

I. THE WORKING PROCEDURES OF THE JUDGING PANEL

A. TYPES OF COMPETITION

- | | |
|---------------------------|---------------------------|
| 1. Compulsory Competition | Levels 1 / 2 / 3 / 4 / 5 |
| 2. Optional Competition | Levels 6 / 7 / 8 / 9 / 10 |

B. JUDGING PANEL COMPOSITION

1. USA Gymnastics Development (Dev) Program Level 9 Eastern / Western and Level 10 National competitions - panels consist of:
 - a. One Chief Judge (non-affiliated)
 - b. Three additional panel judges
 - c. Assistants (timers, line judges, etc.)
2. Number of required judges at USA Gymnastics Dev Program local, pre-sectional, sectional, state, regional and national invitational competitions, panels may consist of:
 - a. Four-judge panel (as listed above)
 - b. Two-judge panel
 - 1) One Chief Judge (non-affiliated)
 - 2) One panel judge
 - c. One-judge panel
 - 1) Allowed at local / sectional competitions only for Levels 1 / 2 / 3 / 4 and at local competitions only for Level 5.
 - A two-judge panel is required to qualify any Level 5 gymnast to State Championships.
 - Check with your State Administrative Committee Chairman (SACC) for state guidelines for pre-sectional and sectional meets at Levels 1 / 2 / 3 / 4 / 5
 - 2) Allowed for mobility meets Levels 1 / 2 / 3 / 4 / 5.
 - d. Assistants (timers, line judges, etc.)

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.
 - b. A judge who critiques or coaches more than once a month on an ongoing basis at a specific gymnastics club is considered affiliated with that competing club.
 - c. A coach of a competing gymnast.
 - d. A club owner of a competing club / gymnast.
 - e. A Women's Artistic Dev Program 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 / his own club at a compulsory or Xcel meet.
 - f. Any sports science or gymnastics professional who is paid for ongoing services for a competing gymnast.
EXAMPLE: Athletic trainer, physical therapist, sports psychologist, choreographer.
 - g. An immediate family member (parent, stepparent, grandparent, sibling, any other person living in the household) 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.

AFFILIATION OF JUDGES WITH AN INDIVIDUAL(S) OR GYMNASTICS CLUB (continued)

- 4) Women's Development Program or Xcel team member of a club competing in the meet.
EXAMPLE: Parent of a Level 5 gymnast judging an optional competition in which their 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.
2. Judges affiliated with a club, gymnast or coach participating in competition may be assigned to judge, with the following stipulations:
 - a. In USA Gymnastics qualifying competitions with panels of two or four judges:
 - 1) An affiliated judge may be assigned as a panel judge or as Meet Referee.
 - 2) No more than one judge with 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 or four 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 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 (SACC).
 - 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 panel judges in numerical order around the apparatus, clockwise from Chief Judge's table.
3. Space judges at a proper distance to allow for an individual, unbiased evaluation.
 - If floor space is restricted, both judges on panel are allowed to sit at same table; however, it is advised that a score tabulator be seated between 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 *R&P*, membership and 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 conduct of the gymnast during warm-ups or training.
 - b. Comments to gymnast should be made only if requested from coach or gymnast.
3. Individual judges will be bound by 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 appropriate agencies (i.e., IRS).
5. Each individual judge shall sign and return the contract to Meet Director and contracting official.
6. Judges are NOT allowed to accept gifts in addition to USA Gymnastics judges' compensation package fees / expenses unless gift does NOT exceed a retail value of \$20.00.
7. Judges should serve only in the capacity of an official during warm-ups and competition. They may NOT act in a dual capacity (i.e., coach / judge, parent / judge, Meet Director / judge, announcer / judge, etc.).
8. Judges must act in a professional manner.
 - a. Must NOT leave their seat during competition without permission of Meet Referee or Chief Judge.
 - b. Must remain at her / his event station until entire competition has been completed.
 - c. Must avoid conversations with coaches regarding evaluation of exercises.
 - d. Must be willing to compromise when the two counting scores are out of range.
 - e. Must refrain from using electronic devices (such as cell phones, tablets, etc.) for purposes other than gymnastics judging or reference on the field of play. **Electronic devices must be in airplane mode.**
9. Judges MUST dress appropriately, regardless of the level of competition, in the required uniform (navy skirt / pants and jacket, white blouse / shirt, NAWGJ navy dress / sweater). (Exception: theme invitationals)
 - Suit jackets required for State and above competitions.
 - Leggings are NOT acceptable.
10. Chief and panel judges are responsible for flashing their own Start Value (SV) at all Level 6 / 7 / 8 / 9 / 10 meets (or write it on competitor's score card).
 - SV MUST be flashed AFTER score has been submitted.
 - Judge MUST provide her / his own SV flashing unit, unless provided by host club.
11. Must fulfill annual Continuing Professional Education (CPE) requirements.

B. MEET REFEREE (may also act as a Chief Judge)

1. A Meet Referee, or acting Meet Referee, MUST be designated at all Dev Program sanctioned competitions.
2. If Meet Referee also serves as Chief Judge, she / he will receive Chief Judge's fee and Meet Referee fee at the following competitions:
 - 1) State Championships with four-judge panels
 - 2) Regional, Level 9 East/West and Level 10 National Championships (regardless of the number of judges per panel)
 - 3) Dual compensation is NOT allowed at State Championships with two-judge panels, or at any sanctioned local/sectional meets.
3. Meet Referee Duties and Responsibilities:
 - a. If requested, assists in conducting the draw prior to or at coaches' meeting (depending on the organization of meet) at regional or national competitions, in conjunction with:
 - 1) Appropriate USA Gymnastics Officer, and / or
 - 2) Meet Director
 - b. Serves as liaison between coaches and judges. Must attend coaches meeting (or designate a proxy) at state, regional and national competitions.
 - c. Conducts the judges' meeting prior to competition using the Meet Referee checklist.
 - 1) Presents the USA Gymnastics base score video for analysis at state and above meets.
 - The base score video file can be obtained electronically from the USA Gymnastics RTCC, the SACC / RACC or the State / Regional NAWGJ Director.
 - 2) Reviews the following procedures with judges:
 - a) Logistics of meet / scoring system, meet mechanics, etc.
 - b) Rule changes
 - c) Equipment issues
 - d) Information from Meet Director
 - e) Professional protocol reminder
 - d. Assigns Chief and panel judges to their respective events, as requested by State Administrative Committee (SAC) or Regional Administrative Committee (RAC) for State and Regional Championships. It is strongly recommended that SAC / RAC assign the duty of event assignments to the designated Meet Referee.
 - 1) Criteria for assignment MUST be followed.
 - 2) If Meet Referee is also Chief Judge, the assigning official may make event assignments.
 - 3) At local, pre-sectional and sectional meets, assigning official may make event assignments.
 - e. May observe and / or give opinion during conferences.
 - f. Is available for counsel, upon request of Chief Judge.
 - g. May counsel Chief Judge when, in her / his opinion, the average score and / or score of Chief Judge seems out of line with scoring in the competition.
 - h. May recommend, but never force, a change of any score.
 - i. Corrects and signs official score sheets after any change of score.
 - j. Gives any technical or judging information pertinent to competition to Meet Director or organizing committee for distribution.
 - k. Acts as final authority in all technical matters involving judges, timers, line judges, flashers, and event tabulators.

MEET REFEREE (who may also act as a Chief Judge) (continued)

- l. Notates a warning given by Chief Judge concerning incorrect attire or signaling with a verbal cue. She / he will then notify Chief Judge on the other events that a warning has been given so that appropriate deductions may be applied.
- m. Upon notification from Chief Judge, issues a warning to coach for unsportsmanlike conduct. Follow USA Gymnastics' Safe Sport policy and coaches behavior policy in *Rules and Policies*. This would also be applied for excessive cheers and / or behavior of teammates, or the coach who is disruptive to the competition.
- n. Will be available for a minimum of five minutes following last competitors' exercises to deal with questions or concerns with technical decisions and / or judges' scores.
- o. Serves as president of Jury of Appeals.
- p. May be an affiliated judge.
- q. Indicates any violations of *Rules and Policies* on the sanction report form or notifies USA Gymnastics Member Services directly in writing by email.
- r. Is responsible for compiling and checking information regarding judges' fees and expenses for Meet Director.
- s. Checks with scoring personnel to verify that scores for all gymnasts are entered and all inquiries have been resolved.
- t. Issues a warning to coach and notifies Meet Director if she / he observes more than one gymnast on UB at the same time during any warm-up (timed or 30-second touch).
- u. Monitors judging panels to ensure appropriate use of electronic tablets for judging and reference purposes.
- v. Determines with Meet Director the designated time for judging panels to leave and to return to field of play between sessions.
 - Judges are required to remain on competition floor until Meet Referee releases them to begin break time. The first 30 minutes following the first session (or first two sessions) are designated as the official break time, in which it is allowable for judge(s) to leave the meet site. Any additional break time will be compensated; therefore, the judge **MUST** remain on site.

C. CHIEF JUDGE

- 1. Prepares judges for correct evaluation of exercises prior to competition at judges' meeting.
- 2. Advises Meet Director of any equipment safety concerns or non-approved equipment; checks that all materials necessary are available and functioning properly, including:
 - a. Light or time signals
 - b. Stopwatches
- 3. Instructs judging assistants to assure their knowledge of:
 - a. Correct use of signal to indicate line violations.
 - b. Correct use of stopwatch and timing device to indicate time limitations.
 - c. Proper reporting procedures for the following violations:
 - 1) Exceeding time allowed
 - 2) Stepping out of Floor Exercise area
 - d. Correct method of scoring being used.
 - e. Correct procedures for flashing of start values, individual scores and / or average score.
- 4. Is responsible for correct work of her / his panel and assistant judges.
- 5. Uses a green flag or hand signal to acknowledge presentation of gymnast.

CHIEF JUDGE (continued)

6. Must evaluate exercises accurately without bias and **MUST** first write (or enter into electronic scoring system) her / his own score before reviewing scores from other judges.
7. Must determine and record score and SV, as well as record deductions for execution / amplitude, artistry, compositional errors and neutral deductions.
 - Should write the European 7.
8. Verifies that scores fall within proper range.
9. Verifies that score of Chief Judge, panel judge(s), average score and time / line deductions are properly recorded during the competition.
 - a. It is **NOT** necessary to sign official score sheet.
 - b. Judges **MUST** keep a record of scores on a heat sheet.
10. Confirms when a gymnast may repeat an exercise (or portion of the exercise) due to technical failure and determines when the repetition (or continuation) will occur.
 - a. A flash from a camera is **NOT** a valid reason to allow gymnast to repeat exercise.
 - b. These decisions **MUST** be made in consultation with the Meet Referee prior to the score being flashed.
11. Is responsible for calling a conference if an impossible SV has been awarded and / or for other reasons to assist judges in arriving at a common basis for scoring during competition.
12. Terminates an exercise if (after a fall) gymnast exceeds allotted fall time.
 - **If an injury occurs, fall time begins when medical assessment is complete.**
 - a. Vault (after fall on first VT, once gymnast is standing on feet) = 45 seconds to salute for second VT.
 - b. Uneven Bars (once standing up on feet) = 45 seconds.
 - c. Balance Beam (once standing up on feet) = 45 seconds.
 - d. **A bleeding wound (or any other injury due to a fall) does NOT give gymnast the right to repeat exercise. Once the wound is covered, the gymnast may resume routine from where she left off.**
13. Reports to Meet Referee or Jury of Appeals if any of the following is observed:
 - a. Incorrect gymnast attire
 - b. Unsportsmanlike conduct of coach (after warning).
 - c. Excessive cheers or behavior disruptive to competition by teammates or coach.
EXAMPLE: Gymnasts standing around FX area, blocking view of judges and / or spectators.
 - d. Team fails to observe specified warm-up time (after a warning). Deduction would be applied to team event score where infraction occurred.
 - e. Coach or teammates warned about technical verbal cues.
14. Is responsible for responding, in conjunction with panel judge(s), to an inquiry in a professional manner.
15. May **NOT** be affiliated at any sanctioned qualifying meets.
 - EXCEPTION: affiliated judges may be assigned as CJ at non-qualifying invitational meets.
16. Takes deduction from average score for the **FOLLOWING INFRACTIONS**. Deduction **MUST** be indicated to coach either verbally or by visual means at conclusion of exercise.

SECTION 1 – GENERAL INFORMATION – JUDGING PANELS – CHAPTER 1

CHIEF JUDGE DEDUCTIONS (continued)	
<u>0.20</u>	<p>Excessive use of magnesia (chalk) or incorrect use of tape</p> <p>Vault</p> <ol style="list-style-type: none"> Runway: Athletic tape or Velcro strips (NO CHALK) may be placed on VT runway, provided that such markings are removed no later than end of rotation. <ul style="list-style-type: none"> ✓ Maximum width of the Velcro strip or athletic tape is 5 cm. (2"). ✓ Maximum length is 3 feet. ✓ Judge MUST issue a warning (before taking a deduction) if measurement is exceeded or if markings are NOT removed. Table: Use of tape or excessive magnesia (chalk) is NOT permitted on VT table. <p>BALANCE BEAM</p> <p>Small chalk markings may be placed on BB (tape markings NOT allowed).</p> <p>FLOOR EXERCISE</p> <ol style="list-style-type: none"> Spreading of magnesia on FX area NOT allowed; only small marks allowed. A single-line arc drawn in corner of FX area is acceptable. No Velcro or tape markings are allowed within FX area. Tape markings are allowed at corners of FX area to indicate boundary line in case floor carpet uses two colors to mark boundary line.
Max <u>0.30</u>	<p>Unauthorized or additional mats,</p> <p>Springboard on unauthorized surface,</p> <p>Use of hand placement mat for traditional forward approach vaults</p>
<u>0.30</u>	Lands UB / BB dismount or FX Acro Salto in solid or loose foam pit
<u>0.30</u>	Failure to remove board / mounting apparatus after mount
<u>0.30</u>	Failure to remove board or authorized spotting device after UB release element.
<u>0.30</u>	Using incorrect apparatus specifications including incorrect spring configurations.
<u>0.50</u>	<p>Starting exercise before signal is given (deduct from repeated performance).</p> <ul style="list-style-type: none"> If gymnast starts exercise before signal is given, should be asked to stop and repeat performance immediately. Refer to Section 2 Vault for specifics.
<u>0.50</u>	<p>Coach on the FX area (inside the border marking) (Levels 6 / 7 / 8 / 9 / 10)</p> <ul style="list-style-type: none"> No deduction if coach is in FX area to remove an object fallen from gymnast (i.e., metal hair clip, eyeglasses, etc.). No deduction to adjust placement or to remove a skill cushion.
<u>1.00</u>	<p>Absence of music or music with words or song / speech</p> <p>Refer to Section 5 Floor Exercise for specifics.</p>
<u>1.00</u>	<p>Performance of a one-arm vault:</p> <ul style="list-style-type: none"> At least half of the VT panel MUST see that only one hand touched VT table.
<u>2.00</u>	<p>Short exercises (applies to complete or incomplete routines).</p> <ul style="list-style-type: none"> UB routine with less than 5 Value Parts (VP) BB and FX routines – less than 30 seconds EXCEPTION: Refer to Level 6, Section 4 Balance Beam for specifics.

D. PANEL JUDGES

1. Must evaluate the exercises quickly and accurately, without bias.
2. Must record VP, Bonus, Special Requirements (SR) and SV, as well as record deductions for execution / amplitude, artistry, and compositional errors.
3. Must include on score slip to send to CJ (if electronic score input is NOT available for each judge):
 - a. Judge's initials and assigned number.
 - b. Competitor number, SV and score.
 - c. Notification if a deduction was taken for coach spotting gymnast.
 - d. Notification if gymnast exceeded border marking on FX (if no line judges are present); should attempt to signal any such violation by raising hand.
 - e. Should write European 7.
4. Must flash SV after sending score to CJ.
5. When changing a score, judge MUST cross out first score, initial change and write in new score; do NOT erase.
6. May be affiliated; however, there may NOT be more than one judge per panel with same affiliation.

E. JUDGING ASSISTANTS

1. Do NOT evaluate or score the exercise.
2. Signal and record specific faults and penalties to assist Chief Judge (CJ).
3. Types of judging assistants and their responsibilities:
 - a. FX LINE JUDGES:
 - 1) Must be rated official.
 - 2) Signal by raising hand or flag when gymnast steps (or touches some part of body) beyond boundary line.
 - 3) Inform CJ in writing of such violation.
 - b. TIMERS
 - 1) VAULT FALL TIMER:
 - a) CJ must monitor VT fall time on first VT. The watch:
 - Starts when gymnast is standing up on her feet.
 - Stops when gymnast salutes for her second VT.
 - b) After 25 seconds have passed, "20 seconds remaining" is announced.
 - c) After 35 seconds have passed, "10 seconds remaining" is announced.
 - d) At 45 seconds, "TIME" is announced.
 - e) A second VT is NOT allowed after "TIME" is announced.
 - 2) UNEVEN BARS FALL TIMER:
 - a) Is responsible for correct timing of falls. The watch:
 - Starts when the gymnast is standing up on her feet after a fall.
 - Stops when the gymnast leaves the floor to re-mount.
 - b) After 25 seconds have passed, "20 seconds remaining" is announced.
 - c) After 35 seconds have passed, "10 seconds remaining" is announced.
 - d) At 45 seconds, "TIME" is announced.

I. DETERMINING AVERAGE SCORE**A. WITH FOUR-JUDGE PANEL:**

1. Establish final average score in the following manner:

a. Highest and lowest scores = eliminated.

b. Two middle scores are averaged by:

1) Adding them together, then

2) Divided by two:

EXAMPLE:

Chief Judge 1:	9.40	High = eliminated
Judge 2:	9.00	Low = eliminated
Judge 3:	9.20	
Judge 4:	9.30	
	$9.20 + 9.30 = 18.50 / 2$	9.25 average score

2. The average score determines allowable range between two counting scores.

3. If two counting scores are out of range, CJ calls conference.

B. WITH TWO-JUDGE PANEL:

1. Establish the final average score in the following manner:

a. The two scores are added together, then

b. Divided by two:

EXAMPLE:

Chief Judge 1:	7.80	
Judge 2:	7.50	
	$7.80 + 7.50 = 15.30 / 2$	7.65 average score

2. The average score determines the allowable range between the two scores.

3. If the two scores are out of range, CJ calls a conference.

II. RANGE OF SCORES**A. ALLOWABLE RANGE OF SCORES**

The difference between the two middle scores (or the two scores when only two judges are used) at a USA Gymnastics Dev Program optional competition is:

If the average score is between:	The two counting scores MUST be within a range of:
9.500 – 10.000	0.20 pt.
9.000 – 9.475	0.50 pt.
8.000 – 8.975	0.70 pt.
Below 8.00	1.00 pt.

- Whenever a zero score is one of the counting scores, allowable score range does NOT apply.

B. A CONFERENCE OF THE JUDGES

1. Called (and led) by CJ when there is too great a difference between the two counting scores, or if an impossible SV has been awarded.
2. All judges **MUST** attend conference at location designated by CJ.
3. Meet Referee may be notified of and / or be included in the discussion.
4. In this conference, the discrepancy is resolved by one of the following procedures:
 - a. The SV differences will be clarified.
 - b. Mathematical procedures are checked for accuracy.
 - c. Adjustments are made in scores to conform to allowable range.
 - d. It is professional responsibility of judges to come to an agreement if their scores are initially out of range.
 - e. If judges are unable to compromise, Chief Judge may mandate that scores be brought into allowable range.

III. ROUTINE EVALUATION

A. ROUTINES EVALUATED IN 0.05 INCREMENTS

at all Development Program competitions.

B. FINAL SCORE OF 1.00

will be awarded for any optional exercise that results in a score equal to or less than one (1.00) point.

C. OPEN SCORING:

Either manually or electronically flashing each judge's score or by writing each judge's score on each gymnast's competitor card. Open scoring is:

1. Required at Level 10 Nationals and Level 9 Eastern / Western Championships.
2. Allowed at Regional Championships (determined by the RAC).
3. Allowed at optional State Championships (determined by SAC).
4. Allowed at optional invitationals, at discretion of the Meet Director.
5. NOT allowed at any compulsory meet, including compulsory State Championships (per *R&P*).
6. Procedures for open scoring:
 - a. Each judge **MUST** independently determine her / his score.
 - b. Each judge **MUST** record SV and final score on judging slip and send it to CJ via the runner.
 - If electronic scoring system is used, judge **MUST** first enter score electronically, then flash SV manually.
 - c. After CJ receives all judging slips or reviews electronically displayed scores, individual judges' scores and average score are then flashed on score flashing unit.
 - d. If score is changed as a result of a conference, adjusted score should be re-flashed as a "corrected score".

VI. BONUS - SPECIFIC GUIDELINES

for awarding element combination Bonus are discussed in each apparatus chapter.

A. OPTIONAL EXERCISE REQUIREMENT FORMULA

	<u>Level 10</u>	<u>Level 9</u>	<u>Level 8</u>	<u>Level 7</u>	<u>Level 6</u>
A. VALUE PARTS (VP)	2.20	2.00	1.60	1.10	0.80
B. SPECIAL REQUIREMENTS (SR)	2.00	2.00	2.00	2.00	2.00
C. BONUS	0.50	0.30	0.00	0.00	0.00
D. EXECUTION, COMPOSITION * AND ARTISTRY (BB, FX)	5.30 10.00	5.70 10.00	6.40 10.00	*6.90 10.00	*7.20 10.00

* Compositional deductions are NOT applied at Levels 6 / 7.

VII. CALCULATING SV AT DEVELOPMENT PROGRAM COMPETITIONS**A. ALL JUDGES DETERMINE THE START VALUE.****B. IT IS NOT MANDATORY THAT THE JUDGES AGREE ON THE SV,**

but if a judge has calculated an impossible start value, a conference MUST be held.

C. STEPS IN DETERMINING THE START VALUE:

The competitive level of the gymnast determines the SV:

Level 10 starts at 9.50, Level 9 starts at 9.70, Level 6 / 7 / 8 start at 10.0.

1. ADD any Bonus

a. Level 6 / 7 / 8 are NOT eligible for Bonus. Maximum SV is 10.00.

b. Level 9 is eligible to earn Bonus points for both CV and "D/E" Bonus.

Maximum SV is 10.00, with a maximum of 0.30 in Bonus:

1) 0.30 CV, OR +0.20 CV and +0.10 for the first allowable or restricted "D/E"

(UB – any D/E; BB/FX – Acro D/E).

2) The first restricted (UB/BB/FX) or allowable (UB) "D/E" element receiving VP credit can be considered for +0.10 "D/E" Bonus.

a) **If the "D/E" element receiving VP credit results in a fall or spot, no Bonus is awarded.**

b) **Additional restricted "D/E" elements performed later in exercise will NOT be considered for Bonus.**

• **Exception on Uneven Bars: Refer to Uneven Bars- Section 3, Chapter 4.**

3) Allowable "D/E's" and the first restricted "D/E" count as "C" in Connection Value Principles.

4) For each additional restricted "D/E" element that meets the requirement to receive a VP credit, deduct 0.50 from SV for the restricted element and do NOT award VP or SR credit.

STEPS IN DETERMINING THE START VALUE (continued):

- c. Level 10 is eligible to earn Bonus for both CV and “D/E” Bonus, with a minimum of +0.10 for “D/E” and a minimum of +0.10 for CV. The remaining 0.30 may be earned by “D/E” Bonus or CV Bonus.
Maximum SV is 10.00.
 - 1) If the exercise contains +0.50 in CV Bonus and no “D/E”, the SV will be 9.90.
 - 2) If the exercise includes +0.60 or more total Bonus with one “E” element (BB / FX = Acro “E”), the exercise is eligible for an additional Bonus of +0.10. Shall be flashed as +0.10 along with SV, NOT included in the SV.
 - a) Each judge adds the Bonus to her / his score and MUST visibly (by means of a placard or other signage) indicate that the additional Bonus was awarded.
 - b) If using paper score slips, the judge should also indicate in writing any Bonus awarded.
 - 3) If the exercise contains +0.60 or more in “D/E” Bonus, but no CV Bonus, the SV will be 9.90 and is NOT eligible for the additional +0.10 Bonus.
- 2. DEDUCT from the SV:
 - a. Missing Value Parts (VP)
 - b. Missing Special Requirements (SR) (0.50 each)
 - c. Exercise is without a dismount (0.30)
 - d. Performance of restricted elements (0.50 each)

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

D. EXAMPLES OF DETERMINING A START VALUE:

- | | LEVEL 10 | 3 "A" | 3 "B" | 2 "C" = 8 required VALUE PARTS (VP) | |
|----|---|-------|-------|-------------------------------------|------------------------------------|
| 1. | Gymnast performs: | 3 "A" | 2 "B" | 1 "C" | 2 "D" |
| | ✓ Connection Value (CV) (+ 0.10) | | | | |
| | ✓ Missing one Special Requirement (SR) (- 0.50) | | | | |
| | ✓ All Value Part (VP) requirements are met - two "D" replace missing "B" and "C" | | | | |
| | ✓ Exercise starts at | | | | = 9.50 |
| | ✓ Add + 0.10 for CV | | | | = 9.60 |
| | ✓ Add + 0.20 for "D/E" Bonus | | | | = 9.80 |
| | ✓ Deduct 0.50 missing one SR | | | | = 9.30 SV |
| 2. | LEVEL 10 | 3 "A" | 3 "B" | 2 "C" = 8 required VP | |
| | Gymnast performs: | 3 "A" | 2 "B" | 3 "C" | 1 "D" 1 "E" |
| | ✓ CV (+ 0.30) | | | | |
| | ✓ All SR are met | | | | |
| | ✓ All VP requirements are met | | | | |
| | ✓ Exercise starts at | | | | = 9.50 |
| | ✓ Add +0.30 for CV | | | | = 9.80 |
| | ✓ Add +0.30 for "D/E" Bonus | | | | = 10.00 SV + 0.10 additional Bonus |
| 3. | LEVEL 9 | 3 "A" | 4 "B" | 1 "C" = 8 required VP | |
| | Gymnast performs: | 3 "A" | 3 "B" | 1 "C" | 2 "D" restricted (Acro) |
| | ✓ First restricted "D" is allowed, receives "C" VP credit, and replaces the missing "B" | | | | |
| | ✓ CV (+ 0.10) | | | | |
| | ✓ Missing one SR (- 0.50) | | | | |
| | ✓ All VP requirements are met. | | | | |
| | ✓ Exercise starts at | | | | = 9.70 |
| | ✓ Add + 0.10 for CV | | | | = 9.80 |
| | ✓ Add +0.10 Bonus for first "D" Acro | | | | = 9.90 |
| | ✓ Deduct 0.50 missing one SR | | | | = 9.40 |
| | ✓ Deduct 0.50 performing 2nd restricted "D" | | | | = 8.90 SV |
| 4. | LEVEL 8 | 4 "A" | 4 "B" | 0 "C" = 8 required VP | |
| | Gymnast performs: | 3 "A" | 3 "B" | | |
| | ✓ Missing two SR (- 1.00) | | | | |
| | ✓ Exercise starts at | | | | = 10.00 |
| | ✓ Deduct 0.10 missing one "A" VP @ 0.10 | | | | = 9.90 |
| | ✓ Deduct 0.30 missing one "B" VP @ 0.30 | | | | = 9.60 |
| | ✓ Deduct 1.00 missing two SR | | | | = 8.60 SV |
| 5. | LEVEL 7 | 5 "A" | 2 "B" | 0 "C" = 7 required VP | |
| | Gymnast performs: | 4 "A" | 1 "B" | | |
| | ✓ Missing one SR (- 0.50) | | | | |
| | ✓ Exercise starts at | | | | = 10.00 |
| | ✓ Deduct 0.10 missing one "A" VP @ 0.10 | | | | = 9.90 |
| | ✓ Deduct 0.30 missing one "B" VP @ 0.30 | | | | = 9.60 |
| | ✓ Deduct 0.50 missing one SR | | | | = 9.10 SV |
| 6. | LEVEL 6 | 5 "A" | 1 "B" | 0 "C" = 6 required VP | |
| | Gymnast performs: | 4 "A" | 1 "B" | | |
| | ✓ All SR are met | | | | |
| | ✓ Exercise starts at | | | | = 10.00 |
| | ✓ Deduct 0.10 missing one "A" VP @ 0.10 | | | | = 9.90 SV |

I. INCOMPLETE EXERCISE (Optional Levels 6 / 7 / 8 / 9 / 10)

If a gymnast is unable to complete her exercise, the score will be determined in the usual way, by determining SV and deducting any appropriate execution / amplitude, composition, and specific apparatus deductions.

A deduction of 2.00 is taken from final average score by the Chief Judge if:

A. UNEVEN BAR EXERCISE CONTAINS LESS THAN FIVE VP.

- Completed UB routine that contains less than five VPs will also receive a 2.00 deduction.

B. BALANCE BEAM OR FLOOR EXERCISE ROUTINE IS LESS THAN 30 SECONDS.

- The 2.00 deduction is taken when a gymnast performs a completed or an incomplete exercise that is less than 30 seconds.
- EXCEPTION: refer to Level 6 -Section 4 - Balance Beam for specifics.

II. EQUIPMENT FAILURE / RESUME EXERCISE AT POINT OF INTERRUPTION

In situations where there is an equipment failure, either competitive apparatus, personal equipment (including broken or completely torn handgrips) or music failure, occurring through no fault of gymnast or coach, gymnast may choose to:

A. STOP IMMEDIATELY AND REQUEST PERMISSION FROM CHIEF JUDGE TO CONTINUE FROM POINT OF INTERRUPTION.

- Chief Judge, in consultation with Meet Referee, decides at what point the exercise must resume.
- Gymnast would perform from the point of interruption after a reasonable amount of rest time.
- Equipment failure does NOT include:
 - unfastening of bandages or handgrips
 - loss or partial loss of footwear
 - incorrect bar setting
 - or failure to tighten cables / T-handles on UB and BB
 - A flash from a camera

B. ON FLOOR EXERCISE: CONTINUE TO COMPLETE THE ROUTINE

At the completion of routine:

- Gymnast and coach must decide whether to resume routine at point of music failure or accept score given.
- Judges will NOT post the score until that decision is made.
- No deduction would be taken for absence of music if decision is to accept score.

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

WOMEN'S DEVELOPMENT (DEV) PROGRAM OPTIONAL VAULT RULES

ALLOWABLE VAULTS		START VALUE (SV)	SPOTTING REGULATIONS	TIMED WARM-UPS (per gymnast) <i>Total time per squad determined by number of gymnasts in largest squad</i> <i>Block time is NOT allowed</i>
<p>If a vault is performed that is NOT list on the Level chart, it will be a "VOID" vault.</p> <p>Levels 6/7/8/9: If either of the 2 vaults performed are NOT allowed (restricted vaults), the VAULT EVENT is VOID</p>				
Level 6 & 7	Vault Option 1 #1.111 Front Handspring entry onto table: Arrive on Mat Stack on the feet in a straight body position with tight arch in upper back; arm position optional.	SV - 10.0	Spot during Vault: VOID	1½ minutes
	Vault Option 2 #3.116 ¼ - ½ twist on (Tsukahara entry) onto table: Arrive on Mat Stack on the feet (Level 6/7) or on the back (Level 7 only) in straight-hollow body position; arm position optional	SV - 10.0	Spot upon landing: 0.50	
	Vault Option 3 #4.111 Round-off (Yurchenko) entry onto table: Arrive on Mat Stack on the feet (Level 6/7) or on the back (Level 7 only) in straight-hollow body position; arm position optional	SV - 10.0	Spot after landing: No deduction	
Level 8 Level 9 Level 10	See Level 8 Vault Value Chart – Appendix 03	Level 8 SV Chart	Spot during Vault: VOID, Except Spot in 2 nd flight for Salto Vaults – 1.00	2 minutes
	See Level 9 Vault Value Chart – Appendix 02	Level 9 SV Chart	Spot during vault: VOID	
	See Level 10 Vault Value Chart – Appendix 01	Level 10 SV Chart	Spot upon landing 0.50	

WARM-UP PROCEDURES: Time starts – when gymnast stands on table to do skill / jump off OR

When gymnast begins running towards table / touches springboard.

