change is 180° Split.
 - d. Deduct **up to 0.20** for Insufficient Split after Leg change, **if applicable**.
 - e. Split less than 135°, award (“A”) Value-Part credit; no Special Requirement credit for Leap / Jump with 180°.
 - f. Stag-Switch Leg Leap – Stag first (swing) Leg, bent Minimum of 90° with no extension of Leg prior to Leg Switch, award (“A”) Value-Part credit (Stag Leap).

3. #1.208 (“B”) Schushunova
 - a. Must show 180° Side Split position, rotate legs rearward to horizontal stretched body position in the air before landing.
 - b. Slight forward lean, rather than strict vertical torso, is acceptable.


4. #1.210 (“B”) Ring or Stag-Ring Leap / Jump
 - a. Head Release Backward past Vertical line must be shown to be considered “Ring” position.
 - b. Expected Amplitude of Rear Foot is to the Top of Head.
 - c. Deduct up to 0.10 for Insufficient Arch.
 - d. Deduct up to 0.10 if Rear Foot is at Shoulder or Upper Back Height.
 - e. Rear Foot at Hip-height or No Backward Head Release (regardless of height of Leg) considered Split Leap with Bent Back Leg #1.101 (“A”) or Sissonne #1.110 (“A”).
 - f. Ring Jump expectations are:
 - 1) Front Leg must be Minimum of 45° from Beam.
 - 2) Forward-Downward Diagonal position.
 - 3) Deduct up to 0.10 for Insufficient Amplitude of Front Leg.
 - g. Ring Leap expectations are:
 - 1) Front Leg should first brush / extend close to Horizontal.
 - 2) Front Leg must be a Minimum of 45° from the floor when Ring shape is executed.
 - 3) Deduct up to 0.10 for Insufficient Amplitude of Front Leg.
 - h. Stag-Ring Jump or Stag-Ring Leap expectations are:
 - 1) Front Leg bent a Minimum of 90° with no extension of Leg.
 - 2) 180° Leg separation from Front Knee to Back Knee.

D. CONNECTIONS OF THREE (3) OR MORE ELEMENTS:

Second element (and following) may be used Second time
• First time as Last element of First connection.
• Second time as First element of New connection.
• All elements receive Value-Part credit.
Direct Connection applied prior to Indirect Connection principle.

EXAMPLE 1:

Round-off, Flic-Flac
 Salto Backward Stretched 1½ (540°) twist (“C”)
 Round-off, Flic-Flac
 Salto Backward Stretched 2/1 (720°) twist (“C”)
 Front Salto Tucked (“A”)



 (“C”) → (“C”) + (“A”)

Principles applied:

2 Direct (“C”) + (“A”) = + 0.10
 # 1 Indirect (“C”) + (“C”) = + 0.10

EXAMPLE 2:

Whip Salto (“A”)
 Salto Backward Stretched with 1½ twist (“C”)
 Front Salto Tucked (“A”)



 (“A”) + (“C”) + (“A”)

Principles applied:

#2 Direct (“A”) + (“C”) = + 0.10
 #2 Direct (“C”) + (“A”) = + 0.10

EXAMPLE 3:

Front Salto Tucked step-out (“A”)
 Round-off, Flic-Flac
 Salto Backward Stretched 2/1 (720°) twist (“C”)
 Front Salto Tucked (“A”)



 (“A”) (“C”) + (“A”)

Principles applied:

#2 Direct (“C”) + (“A”) = + 0.10
 #1 Indirect Cannot be used; Direct used first.