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

I. APPARATUS SPECIFICATIONS / RULINGS

A. USA GYMNASTICS WOMEN'S RULES AND POLICIES (R&P)

1. See Chapter 11: Apparatus Requirements in *Women's R&P* for specific equipment regulations.
2. Requirements are subject to change every competitive year, beginning August 1.

B. DEVELOPMENT PROGRAM VAULT VALUE CHARTS

1. See Appendices.
2. USA Gymnastics website (www.usagym.org) - Women's Program – Rules - Optional Code of Points for the most current information.

C. USE OF TAPE OR CHALK ON TABLE OR RUNWAY

1. Vault table: tape or chalk NOT permitted.
2. Runway: chalk is NOT permitted. Athletic tape or Velcro strips may be used.
3. CJ must issue warning first, then takes 0.20 deduction if NOT removed.

D. VAULT RUNWAY

It is coach's responsibility to ensure that tape measure is properly and securely placed along the Vault runway.

- NOT considered apparatus or personal equipment failure if the tape measure becomes unsecured or moves from its original position in relation to the Vault table.
 - This is NOT a reason to repeat the Vault without penalty.

E. HAND PLACEMENT MAT

1. The hand placement mat may be used for front handspring onto board and Round-off entry Vaults.
 - It may NOT be placed on runway as a visual aid for any other forward entry Vaults at any level.
2. If hand placement mat slips on the runway:
 - a. It is NOT considered apparatus or personal equipment failure.
 - b. This is NOT a reason to repeat the Vault without penalty.
 - c. It is the coach's responsibility to ensure that the mat is placed properly with the Velcro secure.

F. "SAFETY ZONE" MAT

1. Failure to use the Safety Zone mat when performing a front Handspring onto the Vaulting board or Round-off entry Vault would result in a "0" (VOID) score for the Vault.
2. For Front Handspring onto board and Round-off entry Vaults, the Safety Zone mat must be placed in the proper direction (snugly around the board), or the Vault is invalid – "0" (VOID).
3. For other types of Vaults, use of the Safety Zone mat is allowed, but NOT required.
 - There is no deduction if the mat is NOT placed snugly around the board.

G. ALTERNATIVE SPRINGBOARDS (trampoline-like, junior board, inflatable rebounding device)

1. NOT allowed at any optional level.
2. If used, Vault is VOID.

H. SUPPLEMENTAL MATTING (sting mat, 4" throw mat, 8" skill cushion)

1. Chief Judge (CJ) takes a 0.30 deduction from average score for use of any unauthorized or additional matting.
2. Conversion for inches to centimeters:

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

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

F. MISCELLANEOUS VAULT RULES

1. Arrival on Vault table
 - a. May occur from a run with forward arrival on board with both feet.
 - b. May occur from a run with backward arrival on board with both feet from a Round-off - Levels 6 / 7 / 8 / 9 / 10.
 - c. May occur from a run with a forward arrival on the board with both feet from a front handspring - Levels 9 / 10 only.
2. All Vaults must be performed with support of both hands on the Vault table.
 - a. If neither hand makes contact with the Vault table, the Vault is scored "0" (VOID).
 - b. CJ takes the 1.00 deduction from the average score for the performance of a one-arm Vault, if at least half of the Vault panel saw that only one hand touched the Vault table.
3. All Vaults must land with the feet first on the landing mat to be considered for Value Part (VP) credit.
 - a. Landing on the feet first is defined as "any part of the bottom of the foot touching the mat first."
 - b. Any Vault that fails to land on the feet first will be scored "0" (VOID).
 - Exception: Level 7 Tsukahara / Yurchenko entry Vaults.
 - c. The Vault is scored if the gymnast falls, landing on hands and bottom of feet simultaneously.
 - d. If the gymnast lands standing, sitting, or lying on top of the Vault table, it is a "0" (VOID) Vault.
 - e. At all sanctioned competitions, if there is a question whether the gymnast lands on the feet first on the mat, video review will be allowed if available and decisive. If video review is NOT available, the score will be averaged, regardless of range.
 - f. Whenever a zero score is one of the counting scores, the allowable score range does NOT apply.
4. **LEVEL 10** gymnasts may perform any Vault listed on the Level 10 Vault value chart (see Appendix). All Vault values listed in the Vault element illustration section of the *Dev Code of Points (COP)* refer to the values for Level 10.
 - a. For Level 10 only, all 10.0 SV Vaults performed successfully (no fall or spot) are eligible for a bonus of +0.10.
EXCEPT those marked with an asterisk: #2.302, #2.311, #3.407, #4.306, #4.309, #4.403, #4.407, #5.301, #5.408, and #5.409.
 - b. Each judge adds the Vault bonus to her / his score and must visibly (by means of a placard or other signage) indicate that the bonus was awarded.
 - c. If using paper score slips, the judge should also indicate in writing any bonus awarded.
5. **LEVEL 9** gymnasts may perform only specific Vaults from the five groups found on the Level 9 Vault value chart in the Appendix.
6. **LEVEL 8** Vault regulations
 - a. Only specific Vaults from Groups 1 / 3 / 4 / 5 are permitted. Refer to the Level 8 Vault Value Chart in the Appendix.
 - b. Since Level 8 is the first level at which Salto Vaults are allowed, spotting assistance in the post-flight of SALTO Vaults at Level 8 ONLY will NOT void the Vault. A 1.00 penalty will be applied.
 - c. If a fall on the landing occurs after spotting assistance, an additional 0.50 deduction is taken for the fall.

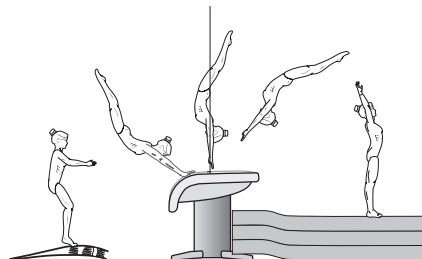
SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

MISCELLANEOUS VAULT RULES (continued)

7. LEVEL 6 / 7 Vault descriptions

Choice #1 – #1.111 - Handspring

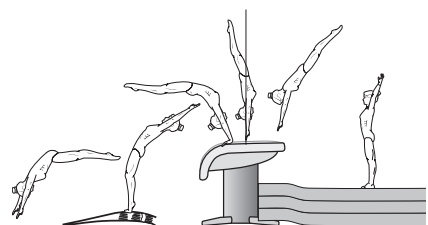
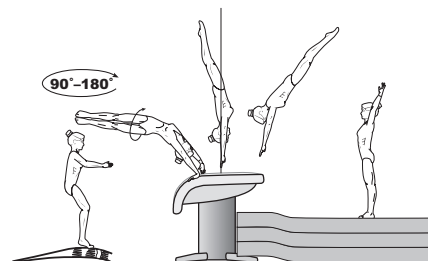
- Execute a front handspring entry Vault to arrive on the Mat Stack on the feet in a straight body position with a tight arch in the upper back; arm position optional.
- The evaluation ends when the gymnast's feet make contact with the mat stack.
EXCEPTION: under-rotation resulting in steps towards the table will be deducted.
- Additional forward movement (run, roll, etc.) after landing on the feet is allowed prior to finishing in a controlled standing position before saluting the judge.
- Body position will NOT be evaluated after the feet contact the Mat Stack.
- No flipping in any phase of any Vault, or after the feet touch the mat to indicate the completion of the Vault. Result is a "0" VOID Vault.



Choice #2 – #3.116 - Tsukahara entry

Choice #3 – #4.111 - Round-off entry (Yurchenko)

- Execute a Round-off entry (Yurchenko) or Tsukahara entry Vault to arrive on the mat stack on the feet (**Level 6/7**) or on the back (**Level 7 only**) in a straight-hollow body position; arm position optional.
- The evaluation ends when the gymnast's feet (**Level 6/7**) or body (**Level 7 only**) make(s) contact with the mat stack.
EXCEPTION: under-rotation resulting in steps towards the table will be deducted.
- Additional backward movement (backward steps, fall to the back, backward roll, etc.) after landing on the feet is allowed prior to finishing in a controlled standing position before saluting the judge.
- Body position will NOT be evaluated after the feet (**Level 6/7**), or body (**Level 7 only**) make(s) contact with the Mat Stack.
- No flipping in any phase of any Vault or after the feet touch the mat to indicate the completion of the Vault. Result is a "0" VOID Vault.



- Unknown Vault:** If a gymnast attempts a Vault listed on the Vault Value Chart for her level but does not complete it, resulting in a Vault that is not found on the chart, the Vault is scored "0" (VOID). However, the gymnast does NOT receive a "0" (VOID) as the final score for the event if the second Vault is a legitimate Vault.
- Restricted Vault - Levels 6, 7, 8, 9:** if either of the two Vaults performed are Vaults that are NOT allowed, the gymnast would receive a final score of "0" (VOID) for that event because a restricted Vault was performed.

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

MISCELLANEOUS VAULT RULES (continued)

10. Vault clarifications

Group 1 (forward entry without Salto)

- a. All Group 1 Vaults that have a turn in pre-flight may be performed with $\frac{1}{4}$ (90°) to $\frac{1}{2}$ (180°) LA (long axis) turn in the first flight phase.
- b. All Group 1 Vaults with a twist in both the first and second flight phase, the twist may be performed in either direction.

Group 3 (Tsukahara entry)

- a. A slight arm bend of the lead arm is allowed for all Group 3 Vaults.
- b. All Group 3 Vaults may be performed with $\frac{1}{4}$ (90°) to $\frac{1}{2}$ (180°) LA turn in the first flight phase. There is NO deduction for incomplete turn.
- c. No deduction for incomplete turn for all Group 3 Vaults performed with $\frac{1}{4}$ – $\frac{1}{2}$ turn on and $\frac{3}{4}$ – $\frac{1}{2}$ turn off to a Salto Forward.

Group 5 (Round-off with $\frac{1}{2}$ (180°) or 1/1 (360°) turn in entry)

- All Group 5 Vaults described as having a 1/1 (360°) LA turn in the first flight phase with a Salto Backward in the second flight phase may be performed with a $\frac{3}{4}$ (270°) to 1/1 (360°) LA turn in the first flight phase.

11. Warm-up procedures

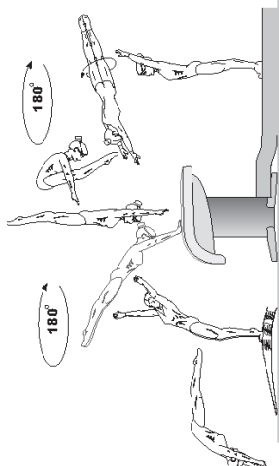
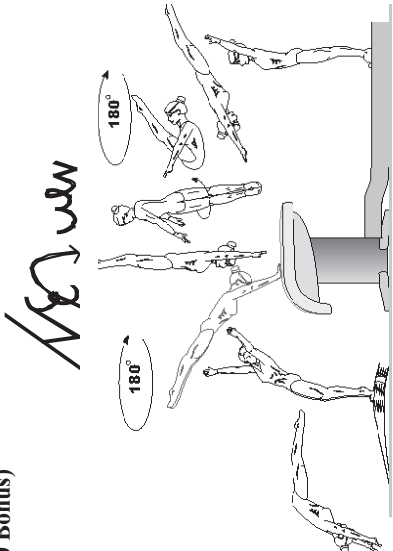
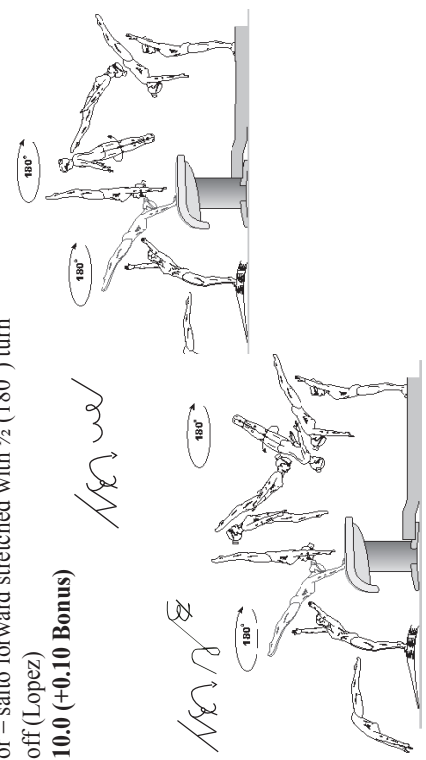
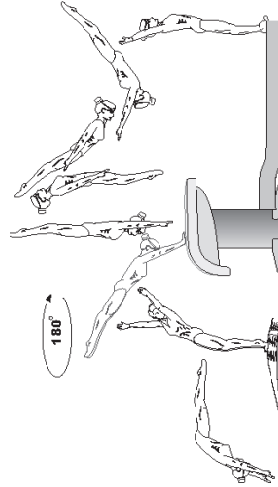
- a. Timed warm-up: refer to Chapter 9: Meet Warm-Ups in the *R&P*
 - 1) During competition, it is NOT considered additional warm-up time if a gymnast who is next to compete on Vault runs or jumps on the Vault runway following the previous competitor's final Vault.
 - 2) The gymnast may NOT run or jump in front of the Vault judges' table.
 - 3) A warning would be given in this instance for exceeding warm-up time.
- b. Touch warm-up: refer to Chapter 9: Competition (30-second touch) warm-ups in the *R&P*.
 - Each gymnast is guaranteed a specific number of warm-up Vaults, depending on her level.

12. Timing falls

- a. If a gymnast falls on her first Vault attempt, fall time begins when the gymnast is standing on her feet.
- b. If an injury occurs, fall time begins after medical assessment is complete.
- c. If the allotted fall time (45 seconds) is exceeded, a second Vault will NOT be allowed.
- d. CJ is responsible for monitoring the fall time

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

LEVEL 6 / 7 VAULT SPECIFIC APPARATUS DEDUCTION CHART		
GENERAL	No Deduction	Balk #1: run approach without coming to rest or support on top of the VT table
	VOID	Balk #2 or balk #3
	<u>0.50</u>	Vaults without signal from chief judge <ul style="list-style-type: none"> CJ deducts <u>0.50</u> from average of next completed Vault
	<u>0.50</u>	Coach standing between board and table <ul style="list-style-type: none"> <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 <ul style="list-style-type: none"> No deduction for coach assisting / spotting after landing
	up to 0.30	Insufficient dynamics (speed / power)
	VOID	Vault performed is not one of the allowable choices
	VOID	Fail to use a mat stack for landing
	VOID	Fail to use Safety Zone mat for Round-off entry Vaults
	VOID	Use of alternative springboard (trampoline-like / junior board / inflatable rebounding device)
FIRST FLIGHT PHASE	up to 0.10	Incorrect foot form (flexed / sickled)
	up to 0.10	INCORRECT LEG FORM
	up to 0.20	Legs crossed
	up to 0.20	Legs separated
	up to 0.30	Legs bent
	up to 0.10	POOR TECHNIQUE
	up to 0.10	Failure to maintain neutral head position
	up to 0.20	Excessive arch
	up to 0.30	Hip angle

<p>Group 5 – Round-off with 1/2 or 1/1 (180° – 360°) turn in entry phase – Handspring or Salto forward or backward with or without LA turn in second flight phase.</p>					
				<i>All values listed refer to Level 10</i>	<i>Refer to Vault Value Charts for Levels 6/7/8/9</i>
5.104	5.204	5.304	5.404	<p>Round-off, flic-flac with ½ (180°) turn on – salto forward piked with ½ (180°) turn off (Podkopyayeva)</p> <p>10.0 (+0.10 Bonus)</p> 	5.504
5.105	5.205	5.305	5.405	<p>Round-off, flic-flac with ½ (180°) turn on – ½ (180°) turn off, salto backward piked (Khorkina)</p> <p>10.0 (+0.10 Bonus)</p> 	<p>5.505</p> <p>Round-off, flic-flac with ½ (180°) turn on – ½ (180°) turn off, salto backward stretched or – salto forward stretched with ½ (180°) turn off (Lopez)</p> <p>10.0 (+0.10 Bonus)</p> 
5.106	5.206	5.306	5.406	<p>Round-off, flic-flac with ½ (180°) turn on – salto forward stretched off</p> <p>10.0 (+0.10 Bonus)</p> 	5.506

Group 5 – Round-off with 1/2 or 1/1 (180°–360°) turn (180°–360°) in entry phase – Handspring or Salto forward or backward with or without LA turn in second flight phase. <i>All values listed refer to Level 10</i>				
				<i>Refer to Vault Value Charts for Levels 6/7/8/9</i>
5.107 Round-off, flic-flac with 1/1 (360°) turn on – 1/2 (180°) turn off 9.2	5.207 Round-off, flic-flac with 1/1 (360°) turn on – 1/1 (360°) turn off 9.3	5.307	5.407	5.507
5.108	5.208	5.308	5.408* Round-off, flic-flac with 3/4 (270°) to 1/1 turn (360°) on – salto backward tucked off (Luconi) 10.0 *	5.508
5.109	5.209	5.309	5.409* Round-off, flic-flac with 3/4 (270°) to 1/1 turn (360°) on – salto backward piked off 10.0 *	5.509 Round-off, flic-flac with 3/4 (270°) to 1/1 turn (360°) on – salto backward stretched off 10.0 (+0.10 Bonus)

SECTION 3 – UNEVEN BARS – GENERAL INFORMATION – CHAPTER 1

nWOMEN'S DEVELOPMENT (DEV) PROGRAM OPTIONAL UNEVEN BAR RULES

	SPECIAL REQUIREMENTS (SR) SR each worth <u>0.50</u>	Value Parts (VP)	Allowable elements & Difficulty Restrictions	START VALUE (SV) & BONUS	Timed Warm-Ups (Per Gymnast)
	<ul style="list-style-type: none"> ✓ One element may fulfill more than one SR, unless specified. ✓ Deduct <u>0.50</u> for each missing SR 	A = .10 B = .30 C = .50	Restricted Elements <u>0.50</u> deduction - off SV No credit for VP or SR (if applicable)		
Level 6	1. One cast a minimum of 45° above horizontal (SR awarded when angle is above horizontal) 2. Minimum of one bar change 3. One 360° clear circling element from Groups 3 / 6 / 7 4. Salto dismount, minimum of "A"	A = 5 B = 1 C = 0 Allowable C's = B value	Allowable: Only "A" / "B" elements ONE of the following selected "C's": Clear hip/stalder/pike sole circles bkwd to HS Restricted: Any other "C's and "all D/E" elements Any flight/release elements HB to LB; LB to HB	10.0 SV Not eligible for Bonus	1½ min.
Level 7	1. One cast to handstand (SR awarded when angle is a minimum of 45° - angle deductions will apply) 2/3. Two 360° clear circling elements, same or different a. One 360° clear circling element, minimum of "B" b. One 360° clear circling element, Group 3 / 6 / 7 4. Salto dismount, minimum of "A"	A = 5 B = 2 C = 0 Allowable C's = B value	Allowable: All "A" / "B" elements Any number of the following selected "C's" • Cast to HS with ½ turn • Clear hip/stalder /pike sole circles bkwd to HS • Above circle elements w/ ½ turn to regular grip Restricted: Any other "C's" and all "D/E" elements	10.0 SV Not eligible for Bonus	1½ min.
Level 8	1. Minimum of one bar change 2/3. Two "B" elements, same or different: a. One "B" element with flight, excluding dismount, OR One "B" element with minimum 180° Long Axis (LA) Turn, excl, mount / dismount b. One "B" 360° clear circling element from Groups 3 / 6 / 7, excl. dismount 4. Salto dismount, minimum of "A"	A = 4 B = 4 C = 0 Allowable C's = B value	Allowable: All "A" / "B" elements Any number of the following selected "C's" • Cast to HS with ½ turn • Clear hip/stalder /pike sole circles bkwd to HS • Above circle elements w/ ½ turn to regular grip One restricted "C" element - considered in chronological order. Restricted: Any additional "C's" and all "D/E" elements	10.0 SV Not eligible for Bonus	2 min.
Level 9	1. Minimum of two bar changes 2. One flight element, minimum of "B", excluding dismount 3. Second, different, flight element, minimum of "C", excl. dismount, OR one element with long axis (LA) turn (180° or more), minimum of "B", excl. mount / dismount 4. Salto dismount, minimum of "B"	A = 3 B = 4 C = 1 Allowable D/E's = C value	Allowable: All "A" / "B" / "C" elements Any number of "B" or "C" root elements with 1/2 (180°) turn to reverse, L, or mixed-L grip in HS or with 1/1 (360°) turn to HS ("D/Es") ONE restricted "D/E" element - considered in chronological order Restricted: Any additional "D/Es"	9.70 SV Bonus: 0.30 CV OR 0.20 CV + 0.10 D/E Only 1 st D/E eligible for D/E Bonus	2½ min.
Level 10	1. Flight element, minimum of "C", excluding dismount. 2. Second, different, flight element, minimum of "B", excluding dismount. 3. Element with long axis (LA) turn, minimum of "C", excl. mount/dismount 4. Salto dismount, minimum of "C".	A = 3 B = 3 C = 2	No Difficulty Restrictions Extra +0.10 Bonus (not in SV) if exercise has: - Met all Difficulty & Special Req. - Minimum of 0.60 total Bonus - "E" element	9.50 SV Bonus: Max. of 0.50 (min. +0.1 D/E & min. +0.1 CV)	2½ min.

Fall Time: 45 sec. Time Starts when gymnast is standing on feet after a fall. Time Stops: when gymnast leaves mat to remount.

I. APPARATUS SPECIFICATIONS / RULINGS**A. USA GYMNASTICS WOMEN'S RULES AND POLICIES (R&P)**

1. See Chapter 11: Apparatus Requirements in *Women's R&P* for specific equipment regulations.
2. Requirements are subject to change every competitive year, beginning August 1.

B. SUPPLEMENTAL MATTING (sting mat, 4" throw mat, 8" skill cushion)

1. Chief Judge (CJ) takes a 0.30 deduction from average score for use of any unauthorized or additional matting.
2. 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

- CJ takes a 0.30 deduction from the average score if:
 1. Board is placed on an unauthorized surface (e.g., 8-inch skill cushion or plywood), OR
 2. Board is NOT removed after mounting.

II. ATTIRE REGULATIONS**A. HIP OR HEEL PADDING NOT ALLOWED**

1. Chief Judge (CJ) deducts 0.20 from the average score if hip / heel padding is used.
2. CJ 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 CJ.
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 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. CJ 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. CJ 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 is standing on her feet.
 - If an injury occurs, fall time begins after medical assessment is complete.
 - 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 and once the gymnast is standing on her feet, a warning will be communicated as follows:
 - a. Timer gives notification “20 seconds remaining” and “10 seconds remaining” in the fall time.
 - b. “Time” is called at 45 seconds.
4. Gymnast attempts to re-mount UB after a fall:
 - a. Falls again, prior to resuming routine.
 - b. Deduct 0.50 for a second fall.
 - c. Any subsequent fall will allow for an additional 45-second fall time.

IV. BAR FALL REGULATIONS

A. MAY CHALK UP AND ADJUST GRIPS DURING THE FALL TIME

- Gymnast may NOT go outside of competition area.

B. COACH MAY SPEAK TO GYMNAST:

1. During fall time without penalty.
2. Once gymnast re-mounts, coach may NOT give verbal assistance.
3. Coach NOT allowed to ask judge if element received VP credit before gymnast re-mounts apparatus.

C. GYMNAST FALLS AND DOES NOT RE-MOUNT to finish with a dismount element:

1. Deduct 0.50 for the fall.
2. Deduct 0.50 from Start Value (SV) for the missing dismount Special Requirement (SR) specific to the level.
3. Deduct 0.30 from SV for no dismount.
4. Deduct for any other missing SRs.
5. Deduct for missing Value Parts (VP), if applicable.
6. CJ deducts 2.00 from average score:
 - Applies to an exercise consisting of fewer than five VPs.

D. AFTER A FALL:

1. Judging resumes once an element listed in the *Dev COP* is performed.
2. Gymnast allowed to jump (or be lifted) to high bar (HB)
 - a. May take a maximum of two “pump” swings to initiate momentum to resume the exercise without penalty.
 - b. If more than two “pump” swings, deduct 0.30 for the third pump swing (the first extra swing).
 - c. Maximum deduction = 0.50 for consecutive extra swings.
 - d. Coach may push gymnast to initiate swing without penalty.
3. **Levels 6 / 7 / 8 / 9** allowed to perform more than one planned cast squat / pike / straddle on (with or without backward sole circle) to jump to HB without penalty.
4. **Level 10** allowed to perform only one planned cast squat / pike / straddle-on (with or without backward sole circle) to jump to HB without penalty.
 - EXCEPTION: Following a fall from the UB, the gymnast is allowed to perform a cast squat/pike-on to resume her routine without receiving a 0.10 deduction, even if a squat/pike-on was performed earlier in the routine.

SECTION 3 – UNEVEN BARS – GENERAL INFORMATION – CHAPTER 1

5. Gymnast re-mounts with a glide kip, stop in a front support to crawl or stand on low bar (LB).
 - a. Deduct 0.10 for uncharacteristic element.
 - b. Deduct 0.10 for lack of continuity.
6. Gymnast performs cast squat-on, falls backward, continues with glide kip:
 - a. Do NOT consider it a fall.
 - b. Take any applicable execution deductions (bent arms / legs, touch of mat with feet, etc.)

V. SPOTTING REGULATIONS

A. COACH ASSISTS / SPOTS GYMNAST DURING AN ELEMENT:

1. Each judge deducts 0.50 for the spot.
2. Additional 0.50 deduction for falls after the spot.
3. VP credit, SR or bonus credit (if applicable) NOT awarded.
4. Do NOT deduct 0.30 from SV for no dismount for a dismount spot, even though the dismount receives no VP credit.

B. COACH SPOTS GYMNAST UPON LANDING THE DISMOUNT:

1. Each judge deducts 0.50 for the spot.
2. If fall after spot, each judge also deducts 0.50 for fall.
3. Award VP and SR credit.
4. No "D/E" or CV bonus awarded.

C. COACH INADVERTENTLY CONTACTS GYMNAST WITHOUT ASSISTING:

1. Each judge deducts 0.50 for the inadvertent contact.
2. VP credit awarded.
3. SR credit awarded.
4. No "D/E" or CV bonus awarded.
5. NO penalty if gymnast inadvertently contacts coach.

D. COACH CATCHES A FALLING GYMNAST:

1. Do NOT deduct for the spot.
2. Deduct 0.50 for the fall ONLY.

E. RAISED SURFACE FOR SPOTTING RELEASE MOVES:

1. Spotting block or folded mat recommended.
2. CJ deducts 0.30 from average score if spotting device is NOT removed.
 - a. No penalty for coach standing on mounting apparatus, provided mounting apparatus (or spotting device) is removed immediately after the release move is performed.
 - b. EXCEPTION: Spotting device may remain in place if coach continues to stand on it through multiple releases.
3. Coach may NOT stand on chairs or other items not produced by a gymnastics supply company.
 - a. Warning should be given.
 - b. CJ deducts 0.30 from average score if coach continues to use an inappropriate item to stand on (use of unauthorized equipment).

F. COACH MAY STEP "BETWEEN" (INSIDE) BARS TO SPOT AN ELEMENT:

1. May NOT remain there for the entire exercise.
2. CJ deducts 0.10 from average score if coach remains between the UB throughout the exercise.

G. NO PENALTY FOR COACH LEANING ON BARS WHILE SPOTTING (without touching gymnast).

REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS (continued)**10. Casts, uprises, and circle elements performed with $\frac{1}{2}$ (180°) turn on the upswing – descend on the same side of the bar:**

- a. Cast, uprise backward or circle element MUST first reach within 20° of vertical on upswing to receive value as listed in the *Dev COP*.
- b. Timing of initiation of turn is irrelevant if long swing / circle is completed to within 20° of vertical.
- c. Angle of completion of turn determines the deduction for late completion when higher VP credit is awarded to root element.
- d. Element never swings / circles up into the HS phase (within 20° of vertical), but completes $\frac{1}{2}$ (180°) turn, value will be based on value of the root element. Depending upon angle of completion of turn, deductions for late completion may be appropriate.

EXAMPLES:

- 1) Clear hip circle with $\frac{1}{2}$ (180°) turn prior to HS = "A" (#3.102)
- 2) Giant circle backward with $\frac{1}{2}$ (180°) turn within 21° – 44° from vertical = "B" (#4.201)
 Forward upswing finishes 45° – horizontal from vertical = "A" (#4.101)
 Forward upswing finishes below horizontal = NO VP credit
 even if $\frac{1}{2}$ (180°) turn is completed.
- 3) Cast to 21° – 45° from vertical with $\frac{1}{2}$ (180°) turn (same side of bar) = ("A") (#2.101)
 Appropriate deductions for amplitude of cast.
 If cast finishes more than 45° from vertical = No VP credit
 even if a $\frac{1}{2}$ (180°) turn is completed.
- 4) Giant circle forward to 21° or more from vertical with $\frac{1}{2}$ (180°) turn = No value

11. Elements with hop-grip change to HS

- a. Hop-grip change to handstand elements receive VP credit when the hop-grip change:
 - 1) shows simultaneous release of the bar with both hands.
 - 2) finishes in different grip (mixed, reverse, mixed-L, L, etc.).
 - 3) occurs as body is ascending (that is, on the upswing)
 - 4) is completed by vertical (circle / cast / swing reaches within 20° of vertical) with hips extended.
- b. Requirement(s) missing (any or all) - the element is NOT recognized as an element with a hop-grip change, and therefore:
 - 1) receives the value of root element (if applicable).
 - 2) cannot be considered a "flight" element.
 - 3) no SR "flight" credit (if applicable) for the level.
- c. Hop-grip change, as well as HS position (with hips extended), MUST be completed to within 20° of vertical to receive VP credit.
 - 1) Hop-grip change to HS is incomplete (unable to continue over the bar).
 - VP credit awarded, provided upswing is within 20° of vertical and requirements are fulfilled (see list in 11.a.)
 - 2) Hop-grip change occurs on the upswing and is NOT within 20° of vertical.
 - Considered incomplete and VP credit is NOT awarded.

EXAMPLES:

- ✓ Cast and hop to reverse grip on upswing and is NOT within 20° of vertical, then falls - No VP credit is awarded.
- ✓ Clear hip circle - hop on upswing and is NOT within 20° of vertical. No VP credit is awarded.
- 3) Cast (or any forward circle / swing) with legs straddled and hips bent,
 - ✓ Hop-grip change must be completed before or by vertical, and
 - ✓ Show HS position with legs closed and hips extended.
 - a) Hips are extended through the HS position, but legs are separated throughout or close after vertical, deduct up to 0.20 for leg separation.
 - b) Handstand position with extended hips is never achieved:
 - ✓ Retain value of the root element (if applicable) and
 - ✓ Does NOT meet requirement for "flight" element.

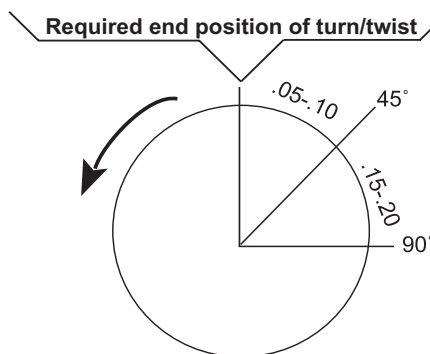
REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS (continued)

ELEMENTS WITH HOP-GRIP CHANGE TO HANDSTAND (continued)

- d. Hop-grip change occurs after the HS position on the descending (downswing) phase. It will retain value of the root element and will NOT meet requirement of a “flight” element.
EXAMPLE: Cast to HS, pass through vertical over the bar and begin descent phase, hands hop simultaneously to a reverse grip. Award cast to HS (“B”).
- e. Hop-grip change with LA (longitudinal axis) turn
 - 1) Hop-grip change to a reverse grip MUST be completed prior to the initiation of the turn to be considered a flight element.
EXCEPTION: Giant circle backward – hop 1/1 (360°) turn (same grip allowed).
 - 2) Hop-grip change to a reverse grip, followed by a $\frac{1}{2}$ (180°) turn, is considered one element.