EXAMPLE 4:

Whip Salto (“A”)
 Double Salto Backward Tucked (“D”)
 Front Salto Tucked (“A”)

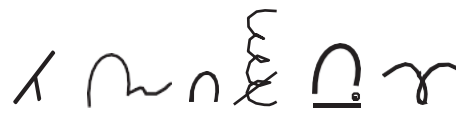

 (“A”) + (“D”) + (“A”)

Principles applied:

#2 Direct (“A”) + (“D”) = + 0.20
 #2 Direct (“D”) + (“A”) = + 0.20

EXAMPLE 5:

Round-off
 Whip Salto (“A”)
 Flic-Flac
 Salto Backward Stretched 2½ (900°) twist (“D”)
 Flyspring, Front Salto Tucked (“A”)


 (“A”) → (“D”) → (“A”)

Principles applied:

#1 Indirect (“A”) + (“D”) = +0.10
 #1 Indirect (“D”) + (“A”) = +0.10

CONNECTIONS OF THREE (3) OR MORE ELEMENTS: (continued)

Second element (and following) may be used Second time
<ul style="list-style-type: none"> • First time as Last element of First connection. • Second time as First element of New connection. • All elements receive Value-Part credit.
Direct Connection applied prior to Indirect Connection principle.

EXAMPLE 6:

Front Handspring
 Front Salto Stretched (“B”)
 Front Salto Stretched (“B”),
 Front Salto Stretched 1/1 (360°) twist (“C”)

(“B”) + (“B”) + (“C”)

Principles applied:

#2 Direct (“B”) + (“B”) = + 0.10
 #2 Direct (“B”) + (“C”) = + 0.20

EXAMPLE 7:

Round off
 Whip Salto ½ (180°) turn (“B”)
 Front Salto Stretched (“B”)
 Front Salto Stretched 2/1 (720°) twist (“E”)

(“B”) + (“B”) + (“E”)

Principles applied:

#2 Direct (“B”) + (“B”) = + 0.10
 #2 Direct (“B”) + (“E”) = + 0.20

EXAMPLE 8:

Front Salto Stretched (“B”)
 Front Salto 2/1 (720°) twist (“E”)
 Front Salto Piked (“B”)

(“B”) + (“E”) + (“B”)

Principles applied:

#2 Direct (“B”) + (“E”) = + 0.20
 #2 Direct (“E”) + (“B”) = + 0.20

EXAMPLE 9:

Front Salto Tucked with step-out (“A”)
 Round-off, Flic-Flac, Flic-Flac
 Double Salto Backward Tucked (“D”)
 Flic-Flac
 Back Salto Stretched with 1/1 twist (“B”)

(“A”) → (“D”) → (“B”)

Principles applied:

#1 Indirect (“A”) + (“D”) = + 0.10
 #1 Indirect (“D”) + (“B”) = + 0.10

SR	SR	SR	SR	SR	SR	Content
Level 6	Level 8	Level 6	Level 7	Level 6	Level 7	8 7 6
1. 1 Cast –min. 45° Above Horiz. (Horiz. fulfills SR)	1. Min. of One (1) Bar Change	1. Non-Flight Acro Series OR One Acro Flight ele. (Isolated/in Series) (Excludes mnt/dmt)	1a. Acro Series (with or without Flight) AND	1. One (1) Acro series (min.3 directly connected elements, two (2) with Flight) Rolls do not fulfill req.	1. One (1) Acro Series-min.3 directly connected Flight elem.-one a Back Layout to Two (2) feet	A 4 5 5
2. Min. of One (1) Bar Change	2. & 3. Two B elements, same or different:	2. One Leap/Jump requiring 180° Cross or Side Split (Isolated / in Series)	1b. One (1) Acro Flight element (Isolated/in Series). (Both Acro SRs exclude Mnt/Dmt)	2. One Salto or Aerial (bwd, fwd or swd) (Isolated / in 2 nd Series)	2. Two (2) or more directly connected Forward Acro Flight ele.-one Salto/Aerial	B 4 2 1
3. One 360° Clear Circling element from Grp. 3, 6 or 7	- One (1) w/ Flight (Not in dmt); OR	3. Min. of 360° Turn on One Foot (Isolated / in Series) (Group 3)	2. One (1) Leap/Jump requiring 180° Cross or Side Split (Isolated /in Series)	3. Dance Passage w/ min. of 2 diff. Group 1 ele. (direct/indirect connection)	3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct/indirect connection) -one (1) a LEAP w/ 180° Cross / Side Split	C 0 0 0
4. Salto Dismount, min. of A	One (1) w/ LA turn (Not in Mnt./ Dmt)	4. Aerial/Salto Dmt - Min. of A	3. Min. of 360° Group 3 Turn on One (1) Foot (Isolated / in Series)	4. Min. of 360° Turn on One (1) Foot (Isolated / in Series)	4. Min. of 360° Turn on One (1) Foot (Isolated / in Series)	SV 10 10 10
Level 7	- One "B" 360° Clear Circle ele. from Grp. 3, 6 or 7 (not in Dmt)		4. Aerial / Salto dmt - Min. of A			Level 6/7/8: Allowable C's = B
1. 1 Cast to Handstand (45° fulfills SR)	4. Salto Dmt – Min. A		Same as Level 7 except #1.			All Levels: Restricted elements = no VP credit -0.50 off SV
2. & 3. Two (2) 360° Clear Circling elements, same or different (no hips on bar)			1. Acro Series – min. of 2 elements, 1 w/ Flight. (Excludes mnt/dmt)			Missing SR – -0.50 off SV
- One must be a B						
- One from Grp. 3, 6 or 7						
4. Salto Dmt – Min. of A						

Composition – Execution Deductions

Landing – Execution – General

Uneven Bars	Balance Beam	Floor Exercise	Landing
Composition (LEVEL 8 ONLY)	Composition (LEVEL 8 ONLY)	Composition (LEVEL 8 ONLY)	Execution
Choice of dmt. not up to competitive level ↑.10	Failure to perform Acro ele. in 2 diff. directions (bwd & fwd/swd) ↑.10	Spacially (Floor pattern) ↑.10	Flexed/sickled feet during Value Parts each time .05
Uncharacteristic elements each .10	* If the only diff. direction is in dismount ↑.05	Value of salto(s) performed as last isolated Salto or in last Acro connection not up to competitive level ↑.10	Legs/knees: crossed ↑.10 separated ↑.20
¼ fwd. Giant circle (w/ or w/o grip change) each .10	More than 2 pivot (str. leg ½ turns) thruout exercise ↑.10	Failure to perform Saltos/Aerials in 2 diff. directions (bwd & fwd/swd) .010	Insufficient exactness of body shape – N, V, / ↑.20
Lack of elements that achieve (or pass thru) vertical ↑.20	More than 2 Dance elements of the same shape (tuck/wolf or straddle jumps) each type .10	More than 2 dance elements of the same shape (tuck/wolf or straddle jumps) each type .10	(Stretched - Arch or Hip angle: 136-179°) ↑.20
	Spatially - Insuff. use of entire beam ↑.10	Acro elements not up to competitive level ↑.20	Failure to maintain stretched body pos. ↑.20
	Insufficient level changes ↑.10	Dance elements not up to competitive level ↑.20	- Pikes down (UB, BB, FX)
	Failure to show movement/choreography in diff. directions (fwd/swd/bwd) ↑.10	Lack of Turn on one foot, min. B .20	Incomplete turn/twist each ↑.20
	Choice of dismount not up to competitive level ↑.10	Lack of min. of three (3) "A" saltos in exercise .30	Bent arms in support or bent legs each ↑.30
Execution	Acro elements not up to competitive level ↑.20		Fall or support on hand(s) on apparatus or mat .50
Swing fwd. or bwd. under horizontal each ↑.10	Dance elements not up to competitive level ↑.20	Execution	Fails to land on bottom of feet first on Saltos/Aerials/Dmt. Fall (.50) + No VP/SR
Under-rotation of release/flight elements ↑.10	Lack of Dance series (min. of 2 elements from Gr. 1, 2, or 3) .20	Feet apart on landing of leap/jumps each ↑.10	
Precision of handstand positions throughout ↑.10		Incorr. Rhythm during execution of direct conn. each ↑.10	General
Insuff. extension of glides/swing into kips ↑.10	Execution	Incorrect body pos./alignment in dance elem. each ↑.10	Fail to present before/after (CJ) each time .10
Poor rhythm in elements/connections ↑.10	Feet apart on side pos. landing of leap/jumps each ↑.10	Lack of precision in Dance elements each ↑.10	Exceeds Floor Ex. boundary (CJ) each time .10
Hesitation in jump or swing to HS ↑.10	Hesitation in jump, press, swing to HS each ↑.10	Fails to perform Gr. #2 Turns in high relevé each ↑.10	Overtime - BB/FX (CJ) .10
Touch, brush on apparatus/mat with foot/feet ↑.10	Incorrect body pos./alignment in Dance elem. each ↑.10	Concentration pause (2 sec.) each .10	Coach between bars or next to BB thruout (CJ) .10
Landing too close to bars on dismount .10	Lack of precision in Dance elements each ↑.10	Legs not parallel to floor in split or straddle pike ↑.20	Excessive use of magnesium (chalk) (CJ) .20