9. Twisting Salto dismounts

- a. Incomplete LA (longitudinal axis) twist:
 - 1) 1° to 44° of twist missing, deduct 0.05 – 0.10
 - 2) 45° to 89° of twist missing, deduct 0.15 – 0.20
 - 3) 90° or more of twist missing, award VP credit for element performed.



EXAMPLE: 1½ twisting flyaway dismount (“C”) is missing 90° of twist.

- ✓ Award 1/1 twisting flyaway dismount (“B”) VP credit.
- ✓ Deductions for execution and amplitude errors are also applied.

- b. Clarification - completion of twists:
 - 1) Twist is completed once the feet land on the floor at the finish of the salto.
 - 2) Degree of twist completed when the feet land on the floor determines the VP credit awarded.
 - 3) Placement of the front foot is decisive for awarding VP credit.

B. LEVEL 9 UNEVEN BARS SPECIAL REQUIREMENTS & DIFFICULTY RESTRICTIONS

1. **Minimum of two bar changes.**
2. **One flight element, minimum of “B”, excluding dismount.**
3. **Second, different, flight element, minimum of “C”, excluding dismount, OR one element with long axis (LA) turn (180° or more), minimum of “B”, excluding mount / dismount.**
4. **Salto dismount, minimum of “B”.**

1. **SR #1: Minimum of two bar changes.**
 - a. No bar change or only one bar change = deduct 0.50 for missing SR.
 - b. MUST perform VPs on both bars (performing a minimum of two times on one rail and once on the other rail) HB → LB → HB or LB → HB → LB
EXAMPLE: Mount HB, transition to LB, back to HB to dismount = two bar changes.
 - c. Transfer movement is NOT required to have a value to fulfill bar change.
 - d. Fall from HB, continued by performing VP on LB – considered a bar change. Climbing onto LB, jumping to HB - NOT considered a bar change, as no element was performed on LB.
 - e. Free mounts over LB (no contact with LB) - NOT considered a bar change.
 - f. Mounts with hand support on LB to catch HB – considered a bar change.
2. **SR #2: One flight element, minimum of “B”, excluding dismount.**
Refer to Level 10 for specifics.
3. **SR #3: Second, different flight element, minimum of “C”, excluding dismount, OR one element with long axis (LA) turn (180° or more), minimum of “B”, excluding mount / dismount.**
LA turn MAY be:
 - ✓ Pirouette on the hands
 - ✓ Turn in a flight element
 - ✓ Turn from a long hang swing
 - ✓ Turn in an underswing with feet on bar and ½ (180°) turnNOTE: Requirements # 2 and #3 MUST be fulfilled by two different elements.
4. **SR #4: Salto dismount, minimum of “B” - Refer to the dismount regulations section.**
5. **Difficulty; Allowable and Restricted – Level 9**
 - a. Only “A” / “B” / “C” elements + any number of “B” or “C” root elements with 1/2 (180°) turn to reverse, L, or mixed-L grip in HS or with 1/1 (360°) to HS (“D/Es”) are allowed.
EXAMPLES of allowable “D’s”: Cast to handstand and Giant circle backward, both with 1/1 (360°) turn in HS. Clear hip circle, Stalder circle backward and pike sole circle backward, all with ½ turn to reverse, L or mixed-L grip.
EXAMPLES of allowable “E’s”: Clear hip circle, Stalder circle backward and pike sole circle backward, all with 1/1 (360°) turn in HS.
 - b. Maximum of one restricted “D/E” element from any Group is allowed.
 - c. All allowable “D/E” elements:
 - 1) “C” VP credit awarded; SR awarded, if applicable.
 - 2) Serve as “C” element in CV Bonus, if applicable.
 - d. Restricted “D/E” elements will be considered in chronological order. Only the first restricted “D/E” element in the exercise may be:
 - 1) Awarded “C” VP credit and SR credit, if applicable.
 - 2) Used as “C” element in CV Bonus, if applicable.
 - 3) A restricted element may be repeated if the element receives “0” VP credit the first time.
 - e. First “D/E” (allowable or restricted) receives +0.10 “D/E” Bonus, if performed without a fall or spot.
 - f. Any other restricted “D” or “E” element that meets the requirement to receive a VP:
 - 1) Deduct 0.50 from SV for restricted element.
 - 2) No VP or SR credit awarded.
 - g. All appropriate execution and amplitude deductions are applied to all elements performed, whether VP credit is awarded or not.

C. LEVEL 8 UNEVEN BARS SPECIAL REQUIREMENTS & DIFFICULTY RESTRICTIONS

1. Minimum of one bar change.

2/3. Two “B” elements, same or different:

a. One “B” element with flight, excluding dismount, OR

One “B” element with minimum 180° Long Axis (LA) Turn, excluding mount / dismount.

b. One “B” 360° clear circling element from Groups 3 / 6 / 7, excluding dismount.

4. Salto dismount, minimum of “A”.

1. SR #1: Minimum of one bar change.

a. No bar change = deduct 0.50 for missing SR.

b. MUST perform VPs on both bars. (Minimum of HB → LB or LB → HB)

c. Transfer movement is NOT required to have a value to fulfill the bar change.

d. Fall from HB, continued by performing VP on LB – considered a bar change. Climbing onto LB, jumping to HB - NOT considered a bar change, as no element was performed on the LB.

e. Free mounts over LB (no contact with LB) - NOT considered a bar change.

f. Mounts with hand support on LB to catch HB - considered a bar change.

2 / 3. SR #2/3: Two “B” elements, same or different:

a. One “B” element with flight, excluding dismount, OR

One “B” element with minimum 180° Long Axis (LA) turn, excluding mount / dismount

1) Turns MUST be an element listed in the *Dev COP*.

LA Turn may be:

✓ Pirouette on the hands


✓ Turn in a flight element

✓ Turn from a long hang swing

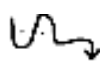
✓ Turn in an underswing with feet on bar and ½ (180°) turn


2) Flight includes release and flight from LB → HB or HB → LB or catch the same bar.


EXAMPLES:


a) #1.204 Glide, stoop through, back kip-up with straddle cut backward to hang on LB (straddle cut catch to hang) (“B”) 


b) #2.204 HB-Swing backward with release and 1/1 turn to hang on HB (“B”) 

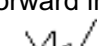
c) #2.205 Counterswing backward in straddle/pike with flight over LB to hang on LB (“B”) 


d) #2.304 HB front support, swing back with release, 1/1 turn to hang on HB (Caslavaska pirouette) (“C”) 

e) #3.203– Underswing (toe-on) with ½ turn and flight over LB to hang on LB (“B”) 

f) #3.301– Clear underswing on LB, release and counter movement forward in flight to hang on HB (“C”) 

g) #4.204– Hang on HB-Long swing forward with ½ turn and flight over LB to hang on LB (“B”) 

h) #6.305 Stalder circle backward with release and counter movement forward in flight to hang on HB (“C”) 

i) #7.310 Pike sole circle backward on LB, release and counter movement forward in flight to hang on HB (“C”) 

LEVEL 8 UNEVEN BARS SPECIAL REQUIREMENTS & DIFFICULTY RESTRICTIONS
(continued)**2/3. Two “B” elements, same or different (continued):****b. One “B” 360° clear circling element from Groups 3 / 6 / 7, excluding dismount.**

Group 3 – Clear hip circle	Group 6 – Stalder circles	Group 7 – Circle swings
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- 1) “B” 360° Circling element finishing in a HS or clear support.

NOTE: Circle finishes within 11° – 20° of vertical - deduction for insufficient amplitude of “C” circles is NOT applied at Level 8.

- 2) Requirement may be performed on LB or HB.
- 3) Clear hip circle severely lacks amplitude and finishes with hips on bar (never passing through clear support),
 - a) Deduct 0.50 for missing SR– Circling element was NOT “clear”.
 - b) Award “A” VP credit (for **#7.101** hip circle backward).

EXAMPLES:

- 1) Clear hip circle to 45° + cast HS with ½ turn:
 - SR # 2 and #3 fulfilled.
 - 2) Clear hip circle HS + clear hip circle backward with ½ turn to mixed grip in HS:
 - SR # 2 and #3 fulfilled.
 - 3) Clear hip circle + clear hip circle:
 - Deduct 0.50 for missing one SR (2a. missing “B” flight or turn).
 - 4) Giant circle backward + counterswing straddle back over LB:
 - Deduct 0.50 for missing one SR (2b. missing 360° clear circle from Groups 3 / 6 / 7).
 - 5) **#3.203** Underswing (toe-on) on HB with ½ turn and flight over LB to hang on LB + cast handstand ½ turn in HS:
 - SR #2 and #3 fulfilled.
 - 6) Clear hip circle backward to HS with ½ turn to regular grip:
 - Deduct 0.50 for missing SR for 2nd “B” element.
- 4. SR #4: Salto Dismount, minimum of “A” – Refer to the dismount regulations section.**
- 5. Difficulty: Allowable and Restricted – Level 8**
- a. Only “A” and “B” elements and any number of the following selected “C” elements are allowed:
 - 1) **#2.301** (“C”) - Cast to HS backward with ½ (180°) turn
 - 2) **#3.304** (“C”) - Clear hip circle backward to HS
 - 3) **#3.305** (“C”) - Clear hip circle backward to HS with ½ (180°) turn to regular grip
 - 4) **#6.304** (“C”) - Stalder circle backward to HS
 - 5) **#6.304** (“C”) - Stalder circle backward to HS with ½ (180°) turn to regular grip
 - 6) **#7.309** (“C”) – Pike Sole circle backward to HS
 - 7) **#7.309** (“C”) – Pike Sole circle backward to HS with ½ (180°) turn to regular grip

NOTE: Level 8 allowed to perform:

 - #4.204** (“B”) - Underswing with ½ turn over LB to hang,
 - If preceded by HS on HB, becomes a restricted “C” (**#4.304**).
 - #2.205** (“B”) - Counterswing, straddle back over LB to hang,
 - If the straddle back goes to HS on LB, becomes a restricted “C” (**#2.305**).
 - b. Level 8 allowed to perform a maximum of one restricted “C” element from any Group.
 - c. Allowable “C” elements:
 - 1) “B” VP credit awarded.
 - 2) SRs awarded (if applicable).
 - d. Restricted “C” elements considered in chronological order.

Only the first restricted “C” element in the exercise may be:

 - 1) Awarded “B” VP credit.
 - 2) Awarded SR credit, if applicable.
 - 3) A restricted element may be repeated if the element receives “0” VP credit the first time.

LEVEL 8 UNEVEN BARS SPECIAL REQUIREMENTS & DIFFICULTY RESTRICTIONS
(continued)

5. Difficulty: allowable and restricted – Level 8 (continued)

- e. Any other restricted “C” or any “D/E” element that meets the requirement to receive a VP:

- 1) Deduct 0.50 from SV for restricted element.
- 2) No VP credit; no SR credit awarded.

EXAMPLE:

- Group 3/6/7 circles backward to HS with $\frac{1}{2}$ (180°) turn to reverse, L, or mixed-L grip (“D”)
- f. All appropriate execution and amplitude deductions applied to all elements performed, whether VP credit is awarded or NOT.

III. SPECIFIC COMPOSITIONAL DEDUCTIONS

NOTE: Composition deductions are NOT applied at Level 6 / 7

<u>0.10</u>	Facing same direction throughout exercise (Level 9 / 10 only). 1. Elements with 1/1 turn will NOT fulfill change of direction. 2. Mount / dismount will NOT fulfill change of direction
each <u>0.10</u>	Uncharacteristic elements EXAMPLES: - Squat / stoop on LB, stand with ½ turn on feet to grasp HB - Swing forward on HB, place feet on LB to stand (with or without ½ turn) - Climbing / crawling onto LB (within exercise)
each <u>0.10</u>	More than one squat / stoop on LB, with or without sole circle, with jump to grasp HB (Level 10 only) 1. After a fall, judging resumes once an element listed in <i>Dev COP</i> is performed. 2. Deduct for any additional cast squat / stoop on LB that is performed, if cast squat / stoop on LB was previously performed. EXCEPTION: • Following fall from UB, gymnast is allowed to perform cast squat / pike-on to resume routine without receiving <u>0.10</u> deduction. • Once a gymnast has performed a planned squat / stoop-on, only additional planned squat / stoop on's would be subject to the <u>0.10</u> each deduction.
<u>0.10</u>	¾ Giant circle forward with or without a grip change 1. NOT considered an element. 2. Will break a connection. 3. Refer to execution / amplitude deductions - small faults for additional insufficient amplitude of backward swing deduction.
No Deduction	Choice of elements (applicable to Level 9 / 10 only) Failure to perform two elements that fulfill two out of three of the following requirements (excluding dismounts): 1. One forward element (circle or release) (minimum of "B") 2. One element from Groups 3 / 6 / 7 (minimum of "B") 3. One element with a minimum of 180° LA turn, with or without flight (minimum of "C")
<u>0.10</u> <u>0.20</u>	Two out of three requirements performed. One out of three requirements performed. None of the three requirements performed.
up to 0.20	Choice of release elements – not up to the competitive level (Level 10 only) 1. See Appendix 15 for specifics. 2. Apply compositional deduction, considering value of release element, and: ✓ Type of release element ✓ Direct connection with release elements and / or elements of higher value ✓ Total number of release elements
up to 0.20	Lack of elements that achieve (or pass through) vertical (Level 8 only)
<u>0.20</u>	Lack of two bar changes (Level 10 only) See Level 9 SR #1
up to 0.10	Choice of dismount – not up to the competitive level. See Appendix 15 for specifics.

I. CHIEF JUDGE DEDUCTIONS

CHIEF JUDGE DEDUCTIONS	<u>0.10</u>	Coach standing between bars throughout exercise
	<u>0.20</u>	Incorrect padding (use of heel / hip pads) <ul style="list-style-type: none"> CJ notices heel pads prior to mount; warning must be given. Deduction must be taken if heel pads are worn during exercise (with or without warning).
	<u>0.30</u>	Failure to remove board / spotting block after release or mount
	<u>0.30</u>	Lands dismount in solid or loose foam pit No VP / SR / Bonus
	<u>2.00</u>	Complete or incomplete exercise <ul style="list-style-type: none"> Fewer than five VP elements
	Exercise Terminated	Exceeds 45-second fall time

II. EXECUTION AND AMPLITUDE DEDUCTIONS

SMALL FAULTS	up to 0.10	Deviation from straight direction on dismount landing
	up to 0.10	Arm swings on landing
	up to 0.10	Legs crossed during salto dismounts with twist
	<u>0.05</u> <u>0.10</u> <u>0.10</u>	LANDS DISMOUNT WITH FEET APART <ul style="list-style-type: none"> There is no deduction for feet a maximum of hip-width apart, provided heels join (slide) together on controlled extension. Lands with feet hip-width apart or closer, but never joins feet (heels) Lands with feet further than hip-width apart <ul style="list-style-type: none"> If upon landing with feet apart / staggered, gymnast takes a step(s), deduct only for step(s).
	<u>0.10</u>	If entire foot / feet are sliding or lifting off floor to join, it is considered a small step.
	up to 0.10	Slight hop, or small adjustment of feet / feet staggered on landing of dismount
	each up to 0.10	Hesitation during jump to HB or swing to handstand
	each up to 0.10	Touch / brush on apparatus or mat with foot / feet
	each up to 0.10	Under-rotation of release / flight elements
	up to 0.10	Precision of handstand positions throughout exercise
	each up to 0.10	Insufficient extension of glides / swings into kips
	each up to 0.10	Poor rhythm in elements / connections
	each up to 0.10	Swing forward or backward under horizontal
	<u>0.10</u>	Landing too close to the bar on dismount
	each <u>0.10</u> (max. <u>0.40</u>)	Steps on landing

EXECUTION AND AMPLITUDE DEDUCTIONS (continued)

MEDIUM FAULTS	each up to 0.20	Leg or knee separations
	each up to 0.20	Insufficient exactness of body shape: tuck or pike position
	each up to 0.20	Amplitude of UB elements (including releases) <u>EXCEPTIONS:</u> Clear hip circle and Salto dismounts (see LARGE FAULTS)
	up to 0.20	Failure to maintain stretched body position (pike down dismount)
	up to 0.20	Incorrect body posture on landing
	up to 0.20	Incomplete twist on twisting salto dismounts
	up to 0.20	Trunk movements to maintain balance on landing of dismount
	up to 0.20 each time	Insufficient exactness of stretched position <ul style="list-style-type: none"> • Arch • Hip angle (136° – 179°)
	up to 0.20	Insufficient dynamics throughout – consider: <ol style="list-style-type: none"> 1) Insufficient swingful execution – throughout exercise 2) Energy NOT maintained – throughout exercise 3) Fails to make difficult look effortless
	<u>0.20</u>	Hit on apparatus with foot / feet
	each <u>0.20</u> (max <u>0.40</u>)	Large step or jump on landing (approximately 3 feet or more)

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	Insufficient height (amplitude) of salto dismount
	up to 0.30	Squat on landing (hips even with or lower than knees)
	up to 0.30	Brush / touch landing surface with one or two hands (no support)
	up to 0.30	Insufficient extension (open) of tuck / pike body position prior to landing dismount
	<u>0.30</u>	Grasp of bar apparatus to avoid a fall
	<u>0.30</u>	Hit on mat with foot / feet
	up to 0.40	Insufficient amplitude of “B” clear hip circle

Revised 7.15.22

0.30 for Landing dismount in solid or loose foam pit
moved to CJ deductions, pg. 30

SECTION 3 – UNEVEN BARS – EXECUTION & AMPLITUDE – CHAPTER 3

VERY LARGE FAULTS	<u>0.50</u>	Full support on foot / feet on mat during exercise
	<u>0.50</u>	Support on mat with 1 or 2 hands upon landing
	<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>	Spotting assistance during an element • No VP / SR / Bonus
	<u>0.50</u>	Spotting assistance upon landing dismount • Award VP/SR, No Bonus
	<u>0.50</u>	Fall after spot
	<u>0.50</u>	Fall / failure to land on bottom of feet first on dismount if salto was initiated • No VP / SR / Bonus
	<u>0.50</u>	Fall / failure to land on bottom of feet first on dismount if salto was never initiated • No VP / SR / Bonus
	<u>0.30</u>	Off SV for no dismount
	<u>0.50</u> for fall ONLY	Coach catches a falling gymnast • No deduction for SPOT

III. SPECIFIC EXECUTION DEDUCTIONS

<u>0.50</u>	Third run approach to mount / touch of springboard without mounting
each <u>0.30</u> (max. 0.50)	Intermediate (extra) swing or cast More than one consecutive extra swing(s) after an element <ol style="list-style-type: none"> Momentum stopped and must beat forward and back to re-start. EXAMPLES: <ol style="list-style-type: none"> Catch release element in dead hang, momentum has stopped and must beat ("pump") forward and back to restart. Glide kip; stop in front support, legs move forward and backward to cast. Uprise to clear support, stops with hips on bar in front support or performs hip circle backward, then legs swing forward and backward to initiate cast. Tap swing – counterswing (as performed in Level 4 and 5 compulsory) is NOT a VP listed in <i>Dev COP</i> and is considered an extra swing for Levels 6 / 7 / 8 / 9 / 10. EXCEPTIONS: <ol style="list-style-type: none"> Level 6 / 7: Tap swing – counterswing performed prior to salto forward dismount (front flyaway) = no deduction for extra swing. Turn (1/1 or 1½) ending in mixed-L grip, L grip, or reverse grip): backward swing to hop-grip change before forward swing is NOT considered an extra swing. <ul style="list-style-type: none"> Refer to BARS-29 for specific compositional deductions for ¾ Giant circle forward with or without grip change Refer to BARS-41, example 5 for clarifications regarding direct connections. Fall (jumps down) after extra swing(s) <ul style="list-style-type: none"> Deduct <u>0.50</u> for fall only. Extra swing between "C" / "D" / "E" elements will break connection. <ul style="list-style-type: none"> No CV Bonus awarded. Extra swing after last element in direct connection of "C" / "D" / "E", apply CV and "D/E" Bonus. The following are NOT considered extra swings / casts and would possibly receive deductions for rhythm and execution: <ol style="list-style-type: none"> Consecutive sole circles on LB in attempt to jump to HB. Swing down to glide kip and cast again (one or more times) after failed attempt to perform element.

SECTION 3 – UNEVEN BARS – BONUS – CHAPTER 4

LEVEL 10 – DIRECT CONNECTIONS OF AT LEAST TWO ELEMENTS (continued):

<p>“C” + “D/E” or “D/E” + “C” “C” connected to “D/E”, “C” NOT required to have flight or turn. “D/E” are NEVER required to have flight or turn for CV.</p>	<p>+ 0.10</p>
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EXAMPLES:

1. Stalder circle backward to HS with $\frac{1}{2}$ (180°) turn to regular grip (“C”) + Gienger – salto (“D”)



2. Uprise backward to HS (“C”) +
Giant circle backward with 1/1 (360°) turn in HS (“D”)



3. Round-off in front of LB, Flic-Flac through HS phase on LB (“D”) +
Pike sole circle backward to HS (“C”)



4. Long swing forward with $\frac{1}{2}$ (180°) turn (Bail) and flight to HS on LB (“D”) +
Stalder circle backward to HS (“C”)



5. Giant circle backward with 1/1 turn in HS (“D”) +
Counterswing to straddle flight backward to HS on LB (“C”)

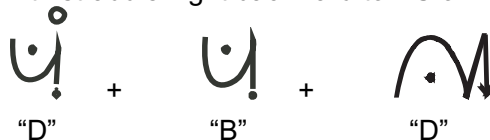


In the above example:

- If the forward swing prior to counterswing reaches HS phase (within 20° of vertical), considered Giant circle backward (“B”) and breaks connection of “D” + “C”
 - a) No CV Bonus awarded.
 - b) Level **9 and 10**: Award + 0.10 “D/E” Bonus.

However:

- From HS on HB to straddle flight backward to HS on LB, considered 3/4 Giant circle forward with straddle flight backward to HS on LB (“D”).



- a) Connection “D” + “B” + “D”
- b) Level 10: Award + 0.20 “D/E” Bonus
- c) No CV Bonus.

SECTION 3 – UNEVEN BARS – BONUS – CHAPTER 4

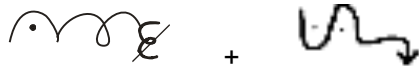
LEVEL 10 ONLY – “B” release element from HB to LB raises to “C”
if directly follows “D/E” release without counterswing.

EXAMPLES:

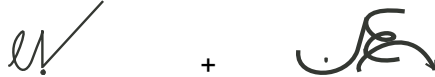
1. Tkatchev (“D”) +
Long swing forward with $\frac{1}{2}$ (180°) turn (Bail) and flight over LB to hang (“B”) - raises to (“C”)



2. Jaeger salto with $\frac{1}{2}$ (180°) turn (“E”) +
Counterswing backward in straddle or pike with flight over LB to hang
(straddle back without a forward counterswing) (“B”) - raises to (“C”)



3. Shaposhnikova (clear hip circle backward through HS on LB, release and catch HB) (“D”) +
Long swing forward with $\frac{1}{2}$ (180°) turn (Bail) and flight over LB to hang (“B”) - raises to (“C”)



“D” + “D” OR MORE DIFFICULT	+ 0.20
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EXAMPLES:

1. Cast to HS with 1/1 (360°) turn in HS (“D”) +
Double salto backward tucked with 1/1 (360°) twist dismount (Flyaway) (“E”)



2. Uprise backward to HS with 1/1 (360°) turn in HS (“D”) +
Giant circle backward with 1/1 (360°) turn in HS (“D”)



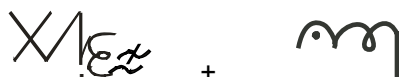
3. Shaposhnikova (clear hip circle backward through HS on LB, release and catch HB) (“D”) +
Swing forward to Pak salto to LB clear support (“D”)



4. Tkatchev (“D”) +
Tkatchev (“D”)
 - Both elements awarded VP credit.
 - + 0.10 “D/E” Bonus awarded, only one “D” for same element.
 - + 0.20 CV Bonus awarded.



5. Stalder circle backward with $\frac{1}{2}$ (180°) turn to L or mixed-L grip (“D”) +
Jaeger (“D”)



SECTION 3 – UNEVEN BARS – BONUS – CHAPTER 4

LEVEL 9 – DIRECT CONNECTIONS OF AT LEAST TWO ELEMENTS (continued):

<p style="text-align: center;">“C” + “C” Both elements WITH turn or flight.</p>	<p style="text-align: center;">+ 0.20</p>
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EXAMPLES:

1. Cast to HS with $\frac{1}{2}$ (180°) turn in HS phase (“C”) + From HS on HB - Long swing forward (Bail) with $\frac{1}{2}$ (180°) turn and flight over LB to hang (“C”)



2. Giant circle forward with $\frac{1}{2}$ (180°) turn (“C”) + Double Salto backward piked dismount (Flyaway) (“C”)



3. Stalder circle backward with $\frac{1}{2}$ (180°) turn in regular grip (“C”) + On HB - Long swing forward (Bail) with $\frac{1}{2}$ (180°) turn and flight over LB to HS on LB (“D”) → (“C”)



D. LEVEL 9 – DIRECT CONNECTIONS OF AT LEAST THREE ELEMENTS

Connection of three or more elements:

1. Second element (and following elements) may be used twice,
 - a. First time as last element of first connection and
 - b. Second time as first element beginning new connection.
2. Applies only for elements with VP credit.

"C" + "C" + "C"	+ 0.00 + 0.10
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EXAMPLE:

Giant circle forward ("C") +

Giant circle forward ("C") +

Giant circle forward with ½ (180°) turn in HS ("C")

- First two Giant circles forward - same element (without turn) NOT eligible for CV



"C" + "C" + "C"	+ 0.10 + 0.10
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EXAMPLES:

1. Clear hip circle backward to HS ("C") +

Stalder circle backward to HS ("C") +

From HS on HB, long swing forward (Bail) with ½ (180°) turn and flight over LB to hang on LB ("C")



2. Clear hip circle backward to HS ("C") +

Pike sole circle backward to HS ("C") +

Reverse Hecht-Tkatchev ("D") → ("C")



"C" + "C" + "C"	+ 0.10 + 0.20
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EXAMPLE:

Clear hip circle backward to HS ("C") +

Clear hip circle backward to HS with ½ (180°) turn in HS to reverse grip ("D") → ("C") +

Giant circle forward to HS with ½ (180°) turn in HS ("C")



"C" + "C" + "C"	+ 0.20 + 0.20
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EXAMPLE:

Giant circle backward to HS with ½ (180°) turn in HS ("C") +

Giant circle forward to HS with ½ (180°) turn in HS ("C") +

Salto backward stretched with double twist dismount (Flyaway) ("C")



E. CLARIFICATIONS ON DIRECT CONNECTIONS

1. After 1/1 (360°) or 1½ (540°) turn to L grip or mixed-L grip, swing downward to ¾ Giant circle forward, then hop-grip change to swing forward to next element.
Apply the following:
 - a. Connection is broken.
 - b. No CV Bonus awarded.
 - c. Deduct 0.10 composition for ¾ Giant circle forward, with or without grip change.
 - d. Deduct up to 0.10 for insufficient amplitude if swing backward is under horizontal.

EXAMPLE: Giant circle forward with 1/1 (360°) turn to mixed-L grip ("C") +
¾ Giant circle forward, hop grip change +
Underswing ½ (180°) turn over LB to HS on LB ("D") → ("C")
2. After 1/1 (360°) or 1½ (540°) turn to L grip or mixed-L grip, swing upward and backward to within 20° of HS, then hop-grip change to swing back down to next element.
Apply the following:
 - a. Swing to within 20° of vertical considered Giant circle forward ("C").
 - b. Connection considered direct, regardless of grip change.
 - c. No deduction for poor composition.

III. “D/E” BONUS – LEVEL 9 AND 10 **ONLY****A. “D” or “E” ELEMENTS MAY REPLACE:**

1. Required VP of “A” / “B” / “C”.
2. “D/E” Bonus awarded.

B. “D/E” BONUS AWARDED WHEN ELEMENTS ARE PERFORMED SUCCESSFULLY

1. Without fall.
2. Without spot.

C. “D/E” BONUS FOR LEVEL 9

MAXIMUM OF + 0.10 AWARDED for “D/E” Bonus.

The 1st Restricted “D/E” element receiving VP credit can be considered for +0.10 “D/E” Bonus **one time ONLY**.

1. If 1st Restricted or Allowable “D/E” element results in **0 VP**: No Bonus is awarded.
 - An additional restricted or allowable “D/E” element receiving VP credit MAY be considered for +0.10 DV.

a. Example 1:  FALLS, later performs .



- 1) Level 9 gymnast attempts a Pak salto and does NOT touch the bar = No value part awarded.
- 2) Gymnast later performs Pak salto and catches LB and continues routine = Value part awarded, and MAY be considered for +0.10 DV.

b. Example 2:  FALL, later performs .

- 1) Level 9 gymnast attempts a Tkatchev, does NOT touch HB and FALLS = No Value Part or “D/E” bonus awarded for incomplete Tkatchev.
- 2) Gymnast later performs Giant circle backward with 1/1 (360°) turn in HS. Receives “D” VP credit. Eligible for “D/E” Bonus as it is the first “D/E” to receive VP credit.

2. If 1st Restricted or Allowable “D/E” element **receives VP credit** but is performed **with a fall**: NO Bonus is awarded.

- a. Additional Restricted “D/E” elements receiving VP credit: Deduct 0.50 each time for additional Restricted elements from the SV. Do NOT award VP or SR.

Example:  FALLS .

- 1) Tkatchev touches HB, then FALLS. Receives VP credit.
- 2) Gymnast later performs Pak Salto (catches bar and continues routine). No VP for Pak Salto. Deduct 0.50 for 2nd restricted element.

- b. Additional Allowable “D/E” elements receiving VP credit MAY be considered for +0.10 DV.

Example:  FALLS .

- 1) Tkatchev touches HB, then FALLS
- 2) Gymnast later performs Giant circle backward with 1/1 (360°) turn in HS. Receives “D” VP credit. Eligible for “D/E” Bonus as it is an allowable “D/E”.

3. 1st Restricted and any allowable “D/E” elements count as “C” in Connection Value Principles.

D. “D/E” BONUS FOR LEVEL 10

1. **MAXIMUM OF + 0.40 AWARDED** for “D/E” Bonus.
 - a. “D” elements each receive + 0.10 Bonus.
 - b. “E” elements each receive + 0.20 Bonus.
2. **SAME “D” or “E” ELEMENT** eligible for “D/E” Bonus one time ONLY.
EXCEPTION: Same “D” or “E” element performed a second time.
 - a. 1st time performed without touching bar or with a spot = **0 VP:**
 - b. Second time element is complete - VP credit awarded.
 - c. “D/E” Bonus awarded.

VI. ADDITIONAL BONUS + 0.10 – LEVEL 10 ONLY

A. ELIGIBLE TO EARN BONUS POINTS

1. Both CV Bonus 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” or CV Bonus.
 - b. Maximum SV = 10.00.
3. Eligible for additional + 0.10 Bonus (NOT included in SV).
 - a. Must have 10.0 SV
 - b. Total Bonus = +0.60 or more, and
 - c. Minimum of one “E” element (no fall / spot)

B. ADDITIONAL BONUS – NOT INCLUDED IN START VALUE

1. Each judge adds the 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.

VII. BONUS RESTRICTIONS**A. FALLS or SPOT:**

1. During “D” or “E” element – No “D/E” Bonus
2. On CV element – No CV

B. EXTRA SWING OCCURS BETWEEN “C” or “D” or “E” ELEMENTS:

1. Will break direct connection.
2. No CV Bonus may be awarded.

C. REPEATED “D” or “E” ELEMENT – LEVEL 10

1. “D/E” Bonus awarded one time ONLY.
2. No “D/E” Bonus for same “D” or “E” a second time, unless Different connection (before / after).
 - a. The first time a “D/E” element receives VP credit; however, if performed with a fall, no Bonus is awarded.
Example: Gymnast performs a Tkatchev, touches the HB and falls: Award VP; NO bonus.
 - b. The second time the same “D/E” element is performed and meets the requirement to receive VP (performed in a different connection without a spot or fall), Bonus is awarded.
Example: Gymnast repeats the Tkatchev, catches the HB connecting to an overshoot (bail with ½ turn) to clear support on LB = Award VP, DV, and CV.