Insuff. amplitude of elements each ↑.20	Fails to perform Gr. #3 Turns in high relevé each ↑.10	Insuff. height of leaps/jumps/hops each ↑.20	Incorrect attire/jewelry (after 1 warning) (CJ) .20
Insufficient dynamics ↑.20	Landing too close to beam on dismount .10	Insuff. height of Acro flights, Aerials & Saltos each ↑.20	Verbal cues by coach/team (after warning) (CJ) .20
- Insuff. swingful execution throughout	Concentration pause (2 sec.) each .10	Insuff. sureness of performance throughout ↑.20	Coach instructs gymnast during routine (CJ) .20
- Energy not maintained throughout exercise	Concentration pause (more than 2 sec.) each .20	Insuff. variation in rhythm/tempo throughout ↑.20	Failure to begin exer. w/in 30 sec. of CJ signal(CJ) .20
- Fails to make difficult look effortless	Rhythm of conn. - Dance/Mixed/Acro (not bwd. flight) each .20	Relaxed/incorr. footwork in non-VPs throughout ↑.20	Exceeds warm-up time (after warning) (CJ) .20
Hit of foot/feet on apparatus .20	Insufficient split when required (Dance/Acro elements) ↑.20	Insuff. height of Salto dismount ↑.30	Incorrect apparatus specs (CJ) .30
Incorrect padding (heel/hip) CJ .20	Legs not parallel to beam in split or straddle pike ↑.20	Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elements ↑.30	Board on unpermitted surface (CJ) .30
Insufficient height of salto dismount ↑.30	Insufficient dynamics ↑.20	Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout ↑.30	Failure to remove board after mount (CJ) .30
Insuff. Extension (open) of tuck/pike body pos. prior to landing dismount ↑.30	Insuff. height of leaps/jumps/hops each ↑.20	Grasp of beam to avoid a fall .30	Use of Supplementary mats (CJ) .30
Insuff. Amplitude of casts ↑.30	Insuff. height of Acro flights, Aerials & Saltos each ↑.20	Use of supplemental support .30	No Dismount from Start Value .30
Insuff. Angle of turn completion ↑.30	Insuff. sureness of performance throughout ↑.20	Artistry/Presentation:	Lands Acro ele. or dmt in Pit (CJ) No VP/SR + .30
Hit of foot/feet on mat .30	Insuff. variation in rhythm/tempo throughout ↑.20	- Originality/creativity of choreography ↑.10	Spotting Assist on element No VP awarded + .50
Grasp on apparatus to avoid a fall .30	Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout ↑.30	- Quality of movement reflects personal style ↑.10	Starts exercise before signal (repetition) (CJ) .50
Intermediate (extra) swing/cast (Max. of 0.60 per elem.) .30	Support of 1 leg against side of beam each .20	- Quality of expression ↑.10	3 rd run approach (UB/BB mounts) .50
Insuff. amplitude of "B" Clear hip circles ↑.40	Insuff. height of Salto dismount ↑.30	Music with words (CJ) 1.00	Coach on FX mat (CJ) .50
Full support on foot/feet on mat during routine .50	Direction of Gainer dmt off end of beam ↑.30	Absence of music (CJ) 1.00	Short Exercise (CJ): BB/FX-less than 30 sec. 2.00
	Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elem. & dismount ↑.30		UB- (less than 5 Value Parts)
	Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout ↑.30		L6 BB ONLY w/ 10 SV (CJ) 0.50
	Grasp of beam to avoid a fall .30		Exceeds Fall time (UB/BB) CJ Terminates exercise
	Use of supplemental support .30		
	Artistry/Presentation:		
	- Originality/creativity of choreography ↑.10		
	- Quality of movement reflects personal style ↑.10		
	- Quality of expression ↑.10		