D. EXACT SAME CONNECTION REPEATED - CV BONUS NOT AWARDED.**E. TOTAL BONUS CREDIT POSSIBLE:**

1. Level 10: +0.50 total Bonus needed to start at 10.0
 - a. No more than + 0.40 may be awarded for CV.
 - b. No more than + 0.40 may be awarded for “D/E”.
2. Level 9: +0.30 total Bonus needed to start at 10.0.
 - a. No more than + 0.30 may be awarded for CV.
 - b. No more than + 0.10 may be awarded for “D/E”.
 - Only the 1st “D/E” performed is eligible for + 0.10 “D/E” Bonus.
3. Level 6 / 7 / 8: NOT eligible for Bonus.

Group 6 – Stalder Circles				
A	B	C	D	E
<p>6.102</p>	<p>6.202</p> <p>Clear straddle circle backward on HB with grip change to hang on LB</p> <p>Handstand on HB - Clear straddle circle backward on HB with 1/2 (180°) turn to hang on HB</p>	<p>6.302</p> <p>Clear straddle circle forward on HB with flight backward over LB to hang on LB</p>	<p>6.402</p> <p>Clear straddle circle forward or backward on HB with flight to handstand on LB</p> <p>Facing outward on LB, Stalder circle forward to salto forward straddled to catch HB</p>	<p>6.502</p>
<p>6.103</p>	<p>6.203</p>	<p>6.303</p> <p>Stalder forward in L grip to clear support</p>	<p>6.403</p> <p>Stalder forward in L grip to handstand, also with 1/2 (180°) turn in handstand phase (White)</p>	<p>6.503</p> <p>Stalder forward in L grip to handstand with 1/1 (360°) turn in handstand phase</p>

Group 6 – Stalder Circles				
A	B	C	D	E
<p>6.104 Clear straddle circle backward on LB or HB to clear straddle “L” support</p>	<p>6.204 Stalder circle backward to clear support</p>	<p>6.304 Stalder backward to handstand</p> <p>Stalder backward to handstand with 1/2 (180°) turn in handstand phase to regular grip</p>	<p>6.404 Stalder backward to handstand with hop-grip change in handstand phase</p> <p>Stalder backward to handstand with 1/2 (180°) turn in handstand phase to reverse, L or mixed-L grip</p>	<p>6.504 Stalder backward to handstand with 1/1 (360°) turn in handstand phase</p> <p>Stalder backward to handstand with 1 1/2 (540°) turn in handstand phase</p> <p>...to L or mixed-L grip (Khorkina/Chow)</p>

SECTION 4 – BALANCE BEAM – GENERAL INFORMATION – CHAPTER 1

WOMEN'S DEVELOPMENT (DEV) PROGRAM OPTIONAL BALANCE BEAM RULES						
	SPECIAL REQUIREMENTS (SR)	VALUE PART (VP)	ALLOWABLE ELEMENTS & DIFFICULTY RESTRICTIONS	START VALUE (SV) & BONUS	TIMING	
					Timed Warm-Up Time Per Gymnast	Routine Time Limit
	Deduct <u>0.50</u> for Each Missing SR	A = .10 B = .30 C = .50	Restricted Elements <u>0.50</u> deduction - off SV No credit for VP or SR			
Level 6	1. Non-flight Acro series (excluding mt / dsmt) OR One Acro flight element, (isolated / in connection)	A = 5 B = 1 C = 0	Allowable: All "A" / "B" elements ONE restricted "C" Dance element considered in chronological order. Restricted: Any additional "C" Dance All Acro "C/D/E" elements	10.0 SV Not eligible for Bonus	1½ minutes	1 min. 15 sec.
	2. One Leap / Jump that requires 180° Cross / Side-Split	Allowable C's = B value				
	3. Min. of 360° turn on one foot (Grp 3)					
	4. Aerial / salto dismount, min. "A"					
Level 7	1. Acro series (with / without flight), excluding mt / dsmt AND one Acro flight element (isolated / in connection)	A = 5 B = 2 C = 0	Allowable: All "A" / "B" elements Any "C" Dance element (unlimited) Restricted: "D/E" Dance Acro "C/D/E" elements	10.0 SV Not eligible for Bonus	1½ minutes	1 min. 20 sec.
	2. One Leap / Jump that requires 180° Cross / Side-Split	Allowable C's = B value				
	3. Min. of 360° turn on one foot (Grp 3)					
	4. Aerial / salto dismount, min. "A"					
Level 8	1. Acro series, two elements, one with flight (excluding mt/dsmt)	A = 4 B = 4 C = 0	Allowable: All "A" / "B" elements and Any "C" Dance elements ONE restricted "C" Acro element (includes mt / dsmt) considered in chronological order. Restricted: Any additional Acro "C/D/E" Any "D/E" Dance element	10.0 SV Not eligible for Bonus	2 minutes	1 min. 30 sec.
	2. One Leap or Jump that requires 180° Cross or Side-Split	Allowable C's = B value				
	3. Min. of 360° turn on one foot (Grp 3)					
	4. Aerial / salto dismount, min. "A"					
Level 9	1. Acro series, min. two directly connected flight elements (excluding mt / dsmt)	A = 3 B = 4 C = 1	Allowable: All "A" / "B" / "C" elements and Any "D/E" Dance elements ONE restricted "D/E" Acro element (includes mt / dsmt) considered in chronological order. Restricted: Any additional Acro "D/E" element	9.70 SV Bonus: 0.30 CV OR 0.20 CV; 0.10 D/E ONLY 1 st Acro D/E eligible for D/E Bonus	2 minutes	1 min. 30 sec.
	2. One Leap or Jump that requires 180° Cross or Side-Split	Allowable D/E's = C value				
	3. Min. of 360° turn on one foot (Grp 3)					
	4. Aerial / salto dismount, min. "B"					
Level 10	1. Acro series (excluding mt/dsmt), min. two directly-connected flight elements, min. one "C" (with / w/o hand support OR Non-flight Acro "A" element (Grp. 7) directly-connected to Acro flight "E" elem.	A = 3 B = 3 C = 2	No Difficulty Restrictions Extra +0.10 Bonus (not in SV) if exercise has: - Met all Difficulty/Special Req. - Min. of 0.60 total Bonus - "E" Acro Element	9.50 SV Bonus: Max. of 0.50 (min. +0.1 D/E & min. +0.1 CV	2 minutes	1 min. 30 sec.
	2. One Leap or Jump that requires 180° Cross or Side-Split					
	3. Min. of 360° turn on one foot (Grp 3)					
	4. Aerial / salto dismount min. "C" OR Dismount "B" directly connected to • Acro series w/ min. "C", OR • Min. "C" Acro flight/Dance elem.					
Timing Routine: Starts when feet/hands leave board/mat. Time ends when gymnasts lands on mat for dismount. Time stops for any fall from beam.						
Fall time: 45 sec. Starts when gymnast is standing on feet or after medical assessment is complete. Stops when gymnast leaves mat to re-mount. Routine time starts again after fall with 1 st movement to continue routine.						

I. APPARATUS SPECIFICATIONS / RULINGS**A. USA GYMNASTICS WOMEN'S RULES AND POLICIES (R&P)**

1. See Chapter 11: Apparatus Requirements in *R&P* for specific equipment regulations.
2. Requirements are subject to change every competitive year, beginning August 1.

B. CHALK MARKINGS:

1. Allowed to place small chalk markings on Beam (BB).
2. Tape markings are NOT allowed.

C. SUPPLEMENTAL MATTING (sting mat, 4" throw mat, 8" skill cushion)

1. Chief Judge (CJ) takes a 0.30 deduction from average score for use of any unauthorized or additional matting.
2. 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

D. MATTING REGULATIONS FOR MOUNTS

- CJ takes a 0.30 deduction from average score, if board is placed on an unauthorized surface (i.e. 8-inch skill cushion or plywood).

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

1. Timed or touch warm-ups:
 - a. Marking BB, setting mounting apparatus and raising / lowering BB are NOT included in warm-up time.
 - b. If warm-up time is exceeded, a warning is given.
NOTE: preparing for an element, allow gymnast to complete the element.
 - c. If gymnast continues to warm-up on BB after a warning is issued, CJ deducts 0.20 from average score, for exceeding the timed or 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 board and briefly touch BB without penalty.
 - b. May perform an element on BB matting prior to CJ signal to begin.
 - If gymnast performs element on mat after CJ signals to begin, CJ deducts 0.20 from average score for exceeding 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 10 / 9 / 8	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: For any exercise less than 30 seconds, refer to short exercise penalty.

TIMING OF THE EXERCISE (continued)

2. Evaluation and timing of BB begins when hands or feet leave the mat or mounting apparatus.
 - a. Mounts from a run, mounts from a stand, mounts from hand support.
 - b. Routine time stops when feet touch floor on dismount.
 - c. Routine time stops with fall(s) from BB.
 - d. Routine time and evaluation continue with first movement to resume routine on BB.
3. Final “time” signal, judge evaluates all elements performed to the end of the exercise.
 - a. CJ 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 (VPs), composition, Special Requirements (SRs) 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. CJ responsibility to review timing procedures with timers.
5. Short exercises: Less than 30 seconds, (complete or incomplete).
 - a. Deduct for any missing VPs from Start Value (SV).
 - b. Deduct for any missing SRs from SV.
 - c. Deduct 0.30 for no dismount from SV (if applicable).
 - d. CJ deducts 2.00 from average score.
 - e. EXCEPTION: Level 6 ONLY
 - 1) CJ deducts 0.50 from average score
 - 2) Less than 30 seconds - completed BB routine.
 - 3) Contains all required VPs.
 - 4) 10.0 SV.
 - f. Minimum score of 1.00 awarded when routine score is equal to or less than one point.

C. TIMING OF FALLS

1. Allowed 45 seconds to re-mount after a fall.
 - a. Fall time **MUST** be timed separately.
 - b. Two watches are necessary.
2. Does NOT re-mount within 45 seconds = exercise terminated.
 - a. Fall time begins when gymnast is standing on her feet.
 - If an injury occurs, fall time begins after medical assessment is complete.
 - b. 45-second fall time stops when gymnast’s feet leave mat to re-mount in preparation to resume routine.
3. While off apparatus after a fall:
 - a. Timer gives notification of “20 seconds remaining” and “10 seconds remaining” in fall time.
 - b. “Time” is called at 45 seconds.
 - c. Coach may speak to gymnast:
 - 1) During fall time without penalty.
 - 2) Once gymnast re-mounts, coach may NOT give verbal assistance.
 - 3) Coach NOT allowed to ask judge if the element received VP credit before gymnast re-mounts apparatus.
 - d. If 45-second fall time is exceeded, exercise is terminated.

TIMING OF FALLS (continued)

4. Gymnast attempts to re-mount BB after a fall:
 - a. Falls again, prior to resuming timing of routine.
 - b. Deduct 0.50 for a second fall.
 - c. Any subsequent fall will allow for an additional 45-second fall time.
5. Warm-up during a fall:
 - a. Performs element on mat prior to re-mounting.
 - b. CJ deducts 0.20 from average score for additional warm-up.
 - c. No warning is required.

III. SPOTTING REGULATIONS**A. COACH ASSISTS / SPOTS GYMNAST DURING ELEMENT:**

1. Each judge deducts 0.50 for spot.
 - No VP credit, SR, Bonus credit (if applicable) awarded.
2. If fall occurs after spot, each judge also deducts 0.50 for fall.
3. Do NOT deduct 0.30 from SV for no dismount for a dismount spot, even though dismount receives no VP credit.

B. COACH CONTACTS GYMNAST WITHOUT ASSISTING:

1. Each judge deducts 0.50 for touching gymnast.
 - a) Award VP and SR credit.
 - b) No "D/E" or CV Bonus awarded (if applicable).

EXAMPLE: Coach touches athlete's back before beginning Walkover backward, then steps away.
2. No penalty if gymnast inadvertently contacts coach.

C. COACH SPOTS GYMNAST UPON LANDING DISMOUNT:

1. Each judge deducts 0.50 for spot.
 - a) Award VP and SR credit.
 - b) No "D/E" or CV Bonus awarded (if applicable).
2. If fall occurs after spot, each judge also deducts 0.50 for fall.

D. COACH CATCHES FALLING GYMNAST:

1. Do NOT deduct for spot.
2. Deduct 0.50 for fall ONLY.

E. COACH MAY APPROACH BEAM TO SPOT A PARTICULAR ELEMENT.

1. May NOT remain there for entire exercise.
2. CJ deducts 0.10 from average score if coach remains by BB throughout exercise.

F. RAISED SURFACE FOR SPOTTING

1. Spotting block or folded mat recommended.
2. CJ deducts 0.30 from average score if spotting device is NOT removed.
 - a. No penalty for coach standing on mounting apparatus, provided mounting apparatus (or spotting device) is removed immediately after element is performed.
 - b. EXCEPTION: Spotting device may remain in place ONLY if coach continues to stand on it through multiple elements.
3. Coach may NOT stand on chairs or other items not produced by a gymnastics supply company.
 - a. Warning should be given.
 - b. CJ deducts 0.30 from average score if coach continues to use an inappropriate item to stand on (use of unauthorized equipment).

IV. MOUNT AND DISMOUNT REGULATIONS**A. MOUNTS**

1. Board, mount trainer mat or panel mat **MUST** be removed as soon as possible after gymnast has mounted.
2. Mounts that are preceded by one element prior to take-off from board will be allowed:
 - Evaluation begins after feet leave mounting apparatus.
3. Mount attempts:
 - a. Attempt without mounting is considered a “balk.”
 - b. Two attempts allowed to mount BB without penalty.
 - No touch of board and / or BB or run under BB on either attempt allowed.

EXAMPLE: 1st attempt: Run, balks, no mount performed
 2nd attempt: Run, mount performed
 NO DEDUCTION
 - c. Three attempts allowed, but each judge takes a 0.50 deduction for third attempt.

EXAMPLE: 1st attempt: Run, balk, no mount performed
 2nd attempt: Run, balk, no mount performed
 3rd attempt: Runs, performs a “D” mount (0.50 deducted for 3rd approach)

 - “D” mount awarded + 0.10 “D/E” Bonus at Level **9 (Acro) and 10.**

EXAMPLE: 1st attempt: Run, balk, no mount performed
 2nd attempt: Run, balk, no mount perfor
 3rd attempt: Run, balk, no mount performed (0.50 deducted for 3rd approach)

 - No mount performed; athlete must climb onto BB to begin exercise.
 - d. Fourth approach NOT permitted.
 - e. Run, touch board and / or BB or run under BB without mounting, deduct 0.50 (considered a fall).
 - f. Round-off entry mount attempt, performs only Round-off:
 - 1) May repeat mount and receive appropriate VP credit.
 - 2) Deduct 0.50 for fall - contact made with board, which is considered part of the apparatus.
 - 3) Second attempt results in successfully performed mount. Bonus could be awarded (if applicable).

B. DISMOUNTS:

1. Evaluate all elements, including dismount, after final time signal.
2. Dismount element with hand support instead of Salto or Aerial (Level 6 / 7 / 8 / 9 / 10):
 - a. Deduct 0.50 for missing dismount SR.
 - b. Do NOT deduct 0.30 for no dismount.
3. Dismount element of no value
 - a. NOT listed in *Dev COP*
 - 1) Deduct 0.50 from SV for missing dismount SR specific to each level.
 - 2) Deduct 0.30 from SV for no dismount.

EXAMPLE: Straddle Jump dismount
 - b. Restricted or additional restricted element performed.
 - 1) Deduct 0.50 from SV for restricted dismount.
 - 2) Deduct 0.30 from SV for no dismount.

EXAMPLE: Level 7 performs “C” dismount.

3) Deduct 0.50 from SV for missing dismount SR specific to each level.

DISMOUNTS (continued):

4. Leaves apparatus (terminates exercise early, intentionally or due to a fall):
 - a. Deduct 0.50 from SV for missing dismount SR specific to each level.
 - b. Deduct 0.30 from SV for no dismount.
 - c. Deduct 0.50 for fall from apparatus (with or without an actual fall onto mat).
 - d. CJ deducts 2.00 from average score if exercise is under 30 seconds.
EXCEPTION: LEVEL 6 = 0.50 deduction with 10.0 SV.
5. Falls on Salto dismount: (applies to Level 6 / 7 / 8 / 9 / 10):
 - a. Never initiates Salto action and falls without landing on bottom of feet first:
 - 1) No VP credit awarded for dismount.
 - Deduct from SV for any missing difficulty requirements (if appropriate).
 - 2) Deduct 0.50 from SV for missing dismount SR specific to each level.
 - 3) Deduct 0.30 from SV for no dismount.
 - 4) Deduct 0.50 for fall.
 - 5) Deduct for any other execution / amplitude errors.
 - b. Initiates Salto action and falls without landing on bottom of feet first:
 - 1) No VP credit awarded for dismount.
 - Deduct from SV for any missing difficulty requirements (if appropriate).
 - 2) Deduct 0.50 from SV for missing dismount SR specific to each level.
 - 3) Deduct 0.50 for fall.
 - 4) Deduct for any other execution / amplitude errors.
 - 5) Do NOT deduct 0.30 for no dismount.

V. RECOGNITION (COUNTING) OF VALUE PARTS (VP)**A. ANY BB ELEMENT MAY RECEIVE VP CREDIT TWO TIMES PROVIDED:**

1. Repeated element MUST occur in a different connection (i.e., either isolated one time and in a connection another time, OR when the repeated element is performed in two connections, in which it is preceded or followed by a different element that is listed in the *Dev COP* – whether it received VP credit or not).
2. Leap / jump / hop NOT found in *Dev COP*:
 - a. May be awarded comparable VP credit of “root” element.
 - b. May have variations of leg position and landing position.
 - c. New elements NOT listed in *Dev COP*:
 - 1) MUST be evaluated by Regional Technical and Regional Development Program Committee Chairmen.
 - 2) Element evaluation form on [USA Gymnastics website](#) (Women - Forms - Meet Forms).
3. Same “D” or “E” element performed a second time in different connection:
 - a. Level 10:
 - 1) Receives VP credit twice.
 - 2) Eligible for CV Bonus each time (if applicable).
 - 3) Eligible for “D/E” Bonus ONLY once

REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS (continued)**5. Two-second hold requirement**

- a. If no two-second hold in element - award value of root element.

EXAMPLE:**#1.311 Press side Handstand – lower to Planche (“C”)**

- If Planche is NOT held - award “B” VP credit for press Handstand.

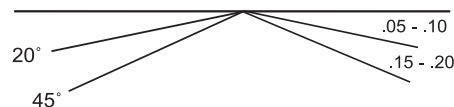
- b. Change of leg position is allowed during the two-second hold of a HANDSTAND.

6. Leaps / jumps

- a. Split Leaps / Split Jumps – require 180° leg separation.

- b. If split is insufficient, evaluate as follows:

0.05 – 0.10	Missing 1° – 20° of split
0.15 – 0.20	Missing 21° – 45° of split
Award “A” VP	Missing 46° or more of split



- c. Any leap / jump that is required to have 180° leg separation, but achieves less than 135° leg separation, will be awarded “A” VP credit.

- Is NOT eligible to fulfill SR of one Leap / Jump that requires 180° cross / side-split.
- Deduct up to 0.20 for insufficient split for a leg separation of 134° or less.

NOTE: All leaps / jumps: deduct for insufficient amplitude / execution in addition to insufficient split.

7. Flight elements

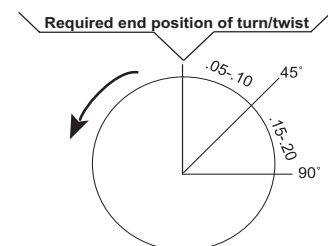
- If flight element fails to show flight (moment when both hands and feet are free of BB) - award VP credit for actual element performed.

EXAMPLE: Flic-Flac with no flight - recognize as Walkover backward (“A”) VP.

8. Salto dismounts

- a. Twisting Saltos – incomplete Long Axis (LA) turn / twist:

0.05 – 0.10	Missing 1° – 44° of twist
0.15 – 0.20	Missing 45° – 89° of twist
Award VP performed	Missing 90° or more of twist

EXAMPLE:

2½ (900°) twist dismount (“E”) - missing 90° of twist:

- Award “C” VP credit for **2/1 (720°)** twist.
- Deduct for balance, execution and amplitude.

- b. Clarification: completion of twist:

- Placement of front foot upon landing = amount of twist completed.
- Twist completion determines VP credit awarded.

- c. Incomplete Breadth Axis (BA) turn Salto:

- If Salto dismount does NOT land on bottom of feet first:
 - No VP, SR credit awarded.
 - Deduct 0.30 from SV for no dismount, if no Salto action initiated.
 - If Salto action WAS initiated = no deduction.
 - Simultaneously landing on feet / hands or feet / buttocks, award VP credit; give benefit of doubt to gymnast.

F. SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS

1. Any jump, press, or swing to Handstand mount:
 - a. To award VP credit - body **MUST** be vertical with hips over shoulders in balanced position.
 - If fall occurs after vertical is achieved, VP credit is awarded.
 - b. Legs may be together or split / straddle / stag / double-stag position.
 - c. Two-second hold is **NOT** required.
 - d. If vertical position is **NOT** achieved, deduct for insufficient amplitude (if applicable), or recognize actual VP performed.
 - e. Press Handstand and Handstands with turn performed within the exercise do **NOT** require a two-second hold to receive VP credit.
 - f. Press Handstand within the exercise (**NOT** the mount) has no hold requirement. Can be used as first element in Acro series for Level 6 / 7 / 8.
2. **#2.110 - Tuck Jump (“A”):**
 - a. Both knees should be at horizontal or above, with 90° angle at hips and knees.
 - b. Deduct up to 0.20 for knees lower than horizontal (0.10) and / or greater than 90° angle at knees (0.10).
 - c. Greater than 135° angle at hips and greater than 90° at knees - award credit for VP performed, Stretch Jump with abstract leg position (“A”) .
3. **#2.111 – Wolf Hop (“A”) or Wolf Jump (“A”):**
 - a. To award VP = both extended leg and thigh of bent leg **MUST** be at or above horizontal with knees together.
 - b. Greater than 135° angle at hips and greater than 90° at knees = award credit for VP performed, Stretch Jump with abstract leg position (“A”).
 - c. Deduct up to 0.10 for each error if the extended leg / thigh of bent leg is below horizontal.
 - d. Wolf Jump **MUST** take off from two feet but may land on one foot or two feet.
 - e. Forward lean of body is acceptable during jump.
4. **#2.201 - Split Jump (“B”) vs. #2.107 - Sissonne (“A”):**
 - a. Cross Split Jump has 2-foot take-off and landing on two feet.
 - Cross Split Jump shows 180° split with legs even, parallel to BB.
 - b. Sissonne has 2-foot take-off and 1-foot landing.
 - Sissonne requires 180° split of legs, in diagonal position with:
 - 1) Front leg forward-downward (minimum of 45° from BB) and
 - 2) Back leg backward-upward (minimum of horizontal).
 - 3) Deduct up to 0.10 for insufficient amplitude if front leg of Sissonne is lacking minimum of 45° from BB.
5. **#2.202 - Straddle-Pike Jump (“B”) or #2.302 - Side-Split Jump, also with ¼ (90°) turn (“C”):**
 - a. Straddle Jump or Side-Split Jump in cross position awarded “B” (#2.202)
 - 1) Cross stand, Straddle-Pike Jump or Side-Split Jump
 - Straddle position facing end of BB - ¼ turns - closing legs - finish in side stand, facing sideward (“B”).
 - 2) Cross stand, Straddle Jump or Side-Split Jump
 - Makes ¼ turn - finish in straddle-pike or side-split position - facing sideward (“C”).

SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS (continued)

- 12. #3.206 (“B”), #3.306 (“C”), #3.406 (“D”), #3.506 (“E”) - Turns in tuck stand:**
- Turn is completed when the support foot and hips have reached 360° rotation and the free leg touches the beam.
 - If the foot of the free leg lands on the beam prior to the full rotation of the support foot and hips, the turn is considered as completed when the free foot touches the beam.
 - Deduct accordingly to the degree of rotation of the support foot and hips, at the time when free leg touches the beam.
- 13. #5.306 - Reverse Planche (“C”):**
- Legs MUST be in same plane, either together or straddled.
 - Handstand with split position for counterbalance award **#5.206 (“B”) VP credit.**
 - Handstand with overarch and legs separated award **#5.206 (“B”) VP credit.**
- 14. #7.310 - Flic-Flac with ¼ (90°) turn side Handstand (“C”)**
#7.510 - Flic-Flac with ¾ (270°) turn side Handstand (“E”):
- MUST show flight to HANDSTAND position with body stretched in vertical, leg position optional and 2-second hold NOT required.
 - If insufficient flight, recognize as walkover backward with turn and award appropriate VP credit.
- 15. #7.312 - Tucked Chen Flic (“C”):**
- MUST show 90° angle in both hips and knees.
 - Open legs and body to stretched position, prior to swing down.
- 16. #7.503 - Aerial Cartwheel to scale (Peko) (“E”):**
- Slight lowering of free leg acceptable with immediate lift to minimum of horizontal.
 - Hold for 2 seconds.
- 17. #8.402 - Side Salto Tuck / Pike, 1-leg take-off, forward / sideward to side stand (“D”):**
- Forward take-off, ¼ (90°) turn occurs as body lifts, body and shoulders facing sideward throughout Salto and landing phase.
 - Forward take-off, ¼ (90°) turn occurs after body passes through vertical, and body lands in side position, considered as **#7.403 Aerial Cartwheel to side landing (“D”).**
- 18. #8.504 - Salto backward stretched with legs together (“E”):**
- MUST display good height and maintain stretched body position past vertical.
 - Deduct up to 0.20 for insufficient stretch if body pikes down after vertical.
- 19. #9.209 (“B”), #9.309 (“C”), #9.409 (“D”), #9.509 (“E”) –**
Gainer Salto backward dismounts off end:
- Required technique:
 - Take-off from 1 foot, facing outward.
 - Salto performed like a reverse dive.
 - Salto rotates backward toward end of BB (NOT along side of BB).
 - Deduct up to 0.30 for directional errors.

Revised 7.15.22

Deleted #13. C. HS with overarch &
legs separated #5.206

I. CONTENT**A. EXERCISE COMPOSED FROM DIFFERENT GROUPS:**

1. Acro elements:
 - a. with or without flight phase
 - b. Forward
 - c. Sideward
 - d. 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 Acro elements, particularly.

C. USE OF ENTIRE BEAM with

1. Dynamic rhythm changes
2. Level changes.

II. SPECIAL REQUIREMENTS AND RESTRICTIONS

SRs = each worth 0.50

A. LEVEL 8 / 9 / 10 BALANCE BEAM SPECIAL REQUIREMENTS

1. Acro series (excluding mount / dismount)
2. One Leap or Jump that requires 180° cross or side-split
3. Minimum of 360° Turn on one foot (Group 3)
4. Aerial / Salto dismount (specific value for each level)

ACRO SERIES REQUIREMENT	
Level 8	One Acro series – minimum of two elements (one with flight)
Level 9	One Acro series – minimum of two directly connected flight elements
Level 10	One Acro series – minimum of two directly connected flight elements, One minimum “C” flight (with or without hand support) OR One non-flight Acro “A” element – Group 7 (Walkovers / Cartwheels) directly connected to acro flight “E” element. <u>EXAMPLE:</u> Walkover backward (“A”) + Salto backward with 1/1 (360°) twist (“E”)

D. ALLOWABLE DIFFICULTY

LEVEL	“A” Value Part	“B” Value Part	“C” Value Part	“D/E” Value Part
Level 10	Yes	Yes	Yes	Yes
Level 9	Yes	Yes	Yes	1. Any “D/E” Dance elements 2. One “D/E” Acro element (includes mount / dismount) 3. Count as “C” VP for CV Bonus
Level 8	Yes	Yes	1. Any “C” Dance elements 2. One “C” Acro element (includes mount / dismount) 3. Count as “B” VPs	No
Level 7	Yes	Yes	1. Any “C” Dance element (unlimited) 2. Count as “B” VP	No
Level 6	Yes	Yes	1. One “C” Dance element 2. Count as “B” VP	No

- Guidelines for level restrictions:**

- Levels allowing one restricted Acro element (refer to chart) may use a mount or dismount element.
- Allowable elements:
 - Will receive element value listed in chart.
 - May be used to fulfill SRs.
 - Level 9 ONLY:
 - May serve as a “C” element in any applicable CV Bonus.
 - ONLY first “D/E” Acro element receiving VP credit can be considered for +0.10 “D/E” Bonus.
- Restricted elements will be considered in chronological order.
ONLY the first restricted element in the exercise may be:
 - Awarded VP credit.
 - Awarded SR, if applicable.
 - Awarded CV Bonus, if applicable.
 - Level 8 and 9 ONLY: A restricted element may be repeated if the element receives “0” VP credit the first time.
- Any other restricted element meeting the requirements to receive VP credit:
 - Deduct 0.50 from SV for restricted element.
 - No VP credit awarded.
 - No SRs credit awarded.
- All appropriate execution and amplitude deductions applied to all elements performed, whether VP credit is awarded or NOT.

III. CLARIFICATIONS REGARDING SERIES**A. ACRO or DANCE SERIES - CONTINUOUS CONNECTION BETWEEN ELEMENTS**

- ✓ Landing leg / free leg on first element – MUST be take-off leg for next element.
 - ✓ Landing with both feet on first element – MUST take off from two feet for next element.
1. Backward Acro series and sideward to backward Acro series with one or more flight elements:
 - a. Considered broken with delay in immediate take-off of second element.
 - b. Deduct 0.50 for missing SR (if applicable).
 - c. Causes for delays that break connections:
 - 1) Arms moving low as thighs or further back after landing first element in connection.
NOTE: Gainer Flic-Flac / Gainer Salto backward stretched with step-out (as second element)
 - a) Arms continue circling forward-upward and backward-downward without automatically breaking connection.
 - b) Circling action is inherent arm pattern for Gainer type elements.
 - 2) Cautious, slow-moving attempt to connect one or more elements.
 - a) Acro series considered broken.
 - b) No rhythm deduction applied.
 2. Non-flight Acro series (any direction), forward / sideward Acro flight series, counter Acro flight series:
 - a. Lack of tempo / poor rhythm between elements in series
 - b. Deduct up to 0.20 for lack of tempo between elements.
 - Slow, continuous connection in line with BB.
 3. Dance series / Mixed series:
 - a. Lack of tempo / poor rhythm between elements in series.
 - b. Deduct up to 0.20 for lack of tempo between elements.
 - c. Slow, continuous connection in line with BB.
 - d. Arm circle does NOT necessarily break connection if body continues movement.
 - e. Dance element: (EXAMPLE: Cat Leap or Hitch-Kick):
 - 1) Series considered broken if free leg position drops and lifts again.
 - 2) Series considered broken if trunk stops forward movement.
 4. All series considered broken when:
 - a. Stop between elements.
 - b. Loss of balance.
 - c. Any deviation of body movement which is NOT in line with BB.
 - d. Repositioning of foot (feet) or pivoting.
 - e. Extra step / hop / jump between elements.
 - f. Legs straighten between elements:
 - 1) First element lands in plié on two feet.
 - 2) Legs totally straighten and plié again to initiate jump into next element.
 - 3) Straightening the legs breaks series.
 - g. Acro series considered broken if kick / leg-swing above 45° leading into second element.
NOTE: Series with two of the same elements with broken connection: no VP awarded for second (same) element.

I. CHIEF JUDGE DEDUCTIONS

CHIEF JUDGE DEDUCTIONS	<u>0.10</u>	Coach standing next to BB throughout entire exercise
	<u>0.10</u>	Overtime
	<u>0.20</u>	Warming up on mat after a fall (no warning)
	<u>0.30</u>	Failure to remove mounting apparatus / spotting block after mount
	(CJ) 0.30	Lands dismount in solid / loose foam pit No VP, SR, Bonus
	<u>2.00</u> <u>0.50</u>	Complete or incomplete exercise less than 30 seconds <u>EXCEPTION:</u> Level 6 ONLY – completed routine with all required VPs and 10.0 SV
	Exercise Terminated	Exceeds 45-second fall time

II. EXECUTION AND AMPLITUDE DEDUCTIONS

SMALL FAULTS	each time <u>0.05</u>	Flexed / sickled feet on VP elements
	up to 0.10	Deviation from straight direction on dismount landing
	up to 0.10	Arm swings on landing to maintain balance
	up to 0.10	Legs crossed during Salto dismounts with twist
		<u>LANDS DISMOUNT WITH FEET APART</u> <ul style="list-style-type: none"> There is no deduction for feet a maximum of hip-width apart, provided heel join (slide) together on controlled extension.
	<u>0.05</u>	Lands with feet hip-width apart or closer, but never joins feet (heels)
	<u>0.10</u>	Lands with feet further than hip-width apart <ul style="list-style-type: none"> If upon landing with feet apart / staggered, gymnast takes a step(s), deduct ONLY for step(s).
	<u>0.10</u>	If entire foot / feet slide or lift off floor to join, it is considered a small step.
	up to 0.10	Slight hop or small adjustment of feet or feet staggered (one foot in front) on landing of elements or dismount
	each up to 0.10	Hesitation during jump / press / swing to Handstand
	up to 0.10	Incorrect body posture / alignment during Dance VPs
	<u>0.10</u>	Landing too close to the beam on dismount
	each <u>0.10</u> (max. <u>0.40</u>)	Steps on landing

EXECUTION and AMPLITUDE DEDUCTIONS (continued)

MEDIUM FAULTS	each up to 0.20	Leg or knee separations
	up to 0.20	Trunk movements to maintain balance / control upon dismount landing
	up to 0.20	Insufficient height on leaps / jumps / hops
	up to 0.20	Insufficient height of Aerials / Saltos / Acro flight with hand support
	up to 0.20	Insufficient split position (deviation from 180°) Dance & Acro (when required)
	0.05 – 0.10	1° – 20° missing
	0.15 – 0.20	21° – 45° missing
	Lesser VP	46° or more missing
	up to 0.20	Legs NOT parallel to BB in Split or Straddle-Pike Leaps / Jumps
	up to 0.20	Insufficient exactness of tuck or pike position in VP elements
	up to 0.20	Failure to maintain stretched body position (pikes down dismount)
	up to 0.20	Insufficient exactness of stretched position <ul style="list-style-type: none">• Arch• Hip angle (136° – 179°)
	up to 0.20	DANCE: incomplete turn – Group 2 / 3 elements (with 360° + turn)
	0.05 – 0.10	1° – 44° missing
	0.15 – 0.20	45° – 89° missing
	Lesser VP	90° or more missing
	up to 0.20	DISMOUNTS: incomplete twist – dismounts (with 360° or more twist)
	0.05 – 0.10	1° – 44° missing
	0.15 – 0.20	45° – 89° missing
	Lesser VP	90° or more missing
	up to 0.20	Insufficient variation in rhythm and tempo throughout exercise. Consider: <ul style="list-style-type: none">• Insufficient variation in rhythm / tempo in non-VP movements• Lack of fluid connection / series of disconnected elements or movements
	up to 0.20	Incorrect body posture on landing of elements and dismount
	up to 0.20	Insufficient sureness of performance throughout exercise
	up to 0.20	Insufficient dynamics – Consider: <ul style="list-style-type: none">• Energy maintained throughout exercise (makes difficult look effortless)
	<u>0.20</u> (max. 0.40)	Large step / jump on landing (approximately three feet or more)

EXECUTION and AMPLITUDE DEDUCTIONS (continued)

LARGE FAULTS	up to 0.30	Bent arms in support - on any one element
	up to 0.30	Bent legs - on any one element (90° bend or greater = max <u>0.30</u>)
	up to 0.30 + <u>0.50</u>	Squat on landing (hips even with or lower than knees) Lands Acro element in squat position, then falls
	up to 0.30	Insufficient height of Salto dismounts
	up to 0.30	Insufficient extension • Open of tuck / pike body position prior to landing Acro elements / dismount
	up to 0.30	Brush / touch landing surface with one or two hands (no support)
VERY LARGE FAULTS	<u>0.30</u>	Use of supplemental support <u>EXAMPLES:</u> 1. Foot / feet remain on mat / board as mount is completed. 2. Foot / feet contact mat in cross straddle-sit during exercise. 3. Foot / feet / leg using base of BB for support on mount / on BB.
	<u>0.50</u>	Support on mat / apparatus with one or two hands upon landing
	<u>0.50</u>	Fall onto BB / off BB onto mat
	<u>0.50</u>	Fall on or against apparatus
	<u>0.50</u>	Spotting assistance during an element • No VP, SR, Bonus
	<u>0.50</u>	Fall after spot
	<u>0.50</u>	Spotting assistance upon landing dismount • Award VP, SR • No Bonus
	<u>0.50</u>	Fall after spot
	<u>0.50</u>	Fall / failure to land on bottom of feet first (Aerials / Saltos / dismounts) • No VP, SR, Bonus
	<u>0.30</u>	Never initiates Salto on dismount
	<u>0.50</u>	Fall with simultaneously landing on bottom of feet + hands / knees: • Award VP, SR (if appropriate) • No Bonus
	<u>0.50</u> for fall ONLY	Coach catches a falling gymnast on element or dismount • No deduction for spot

Revised 7.15.22
0.30 for landing dismount in solid or
loose foam pit moved to CJ
deductions, pg. 27

III. SPECIFIC EXECUTION DEDUCTIONS

each up to 0.10	Failure to perform Group # 3 turns in high Relevé
each up to 0.10	Lack of precision in Dance VPs <u>EXAMPLES:</u> 1. Lack of definite arm or leg position on turns / Leaps 2. Degree of turn NOT exact
each up to 0.10	Fail to land with feet / legs together on jumps / leaps to two feet
	<u>CONCENTRATION PAUSES</u>
each <u>0.10</u>	Two seconds
each <u>0.20</u>	More than two seconds
each up to 0.20	Lack of tempo / poor rhythm between elements: (Dance series / Mixed series / Acro series).
0.05 – 0.10	Body continues moving in line with BB, but arms swing between elements, and / or Legs slightly extend but do NOT completely straighten, and slightly bend again to initiate take-off
0.15 – 0.20	Torso/trunk deviation in line with BB with or without arm swing between elements <ul style="list-style-type: none"> <u>EXCEPTION:</u> Backward Acro series or sideward to backward Acro series with one or more flight elements is connected or NOT connected; tempo deduction does NOT apply.
No Deduction	Slow, continuous connection: <ul style="list-style-type: none"> Arms finish to take-off immediately for 2nd element (legs in plié / NOT pumping)
each <u>0.20</u>	Support of one leg against side surface of BB to maintain balance
up to 0.30	Additional movements to maintain balance on BB
up to 0.30	Relaxed / incorrect footwork on non-VPs throughout exercise
up to 0.30	Directional error on Gainer Salto dismounts off end of BB
up to 0.30	Incorrect body alignment, position, or posture in non-VPs throughout exercise
<u>0.30</u>	Grasp of BB to avoid a fall <ul style="list-style-type: none"> Grasp under BB to facilitate candlestick / roll elements is NOT a deduction.
<u>0.50</u>	Third run approach to mount / touch of springboard without mounting apparatus

NOTE: Minimum score of 1.00 awarded when routine score is equal to or less than one point.

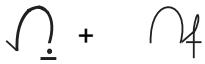

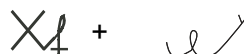
IV. INSUFFICIENT ARTISTRY THROUGHOUT THE EXERCISE

0.05 – 0.10	Lack of variety in choreography (poses, phrases, connections) <u>EXAMPLES:</u> unnecessary adjustments and/or steps without choreography
0.05 – 0.10	Quality of movement to reflect personal style
0.05 – 0.10	Quality of expression (i.e. projection, focus)

CONNECTIONS – TWO ACRO FLIGHT ELEMENTS (excluding DISMOUNT) (continued)

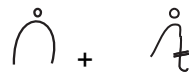
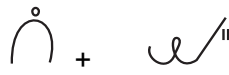
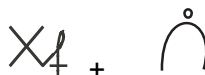
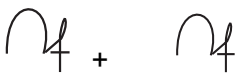
“C” + “D” OR MORE DIFFICULT	+ 0.20
--	---------------

EXAMPLES:

- 1-arm handspring forward (“C”) +  Aerial walkover (“D”)
2. Flic-Flac with 1/1 (360°) twist (“E”) +  Flic-Flac pike-stretch swing down (“C”)
3. Aerial Cartwheel (“D”) +  Salto backward stretched with step-out (“C”)

“D” + “D” OR MORE DIFFICULT	+ 0.20
--	---------------

EXAMPLES:







1. Flic-Flac with 1/1 (360°) twist (“E”) +  Flic-Flac with 1/1 (360°) twist - swing down to cross straddle-sit (“E”)
2. Flic-Flac with 1/1 (360°) twist (“E”) +  Salto backward stretched to two feet (“E”)
3. Aerial Cartwheel (“D”) +  Flic-Flac with 1/1 (360°) twist (“E”)
4. Aerial walkover (“D”) +  Aerial walkover (“D”)

C. CONNECTIONS – at least THREE ACRO FLIGHT ELEMENTS:**(including mount / dismount / element connections).**

1. An additional +0.10 connection / series Bonus to be awarded for any three-element Acro flight series with a minimum “C” Salto/Aerial or “D/E” flight element with or without hand support (excluding dismounts). See CV Principal E.
2. Order of VPs may allow for additional CV Bonus by counting two 2-element connections based on Connection Principles A and B.
3. Examples below are NOT eligible for any additional CV Bonus; ONLY the Bonus indicated in the box.










“B” + “B” + “C”	+ 0.10
------------------------	---------------

EXAMPLES:

1. Round-off (“B”) +
Flic-Flac step-out (“B”) +  +  + 
Flic-Flac with support on one arm (“C”)
2. Flic-Flac step-out (“B”), +
Flic-Flac to two feet (“B”) +  +  + 
Salto backward stretched with double (2/1) twisting dismount (“C”)







“B” + “C” + “C”	+ 0.20
------------------------	---------------

EXAMPLES:

1. Flic-Flac with support on one arm (“C”) +  +  + 
Flic-Flac (“B”) +
Flic-Flac with support on one arm (“C”)
2. 1-arm handspring forward with step-out (“C”) +
Round-off (“B”) +  +  + 
Flic-Flac with support on one arm (“C”)
3. Flic-Flac step-out (“B”) +
Flic-Flac with support on one arm +  +  + 
Salto backward stretched with 2/1 (720°) twist dismount (“C”)

“B” + “B” + “D / E”	+ 0.20
----------------------------	---------------

EXAMPLE:

1. Round-off (“B”) +
Flic-Flac (“B”) +  +  + 
Double Salto backward tucked dismount (“E”)
2. Mount: Round-off – Flic-Flac to cross stand (“D”) +  +  + 
Flic-Flac (“B”) +
Flic-Flac (“B”)

Award +0.20 for “D” + “B” + “B”

Award +0.10 for 3-element Acro flight series

Total = +0.30 in CV Bonus

Plus = +0.10 “D/E” Bonus

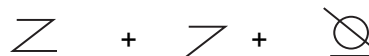
E. CONNECTIONS – THREE or MORE ELEMENTS

- Second element (and following elements) may be used twice,
 - First time as last element of first connection, and
 - Second time as first element beginning new connection.
- Applies ONLY for elements with VP credit.
- An additional +0.10 connection / series Bonus to be awarded for any three element Acro flight series with a minimum “C” Salto / Aerial or “D/E” flight element with or without hand support (excluding dismounts).

EXAMPLES – Do NOT receive additional +0.10 connection / series Bonus:

- Switch-leg Leap (“C”) +
Switch-leg Leap (“C”) +
Stretched Jump $1\frac{1}{2}$ (540°) turn (“D”)

- Award + 0.20 “C” + “C”
 - Award + 0.20 “C” + “D”
- Total = + 0.40 CV Bonus
Plus = + 0.10 “D/E” Bonus



- Switch-leg Leap (“C”) +
Gainer Salto backward stretched with step-out (“D”) +
Flic-Flac (“B”)

- Award + 0.20 “C” + “D”
 - Award + 0.20 “D” + “B”
- Total = + 0.40 CV Bonus
Plus = + 0.10 “D/E” Bonus

EXAMPLES – Awarded additional +0.10 connection / series Bonus:

- Flic-Flac step-out (“B”) +
Salto backward stretched with step-out (“C”) +
Flic-Flac step-out (“B”)

- Award + 0.10 “B” + “C”-Salto
 - Award + 0.10 “C”-Salto + “B”
 - Award + 0.10 for 3 element acro flight series (see 3. Above)
- Total = + 0.30 CV Bonus



- Flic-Flac step-out (“B”) +
Salto backward stretched with step-out (“C”) +
Salto backward stretched with step-out (“C”)

- Award + 0.10 “B” + “C”-Salto
 - Award + 0.20 “C”-Salto + “C”-Salto
 - Award + 0.10 for 3 element acro flight series (see 3. above)
- Total = + 0.40 CV Bonus



- Flic-Flac step-out (“B”) +
Salto backward tucked (“C”) +
Salto backward stretched to two feet (“E”)

- Award + 0.10 “B” + “C”-Salto
 - Award + 0.20 “C” + “E”
 - Award + 0.10 for 3 element Acro flight series (see 3. above)
- Total = + 0.40 CV Bonus
Plus = + 0.20 “D/E” Bonus



CONNECTIONS – THREE or MORE ELEMENTS (continued)**4) Mount: Round-off, Flic-Flac (“D”) +**

Salto backward stretched with step-out (“C”) +

Salto backward stretched with step-out (“C”) 

- Award + 0.20 “D”-mount + “C”

- Award + 0.20 “C” + “C”

- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = + 0.50 CV Bonus

Plus = + 0.10 “D/E” Bonus

5) Handspring forward with step-out (“B”) +

Aerial walkover (“D”) +

Flic-Flac (“B”) 

- Award + 0.20 “B” + “D”

- Award + 0.20 “D” + “B”

- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = + 0.50 CV Bonus

Plus = + 0.10 “D/E” Bonus

6) Flic-Flac step-out (“B”) +Flic-Flac step-out (“B”) + 

Salto backward stretched with step-out (“C”) +

Salto backward stretched with 1/1 (360°) twist dismount (“B”)

- Award + 0.10 for “B” + “B” + “C”-Salto

- No CV for “C”-Salto + “B” dismount

- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = + 0.20 CV Bonus

Salto backward stretched with step-out (last element of 1st connection) and (first element of 2nd connection).

- Connection of two Acro flight elements excludes dismount; therefore,

- No CV Bonus awarded for “C” + “B” dismount connection.

7) Flic-Flac step-out (“B”) +

Salto backward stretched with step-out (“C”) +

Flic-Flac step-out (“B”) + 

Salto backward stretched with 1/1 (360°) twist dismount (“B”)

- Award + 0.10 “B” + “C”-Salto

- Award + 0.10 “C”-Salto + “B”

- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = + 0.30 CV Bonus

8) Flic-Flac step-out (“B”) +Flic-Flac step-out (“B”) + 

Salto backward stretched with step-out (“C”)

- Award + 0.10 for “B” + “B” + “C”-Salto Award, **OR** + 0.10 for “B” + “C”-Salto

- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = +0.20 CV Bonus

CONNECTIONS – THREE or MORE ELEMENTS (continued)**9) Flic-Flac (“B”) +**

Flic-Flac with support on one arm (“C”) +



Salto backward stretched with step-out (“C”)

- No CV Bonus for “B” + “C” (non-Salto)
- Award + 0.20 for “C” + “C”-Salto, OR “B” + “C” + “C”
- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = +0.30 CV Bonus

III. “D/E” BONUS - LEVEL 9 AND 10 ONLY**A. “D/E” ELEMENTS MAY REPLACE**

1. Required VP of “A” / “B” / “C” and
2. Awarded “D/E” Bonus.

B. “D/E” BONUS AWARDED WHEN ELEMENTS ARE PERFORMED SUCCESSFULLY

1. Without fall.
2. Without spot.

C. “D/E” BONUS FOR LEVEL 9**MAXIMUM OF + 0.10 AWARDED** for “D/E” Bonus.The 1st restricted “D/E” Acro element receiving VP credit can be considered for +0.10 “D/E” Bonus **one time ONLY**.

1. If 1st Restricted “D/E” element results in **0 VP**: No Bonus is awarded.
 - An additional Restricted “D/E” element receiving VP credit MAY be considered for +0.10 DV.
2. If 1st Restricted “D/E” element **receives VP credit** but is performed **with a fall**: NO Bonus is awarded.
 - Additional Restricted “D/E” elements receiving VP credit: Deduct 0.50 each time for additional Restricted elements from the SV. Do NOT award VP or SR.
3. 1st Restricted “D/E” element counts as “C” in Connection Value Principles.

D. “D/E” BONUS FOR LEVEL 10

1. **MAXIMUM OF + 0.40 AWARDED** for “D/E” Bonus.
 - a. “D” elements each receive + 0.10 Bonus.
 - b. “E” elements each receive + 0.20 Bonus.
2. **SAME “D” or “E” ELEMENT** eligible for “D/E” Bonus one time ONLY.
EXCEPTION: Same “D” or “E” element performed a second time.
 - a. 1st time performed without touching beam or with a spot = **0 VP**:
 - b. Second time element is complete - VP credit awarded.
 - c. “D/E” Bonus awarded.

IV. ADDITIONAL BONUS + 0.10 - LEVEL 10 ONLY

A. ELIGIBLE TO EARN BONUS POINTS

1. Both CV Bonus 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 SV = 10.00.
3. Eligible for additional Bonus + 0.10 (NOT included in SV).
 - a. MUST have 10.0 SV
 - b. Total Bonus = +0.60 or more, and
 - c. Minimum of one “E” Acro element (no fall / no spot).

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 Bonus was awarded.
2. If using paper score slips, Judge should also indicate in writing any Bonus awarded.

V. BONUS RESTRICTIONS**A. FALLS or SPOT:**

1. During “D/E” element – no “D/E” Bonus
2. In CV element – No CV Bonus

EXCEPTION: Connection of three or four VPs, fall on last element:

- a. First two or three elements eligible for Connection Value (CV) Bonus.
- b. Award CV Bonus for successfully completed connections.

EXAMPLE:

Round-off + Flic-Flac + Salto backward stretched with step-out + Salto backward stretched with step-out (fall)



- Award +0.10 CV for 3-element connection “B” + “B” + “C”
- Award +0.10 for 3-element Acro flight series.

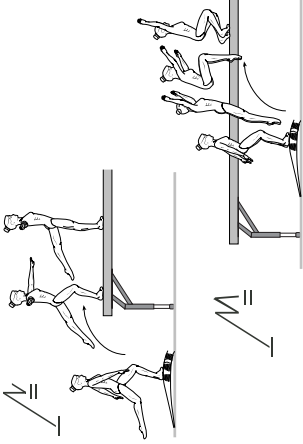
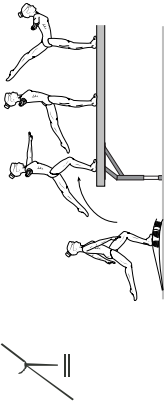
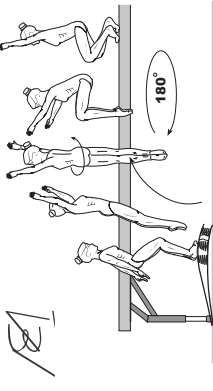
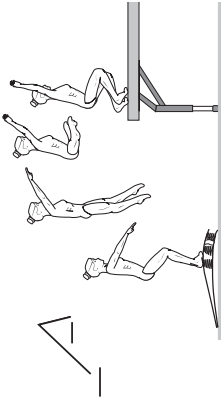
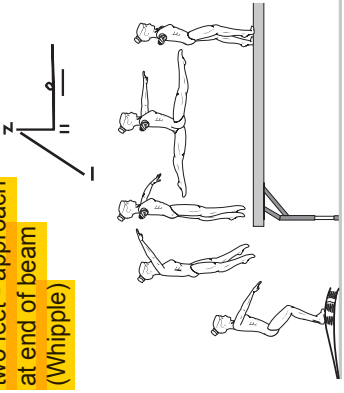
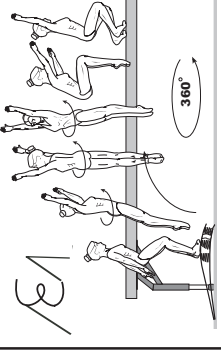
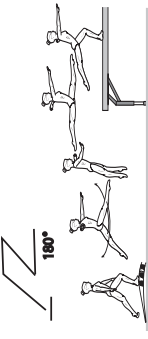
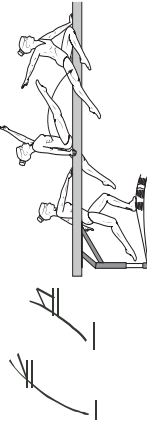
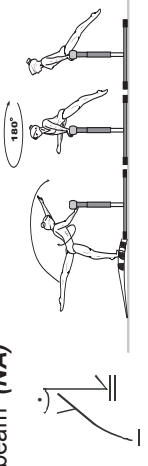

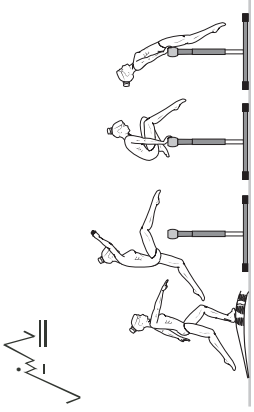
B. REPEATED “D/E” ELEMENT – LEVEL 10

1. “D/E” Bonus awarded one time ONLY.
2. No “D/E” Bonus for same “D” or “E” a second time, unless Different connection (before / after).
 - a. The first time a “D/E” element receives VP credit; however, if performed with a fall, no Bonus is awarded.
Example: Gymnast performs an Aerial Cartwheel, lands on beam on one foot and falls: Award VP; NO bonus.
 - b. The second time the same “D/E” element is performed and meets the requirement to receive VP (performed in a different connection without a spot or fall), Bonus is awarded.
Example: Gymnast repeats the Aerial Cartwheel, lands on beam connecting to a Flic-flac = Award VP, DV, and CV.

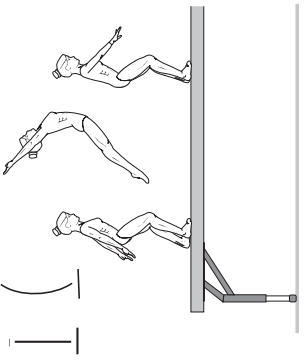
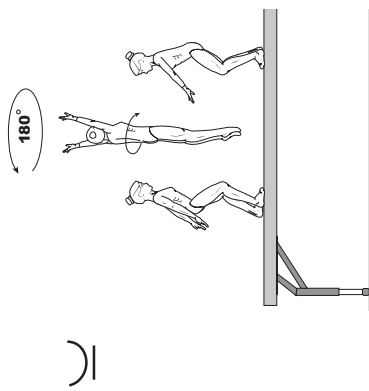
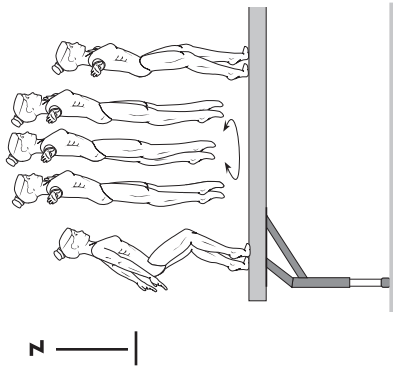
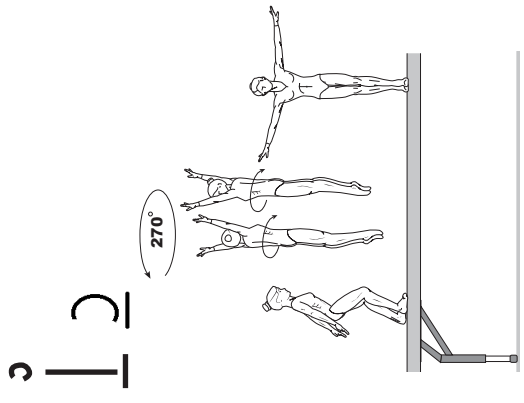
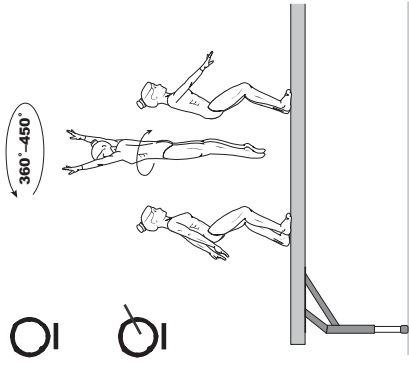
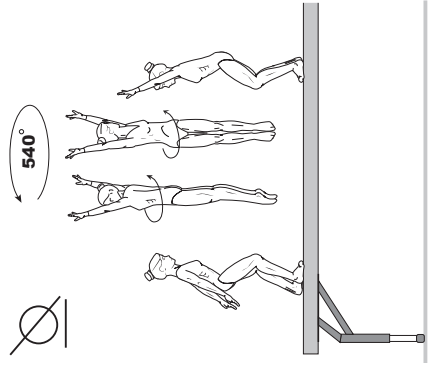
C. EXACT SAME CONNECTION REPEATED, CV BONUS NOT AWARDED.**D. LEVEL 9 & 10 – TOTAL BONUS CREDIT POSSIBLE:**

1. **Level 10:** +0.50 total Bonus needed to start at 10.0
 - a. No more than + 0.40 may be awarded for CV.
 - b. No more than + 0.40 may be awarded for “D/E”.
2. **Level 9:** +0.30 total Bonus needed to start at 10.0.
 - a. No more than + 0.30 may be awarded for CV.
 - If first “D/E” Acro element performed is contained in a Bonus connection, it receives +0.10 “D/E” Bonus and acts as a “C” for CV Connection Principle.
 - b. No more than + 0.10 may be awarded for “D/E”.
 - ONLY the first “D/E” Acro element receiving VP credit may be eligible for + 0.10 “D/E” Bonus.
 - No “D/E” Bonus for “D/E” Dance elements.

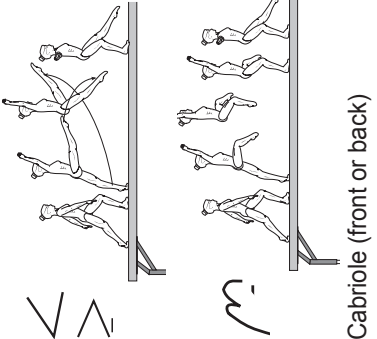
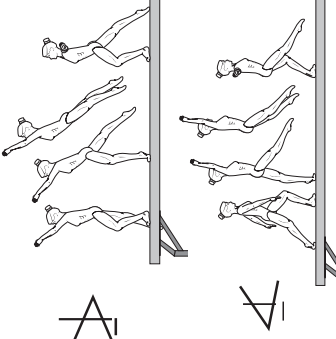
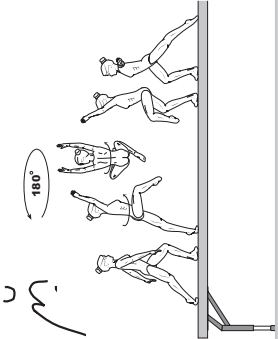
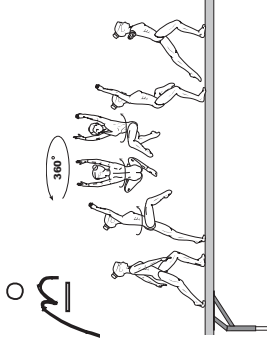
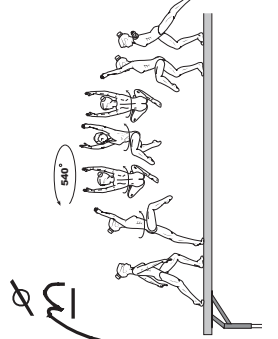
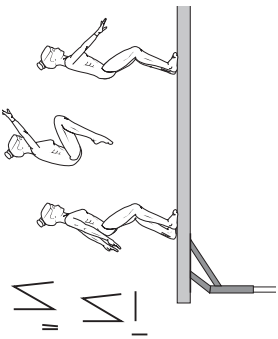
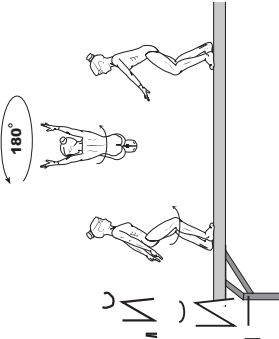
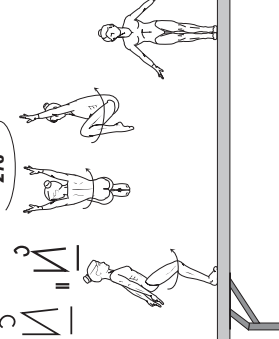
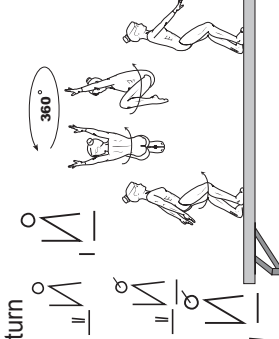
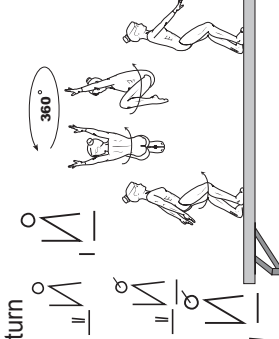
E. LEVEL 6 / 7 / 8 NOT ELIGIBLE for CONNECTION VALUE (CV) BONUS