Conn. Val.	0.1	0.2	SR	√	Connection Value	0.1	0.2	SR	∩	Connection Value	0.1	0.2	SR	□	Content
Level 10			Level 10		Level 10			Level 10		Level 10			Level 10		10 9
*Turn/Flight C+C			Min. of 1 C-Flight		Acro Flight		B+D, B+E	Acro Series- 2 Flight		Acro Indirect	A/B+ A/B +C	C+D	1 Acro Series w/ 2 Saltos		A 3 3
*For a connection of 2 elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different)			2 nd diff. Flight, min. B		(2 elements, excluding dmt)		C+C, C/D+D	elements, min. of 1 C; also E (Flight) + A (Non-Flight)		A/B + A/B +D			OR 2 directly connected Saltos (same or diff.)		B 3 4
C (no turn/ C+D D+D flight req.)			Min. of C element w/ LA Turn (excludes Mnt/Dmt)		* (excluding mt/dmt- C must be salto at L10 At Lev 9 - C must be salto or aerial)		B + C*	Leap or Jump w/ 180° Cross or Side Split		A/B+D			3 Diff. Saltos (No Aerials)		C 2 1
Level 9			Salto Dmt - Min. of C		Acro flight		B+ B +C	360° Turn on One Foot		A +C		A/B+D	Dance Pass w/ 2 diff. Gr. 1 elements (direct or indirect connection) one Leap w/ 180° Split		SV 9.5 9.7
(If no turn/ C+C flight—must be different)			2 Bar Changes		(3+ elements)		B+B+D	Aerial/Salto Dmt - Min. C or Min. B w/ C conn.		A+A+C		A+A+D	Min. of C salto- Isolated or in Last Acro conn.		L10: Extra+0.1 Bonus (not in SV) if exer. has a min. of 0.6 total Bonus+ an E (BB/FX-E Acro)
Turn/Flight C+C			Min. of 1 B-Flight		2 Dance/Mix		A+D	Level 9					Level 9		L9: allowable D/E's=C
			2 nd diff. Flight - min. C		(excluding dmt)		B+C	Acro Series-2 Flight elements		B+D			Same as L10 except Min. of B Salto- Isolated or in Last Acro conn.		Restricted elements = no VP credit -0.50 off SV
			OR min. B element w/ LA Turn (excludes mt/dmt)		Turns		A+C	Leap or Jump w/ 180° Cross or Side Split		C+C			D-Salto+A-Jump (This order only)		No CV/DV w/ fall or spot
			Salto Dmt - Min. of B		All Acro elements used for CV must have Flight		(or reverse)	360° Turn on One Foot		C+C			*No CV for a Turn followed by a Jump		Missing SR -0.50 off SV
								Aerial/Salto Dmt - Min.B							