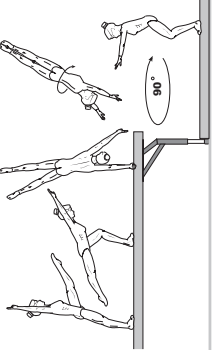
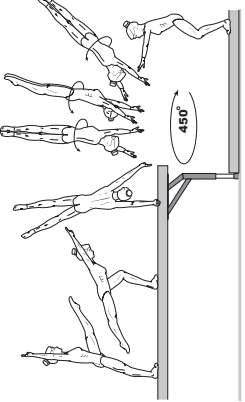
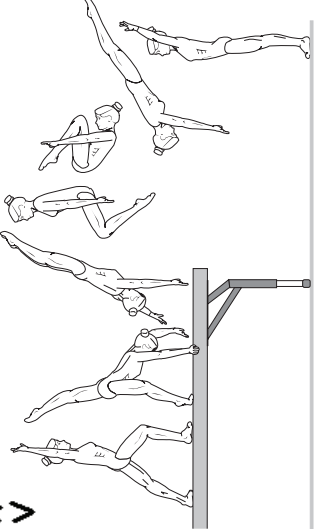
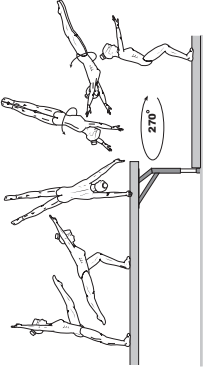
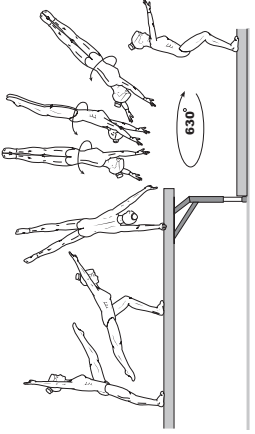
Group 1 – Mounts				
A	B	C	D	E
<p>1.101 (D) Free leap or jump to stand on one or both legs at middle, end or diagonal to beam – take-off from one or both legs</p>  <p>Free leap to stand on one or both legs at end or diagonal to beam with lowering to scale-take off from one leg</p> 	<p>1.201 (D) Free jump with 1/2 (180°) turn In flight phase to tuck or straight stand – approach at end or diagonal to beam</p>  <p>Also, straddle jump onto end of beam (180° leg separation)</p> 	<p>1.301 (D) Free Split jump with change of legs (minimum of 30° leg separation) prior to split position - landing on one or two feet - approach at end of beam (Whipple)</p> 	<p>1.401 (D) Free jump with 1/1 (360°) turn in flight phase to a tuck or straight stand – take-off from both legs – approach at end or diagonal to beam</p>  <p>(D) Split leap forward with leg change (180° leg separation) at end of beam</p> 	<p>1.501</p>
<p>1.102 Scissors leap to cross sit on L or R thigh - diagonal approach to beam (D)</p>  <p>One foot take-off, leg swing with 1/4-1/4 turn (total 180°) to front support – 90° approach to beam (NA)</p>  <p>Scissors leg swing with 1/2 (180°) turn to cross straddle sit (Not illustrated) (D)</p> 	<p>1.202 (D) Thief vault – take-off from one leg – free leap over beam, one leg after another to rear support - 90° approach to beam</p> 	<p>1.302</p>	<p>1.402</p>	<p>1.502</p>
			<p>(D) indicates element is considered a Dance Value Part</p>	<p>(NA) indicates element is NOT considered an Acro Value Part</p> <p>All Mount elements not designated as Dance (D) or Not Acro (NA) are considered Acro Value Parts and may be used for Composition (Choice of Acro Up to Competitive Level)</p>

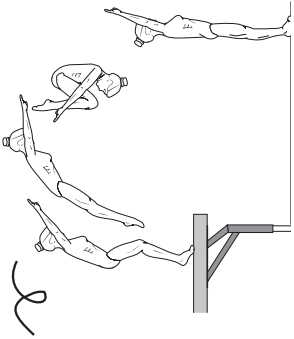
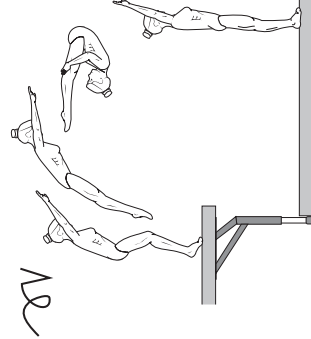
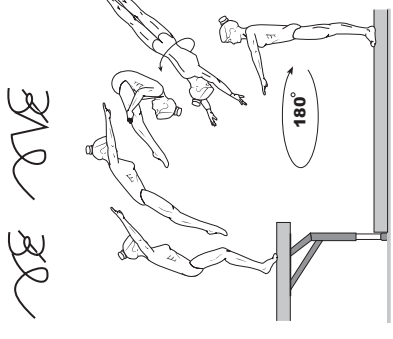
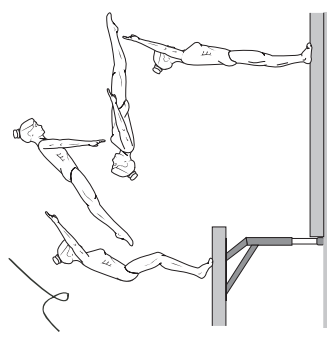
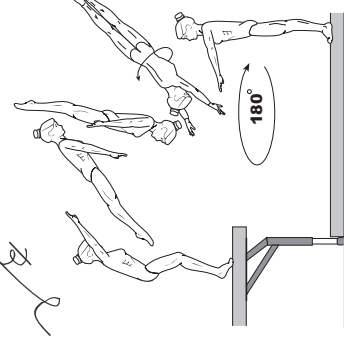
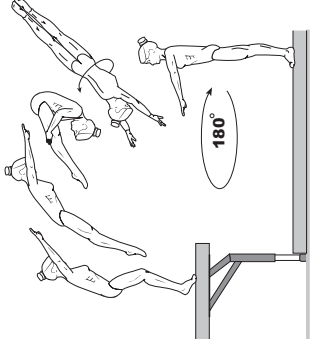
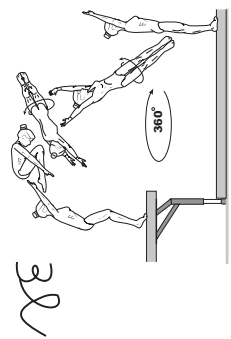
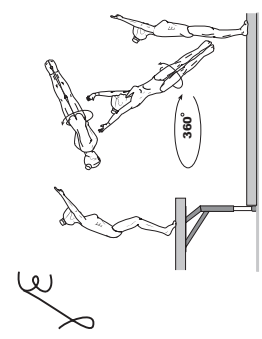
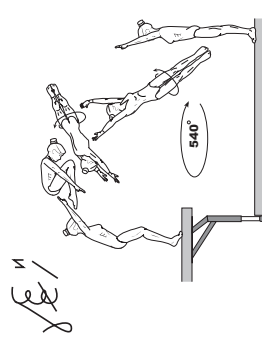
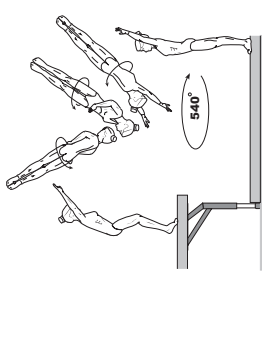
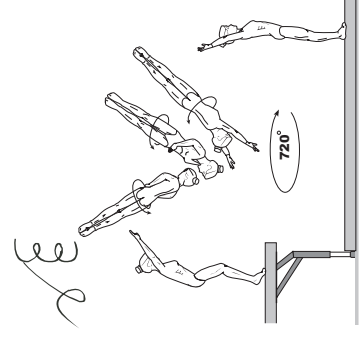
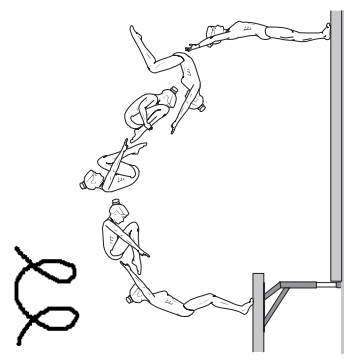
Group 1 – Mounts				
A	B	C	D	E
<p>1.103 (NA) From side stand frontways – flank over or straddle cut forward to rear support</p>	<p>1.203 (NA) From side stand frontways – double leg swing (Kehre-in) with 1/2 (180°) turn to rear support</p>	<p>1.303 (NA) Two flank circles followed by leg “flair” (Baitova)</p>	<p>1.403 (NA) Three flying flairs (Homma)</p>	<p>1.503</p>
<p>1.104 (D) From side stand facing beam – jump (with or without hand support) to side straddle stand or split sit</p> <p>also with hand support to 1/4 (90°) turn to cross split sit</p>	<p>1.204 (D) Jump with 1/2 (180°) turn to clear straddle support – 90° approach to beam</p>	<p>1.304 (D) Round-off, straddle pike jump backward over the beam into immediate hip circle backward – 90° approach to beam</p>	<p>1.404</p>	<p>1.504</p> <p>(D) indicates element is considered a Dance Value Part</p> <p>(NA) indicates element is NOT considered an Acro Value Part</p> <p>All Mount elements not designated as Dance (D) or Not Acro (NA) are considered Acro Value Parts and may be used for Composition (Choice of Acro - Up to Competitive Level)</p>

Group 2 – Leaps, Jumps, and Hops				
A	B	C	D	E
<p>2.108 Stretched (straight) or arch jump</p>  <p>Stretched jump with 1/2 (180°) turn</p>  <p>Stretched jump with change/beat of legs</p> 	<p>2.208 Stretched jump forward with $\frac{3}{4}$ (270°) turn, from cross or side position</p> 	<p>2.308 Stretched jump forward with 1/1-1¼ (360°–450°) turn</p> 	<p>2.408 Stretched jump forward with 1½ (540°) turn, landing optional</p> 	<p>2.508</p>

Group 2 – Leaps, Jumps, and Hops

A	B	C	D	E
<p>2.109 Scissors leap forward or backward with extended legs (Hitch-kick); with bent legs in turn-out or parallel (Cat leap)</p>  <p>Cabriolet (front or back)</p> 	<p>2.209 Cat leap with 1/2 (180°) turn</p> 	<p>2.309 Cat leap with 1/1 (360°) turn</p> 	<p>2.409 Cat leap with 1½ (540°) turn</p> 	<p>2.509</p>
<p>2.110 Tuck hop or jump</p> 	<p>2.210 Tuck hop or jump with 1/2 (180°) turn</p> 	<p>2.310 Tuckhop or jump with 3/4 (270°) turn</p> 	<p>2.410 Tuck hop or jump with 1/1 (360°) turn and also with 1¼ (450°) turn</p> 	<p>2.510 Tuck hop or jump with 1½ (540°) turn (Barclay and Rosette)</p> 

Group 9 – Dismounts				
A	B	C	D	E
<p>9.103 Cartwheel with 1/4 (90°) twist after hand support (or round-off) to cross stand at end of beam</p> <p>X_{ψ} λ</p> 	<p>9.203 Cartwheel with 1 1/4 (450°) twist after hand support to cross stand at end of beam</p> <p>$\emptyset X_{\psi}$</p> 	<p>9.303 Cartwheel with 1/4 (90°) turn on hands and repulsion to salto backward tucked (Lawson) or piked (Tsukahara tucked/piked) at the end of the beam</p> <p>$\lambda e W$</p> 	9.403	9.503
<p>Cartwheel with 3/4 (270°) twist after hand support to cross stand at end of beam</p> <p>X_{ψ}</p> 	<p>Cartwheel with 1 3/4 (630°) twist after hand support to cross stand at end of beam</p> <p>$\emptyset X_{\psi}$</p> 			

Group 9 – Dismounts				
A	B	C	D	E
<p>9.104 Salto forward tucked or piked from 1 foot (and swing-through) or from 2 feet, also with 1/2 (180°) turn</p>   	<p>9.204 Salto forward stretched, also with 1/2 (180°) twist off the side or end of beam</p>   <p>-a Iso from a stand on one leg, swing free leg through backward to salto forward stretched with 1/2 (180°) twist off the side of the beam (not illustrated)</p> 	<p>9.304 Salto forward tucked or stretched with 1 1/2 (360°- 540°) twist, take-off only from both legs</p>    	<p>9.404 Salto forward stretched with 2/1 (720°) twist, take-off only from both legs (Araujo)</p> 	<p>9.504 Double salto forward tucked</p> 

SECTION 5 – FLOOR EXERCISE – GENERAL INFORMATION – CHAPTER 1

WOMEN'S DEVELOPMENT (DEV) PROGRAM OPTIONAL FLOOR EXERCISE RULES					
	SPECIAL REQUIREMENTS (SR) Deduct <u>0.50</u> for Each Missing SR	VALUE PARTS (VP) A = .10 B = .30 C = .50	ALLOWABLE ELEMENTS & DIFFICULTY RESTRICTIONS Restricted Elements <u>0.50</u> deduction - off SV No credit for VP or SR	START VALUE (SV) & BONUS	TIMING Routine Time Limit
Level 6	1. One Acro pass- min. 3 directly connected elements, 2 with flight 2. Second Acro pass with 1 Salto/Aerial (backward/forward/sideward), isolated or in a 2 nd different connection 3. Dance Passage-min. 2 different Grp. 1 elements (directly/indirectly connected) with 1 Leap requiring 180° cross/side split 4. Turn – minimum 360° Turn on 1 foot	A = 5 B = 1 C = 0 Allowable C = B value	Allowable: All "A" / "B" elements ONE restricted "C" Dance element considered in chronological order. Restricted: Any additional "C" Dance All Acro "C/D/E" elements	10.0 SV NOT eligible for Bonus	1 min. 15 sec.
Level 7	1.2. Minimum of 2 Acro passes - 1 with Salto backward, min. 2 directly connected flight elements - 1 with Salto forward (add'l elements allowed) - 1 Salto (forward or backward) must be stretched (no twist) & land on 2 feet 3. Dance Passage - min. 2 diff. Grp. 1 elem. (directly or indirectly connected) with 1 Leap requiring 180° <u>cross/side split</u> 4. Minimum 360° Turn on one foot	A = 5 B = 2 C = 0 Allowable C's = B value	Allowable: All "A" / "B" elements Any "C" Dance element (unlimited) Restricted: "D/E" Dance or Acro "C/D/E" elements	10.0 SV NOT eligible for Bonus	1 min. 30 sec.
Level 8	1. Acro pass with min. of 2 Saltos (same/diff.), directly connected / indirectly connected w/ flight elements (with/without hand support) 2. Three different Saltos (NOT Aerials) 3. Dance Passage - min. 2 diff. Grp. 1 elem. (directly / indirectly connected) with 1 Leap requiring 180° <u>cross/side split</u> 4. Min. "A" Salto performed as last isolated Salto or within last Salto connection	A = 4 B = 4 C = 0 Allowable C's = B value	Allowable: All "A" / "B" elements, Any "C" Dance elements ONE restricted "C" Acro element considered in chronological order. Restricted: Any additional Acro "C/D/E" Any "D/E" Dance element	10.0 SV NOT eligible for Bonus	1 min. 30 sec.
Level 9	1. Acro pass with min. of 2 Saltos (same/diff.), directly connected / indirectly connected w/ flight elements (with/without hand support) 2. Three different Saltos (NOT Aerials) 3. Dance Passage - min. 2 diff. Grp. 1 elem. (directly / indirectly connected) with 1 Leap requiring 180° <u>cross/side split</u> 4. Min. "B" Salto performed as last isolated Salto or within last Salto connection	A = 3 B = 4 C = 1 Allowable D/E's = C value	Allowable: All "A" / "B" / "C" elements Any "D/E" Dance elements, and ONE restricted "D/E" Acro element considered in chronological order. Restricted: Any additional Acro "D/E" element	9.70 SV Bonus: 0.30 CV OR 0.20 CV; 0.10 D/E ONLY 1 st D/E eligible for D/E Bonus	1 min. 30 sec.
Level 10	1. Acro pass with min. of 2 Saltos (same/diff.), directly connected / indirectly connected w/ flight elements (with/without hand support) 2. Three different Saltos (NOT Aerials) 3. Dance Passage - min. 2 diff. Grp. 1 elem. (directly / indirectly connected) with 1 Leap requiring 180° <u>cross/side split</u> 4. Min. "C" Salto performed as last isolated Salto or within last Salto connection	A = 3 B = 3 C = 2	No difficulty restrictions Extra +0.10 Bonus (NOT in SV) if exercise has: - Met all Difficulty/Special Req. - Min. of 0.60 total Bonus - "E" Acro Element	9.50 SV Bonus: Max. of 0.50 (min. +0.1 D/E & min. +0.1 CV	1 min. 30 sec.
Timing Routine: Begins with first movement. Time ends with final movement. No warning is given.					
CJ deducts 0.10 from average score for overtime. No overtime deduction if within fraction of second over the time limit.					

I. APPARATUS SPECIFICATIONS / RULINGS**A. USA GYMNASTICS WOMEN'S RULES AND POLICIES (R&P)**

1. See Chapter 11: Apparatus Requirements in current *R&P* for specific equipment regulations
2. Requirements are subject to change every competitive year, beginning August 1.

B. ALLOWED UP TO TWO MANUFACTURED MATS:

1. ONLY one skill cushion / 4" throw mat per tumbling pass allowed.
 - No more than two mats on Floor Exercise (FX) area at any one point in time.
2. Mats covering boundary line(s) MUST be clearly marked to indicate actual boundary line(s).
 - CJ deducts 0.10 from average score for failure to mark mat.
3. No requirement to remove additional mat(s) from FX area during the exercise.
4. It is NOT permissible to put other marks on the landing mats.

C. SUPPLEMENTAL MATTING (sting mat, 4" throw mat, 8" skill cushion)

1. Chief Judge (CJ) takes a 0.30 deduction from average score for use of any unauthorized or additional matting.
2. 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

II. TIMING REGULATIONS**A. TIMED AND TOUCH WARM-UP PROCEDURES**

1. Block time for timed warm-up NOT allowed on FX.
2. The entire squad warms up at the same time for FX. The amount of time is calculated by multiplying the allowable warm-up time per athlete by the number of athletes in the largest squad in that session.
 - See Chapter 9: Meet warm-ups in the *R&P* for specific warm-up and timing procedures.
3. If warm-up time is exceeded, a warning is given.
4. Exceeding warm-up time after warning:
 - a. Chief Judge (CJ) deducts 0.20 from average score.
 - b. In team competitions, deduct from team event score.
5. Gymnast 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:

LEVEL	MAXIMUM TIME LIMIT
Level 7 / 8 / 9 / 10	1:30
Level 6	1:15

2. Timing begins with first movement and stops with final movement.
3. Entire exercise is evaluated, regardless of overtime.
4. CJ 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 any missing Value Parts (VP) from Start Value (SV).
2. Deduct 0.50 each for any missing Special Requirements (SR) from SV.
3. CJ 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.

III. MUSIC REGULATIONS**A. MUSICAL ACCOMPANIMENT:**

1. MUST be recorded with orchestra, piano or other instruments.
2. Without singing / voice – human sounds are allowed, provided no lyrics spoken or sung. A single word used as a rhythmical sound is allowed.
 - a. No deduction for music with whistles / animal sounds.
 - b. CJ deducts 1.00 from average score for absence of music / music with lyrics / song.
3. Any question regarding music containing words:
 - a. Music and music approval form should be sent to Regional Technical Committee Chairman (RTCC).
 - b. RTCC will forward music and form to:
 - 1) Dev Program Director
 - a) Dev Program Director will then forward questionable music piece to National Technical Committee Chairman (NTCC) and Dev Technical Director for discussion.
 - b) Dev Program Director will send final decision to the RTCC, using the official music approval form.
 - 2) RTCC sends to the coach.
 - c. Coach should carry approval form to competitions:
 - 1) The form provides verification that music has been approved.
 - 2) No deduction should be taken if form can be provided.

B. PROCEDURES FOR MUSIC FAILURE (TECHNICAL FAILURE):

1. Gymnast continues routine:
 - a. Upon completion, MUST decide whether to **resume from point of music failure** or accept score given.
 - b. Judges will NOT post score until decision is made.
 - c. No deduction would be taken for absence of music **if decision is to accept score**.
2. Gymnast stops performance immediately:
 - a. **May request permission from CJ to continue from point of music failure.**
 - b. **If permission granted, after reasonable amount of rest time gymnast may perform again from point of music failure.**

C. MUSIC MUST BE RECORDED DIGITALLY

1. Meet Directors (at all sanctioned events):
 - a. MUST provide options for ONLY digital copies of music (MP3 players, computers, tablets, smart phones, etc.).
 - b. Electronic devices MUST have display screen and MUST be on airplane mode, when applicable.
 - Playing music via Bluetooth is NOT allowed.
2. Meet Directors are NOT required to provide compact disc players.
3. FX music MUST be downloaded onto a mobile device for competitions to avoid interruptions / failure to play / errors. Accessing music via cellular or internet connections at competitions is NOT allowed.

IV. LINE VIOLATIONS (OUT OF BOUNDS)

A. TOUCH OUTSIDE BOUNDARY AREA:

1. Steps on, but NOT over, the line - NOT considered out of bounds.
2. FX area marked by two different colors:
 - a. Any part of the body touching the outside color, considered out of bounds.
 - b. Permissible to place small pieces of tape on the inside corners of boundary:
 - 1) Same color as FX area carpet.
 - 2) For awareness of actual boundary area.
3. Out of bounds deduction taken for each line violation.

B. NEUTRAL DEDUCTION:

- CJ deducts 0.10 from average score for each line violation.

C. FALLS – OUT OF BOUNDS:

1. Each judge deducts 0.50 for the fall.
2. CJ deducts 0.10 from average score for each line violation.

D. ELEMENT LANDING – OUT OF BOUNDS:

1. Take-off MUST be performed while inside boundary line to receive VP credit.
2. Take-off performed outside of boundary line:
 - a. No VP credit awarded.
 - b. No SR awarded.
 - c. No Connection Value (CV) Bonus awarded (if applicable).
 - d. No “D/E” Bonus awarded (if applicable).

E. LINE JUDGES PRESENT:

1. Two Line Judges ideal.
2. Should be seated at opposite corners to insure clear view of two lines each.
3. Indicate line violations by raising flag or their hand.

F. NO LINE JUDGES PRESENT:

1. Chief and panel judge(s) MUST watch for line violations.
2. Indicate line violations by raising their hand.

G. LINE VIOLATIONS NOTIFICATIONS:

1. Indicated in writing by line judge / panel judge.
2. Submitted to CJ.
3. Deduction MUST be communicated to coach verbally or visually.

V. COACH – ON FX AREA / SPOTTING REGULATIONS LEVEL 6 / 7 / 8 / 9 / 10

A. NO DEDUCTION – COACH ON FX AREA:

1. When placing, adjusting or removing a mat.
2. During the exercise to remove any object which may impede or endanger the athlete.
EXAMPLE: hair clips, eyeglasses, etc.

B. COACH ON FX AREA (without assisting gymnast):

1. CJ deducts 0.50 from average score for “coach on the floor”.
2. Applied ONLY one time, regardless of the number of times coach enters the area.

C. COACH ON FX AREA (assists gymnast during an element):

1. Each judge deducts 0.50 for spot.
2. If fall occurs after spot, each judge **also** deducts 0.50 for fall.
3. No VP or SR credit awarded (if applicable).
4. No “D/E” or CV Bonus awarded (if applicable).
5. CJ deducts 0.50 from average score for “coach on the floor”.
6. “Coach on the floor” deduction is applied **ONLY** one time, regardless of the number of times coach enters the area.

D. COACH ON FX AREA (assists gymnast on landing of element):

1. Each judge deducts 0.50 for the spot.
2. If falls after spot, each judge also deducts 0.50 for fall.
3. Award VP credit.
4. Award SR credit (if applicable).
5. No Bonus awarded (if applicable).
6. CJ deducts 0.50 from average score for “coach on the floor”.
7. “Coach on the floor” deduction is applied **ONLY** one time, regardless of the number of times coach enters the area.
8. Coach catches a falling gymnast: 0.50 fall; no deduction for spot; CJ deducts 0.50 from average score for “coach on the floor”.

**E. COACH OR TEAMMATE TOUCHES / PUSHES GYMNAST TO STOP MOMENTUM –
RUNNING / FALLING OUT OF BOUNDS.**

1. Each judge deducts 0.50 for assisting gymnast.
2. If gymnast falls after assistance, do **NOT** deduct for both assistance and fall.
 - Each judge deducts 0.50 for fall.
3. Award VP credit.
4. Award SR credit (if applicable).
5. No Bonus awarded (if applicable).
6. CJ deducts 0.10 from average score for line violation.

F. STAND AROUND FLOOR EXERCISE AREA TO CHEER:

1. Gymnasts / coaches are permitted.
2. **MUST NOT** obstruct the view of judges / spectators.
3. Obstruction:
 - a. CJ gives a warning.
 - b. If obstruction continues, CJ deducts 0.20 for unsportsmanlike conduct.
 - 1) All-Around score of gymnast creating obstruction, OR
 - 2) Team score of team in violation.



VI. RECOGNITION (COUNTING) OF VALUE PARTS (VP)**A. ANY FX ELEMENT MAY RECEIVE VP CREDIT TWO TIMES PROVIDED:**



- Repeated element **MUST** occur in a different connection. (i.e., either isolated one time and in a connection another time, OR when the repeated element is performed in two connections, in which it is preceded or followed by a different element that is listed in the *Dev Code of Points (COP)* – whether it received VP credit or not).
- 1. Leap / jump / hop / NOT found in *Dev COP*:
 - a. May be awarded comparable VP credit of the “root” element.
 - b. May have variations of leg position and landing position.
 - c. New elements NOT listed in *Dev COP*:
 - 1) **MUST** be evaluated by Regional Technical and Regional Development Program Committee Chairmen.
 - 2) Element evaluation form on [USA Gymnastics website](#) (Women – Forms - Meet Forms).
- 2. Same “D/E” element performed a second time in different connection:
 - a. Level 10:
 - 1) Receives VP credit twice.
 - 2) Eligible for CV Bonus each time (if applicable).
 - 3) Eligible for “D/E” Bonus **ONLY ONCE**.
 - b. Level 9:
 - 1) If “D/E” Dance element performed twice in different connection:
 - Receives VP credit twice, eligible for CV Bonus each time (if applicable).
 - 2) If “D/E” Acro element performed twice in different connection:
 - a) First time – receives credit for VP, SR, “D/E” Bonus (+0.10) and CV Bonus (if applicable).
 - b) Second time - receives **NO** credit for VP, SR or CV Bonus (if applicable). Deduct 0.50 for restricted element.
- 3. Same element is performed a third time, or performed second time in exact same connection:
 - a. No VP credit awarded.
EXCEPTION: Round-offs / Flic-Flacs / Handsprings forward in Acro pass with Saltos.
 - b. No SR awarded (**MUST** receive VP credit to fulfill SR).
 - c. All applicable execution and amplitude deductions are applied.
 - d. No CV Bonus awarded with no VP credit.
EXCEPTION: VP credit awarded for an element performed for the third time if **NOT** previously awarded VP credit because:
 - 1) Element lacked completion first or second time performed, OR
 - 2) Element was used in exact same connection the second time performed.
- 4. Saltos / Aerials required to land on feet first **MUST** land on any part of the bottom of foot / feet first to receive VP credit.
 - a. Deduct 0.50 for the fall if landing hands and bottom of feet simultaneously. VP credit will be awarded.
 - b. Deduct 0.50 for the fall with failure to land on bottom of feet first. VP credit is **NOT** awarded.
- 5. Definition of Acro pass:
 - An approach (usually initiated by a hurdle or run) resulting in the performance of one or more Acro elements (with or without hand support). An Acro pass with two or more non-Salto elements **MUST** be directly connected. An Acro pass with two or more Saltos may be directly or indirectly connected with flight elements with hand support.

B. ELEMENTS WILL BE CONSIDERED DIFFERENT FOR COUNTING VP'S in the following instances:

1. Different number in the *Dev COP*.
2. Same number in the *Dev COP*, but meets the following criteria:
 - a. **Salto are performed with different body positions.**
 - 1) Tuck, pike and stretched Salto = different elements.
 - 2) Position maintained during majority of Salto determines recognized element.
 - b. **Element is performed with different degrees of turn ($\frac{1}{2}$, $1\frac{1}{2}$, $1\frac{1}{2}$).**
NOTE: addition of $\frac{1}{4}$ (90°) turn does NOT make element different, unless specifically listed in *Dev COP*.



EXAMPLES:

1) **#1.115** Tuck Jump  and Tuck Jump with $\frac{1}{2}$ (180°) turn  = different elements.

2) Tuck Jump with $\frac{1}{2}$ (180°) turn  and Tuck Jump with $\frac{3}{4}$ (270°) turn  = same element.



- c. **Take-off for leap / jump / hop from one or two legs.**

EXAMPLE:

#1.101 Split Leap  and a Split **Jump**  = two different elements.

- d. **Acro elements with support on one or both arms, with or without flight, or free (no hand support).**

EXAMPLE:

#5.104 Cartwheel , Dive cartwheel , and Aerial cartwheel  = different elements.

- e. **Addition / deletion of Salto / Aerial / "B" Acro flight (hand support) element:**

Acro pass considered different for counting VP's.

EXAMPLES:

1) 1st pass: Salto forward tucked, Handspring forward, Salto forward stretched. 

2nd pass: Salto forward tucked, Handspring forward, Flyspring, Salto forward stretched



- With the addition of Flyspring "B" Acro flight (hand support) = two different passes
- VP credit awarded to all elements.

2) 1st pass: Salto forward tucked, Round-off, Flic-Flac, Salto backward with $2\frac{1}{2}$ (720°) twist



2nd pass: Round-off, Flic-Flac, Salto backward with $2\frac{1}{2}$ (720°) twist



- With the deletion of Salto forward tucked = two different passes
- VP credit awarded to all elements.

3) 1st pass: Aerial walkover, Round-off, Flic-Flac, Salto backward tucked. 

2nd pass: Round-off, Flic-Flac, Salto backward tucked



- With deletion of Aerial walkover = two different passes
- VP credit awarded to all elements.

- f. **Addition / deletion of Dance VP element following and directly connected to last element in an Acro pass makes Acro pass different.**

C. ELEMENTS LISTED UNDER THE SAME NUMBER WILL BE CONSIDERED THE SAME, in the following instances:

1. **Salto forward tucked with two-foot landing or with step-out considered same element.**
EXAMPLE: Salto forward tucked step-out, Salto forward tucked to 2-feet = same element.



2. **Addition of one or more Flic-Flacs or Handsprings forward prior to a Salto will NOT make Acro pass different, regardless of the order that the Acro passes are performed within routine.** The Salto receives VP credit ONLY for first time performed.

EXAMPLE:

1st pass: Round-off, Flic-Flac, Salto backward with 2/1 (720°) twist



2nd pass: Round-off, Flic-Flac, Flic-Flac, Salto backward with 2/1 (720°) twist.

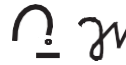


- Both considered same Acro pass.
- ONLY first Salto backward with 2/1 (720°) twist receives “C” VP credit.

3. **To receive VP credit a second time for the same Salto, there MUST be a different element preceding or directly following the Salto.**

EXAMPLE 1:

1st pass: Handspring forward, Salto forward piked



2nd pass: Punch Salto forward piked



- Second pass is different = has no Handsprings forward.
- Both Saltos forward piked receive “B” VP credit.

EXAMPLE 2:

1st pass: Round-off, Flic-Flac, double Salto backward tucked



2nd pass: Round-off, double Salto backward tucked



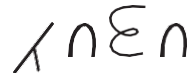
- Last pass is different = has no Flic-Flacs.
- Both double Saltos backward tucked receive “D” VP credit.

EXAMPLE 3:

1st pass: Round-off, Flic-Flac, Salto backward stretched with 1/1 (360°) twist

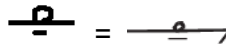


2nd pass: Round-off, Flic-Flac, Salto backward stretched with 1/1 (360°) twist, Flic-Flac



- Since the additional Flic-Flac follows the Salto = 2nd pass is different.
- Both Saltos backward stretched with 1/1 (360°) twist receive “B” VP credit.

4. Split Leap / Stag Leap considered same element.



Split Jump / Stag Jump considered same element.



- Leaps and jump considered different with one-foot or two-foot take-off.

D. CONSIDERATIONS AWARDED VALUE PART CREDIT WHEN A FALL OCCURS:

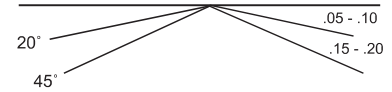
- Failure to land on bottom of feet first on Salto element:
 1. No VP, no SR, no Bonus credit awarded.
 2. Deduct 0.50 for fall.
 3. Deduct for execution / amplitude errors.

E. REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS

1. Leg positions / posture / body position / amplitude requirements indicated in the *Dev COP* MUST be fulfilled to award VP credit.
2. Appropriate execution / amplitude deductions, in some cases, would be taken rather than recognizing a different element.

3. Split Leaps / Split Jumps

Split Leaps and Jumps require 180° leg separation.
For insufficient split - evaluate as follows:

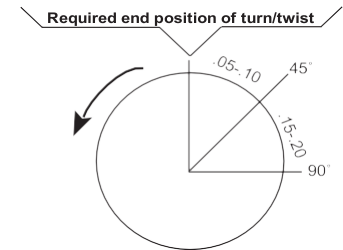


0.05 – 0.10	missing 1° – 20° of the split
0.15 – 0.20	missing 21° – 45° of the split
Award VP performed if applicable	missing 46° or more of the split

NOTE: Deduct for insufficient amplitude / execution and insufficient split.

4. Twisting Saltos – Incomplete LA (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 (1080°) twist ("E") missing 90° or more of the twist:

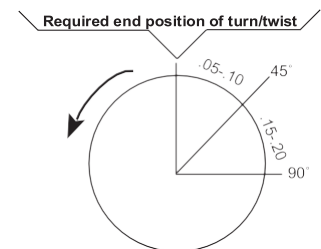
- Award ("D") credit for 2½ (900°) twist.
- Deduct for balance and execution errors.

Completion of twist clarification:

- Placement of front foot upon landing determines the amount of twist completed.
- Twist completion determines VP credit.

5. Turning leaps / jumps / hops and turns on one 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

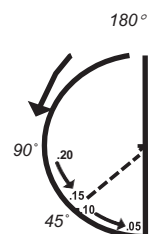
Completion of turns clarification:

- Heel drops = turn completion.
- VP credit awarded for degree of turn completed prior to heel drop.

6. Leaps / jumps / hops with ½ (180°) turn

EXAMPLE: Wolf Jump ½ ("B") and Wolf Jump ("A")

- Degree of turn completion upon landing determines VP awarded.
- To receive higher value, turn MUST finish closer to higher degree of turn.
- Minimum of 1° past halfway mark between the two values.
- Execution deductions for incomplete turn will be applied.



F. SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS

1. **#1.101 Split Jump (“A”) vs. #1.110 Sissonne (“A”):**
 - a. Cross Split Jump has 2-foot take-off and landing on two feet.
 - Cross Split Jump shows 180° split with legs even, parallel to BB.
 - b. Sissonne has 2-foot take-off and 1-foot landing.
 - Sissonne requires 180° split of legs, in diagonal position with:
 - 1) Front leg forward-downward (minimum of 45° from BB) and
 - 2) Back leg backward-upward (minimum of horizontal).
 - 3) Deduct up to 0.10 for insufficient amplitude if front leg of Sissonne is lacking minimum of 45° from floor.
2. **#1.204 Split Leap forward with leg change (Switch-leg Leap) (“B”):**
 - a. First leg should swing forward (minimum of 45°) prior to swinging backward.
 - b. First leg does NOT reach 45° = award “B” VP credit. Deduct up to 0.10 for insufficient height of leg swing.
 - c. Required leg separation following leg change is 180° split for “B” value Switch-leg Leap.
 - Deduct up to 0.20 for insufficient split after leg change, if applicable.
 - d. Split less than 135° = award “A” VP credit; no SR credit for Leap with 180° cross / side split.
 - Deduct up to 0.20 for insufficient leg separation.
 - e. Stag-Switch leg Leap – swing leg bent minimum of 90° (stag) with no extension of leg prior to leg switch = award “A” VP credit (Stag-Split Leap).
3. **#1.208 Schushunova (“B”):**
 - a. MUST show 180° side-split **or straddle-pike** 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 Ring or Stag-Ring Leap / Jump (“B”):**
 - 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 floor.
 - 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.

SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS (continued)**5. #1.305 Switch-leg Leap with ¼ (90°) turn (Switch-side Leap) (“C”):**

- a. First leg should swing forward to minimum of 45° prior to swinging backward.
 - 1) Fail to swing first leg forward to minimum of 45° but completes ¼ (90°) turn. Award “C” VP. Deduct up to 0.10 for insufficient height of leg swing.
 - 2) Fail to swing first leg forward to minimum of 45° with incomplete ¼ (90°) turn. Award “B” VP (recognize as Switch-leg Leap). Deduct up to 0.10 for insufficient height of leg swing.
- b. ¼ (90°) turn MUST occur in the air; NOT prior to leg swinging backward.
 - 1) Leg swings to minimum of 45°; ¼ (90°) turn occurs early - before leg begins backward swing, award “C” VP. Deduct up to 0.10 for lack of precision in Dance elements.
 - 2) Leg swing to minimum of 45°; ¼ (90°) turn is incomplete, award “B” VP (Switch-leg Leap). Deduct up to 0.10 for lack of precision in Dance elements.
- c. Expected amplitude of side-split position is 180° split.
 - Less than 135° split, recognize as another element and deduct for missing SR (if applicable).
- d. ROND DE JAMBE technique is acceptable:
 - 1) Front leg swings forward to minimum of 45° prior to ¼ (90°) turn.
 - 2) Front leg moves Across horizontal plane to side-split position.
- e. First leg staggered, award “A” VP credit.
 - 1) First (swing) leg bent minimum of 90°.
 - 2) Leg never extends prior to leg switch.

6. #1.309 Tour Jeté with ½ (180°) turn (“C”)**#1.404 Switch-leg Leap with 1/1 (360°) turn (“D”)**

- a. Elements often identified incorrectly.
- b. Both show cross split position, finish facing same direction as take-off.
- c. **Tour Jeté with ½ (180°)** turns away from initial swing leg.
- d. **Switch-leg Leap with 1/1 (360°)** turns toward initial swing leg.

#1.309 (“C”)



#1.404 (“D”)

**7. #1.307 Straddle-Pike Jump with 1/1 (360°) turn (Popa) (“C”):**

- a. Straddle-Pike Jump position in any phase of 360° turn (with legs at or above horizontal).
- b. Side-split Jump with 1/1 (360°) turn receives “C” VP credit.

8. #1.308 JUMP with 1/1 (360°) turn – Side-split Jump, landing in front lying support (Prone) (Schushunova 1/1) (“C”) (two variations):

- a. Straddle-Pike Jump with ½ (180°) turn and “turn over” (½ turn, ½ turn) to land in front lying position.
- b. Jump with 1/1 (360°) turn to side-split, legs rotate back to horizontal plane to land in front lying position.

9. #1.311 Switch-Ring Leap (“C”):

- a. First leg should swing forward to minimum of 45° prior to swinging backward.
- b. Fails to swing first leg forward to minimum of 45°. Deduct up to 0.10 for insufficient height of leg swing.
- c. Head release backward past vertical line MUST be shown to be considered “ring” position.
- d. Expected amplitude of rear foot is to top of head.
- e. Deduct up to 0.10 if rear foot is at shoulder or upper back height.
- f. Rear foot at hip-height or no backward head release (regardless of height of leg) recognized as Switch-leg Leap (“B”).
- g. Deduct up to 0.10 for insufficient arch.

SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS (continued)**10. #2.202 1/1 (360°) turn with free leg at or above horizontal from start to end of turn (“B”):**

- a. Allow time (up to 45° - 1/8th of turn) to quickly lift leg into position without deduction. Free leg may be bent or extended, but entire leg **MUST** be minimum of horizontal to receive “B” VP credit.
- b. **MUST** maintain leg position throughout turn:
 - 1) Once minimum of horizontal position established.
 - 2) Free leg may **NOT** be supported with hand to maintain leg position.
- c. Recognize as 1/1 (360°) turn (“A”)
 - 1) Incorrect leg position for more than 45° of turn, OR
 - 2) Leg **NOT** maintained throughout remaining 7/8^{ths} (315°) of turn.

11. #2.208 1/1 (360°) turn with free leg held upward at a 180° split position (“B”):

- a. Leg held between 135° – 179° split:
 - 1) Award “B” VP credit.
 - 2) Deduct up to 0.20 for insufficient split.
- b. Leg held less than 135° split:
 - Award “A” for 1/1 (360°) turn.

12. Salto forward (Group 6) in Direct Connection

- a. Any forward Salto used as an accelerating element:
 - 1) Directly connected Salto forward pass element.
 - 2) No up to 0.30 deduction applied for insufficient amplitude.
- b. Last Salto in connection expected to have greater amplitude.

EXAMPLE:

Handspring forward + Salto forward stretched + Salto forward stretched with 1/1 (360°) twist



The Salto forward stretched is the accelerating element in the Acro pass.

C. LEVEL 6 FLOOR EXERCISE SPECIAL REQUIREMENTS

1. **One Acro pass – minimum three directly connected elements, two with flight.**
 2. **Second Acro pass with one Salto / Aerial (backward / forward / sideward), isolated or in a 2nd different connection.**
 3. **Dance passage – minimum two different Group 1 elements (directly or indirectly connected) with one Leap requiring a 180° cross / side split position.**
 4. **Turn – minimum 360° Turn on one foot.**
-
1. **SR #1: One Acro pass – minimum three directly connected elements, two with flight.**
 - a. Flight or non-flight Acro element groups 5 / 6 / 7 / 8.
 - 1) Roll category (Group 4) may NOT be used to fulfill SR #1.
 - 2) Salto / Aerial in Acro pass #1 may NOT also fulfill SR #2 (Salto / Aerial).
 - b. Acro elements MUST receive VP credit to fulfill SR.
 - c. Acro pass considered broken, and NO SR awarded, when:
 - 1) Stop between elements.
 - 2) Loss of balance, causing stop between elements.
 - 3) Repositioning of support leg.
 - 4) Extra step / hop / jump between elements.
 2. **SR #2: Second Acro pass with one Salto / Aerial (backward / forward / sideward), isolated or in 2nd different connection.**
 - a. May be backward / forward / sideward.
 - b. May be isolated or in 2nd different connection.
 - c. If Salto / Aerial does NOT land on bottom of feet first, no SR awarded.
 3. **SR #3: Dance passage – minimum two different Group 1 elements (directly or indirectly connected) with one Leap requiring a 180° cross / side split position.**
 - a. See Level 8 / 9 / 10 – SR #3 for specific information.
 - b. ONLY one Group 1 “C” Dance element is allowed.
 - c. More than one Group 1 “C” or any “D/E” Dance elements are NOT allowed. If performed:
 - 1) Deduct 0.50 from SV for restricted element.
 - 2) SR #3 NOT awarded.
 4. **SR #4: Turn – minimum 360° turn on one foot.**
 - a. Turn requirement MUST be completed in high relevé.
 - 1) Heel drops onto floor during turn.
 - 2) Heel drop marks degree of turn completion.
 - 3) Deduct for incomplete turn, (see Chapter 3 – Execution and Artistry).
 - b. $\frac{3}{4}$ turn or less (90° or more deficient)
 - 1) SR #4 NOT awarded.
 - 2) Deduct 0.50 for missing SR #4.
 - c. Turn may be isolated or in series.
 - d. Illusion Turns:
 - 1) Illusion 1/1 (360°) turn (“A”), with brief touch of floor with one hand.
 - 2) Illusion 1/1 (360°) turn (“B”), without touching the floor with hand or free leg.
 - 3) Both may be used to fulfill Level 6 SR #4

D. ALLOWABLE DIFFICULTY

LEVEL	“A” Value Part	“B” Value Part	“C” Value Part	“D/E” Value Part
LEVEL 10	Yes	Yes	Yes	Yes
LEVEL 9	Yes	Yes	Yes	1. Any “D/E” Dance elements 2. One Acro “D/E” element 3. Count as “C” VP
LEVEL 8	Yes	Yes	1. Any “C” Dance elements 2. One Acro “C” element 3. Count as “B” VP	No
LEVEL 7	Yes	Yes	1. Any “C” Dance element (unlimited) 2. Count as “B” VP	No
LEVEL 6	Yes	Yes	1. One “C” Dance element 2. Count as “B” VP	No

- Guidelines for restrictions:**

- Allowable elements:
 - Will receive element value listed in the chart.
 - May be used to fulfill SR.
 - Level 9 ONLY:
 - May serve as a “C” element in any applicable CV Bonus.
 - ONLY first “D/E” Acro element receiving VP credit can be considered for +0.10 “D/E” Bonus.
- Restricted elements will be considered in chronological order.

ONLY the first restricted element in the exercise may be:

 - Awarded VP credit.
 - Awarded SR, if applicable.
 - Awarded CV Bonus, if applicable.
 - Level 8 and 9 ONLY: A restricted element may be repeated if the element receives “0” VP credit the first time.
- Any other restricted element meeting the requirements to receiving VP credit:
 - Deduct 0.50 from SV for restricted element.
 - No VP credit awarded.
 - No SR credit awarded.
- All appropriate execution and amplitude deductions applied to all elements performed, whether VP credit is awarded or NOT.

I. CHIEF JUDGE DEDUCTIONS

CHIEF JUDGE DEDUCTIONS	<u>0.10</u>	Overtime
	<u>0.10</u>	Failure to mark the FX boundary line on additional mats • Applied to any mat which covers the FX boundary line
	Each time <u>0.10</u>	Out of bounds • Any part of body touching outside of FX border marking
	(CJ) 0.30	Lands Acro element in solid / loose foam pit No VP, SR, Bonus
	<u>0.50</u>	Coach on FX area (inside border markings) • No deduction if coach is in FX area to remove an object fallen from gymnast (i.e., metal hair clip, eyeglasses, etc.). • No deduction to adjust placement of or to remove a skill cushion
	<u>1.00</u>	Absence of music or music with words or song / speech
	<u>2.00</u>	Complete or incomplete exercise less than 30 seconds

II. EXECUTION AND AMPLITUDE DEDUCTIONS

SMALL FAULTS	each time <u>0.05</u>	Flexed / sickled feet on VP elements
	up to 0.10	Slight hop or small adjustment of feet or staggered feet (one foot in front) on landing elements
	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 Salto with twist
	each up to 0.10	Incorrect body posture / alignment during Dance VP
	each <u>0.10</u> (max. 0.40)	Steps on landing

EXECUTION AND AMPLITUDE DEDUCTIONS (continued)

MEDIUM FAULTS	each up to 0.20	Leg or knee separations
	up to 0.20	Insufficient height on leaps / jumps / hops
	up to 0.20	Insufficient height of Aerials & Acro flight elements with hand support
	up to 0.20	Insufficient split position (deviation from 180°) – Dance & Acro (when required)
	0.05 – 0.10	1° – 20° missing
	0.15 – 0.20	21° – 45° missing
	lesser VP	46° or more missing
	up to 0.20	Legs NOT parallel to floor
		<ul style="list-style-type: none"> In Split Leaps / Jumps or Straddle-Pike Jumps
	up to 0.20	Insufficient exactness of tuck or pike position in VP elements
	up to 0.20	Failure to maintain stretched body position (pike down)
	up to 0.20	Insufficient exactness of stretched position
		<ul style="list-style-type: none"> Arch Hip angle (136° – 179°)
	up to 0.20	Group 1 & 2 Dance elements (with 360° + turn): Incomplete turn
	0.05 – 0.10	1° – 44° missing
	0.15 – 0.20	45° – 89° missing
	lesser VP	90° or more missing
	up to 0.20	Acro elements: Incomplete twist
	0.05 – 0.10	1° – 44° missing
	0.15 – 0.20	45° – 89° missing
	lesser VP	90° or more missing
	up to 0.20	Insufficient variation in rhythm and tempo throughout the exercise
	up to 0.20	Insufficient dynamics – consider:
		<ul style="list-style-type: none"> Energy maintained throughout the exercise Makes difficult look effortless
	up to 0.20	Incorrect body posture on landing of VP elements
	up to 0.20	Additional trunk movements
		<ul style="list-style-type: none"> To maintain balance / control upon landing of Acro elements
	each <u>0.20</u> (max <u>0.40</u>)	Large step / jump on landing (approximately 3 feet or more)

EXECUTION AND AMPLITUDE DEDUCTIONS (continued)

LARGE FAULTS	up to 0.30	Bent arms in support – on any one element
	up to 0.30	Bent legs – on any one element (90° bend or greater = max <u>0.30</u>)
	up to 0.30	Insufficient extension • Open of tuck / pike body position prior to landing Acro elements
	up to 0.30	Squat on landing (hips even with or lower than knees)
	up to 0.30	Insufficient height of Salto elements 1. Does NOT apply to accelerating element in directly connected forward Acro pass. 2. Handspring forward + Salto forward stretched + Salto forward stretched with 1/1 (360°) twist Salto forward stretched = accelerating element.
	up to 0.30	Brush / touch landing surface with one or two hands (no support)

VERY LARGE FAULTS	<u>0.50</u>	Support on mat with one or two hands upon landing
	<u>0.50</u>	Fall on mat with knee(s) or hips
	<u>0.50</u>	Fall / failure to land on the bottom of feet first (Aerials / Saltos) • No VP, SR, Bonus
	<u>0.50</u>	Fall with simultaneously landing on bottom of feet + hands / knees: • Award VP and SR (if appropriate) • No Bonus
	<u>0.50</u>	Spotting assistance during an element • No VP, SR, Bonus
	(CJ) <u>0.50</u>	Coach on the FX area
	<u>0.50</u>	Spotting assistance upon landing an element • Award VP & SR. • No Bonus.
	(CJ) <u>0.50</u>	Coach on the FX area
	<u>0.50</u>	Fall after spot

III. SPECIFIC FX EXECUTION DEDUCTIONS

<u>0.05</u>	Failure to hold ending pose for one second
<u>0.10</u>	Failure to show synchronization of music with ending pose
each up to 0.10	Incorrect rhythm during direct connections
each up to 0.10	Lack of precision in Dance VP <u>EXAMPLES:</u> <ul style="list-style-type: none"> Lack of definite arm or leg position on turns / leaps Degree of turn <u>NOT</u> exact
each up to 0.10	Fail to land with feet / legs together on jumps / leaps to two feet
each up to 0.10	Fail to perform Group # 2 turns in high relevé
each <u>0.10</u>	Concentration pause – two seconds or more
up to 0.30	Poor relationship of music and movement (throughout exercise) <ul style="list-style-type: none"> Obvious errors in coordinating music and movement (choreography)
up to 0.30	Relaxed / incorrect footwork on non-VP (throughout exercise)
up to 0.30	Incorrect body alignment, position, or posture in non-VPs throughout exercise
(CJ) <u>1.00</u>	Absence of music
(CJ) <u>1.00</u>	Music with words / song (whistles, animal / human sounds are allowed)
(CJ) <u>0.50</u>	Coach on the FX mat (Level 6 / 7 / 8 / 9 / 10)
(CJ) <u>2.00</u>	Exercise shorter than 30 seconds (complete or incomplete)

A. Clarification on landings – isolated Acro element / last element in Acro pass:

1. No penalty for landing with feet maximum of hip-width apart provided:
 - a. Heels slide together, or
 - b. Small, controlled step forward (from forward Acro), or
 - c. Small, controlled step backward (from backward Acro) to lunge.
2. Do NOT deduct unless landing position appears out of control.

B. Minimum score of 1.00

- Awarded when optional routine score is equal to or less than one point.

IV. INSUFFICIENT ARTISTRY THROUGHOUT THE EXERCISE

0.05 – 0.10	Lack of variety in choreography (poses, phrases, connections). <u>EXAMPLES:</u> unnecessary adjustments and / or steps without choreography
0.05 – 0.10	Quality of movement to reflect personal style
0.05 – 0.10	Quality of expression (i.e., projection, focus)

I. CONNECTION VALUE (CV) BONUS**A. ACHIEVED THROUGH UNIQUE AND DIFFICULT COMBINATIONS.****B. ONLY DANCE ELEMENTS** that are listed in the *Dev COP* may be used.**C. ONLY ACROBATIC ELEMENTS WITH FLIGHT and WITHOUT HAND SUPPORT (SALTOS AND AERIALS)** that are listed in the *Dev COP* may be used for direct and indirect Acro connections.**D. ACROBATIC CONNECTIONS MAY BE DIRECT / INDIRECT**

- All other connections (Dance / Mixed) **MUST** be directly connected.

E. ONLY ELEMENTS THAT RECEIVE VP CREDIT may be used for CV Bonus.**F. VP MAY BE PLACED IN ANY ORDER** within a connection, unless specified.**G. EXACT SAME CONNECTION** may be used **ONLY ONE TIME FOR CV**

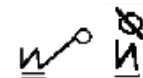
- Same element used in second connection, but performed in different order, award CV.

EXAMPLE: both receive + 0.10 CV Bonus “C” + “C”

Tuck Jump with 1½ (540°) turn (“C”) + Wolf Jump with 1/1 (360°) turn (“C”)



Wolf Jump with 1/1 (360°) turn (“C”) + Tuck Jump with 1½ (540°) turn (“C”)

**H. “D/E” ELEMENT PERFORMED WITHIN A CONNECTION,**

1. Level 10: eligible for both “D/E” Bonus and CV Bonus
2. Level 9: any allowable “D/E” element or the first restricted “D/E” element:
 - a. Awarded “C” VP credit.
 - b. Awarded CV Bonus (if applicable).
 - c. If “D/E” is the first “D/E” Acro element performed in exercise, also award +0.10 “D/E” Bonus.

I. WITH THE CONNECTION OF THREE OR MORE ELEMENTS,

1. Second element (and those following) may be used two times.
 - a. First time as the last element of a CV.
 - b. Second time as the first element a new CV.
2. This is applied **ONLY** if all elements receive VP credit.

J. CONNECTIONS MAY BE AWARDED EITHER + 0.10 or + 0.20 CV BONUS, according to the applicable principle.**K. CONNECTIONS WILL BE AWARDED CV BONUS**

- Each element **MUST** be performed without a fall or spotting deduction.

L. MAXIMUM AWARDED FOR CV BONUS IS:

1. 0.40 for Level 10
2. 0.30 for Level 9
3. Level 6 / 7 / 8 are NOT eligible for CV Bonus.

II. PRINCIPLES FOR AWARDING CONNECTION VALUE (CV) BONUS**A. INDIRECT ACRO CONNECTIONS – two or more Saltos / Aerials (Acro elements without hand support)**

1. Indirect = directly connected Acro elements:
 - a. With flight phase and hand support (Group 5 - Round-off / Flic-Flac, preparatory elements)
 - b. Between Saltos (Group 6 / 7 / 8) or
 - c. Between Acro elements (Group 5 - Aerials) with flight and without hand support.

“C” – SALTO PASS

“B” + “C”	+ 0.10
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EXAMPLE 1:

Salto forward piked step-out (“B”) to
Round-off, Flic-Flac, Salto backward with 2/1 (720°) twist (“C”)

EXAMPLE 2:

Round-off, Flic-flac, Salto backward with 1½ (540°) twist (“C”) to
Round-off, Flic-flac, Salto backward with 1/1 (360°) twist (“B”)

EXAMPLE 3:

Round-off, Whip Salto with ½ (180°) turn (“B”), Flyspring,
Salto forward stretched with 1/1 (360°) twist (“C”), Flyspring,
Salto forward piked (“B”)

Principles applied:

1 Indirect (“B”) + (“C”) = + 0.10

1 Indirect (“C”) + (“B”) = + 0.10

“A / B” + “A / B” + “C”	+ 0.10
--------------------------------	---------------

EXAMPLE 1:

Salto forward tucked step-out (“A”), Round-off, Whip Salto (“A”),
Flic-Flac, Salto backward with 2/1 (720°) twist (“C”)

EXAMPLE 2:

Round-off, Flic-Flac, Whip Salto (“A”), Whip Salto (“A”),
Flic-Flac, Salto backward with 2/1 (720°) twist (“C”)

“C” + “C”	+ 0.20
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EXAMPLE:

Round-off, Flic-Flac, Salto backward with 1½ (540°) twist (“C”),
Round-off, Flic-Flac, Salto backward with 2/1 (720°) twist (“C”)

DIRECT CONNECTIONS – two Dance or two Dance / Acro elements (or reversed) (continued)

“D / E” Salto + “A” Jump (this order ONLY)	+ 0.10
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EXAMPLE:

Round-off, Flic-Flac,
Double Salto tucked (“D”) + Sissonne (“A”)



“B” + “D / E”	+ 0.10
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EXAMPLE 1:

Switch-leg Leap (“B”) +
Cat Leap with 2/1 (720°) turn (“D”)

EXAMPLE 2:

Tuck Jump with 2/1 (720°) turn (“D”) +
Flic-Flac with 1/1 (360°) twist (“B”)

EXAMPLE 3:

Round-off, Flic-Flac,
Double Salto backward tucked (“D”),
Straddle Jump (“B”),
Salto forward tucked (“A”)



Award +0.10 CV for Acro / Dance connection “D” + “B”.

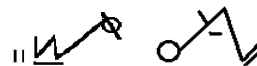
- 1) Straddle Jump breaks connection.
- 2) No CV Bonus awarded “D” → “A”.
- 3) No SR #2 awarded (two-Salto pass).

“C” + “D / E” (or more difficult)	+ 0.20
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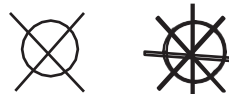
EXAMPLE 1:

Wolf Jump (two-foot take-off) with 1½ (540°) turn (“D”) +

Schushunova with 1/1 (360°) twist (“C”)

EXAMPLE 2:

Double (720°) turn (“C”) +
Triple (1080°) turn (“D”)



D. CONNECTIONS OF THREE 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 VP credit.

Direct connection applied prior to indirect connection principle.

EXAMPLE 1:

Round-off, Flic-Flac,
 Salto backward stretched with 1½ (540°) twist ("C"),
 Round-off, Flic-Flac,
 Salto backward stretched with 2/1 (720°) twist ("C"),
 Salto forward tucked ("A")

"C" → "C" + "A"

Principles applied:

1 Indirect ("C") + ("C") = + 0.20

2 Direct ("C") + ("A") = + 0.10

EXAMPLE 2:

Whip Salto ("A"),
 Salto backward stretched with 1½ twist ("C"),
 Salto forward tucked ("A")

"A" + "C" + "A"

Principles applied:

#2 Direct "A" + "C" = + 0.10

#2 Direct "C" + "A" = + 0.10

EXAMPLE 3:

Salto forward tucked step-out ("A"),
 Round-off, Flic-Flac,
 Salto backward stretched with 2/1 (720°) twist ("C"),
 Salto forward 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"),
 Salto forward 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 with 2½ (900°) twist ("D"),
 Flyspring, Salto forward tucked ("A")

"A" → "D" → "A"

Principles applied:

#1 Indirect "A" + "D" = +0.10

#1 Indirect "D" + "A" = +0.10

OR

#1 Indirect "A" + "A" + "D" = +0.20

CONNECTIONS OF THREE OR MORE ELEMENTS (continued):

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 VP credit.

Direct connection applied prior to indirect connection principle.

EXAMPLE 6:

Front handspring,

Salto forward stretched (“B”),

Salto forward stretched (“B”),

Salto forward stretched with 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”),

Salto forward stretched (“B”),

Salto forward stretched with 2/1 (720°) twist (“E”)

“B” + “B” + “E”

Principles applied:

#2 Direct “B” + “B” = + 0.10

#2 Direct “B” + “E” = + 0.20

EXAMPLE 8:

Salto forward stretched (“B”),

Salto forward with 2/1 (720°) twist (“E”),

Salto forward piked (“B”)

“B” + “E” + “B”

Principles applied:

#2 Direct “B” + “E” = + 0.20

#2 Direct “E” + “B” = + 0.20

EXAMPLE 9:

Salto forward tucked with step-out (“A”),

Round-off, Flic-Flac, Flic-Flac,

Double Salto backward tucked (“D”),

Flic-Flac,

Salto backward stretched with 1/1 twist (“B”)

“A” → “D” → “B”

Principles applied:

#1 Indirect “A” + “D” = + 0.10

#1 Indirect “D” + “B” = + 0.20

III. “D/E” BONUS – LEVEL 9 AND 10 ONLY**A. “D/E” ELEMENTS MAY REPLACE**

1. Required VP of “A” / “B” / “C” and
2. Awarded “D/E” Bonus.

B. “D/E” BONUS AWARDED WHEN ELEMENTS ARE PERFORMED SUCCESSFULLY

1. Without fall.
2. Without spot.

C. “D/E” BONUS FOR LEVEL 9

MAXIMUM OF + 0.10 AWARDED for “D/E” Bonus.

The 1st restricted “D/E” Acro element receiving VP credit can be considered for +0.10 “D/E” Bonus **one time ONLY**

1. If 1st Restricted “D/E” element results in **0 VP**: No Bonus is awarded.
 - An additional Restricted “D/E” element receiving VP credit MAY be considered for +0.10 DV.
2. If 1st Restricted “D/E” element **receives VP credit** but is performed **with a fall**: NO Bonus is awarded.
 - Additional Restricted “D/E” elements receiving VP credit: Deduct 0.50 each time for additional Restricted elements from the SV. Do NOT award VP or SR.
3. 1st Restricted “D/E” element counts as “C” in Connection Value Principles.

D. “D/E” BONUS FOR LEVEL 10

1. **MAXIMUM OF + 0.40 AWARDED** for “D/E” Bonus.
 - a. “D” elements each receive + 0.10 Bonus.
 - b. “E” elements each receive + 0.20 Bonus.
2. **SAME “D” or “E” ELEMENT** eligible for “D/E” Bonus one time ONLY.
EXCEPTION: Same “D” or “E” element performed a second time.
 - a. 1st time performed without touching beam or with a spot = **0 VP**:
 - b. Second time element is complete - VP credit awarded.
 - c. “D/E” Bonus awarded.

IV. ADDITIONAL BONUS + 0.10 – LEVEL 10 ONLY**A. ELIGIBLE TO EARN BONUS POINTS**

1. Both CV Bonus 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 SV = 10.00.
3. Eligible for additional Bonus + 0.10 (NOT included in SV).
 - a. MUST have 10.0 SV
 - b. Total Bonus = +0.60 or more, and
 - c. Minimum of one “E” Acro element (no fall / no spot).

B. ADDITIONAL BONUS – NOT INCLUDED IN SV

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 additional Bonus was awarded.
2. If using paper score slips, the judge should also indicate in writing any Bonus awarded.

V. BONUS RESTRICTIONS**A. FALLS or SPOT:**

1. During “D/E” element – No “D/E” Bonus
2. In CV element – No CV Bonus

EXCEPTION: Connection of three or four VPs, fall on last element:

- a. First two or three elements eligible for CV Bonus.
- b. Award CV Bonus for successfully completed connections.