Composition – Execution Deductions

Uneven Bars	Balance Beam
Composition	Composition
Choice of dmt. not up to competitive level ↑.10	Failure to perform Acro ele. in 2 diff. directions (bwd & fwd/swd) ↓.10
Faces same direction thruout exer (excl.Mt/dmt) ↓.10	* If the only diff. direction is in dismount ↓.05
Uncharacteristic elements each ↓.10	More than 2 pivot (Str. Leg) ½ turns thruout exercise ↓.10
More than one Squat on LB w/ or w/out sole circle to jump to grasp HB (Lev. 10 only) each ↓.10	More than 2 Dance elements of the same shape (tuck/wolf or straddle jumps) each type ↓.10
¾ fwd Giant circle (w/ or w/o grip change) each ↓.10	Spatially - Insuff. use of entire length of beam ↑.10
Failure to perform 2 ele. (Min. B) that fulfill 2 of the 3 following requirements: each ↓.10	Insufficient level changes ↑.10
- Forward element (circle/release) (excl. dmt)	Failure to show movement/non-VP/choreography in diff. dir. (fwd/swd/bwd) ↑.10
- Element from Groups 3, 6, or 7	Choice of dismount not up to competitive level ↑.10
- Pirouette (Turn through handstand- min. 180°)	Acro elements not up to competitive level ↑.20
Choice of release elements not up to competitive level (Lev.10 only) ↑.20	Dance elements not up to competitive level ↑.20
Lack of two (2) bar changes (Lev. 10 only) ↓.20	Lack of dance series (min. 2 dance elements from Gr. 1, 2, 3) ↓.20
Execution	Execution
Insuff. Angle of arrival-Flight to HS on LB ↓.05	Feet apart on side pos. landing of leaps/jumps each ↑.10
Swing fwd. or bwd. under horizontal each ↑.10	Hesitation in jump, press, swing to HS each ↑.10
Under-rotation of release/flight elements ↑.10	Incorrect body pos./alignment in Dance elem. each ↑.10
Precision of handstand positions throughout ↑.10	Lack of precision in Dance elements each ↑.10
Insuff. extension of glides/swing into kips ↑.10	Turn elements not performed in high relevé each ↑.10
Poor rhythm in elements/connections ↑.10	Landing too close to beam on dismount ↓.10
Hesitation in jump or swing to HS ↑.10	Concentration pause (2sec.) each ↓.10
Touch, brush on apparatus/mat with foot/feet ↑.10	Concentration pause (more than 2sec.) each ↓.20
Landing too close to bar on dismount ↓.10	Rhythm of conn.- Dance/Mixed/Acro (not bwd flight) each ↑.20
Insuff. amplitude of elements each ↑.20	Insufficient split when required (Dance/Acro elements) ↑.20
Insufficient dynamics ↑.20	Legs not parallel to beam in split or straddle pike ↑.20
- Insufficient swingful execution throughout	Insufficient dynamics ↑.20
- Energy not maintained throughout exercise	Insuff. height of leaps/jumps/hops each ↑.20
- Fails to make difficult look effortless	Insuff. height of Acro flights, Aerials & Saltos each ↑.20
Hit of foot/feet on apparatus ↓.20	Insuff. sureness of performance throughout ↑.20
Incorrect padding (heel/hip) CJ ↓.20	Insuff. variation in rhythm/tempo throughout ↑.20
Insufficient height of salto dismount ↑.30	Relaxed/incorr. footwork in non-VPs throughout ↑.20
Insuff. Extension (open) of tuck/pike body pos. prior to landing dismount ↑.30	Support of 1 leg against side of BB each ↓.20
Insuff. Amplitude of casts ↑.30	Insuff. height of Salto dismount ↑.30
Insuff. Angle of turn completion ↑.30	Add'l movements to maintain balance on the beam ↑.30
Hit of foot/feet on mat ↓.30	Direction on Gainer dmt. off end of beam ↑.30
Grasp on apparatus to avoid a fall ↓.30	Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elem. & dismount ↑.30
Intermediate (extra) swing/cast (Max. .60 per ele.) ↓.30	Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout ↑.30
Insuff. amplitude of "B" Clear hip circles ↑.40	Grasp of beam to avoid a fall ↓.30
Full support on foot/feet on mat during routine ↓.50	Use of supplemental support ↓.30
	Artistry/Presentation
	- Originality/creativity of choreography ↑.10
	- Quality of movement reflects personal style ↑.10
	- Quality of expression ↑.10