EXAMPLE:

Round-off, Flic-Flac,
Whip Salto (“A”),
Flic-Flac,

Double Salto backward tucked (“D”),

Salto forward tucked (“A”) – falls on Salto forward tucked “A” → “D” “A” FALL

- Award + 0.10 (CV) indirect connection
- Whip Salto (“A”) → double Salto backward tucked (“D”)

B. REPEATED “D” / “E” ELEMENT- LEVEL 10

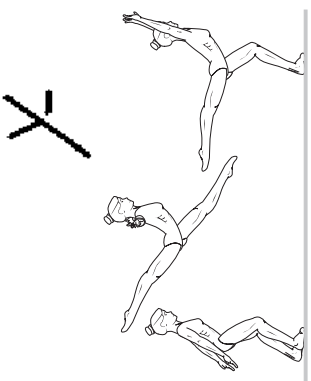
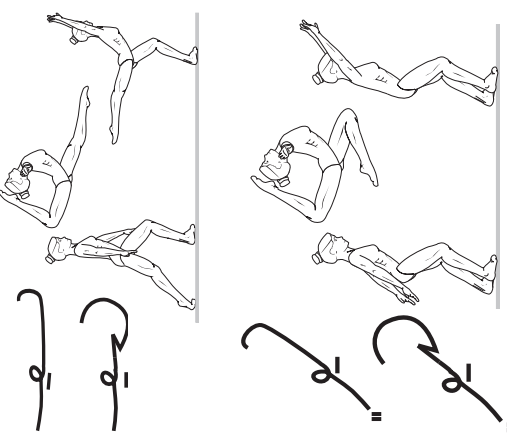
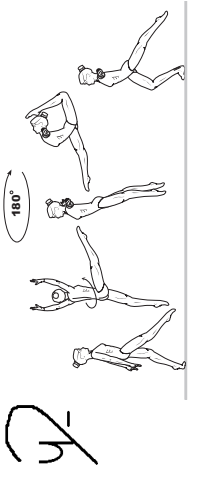
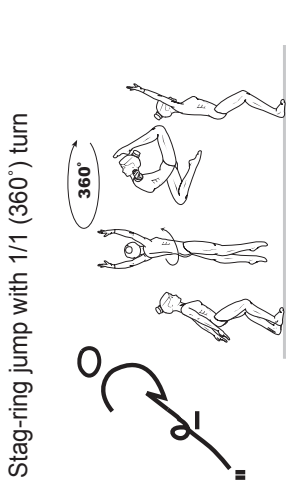
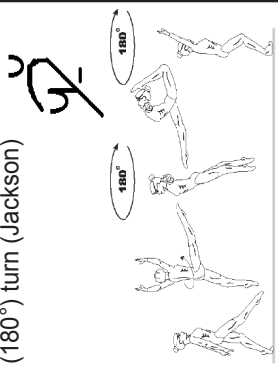
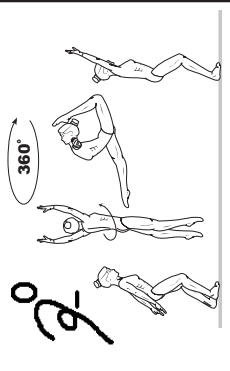
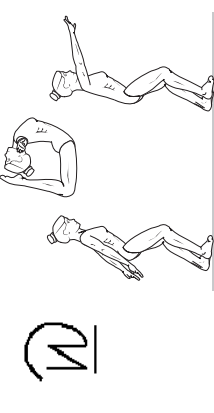
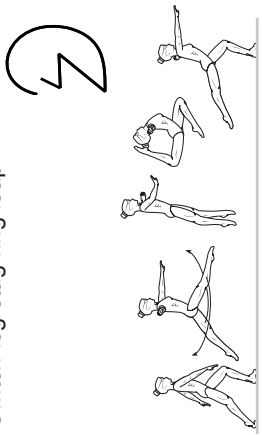
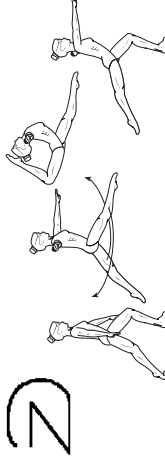
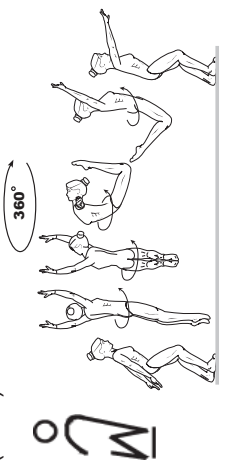

1. “D/E” Bonus awarded one time ONLY.
2. No “D/E” Bonus for same “D” or “E” a second time, unless Different connection (before / after).
 - a. The first time a “D/E” element receives VP credit; however, if performed with a fall, no Bonus is awarded.
Example: Gymnast performs Salto forward stretched with 1½ (540°) twist and falls: Award VP; NO bonus.
 - b. The second time the same “D/E” element is performed and meets the requirement to receive VP (performed in a different connection without a spot or fall), Bonus is awarded.
Example: Gymnast repeats the Salto forward stretched with 1½ (540°) twist, connecting to Salto backward stretched with step-out = Award VP, DV, and CV.

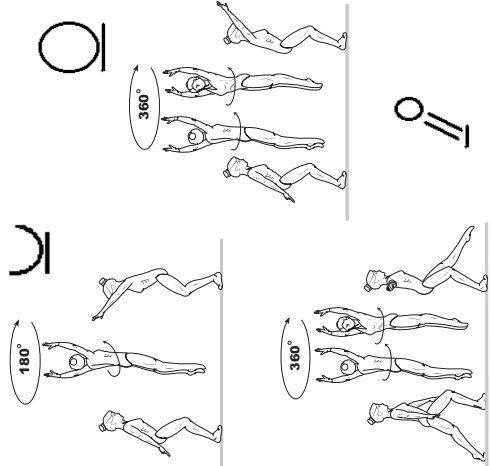
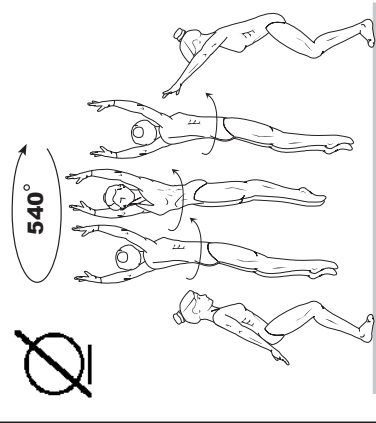
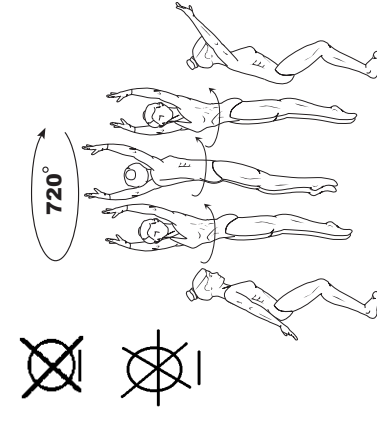
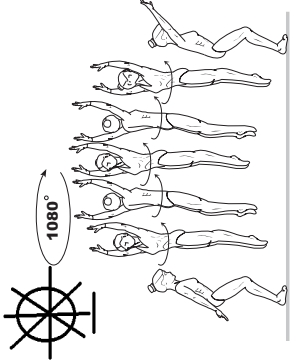
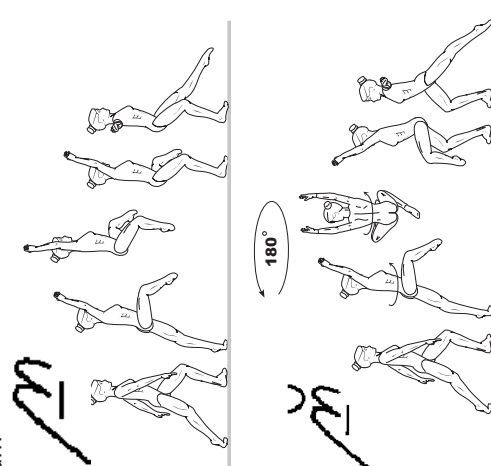
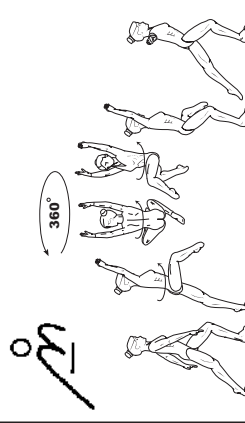
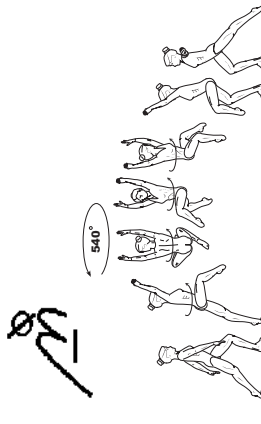
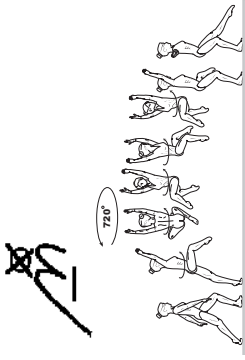
C. EXACT SAME CONNECTION REPEATED, CV BONUS NOT AWARDED.**D. LEVEL 9 & 10 - TOTAL BONUS CREDIT POSSIBLE:**

1. **Level 10:** +0.50 total Bonus needed to start at 10.0
 - a. No more than + 0.40 may be awarded for CV.
 - b. No more than + 0.40 may be awarded for “D/E”.
2. **Level 9:** +0.30 total Bonus needed to start at 10.0.
 - a. No more than + 0.30 may be awarded for CV.
 - If first “D/E” Acro element performed is contained in a Bonus connection, it receives +0.10 “D/E” Bonus and acts as a “C” for CV Connection Principle.
 - b. No more than + 0.10 may be awarded for “D/E”.
 - ONLY the first “D/E” Acro element receiving VP credit may be eligible for + 0.10 “D/E” Bonus.
 - No “D/E” Bonus for “D/E” Dance elements.

E. LEVEL 6 / 7 / 8 NOT ELIGIBLE for CONNECTION VALUE (CV) BONUS

Group 1 – Leaps, Jumps and Hops				
A	B	C	D	E
<p>1.109 Scissors leap forward or backward with extended legs (Hitch-kick)</p>	<p>1.209 Scissors leap forward with stretched legs – 1/4, 1/4 (90° - 90°) turn</p> <p>Fouetté hop with leg change to cross split (leg separation 180°) to land on one or both feet (Tour Jeté)</p>	<p>1.309 Tour jeté with additional 1/2 (180°) turn – landing on one or both feet (Strug), or in split-sit position (Produnova)</p>	<p>1.409 Tour Jeté with additional 1/1 (360°) turn to land on both feet (Gogean)</p>	<p>1.509</p>
<p>Backward or forward cabriole</p>				

Group 1 – Leaps, Jumps and Hops				
A	B	C	D	E
<p>1.110 Sissonne, take-off from both legs, land on one foot (legs in a diagonal position with 180° leg separation; front leg a minimum of 45°)</p> 	<p>1.210 Ring or stag-ring leap or jump (rear leg at head height) – take-off from one or two feet</p> 	<p>1.310 Tour jeté to ring leap (Boucher)</p>  <p>Stag-ring jump with 1/1 (360°) turn</p> 	<p>1.410 Tour jeté to ring leap with 1/2 (180°) turn (Jackson)</p>  <p>Ring jump with 1/1 (360°) turn (Johnson)</p> 	<p>1.510</p>
<p>1.111</p>	<p>1.211 Tuck jump backward with arch (sheep jump, feet to head height)</p>  <p>Switch-leg stag-ring leap</p> 	<p>1.311 Split leap forward with leg change to ring leap (180° separation < after leg change)</p>  <p>Tuck jump backward with arch (sheep jump, feet to head height) with 1/1 (360°) turn (Dunn)</p> 	<p>1.411 Split leap forward with leg change and 1/2 (180°) turn to ring leap (180° separation < after leg change) (Trevor)</p> 	<p>1.511</p>

Group 1 – Leaps, Jumps and Hops				
A	B	C	D	E
<p>1.112 Stretched/arch jump with 1/2 (180°) turn or 1/1 (360°) turn – take-off from both legs, also chassé with 1/1 (360°) turn</p> 	<p>1.212 Stretched jump with 1½ (540°) turn – take-off from both legs</p> 	<p>1.312 Stretched jump with 2/1 (720°) turn – take-off from both legs, also with 2½ (900°) turn</p> 	<p>1.412 Stretched jump with 3/1 (1080°) turn</p> 	<p>1.512</p>
<p>1.113 Scissors leap forward with bent legs in turn-out or parallel (Cat leap), also with 1/2 (180°) turn</p> 	<p>1.213 Cat leap forward with bent legs and 1/1 (360°) turn, also to land in split-sit (Not illustrated)</p> 	<p>1.313 Cat leap forward with bent legs and 1½ (540°) turn (Garrison)</p> 	<p>1.413 Cat leap forward with bent legs and 2/1 (720°) turn (Benton)</p> 	<p>1.513</p>

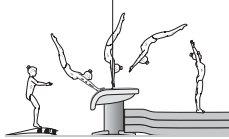
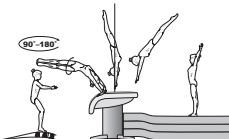
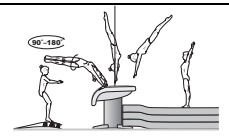
Group 1 – Leaps, Jumps and Hops				
A	B	C	D	E
<p>1.114 Hop with 1/2 turn (180°), free leg extended above horizontal – take-off from one leg</p>	<p>1.214 Fouetté-hop to land in scale</p> <p>Hop with 1/1 turn (360°), free leg extended above horizontal – take-off from one leg</p>	<p>1.314 Hop with 1½ turn (540°), free leg extended above horizontal – take-off from one leg</p>	<p>1.414 Hop with 2/1 turn (720°), free leg extended above horizontal – take-off from one leg</p>	<p>1.514</p>
<p>1.115 Tuck hop or jump (legs together), also with 1/2 (180°) turn</p>	<p>1.215 Tuck hop or jump (legs together) with 1/1 (360°) turn</p>	<p>1.315 Tuck hop or jump (legs together) with 1½ (540°) turn</p>	<p>1.415 Tuck hop or jump (legs together) with 2/1 (720°) turn, also landing in front lying support (Ziganshiva) (Not illustrated)</p>	<p>1.515</p>

USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT VALUES

FOR LEVELS 6 / 7 / 8

Effective August 1, 2022– July 31, 2026

LEVEL 6 & 7 - ONLY THE FOLLOWING THREE VAULTS ARE ALLOWED AT LEVEL 6/7; ALL VALUED AT 10.0

1.111	Front Handspring entry onto Table, to arrive on mat stack on the feet in a straight body position with tight arch in the upper back; arm position optional	
3.116	$\frac{1}{4}$ - $\frac{1}{2}$ twist on (Tsukahara Entry) onto Table, to arrive on mat stack on the feet (Level 6/7) or on the back (Level 7 only) in straight-hollow body position; arm position optional	
4.111	Round-off entry (Yurchenko) onto Table, to arrive on mat stack on the feet (Level 6/7) or on the back (Level 7 only) in straight-hollow body position; arm position optional	

LEVEL 8 - ONLY THE FOLLOWING GROUP 1 / 3 / 4 / 5 VAULTS ARE ALLOWED AT LEVEL 8:

# in DP Code	Name of specific Allowable Vault	Value
1.101	Handspring	9.0
1.102	Handspring → $\frac{1}{2}$ twist	9.1
1.103	Yamashita	9.0
1.104	Yamashita → $\frac{1}{2}$ twist	9.1
1.105	$\frac{1}{2}$ twist → $\frac{1}{2}$ twist OR $\frac{1}{4}$ twist → $\frac{3}{4}$ twist	9.2
1.106	$\frac{1}{4}$ - $\frac{1}{2}$ twist → repulsion (with flight to feet)	9.0
1.201	Handspring → 1/1 twist	9.5
1.202	Handspring → 1 $\frac{1}{2}$ twist	9.7
1.203	Yamashita → 1/1 twist	9.5
1.205	$\frac{1}{2}$ twist → 1 $\frac{1}{2}$ twist OR $\frac{1}{4}$ twist → 1 $\frac{3}{4}$ twist	9.6
1.206	$\frac{1}{2}$ twist → 1/1 twist OR $\frac{1}{4}$ twist → 1 $\frac{1}{4}$ twist	9.4
1.207	1/1 twist → Handspring/Yamashita	9.5
1.208	1/1 twist → $\frac{1}{2}$ twist	9.7
1.301	Handspring → 2/1 twist	10.0
1.306	$\frac{1}{2}$ twist → 2/1 twist $\frac{1}{4}$ twist → 2 $\frac{1}{4}$ twist	10.0
3.201	Tsukahara Tuck	10.0
3.303	Tsukahara Pike	10.0
4.101	RO, FF → Repulsion (with flight to feet)	9.0
4.102	RO, FF → Repulsion $\frac{1}{2}$	9.1
4.201	RO, FF → 1/1 twist	9.4
4.202	RO, FF → 1 $\frac{1}{2}$ twist (Allen)	9.6
4.203	RO, FF → Back Tuck	10.0
4.304	RO, FF → Back Pike	10.0
5.101	RO, FF $\frac{1}{2}$ → Handspring	9.2
5.102	RO, FF $\frac{1}{2}$ → Handspring $\frac{1}{2}$	9.4
5.201	RO, FF $\frac{1}{2}$ → 1/1 twist	9.6
5.202	RO, FF $\frac{1}{2}$ → 1 $\frac{1}{2}$ twist	9.8
5.312	RO, FF $\frac{1}{2}$ → 2/1 twist	10.0

	A - 100	B - 200	C - 300	D - 400	E - 500
1. ↑	⬇	⬇	⬇		
01	⬇	⬇	⬇		
02	⬇	⬇	⬇		
03	⬇	⬇	⬇		
04	⬇	⬇	⬇		
05	⬇	⬇	⬇		
06	⬇	⬇	⬇		
07	⬇	⬇	⬇		
08	⬇	⬇	⬇		
09	⬇	⬇	⬇		
10	⬇	⬇	⬇		
11	⬇	⬇	⬇		
12	⬇	⬇	⬇		
13	⬇	⬇	⬇		
14	⬇	⬇	⬇		
15	⬇	⬇	⬇		
16	⬇	⬇	⬇		
2. ↓	⬇	⬇	⬇		
01	⬇	⬇	⬇		
02	⬇	⬇	⬇		
03	⬇	⬇	⬇		
04	⬇	⬇	⬇		
05	⬇	⬇	⬇		
06	⬇	⬇	⬇		
07	⬇	⬇	⬇		
08	⬇	⬇	⬇		
09	⬇	⬇	⬇		
10	⬇	⬇	⬇		
11	⬇	⬇	⬇		
12	⬇	⬇	⬇		
13	⬇	⬇	⬇		
14	⬇	⬇	⬇		
15	⬇	⬇	⬇		
16	⬇	⬇	⬇		
3. P	⬇	⬇	⬇		
01	⬇	⬇	⬇		
02	⬇	⬇	⬇		
03	⬇	⬇	⬇		
04	⬇	⬇	⬇		
05	⬇	⬇	⬇		
06	⬇	⬇	⬇		
07	⬇	⬇	⬇		
08	⬇	⬇	⬇		
09	⬇	⬇	⬇		
10	⬇	⬇	⬇		
11	⬇	⬇	⬇		
12	⬇	⬇	⬇		
13	⬇	⬇	⬇		
14	⬇	⬇	⬇		
15	⬇	⬇	⬇		
16	⬇	⬇	⬇		
4. U	⬇	⬇	⬇		
01	⬇	⬇	⬇		
02	⬇	⬇	⬇		
03	⬇	⬇	⬇		
04	⬇	⬇	⬇		
05	⬇	⬇	⬇		
06	⬇	⬇	⬇		
07	⬇	⬇	⬇		

	A - 100	B - 200	C - 300	D - 400	E - 500
5. A	⬇	⬇	⬇	⬇	⬇
01	⬇	⬇	⬇	⬇	⬇
02	⬇	⬇	⬇	⬇	⬇
03	⬇	⬇	⬇	⬇	⬇
04	⬇	⬇	⬇	⬇	⬇
05	⬇	⬇	⬇	⬇	⬇
06	⬇	⬇	⬇	⬇	⬇
07	⬇	⬇	⬇	⬇	⬇
6. X	⬇	⬇	⬇	⬇	⬇
01	⬇	⬇	⬇	⬇	⬇
02	⬇	⬇	⬇	⬇	⬇
03	⬇	⬇	⬇	⬇	⬇
04	⬇	⬇	⬇	⬇	⬇
05	⬇	⬇	⬇	⬇	⬇
06	⬇	⬇	⬇	⬇	⬇
07	⬇	⬇	⬇	⬇	⬇
08	⬇	⬇	⬇	⬇	⬇
09	⬇	⬇	⬇	⬇	⬇
10	⬇	⬇	⬇	⬇	⬇
11	⬇	⬇	⬇	⬇	⬇
12	⬇	⬇	⬇	⬇	⬇
13	⬇	⬇	⬇	⬇	⬇
8. ↓	⬇	⬇	⬇	⬇	⬇
01	⬇	⬇	⬇	⬇	⬇
02	⬇	⬇	⬇	⬇	⬇
03	⬇	⬇	⬇	⬇	⬇
04	⬇	⬇	⬇	⬇	⬇
05	⬇	⬇	⬇	⬇	⬇
06	⬇	⬇	⬇	⬇	⬇
07	⬇	⬇	⬇	⬇	⬇
08	⬇	⬇	⬇	⬇	⬇
09	⬇	⬇	⬇	⬇	⬇
10	⬇	⬇	⬇	⬇	⬇

	A-100	B-200	C-300	D-400	E-500
1. ↑	↑	↑	↑	↑	↑
01	↑	↑	↑	↑	↑
02	↑	↑	↑	↑	↑
03	↑	↑	↑	↑	↑
04	↑	↑	↑	↑	↑
05	↑	↑	↑	↑	↑
06	↑	↑	↑	↑	↑
07	↑	↑	↑	↑	↑
08	↑	↑	↑	↑	↑
09	↑	↑	↑	↑	↑
10	↑	↑	↑	↑	↑
11	↑	↑	↑	↑	↑
12	↑	↑	↑	↑	↑
13	↑	↑	↑	↑	↑
14	↑	↑	↑	↑	↑
15	↑	↑	↑	↑	↑
16	↑	↑	↑	↑	↑
2. ↓	↓	↓	↓	↓	↓
01	↓	↓	↓	↓	↓
02	↓	↓	↓	↓	↓
03	↓	↓	↓	↓	↓
04	↓	↓	↓	↓	↓
05	↓	↓	↓	↓	↓
06	↓	↓	↓	↓	↓
07	↓	↓	↓	↓	↓
08	↓	↓	↓	↓	↓
09	↓	↓	↓	↓	↓
10	↓	↓	↓	↓	↓
11	↓	↓	↓	↓	↓

	A-100	B-200	C-300	D-400	E-500
3. ○	○	○	○	○	○
01	○	○	○	○	○
02	○	○	○	○	○
03	○	○	○	○	○
04	○	○	○	○	○
05	○	○	○	○	○
06	○	○	○	○	○
07	○	○	○	○	○
08	○	○	○	○	○
09	○	○	○	○	○
4. S	S	S	S	S	S
01	S	S	S	S	S
02	S	S	S	S	S
03	S	S	S	S	S
04	S	S	S	S	S
05	S	S	S	S	S
06	S	S	S	S	S
07	S	S	S	S	S
08	S	S	S	S	S
09	S	S	S	S	S
5. I	I	I	I	I	I
01	I	I	I	I	I
02	I	I	I	I	I
03	I	I	I	I	I
04	I	I	I	I	I
05	I	I	I	I	I
06	I	I	I	I	I
07	I	I	I	I	I
08	I	I	I	I	I
6. X	X	X	X	X	X
01	X	X	X	X	X
02	X	X	X	X	X
03	X	X	X	X	X
04	X	X	X	X	X
05	X	X	X	X	X

	A-100	B-200	C-300	D-400	E-500
7. U	U	U	U	U	U
01	U	U	U	U	U
02	U	U	U	U	U
03	U	U	U	U	U
04	U	U	U	U	U
05	U	U	U	U	U
06	U	U	U	U	U
07	U	U	U	U	U
08	U	U	U	U	U
09	U	U	U	U	U
10	U	U	U	U	U
8. V	V	V	V	V	V
01	V	V	V	V	V
02	V	V	V	V	V
03	V	V	V	V	V
04	V	V	V	V	V
05	V	V	V	V	V
9. W	W	W	W	W	W
01	W	W	W	W	W
02	W	W	W	W	W
03	W	W	W	W	W
04	W	W	W	W	W
05	W	W	W	W	W
06	W	W	W	W	W
07	W	W	W	W	W
08	W	W	W	W	W
09	W	W	W	W	W
10	W	W	W	W	W

* #7, 402, 7, 403 & 8, 402-From a step and from a stand on one leg-swing through are considered different elements


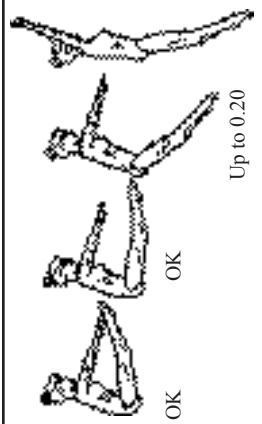
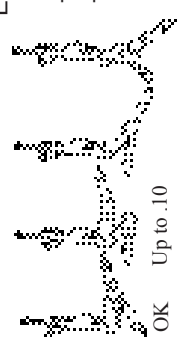

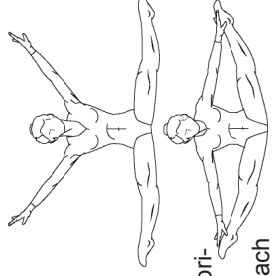
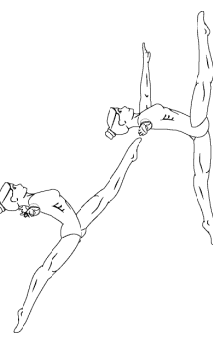
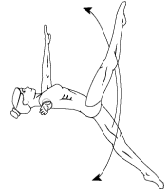
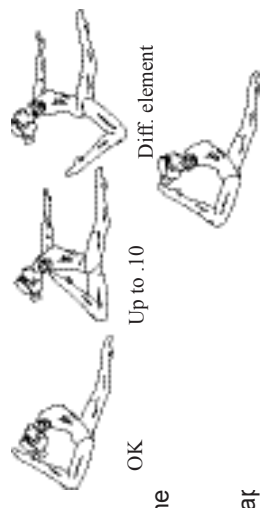

	A - .100	B - .200	C - .300	D - .400	E - .500
1. 01					
02					
03					
04					
05					
06					
07					
08					
09					
10					
11					
12					
13					
14					
15					
16					
2. 01					
02					
03					
04					
05					
06					
07					
08					

	A - .100	B - .200	C - .300	D - .400	E - .500
3. 01					
02					
4. 01					
02					
5. 01					
02					
03					
04					
05					
06					
07					
6. 01					
02					
7. 01					
02					
8. 01					
02					
03					
04					
05					
06					

...

Score Range:	9.5-10:	0.2	9.0-9.475:	0.5	8.0 - 8.975:	0.7	Below 8.0:	1.00	Courtesy Score = Minimum of 1.00
<p>Score Range: 9.5-10: 0.2 9.0-9.475: 0.5 8.0 - 8.975: 0.7 Below 8.0: 1.00 Courtesy Score = Minimum of 1.00</p>									

Score Range: 9.5-10: 0.2	9.0-9.475: 0.5	8.0 – 8.975: 0.7	Below 8.0: 1.00	Courtesy score: Minimum of 1.00
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<p>TUCK JUMP</p>  <p>OK Up to .20 Diff. element</p> <p>Evaluation: 90° Hip and knee angle required - Insufficient tuck position up to 0.20 - Greater than 135° angle at the hips - credit as stretched jump with abstract leg position</p>	<p>PIKE JUMP</p>  <p>OK OK Up to 0.20 Stretched jump</p> <p>Evaluation: Minimum of 90° hip angle required. - Insufficient pike up to 0.20 - Greater than 135° hip angle - credit as stretched jump</p>
<p>WOLF HOP/JUMP</p>  <p>OK Up to .10 Up to .10 each leg Credit as straight jump</p> <p>Evaluation: Both extended leg and thigh of bent leg at horizontal or above - below horizontal with either leg up to 0.10 each - Greater than 135° angle - credit as stretched jump</p>	<p>CAT LEAP</p>  <p>Evaluation: Thighs at horizontal with 90° hip angle and knees bent in turn-out or parallel - Failure to reach horizontal with both legs up to 0.10 each - Incorrect leg position (lack of knee bend) up to 0.20 - Lack of alternated leg lift - credit as tuck jump</p>
<p>SIDE SPLIT JUMP/STRADDLE PIKE JUMP</p>  <p>Evaluation-Side split jump: Legs required to be parallel to beam/floor with 180° split - Insufficient split up to 0.20 - Legs not parallel to beam/floor up to 0.20 - Less than 135° split - recognize as different element Evaluation-Straddle pike jump: Legs required to be at horizontal and slightly forward with hips piked - Failure to reach horizontal with both legs up to 0.10 each</p>	<p>SISSONNE/SPLIT JUMP</p>  <p>Evaluation: Sissonne - Take-off from 2 feet/land on 1 foot - legs in a diagonal position with 180° split - Front leg should be a minimum of 45° Split Jump - Take-off and land on 2 feet - legs parallel to beam/floor with 180° split - Insufficient split up to 0.20 - Legs not parallel to beam/floor in split jump up to 0.20 - Less than 135° split - Award "A" VP up to 0.20 - Insufficient leg separation</p>
<p>SWITCH-LEG LEAP</p>  <p>Evaluation: -If the swing leg is bent (never extends), credit as Stag-Split leap ("A" VP) -If the swing leg is less than 45° before the switch, award VP as listed & deduct Insufficient Height of Leg Swing up to 0.10 - Insufficient split after leg change up to 0.20 - Less than 135° split after leg change - award "A" VP up to 0.20 - Insufficient leg separation</p>	<p>RING LEAP/JUMP</p>  <p>OK Up to .10 Diff. element</p> <p>Evaluation: - Head release backward past the vertical line is required. - If no head release - credit as another element - Rear foot at head height is required - Rear foot at shoulder or upper back - Rear foot at hip height - credit as a split leap with bent back leg - Front leg should be a minimum of 45° up to 0.10 - Insufficient arch up to 0.10 - Diff. element - due to no Head Release = Split leap or jump with bent back leg</p>
<p>SHEEP JUMP</p> <p>Evaluation: - Head release backward past the vertical line is required. - Feet expected to be at head height Feet at shoulder or upper back Feet at hip height or no backward head release (regardless of leg height), credit as a jump with bent leg = A - Insufficient arch</p>	 <p>OK Up to .10 Diff. element - insufficient leg height Diff. element - due to no Head Release</p>

<div><div><div>AMPLITUDE OF CASTS/SWINGS</div><div>LEVEL 6</div></div><div><div>LEVEL 7 -10</div><div><div><div>Award higher Value Part</div><div>10° no ded.</div><div>20° .10</div><div>30° .15</div><div>45° .20</div><div>.25 - .30</div><div>No Value Part</div></div><div><div>Award lower Value Part</div><div>10° no ded.</div><div>20° .05</div><div>30° .10</div><div>45° .15</div><div>.20 - .25</div><div>No Value Part</div></div></div></div><div><div>Special Requirement NOT awarded if all Casts are at Horizontal or below</div><div><div>Award "B" Value</div><div>20° no ded.</div><div>45° no ded.</div><div>.05 - .30</div></div></div></div>	<div><div>ANGLE OF ARRIVAL ON FLIGHTS TO HANDSTAND ON LB</div><div><div>Award higher Value Part</div><div>20° 10° no ded.</div><div>.05</div><div>Award lower Value Part</div></div></div>
<div><div>ANGLE OF BODY AT TURN COMPLETION</div><div>For TURNS IN HANDSTAND</div><div>180° pirouettes-all techniques 360° or more pirouettes turning on both arms in handstand phase.</div><div><div>20° no ded.</div><div>30° .05 - .10</div><div>45° .15 - .20</div><div>.25 - .30</div></div></div>	<div><div>ANGLE OF BODY AT TURN COMPLETION</div><div>For TURNS IN & AFTER HANDSTAND</div><div>540° & more pirouettes-all techniques 360° pirouettes turning on one arm after handstand (Healy technique)</div><div><div>30° no ded.</div><div>45° .05 - .15</div><div>.20 - .30</div></div></div>
<div><div>AMPLITUDE/ANGLE OF COMPLETION OF CIRCLING ELEMENTS</div><div>All circle elements except Clear hip circle</div><div><div>Award higher Value Part</div><div>10° no ded.</div><div>20° .05</div><div>45° no ded.</div><div>.05 - .20</div><div>Award lower Value Part</div></div><div><div>Clear hip circle only</div><div>Award "C" Value Part</div><div>10° no ded.</div><div>20° .05</div><div>45° no ded.</div><div>.05 - .25</div><div>Award "B" Value Part</div><div>.30</div><div>Clear hip circle below horizontal .35 - .40</div></div></div>	<div><div>INSUFFICIENT SPLIT</div><div><div>20°</div><div>45°</div><div>.05 - .10</div><div>.15 - .20</div><div>1° - 20° missing deduct 0.05 - 0.10 21° - 45° missing deduct 0.15 - 0.20 46° or more missing award lesser Value Part</div></div><div><div>INCOMPLETE TURNS</div><div><div>Required end position of turn/twist</div><div><div>45°</div><div>.05 - .10</div><div>.15 - .20</div><div>90°</div></div></div></div></div>

[illegible]

[illegible]