Landing – Execution – General

Floor Exercise	Landing
Composition	Landing
Spatially – (Floor pattern) ↑.10	Feet hip-width or closer; never join on dmt. ↓.05
Value of salto(s) performed as last isolated Salto or in last Acro connection not up to competitive level ↑.10	Slight hop, adjustment of feet, staggered feet ↑.10
Failure to perform Saltos/Aerials in 2 diff. directions (bwd & fwd/swd) ↓.10	Deviation from straight direction ↑.10
More than 2 dance elements of the same shape (tuck/wolf or straddle jumps) each type ↓.10	Arm swings to maintain balance ↑.10
Acro elements not up to competitive level ↑.20	Feet more than hip-width apart ↓.10
Dance elements not up to competitive level ↑.20	Steps (each ↓.10) max. ↓.40
Lack of turn on 1 foot, min. "B" ↓.20	Trunk movements for balance (UB/BB dmt & FX acro) ↑.20
Lack of min. of "B" salto (Level 9) ↓.30	Incorrect body posture on landing of VPs ↑.20
Lack of min. of "C" salto (Level 10) ↓.30	Large step or jump ↓.20
Execution	Brush/touch of landing surface w/hand(s) ↑.30
Feet apart on landing of leaps/jumps each ↑.10	Squat upon landing ↓.30
Incorr. Rhythm during execution of direct conn. each ↑.10	Spotting assist upon landing Award VP/SR + ↓.50
Incorrect body pos./alignment in Dance elem. each ↑.10	Execution
Lack of precision in Dance elements each ↑.10	Flexed/sickled feet during value parts each time ↓.05
Fails to perform Gr. #2 Turns in high relevé each ↑.10	Legs/knees: crossed ↑.10 separated ↑.20
Concentration pause (2sec.) each ↓.10	Insufficient exactness of body shape – N, V, / ↑.20
Legs not parallel to floor in split or straddle pike ↑.20	(Stretched - Arch or Hip angle 136-179°) ↑.20
Insuff. height of leaps/jumps/hops each ↑.20	Failure to maintain stretched body pos. - Pikes down (UB, BB, FX) ↑.20
Insuff. height of Acro flights w/ hand support & Aerials each ↑.20	Incomplete turn/twist ↑.20
Insufficient split when required (Dance/Acro elements) ↑.20	Bent arms in support or bent legs ↑.30
Insufficient dynamics ↑.20	Fall or support on hand(s) on apparatus or mat ↓.50
Insuff. variation in rhythm/tempo throughout ↑.20	Fail to land on bottom of feet first on Saltos/Aerials/Dmt. Fall (↓.50) + No VP/SR
Relaxed/incorr. footwork in non-VPs throughout ↑.20	General
Poor relationship of music & movement throughout ↑.20	Fail to Present before/after (CJ) each time ↓.10
Insuff. height of Saltos each ↑.30	Exceeds Floor Ex. boundary (CJ) each time ↓.10
Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elements ↑.30	Overtime - BB/FX (CJ) ↓.10
Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout ↑.30	Coach between bars or next to BB thruout (CJ) ↓.10
Missing synchronization of movement & musical beat - Each time ↓.05	Excessive use of magnesium (chalk) (CJ) ↓.20
- Exercise not ended with music ↓.10	Relaxed/incorr. jewelry (after 1 warning) (CJ) ↓.20
Artistry/Presentation	Verbal cues by coach/team (after warning) (CJ) ↓.20
- Originality/creativity of choreography ↑.10	Coach instructs gymnast during routine (CJ) ↓.20
- Quality of movement reflects personal style ↑.10	Failure to begin exercise w/in 30 sec. of CJ signal (CJ) ↓.20
- Quality of expression ↑.10	Exceeds warm-up time (after warning) (CJ) ↓.20
Music with words (CJ) ↓.10	Incorrect apparatus specs. (CJ) ↓.30
Absence of music (CJ) ↓.10	Board on unpermitted surface (CJ) ↓.30
	Failure to remove board after mount (CJ) ↓.30
	Use of Supplementary mats (CJ) ↓.30
	No Dismount from Start Value ↓.30
	Lands Acro ele. or dmt in Pit (CJ) No VP/SR + ↓.30
	Spotting Assist on element No VP awarded + ↓.50
	Start exercise before signal (repetition) (CJ) ↓.50
	3 rd Run approach (UB/BB mounts) ↓.50
	Coach on FX mat (CJ) ↓.50
	Short Exercise: BB/FX-less than 30 sec. (CJ) ↓.50
	UB- (less than 5 Value Parts)
	Exceeds Fall time (UB/BB) CJ Terminates exercise